



# JUNE 2026 NEWSLETTER



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MON - FRI: 8AM - 5PM

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EDITORS: TANA PRICE &  
TERESA BORTREE

# The Monthly Hoot



**SULLIVAN COUNTY OFFICE FOR THE AGING  
100 NORTH STREET, PO BOX 5012  
MONTICELLO, NY 12701**

**TO:**

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**WE NEED YOUR SUPPORT**

Sullivan County Office for the Aging is pleased to provide you with our services. Our programs are funded by the Sullivan County Legislature, New York State, the Older Americans Act and your contributions. No one will EVER be denied services because of their inability or unwillingness to contribute. Your contributions are appreciated.

**Thank you.**

Name \_\_\_\_\_

Address \_\_\_\_\_

**I designate my contribution of \$\_\_\_\_\_ for:**

<input type="checkbox"/> Home Delivered Meals	<input type="checkbox"/> Congregate Meals
<input type="checkbox"/> Volunteer Services	<input type="checkbox"/> Case management/Home care
<input type="checkbox"/> Transportation	<input type="checkbox"/> Health Insurance Counseling Services
<input type="checkbox"/> Use where most needed	

Make checks payable to: Sullivan County Treasurer. Please include this coupon with payment and drop off or mail to:

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PO Box 5012, 100 North Street  
Monticello, NY 12701

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## Your Support Matters— Learn How to Help

Quitting smoking or vaping is difficult, physically and mentally. Be supportive, in a non-judgmental way. Learn why the person you care about smokes or vapes. Help them make a plan to prepare for cravings and temptations. Your support will go a long way to helping them quit.



### Understanding the Process of Quitting

Quitting smoking or vaping is a journey, it takes time and effort. Overcoming challenges like stress, boredom, physical cravings, and social situations are a part of the process.

There are five-stages of quitting, and your role can be impactful to help the person you care about get through the phases of breaking their addiction.

### How You Can Help

Match your support to their specific needs. Remember to be sensitive, understanding, and non-judgmental.

- Regularly check in with them, make sure your support is helpful and not adding to their stress.
- Offer to do favors, errands, childcare - anything that might help reduce their stress.

When strong urges become overwhelming, sometimes just a word or two from someone who cares can help.

Text [716 926-4422](tel:7169264422) or call [1-866-NY-QUITS](tel:1866NYQUITS) (1-866-697-8487) is only available via mobile device.

## Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.

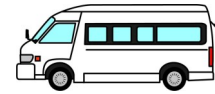


Call 800.950.9952





# SHOPPING BUS SCHEDULE



The shopping bus provides round-trip transportation from the senior’s home to Monticello shopping (Shoprite, Walmart and Aldi’s) one day per week. Registration with the Office for the Aging is required. Please call (845) 807-0244 by 11:00 am on the day before, to make a reservation.

## **Mondays**

June 1, 8, 15, 22, 29

**Town of Bethel**-Smallwood, Cocheton, Bethel Senior Housing and White Lake.  
**Town of Neversink** -Neversink, Grahamsville, Foxcroft Village.

## **TUESDAYS**

June 2, 9, 16, 23, 30

**Town of Fallsburg**- Woodridge, Mountaindale & South Fallsburg.  
**Town of Rockland**- Livingston Manor & Roscoe.

## **WEDNESDAYS**

June 3, 10, 17, 24

**Town of Liberty**- Liberty – Golden Park, Barkley Gardens & White Sulphur Springs  
**Town of Mamakating**- Summitville, Wurtsboro & Bloomingburg.

## **THURSDAYS**

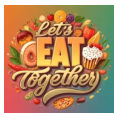
June 4, 11, 18, 25

**Highland Area**- Narrowsburg, Eldred, Barryville, Glen Spey, etc. \* and some surrounding areas, not all areas included  
**Town of Thompson**- All of Monticello, Mongaup Valley

## **FRIDAYS**

June 5, 12, 19, 26

**Town of Delaware**- Fremont, Callicoon, Hankins, Jeffersonville, etc.  
**Liberty Village & Fallsburg**- Liberty Village Apts., Hurleyville, Loch Sheldrake & Kiamesha Lake.



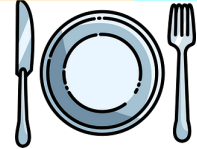
# CONGREGATE SITES



BETHEL	Bethel Senior Center Route 55, Kauneonga Lake	MONDAYS
MAMAKATING	Wurtsboro Town Hall Route 209, Wurtsboro	MONDAYS & WEDNESDAYS
LIVINGSTON MANOR/ ROCKLAND	Livingston Manor Presbyterian Church Old Route 17, Livingston Manor	WEDNESDAYS
LIBERTY	Lapolt Park North Main St, Liberty	WEDNESDAYS
JEFFERSONVILLE	American Legion Hall Legion Ave, Jeffersonville	FRIDAYS



# JUNE MENU



Five Congregate meal sites are now open. Lunch is served by 12:00 pm. This menu is for homebound meals and congregate sites. Registration with the Office for the Aging is required. Please call 24 hours in advance for reservations at (845) 807-0254. **Menu is subject to change.**

**VOLUNTARY SUGGESTED CONTRIBUTIONS:** For those over 60 years of age, our funding through the Older Americans Act requires us to ask for contributions. No one will be denied a meal based on their inability or refusal to contribute. For those under 60 years of age who wish to attend a congregate lunch, a guest fee is required. Suggested voluntary contribution \$3.00, Guest fee \$6.50.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1)Macaroni & Cheese Stewed Tomatoes Diced Carrots Dinner Rolls (2) Peaches	2)Chicken Cacciatore Spaghetti Marinara Mixed Vegetables Italian Bread (2) Apple	3)Roast Beef Sandwich Lettuce & Tomato Macaroni Salad Cucumber Salad Whole Wheat Bread (2) Fruit Cocktail	4)Meatball Sub Side Salad Broccoli Hoagie Roll Vanilla Pudding	5)Chicken Tenders Oven Roasted Potatoes Oriental Vegetables Dinner Rolls (2) Mandarins
8)Unstuffed Cabbage Boiled Potatoes Green Beans Rye Bread (2) Applesauce	9)Hot Dogs on a Bun(2) Oriental Vegetables Baked Beans Fresh Orange	10)Kielbasa Sauerkraut Boiled Potatoes Mixed Vegetables Rye Bread (2) Chocolate Pudding	11)Breaded Fish Tartar Sauce Baked Potato Peas Whole Wheat Bread (2) Pears	12)BBQ Pulled Pork Hamburger Bun Baked Beans Cole Slaw Pineapple Rings
15)Cheeseburger Oven Roasted Potatoes Broccoli Pickle Hamburger Bun Peaches	16)Turkey Sandwich Lettuce & Tomato Rye Bread (2) Macaroni Salad Cole Slaw Apple	17)Chicken A La King Brown Rice Diced Carrots Whole Wheat Bread (2) Fruit Cocktail	18)Stuffed Shells (2) Side Salad Green Beans Italian Bread (2) Fresh Plum	19)Salisbury Steak Gravy Mashed Potatoes Broccoli Dinner Rolls (2) Vanilla Pudding
22)Kielbasa Sauerkraut Boiled Potatoes Diced Carrots Mandarins	23)Hungarian Goulash Egg Noodles Cauliflower Rye Bread Fresh Peach	24)Cheese Tortellini w/ Tomato Cream Sauce Peas Oriental Vegetables Whole Wheat Bread (2) Applesauce	25)Ham & Cheese Sand Lettuce & Tomato Pasta Salad 3 Bean Salad Whole Wheat Bread (2) Fresh Orange	26)Sausage Sandwich Peppers & Onions Baked Beans Hoagie Roll Pears
29)Ziti w/Meat Sauce Mixed Vegetables Dinner Rolls (2) Pineapple Rings	30)Tuna Salad Lettuce & Tomato Potato Salad Beet Salad Rye Bread (2) Fresh Strawberries		Milk served with all meals. Coffee and Tea available at Senior Nutrition Sites.	<b>MENU SUBJECT TO CHANGE</b>



## Sullivan Volunteers

We would like to welcome our new volunteers and two of our newest partner sites to the program:

### **Mamakating Environmental Education Center (MEEC) – Wurtsboro, New York**

An active environmental center located within the Bashakill Wildlife Area which supports history and environmental education. Assistance is needed in the areas of fundraising, bookkeeping, gardening, festivals and programs.

### **Sullivan County Society for the Prevention of Cruelty to Animals (SCSPCA) – Rock Hill, New York**

An independent animal rescue organization that focuses on finding quality forever homes for adoptable animals. Assistance is needed with light cleaning, answering phones, taking messages, assisting with events, fundraising and socializing adoptable animals.

Did you know that we have over 40 different partner sites within Sullivan County that rely on the help of their volunteers to complete their missions? Our volunteers are truly the heartbeat of many nonprofit agencies. Sullivan Volunteers connects volunteers with local nonprofits addressing critical community needs, including home delivered meals and medical transportation for our senior population. The program allows our volunteers to choose how and where they want to serve. They choose the amount of time they want to give, and they choose whether they want to draw on their own skills or develop new ones. In short, they find the opportunity that's right for them. If you have a few hours to spare, enjoy helping others, and would like more information on how you can get started, please feel free to contact us.



### **Volunteer Drivers Needed**

Currently, there is an urgent need for Volunteer Medical Transportation Drivers. Our program needs caring volunteers to drive older adults to their medical appointments. Our drivers are screened, background checked and fingerprinted to ensure the safety of our clients. Volunteers help on a flexible schedule and mileage reimbursement is provided. If you enjoy driving and want to learn more about this rewarding program, contact us at 845-807-0255.

Finally, we would like to wish volunteer, Hedy Kaminski best wishes in her retirement. Hedy has been active in our program by volunteering for the 1st Way Life Center since 2014. Thank you, Hedy, for the compassion and commitment you've shared with our community. You will be truly missed.



## Does Medicare cover depression screening?

Yes. Medicare Part B covers an annual depression screening to help detect and address mental health concerns early. You don't need to show signs or symptoms of depression to qualify for screening. Screening must take place in a primary care setting, like a doctor's office. Meaning Medicare will not cover your screening if it takes place in an emergency room, skilled nursing facility (SNF) or hospital.

The annual depression screening includes a questionnaire that you complete yourself or with help from your doctor. The questionnaire helps determine if you are at risk or have symptoms of depression. If your results show that you may be at risk of depression, your provider will perform a thorough assessment and will refer you for follow-up mental health care if needed. Your depression screening should be done when you have a regularly scheduled doctor's visit but your provider can choose to screen you during a separate visit.

Your provider is required to review your risk for depression and other mental health conditions during your Welcome to Medicare Visit and your first Annual Wellness Visit. However, your provider is not required to formally screen you for depression during these visits. During a review, your provider should discuss risk factors for depression, such as family history, but

you will not receive a screening questionnaire.

If you qualify, Original Medicare covers depression screenings at 100% of the Medicare-approved amount when you receive the service from a participating provider. This means you pay nothing (no deductible or coinsurance). Medicare Advantage Plans are also required to cover depression screenings without applying deductibles, copayments or coinsurance when you see an in-network provider and meet Medicare's eligibility requirements for the service.

During the screening, your provider may detect, need to assess or treat a new or existing problem. This care is considered diagnostic or treatment, meaning your provider is examining or treating you because of certain symptoms or risk factors. Regular Medicare cost sharing applies to diagnostic and treatment services, including services identified during and provided alongside preventative screenings.



Source: Medicare Rights

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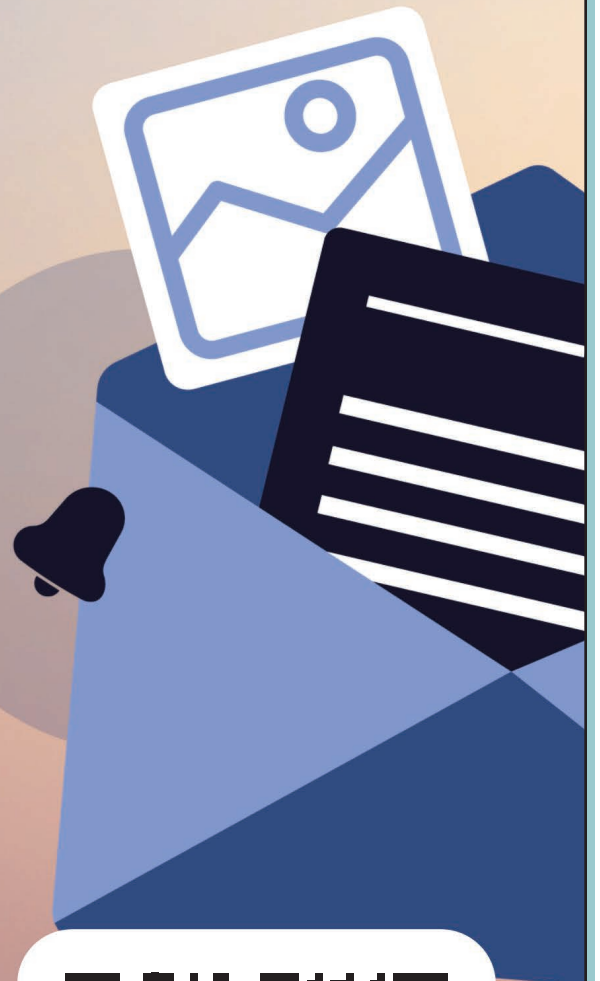
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**Caregiver Café in-person Support Group**

**1<sup>st</sup> Monday each month 10-11am** at CCE Sullivan.  
 June 1, July 13, Aug 10, Sept 14, Oct 19, Nov 9,  
 & Dec 14

**Virtual Support Group 2026**

**3<sup>rd</sup> Wednesday each month, 6-7pm** via zoom  
 June 17, July 15, Sept 16, Oct 21, Nov 18,  
 Dec 16.

**Parkinson’s Support Group**

**1st Wednesday each month, 4-5:30 pm**  
 June 3, July 1, Aug 5, Sept 2, Oct-TBD

**Building Brain-Healthy Habits**

Two dates to choose from:  
 June 9 or June 16, 2026  
 1:00 pm-2:00 pm  
 Tips to build healthy habits and help protect your brain.

*Registration required: [www.sullivanccce.org/events](http://www.sullivanccce.org/events)  
[sullivanccce@cornell.edu](mailto:sullivanccce@cornell.edu) or call 845-292-6180 x 122  
 64 Ferndale-Loomis Rd, Liberty*

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**OFA Loaner Closet**

Did you know the Office for the Aging offers a Loaner Closet with lightly used medical equipment available at no cost?

If you or a loved one could benefit from items such as walkers, wheelchairs, shower chairs, or other assistive devices, we encourage you to reach out. Supplies vary, but we’re always happy to check what’s available and help connect you with what you need.



**WORTHY READS  
 OFA STAFF RECOMMENDATIONS**

Selected by	Book Title & Author	Selected by:	Book Title & Author
Alexis	Magic Lessons by Alice Hoffman	Teresa	Every Note Played by Lisa Genova
Carrie	The Crash by Freida McFadden	Lise-Anne	Britt Marie Was Here by Fredrik Backman
Tana	The Whole Cat and Caboodle by Sofie Ryan	Sharon	Just One of the Guys by Kristin Hannah
Laura	The Keeper by Tana French	Sherri	Days of Grace by Catherine Hall
Cathie	Two for the Show by Janet Evanovich	Julie	The Love of My Life by Rosie Walsh

CRYPTOGRAM

Decode the message. E=L Z=G C=D G=T U=I

I L I , L L G D T I G  
 U R E U X D Q E E Z F F C G V U R Z H J F W D  
 D T I D I T  
 V Q Y C A B G O U H C F W U H G V D  
 D T T  
 V Q Y C D H G G F J F W D A M  
 L I L L L L  
 E B J U E E D A Q E E

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I B Q D W W P S W A D S Q F B E Q I I J  
 R O S E M A R Y R U U N P U X D Q K G D  
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 Z E X O L Q S B P H G S K X S S X K K X  
 I K O J E L F F U R T U T D O U G H T T













Word list:

- |           |          |         |          |
|-----------|----------|---------|----------|
| BARBECUE  | ESPRESSO | PASTA   | ROSEMARY |
| BASIL     | FONDUE   | PASTRY  | SAUCE    |
| CHOCOLATE | FRY      | PIZZA   | SUSHI    |
| CINNAMON  | GELATO   | QUICHE  | THYME    |
| CREPE     | GRILL    | RECIPE  | TIRAMISU |
| CURRY     | OMELETTE | RISOTTO | TRUFFLE  |
| DOUGH     | PAELLA   | ROAST   | VANILLA  |

SUDOKU

3	6		8			7	5	1
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7	3	5			6			9
1				5			3	

MATH PUZZLE

 + 
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  = 20  
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  + 
  = 13  
 + 
  + 
  = ??



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Sullivan County Office for the Aging, Monticello, NY

06-5379

## LOCAL ACTIVITIES AND EVENTS

June 3, 7:00 pm - Movie Night Series "Joyland", at Callicoon Theater, 30 Upper Main St. Callicoon

June 6, 9:00 am - Pine Bush UFO Festival, Main St. Pine Bush

June 7, 2:00 pm - Dove Reveal #85, The Last Dove, Music, Car Show & Chili Cookoff going on 12-4pm. 487 Cooley Rd, Parksville

June 13, 11:00 am - Livingston Manor Trout Parade, Main St. Livingston Manor

June 13 & 14, 11:00 am- America the Beautiful Festival, 517 Neversink Dr, Port Jervis

June 14, 12:00 pm - Fashion Show and Ribbon Cutting, Funky Hippy Chic Boutique, 679 Resorts World Dr. Monticello

June 26, 6:00 pm - Town of Mamakating Summer Concert Series "The Georgia 5" (80's Dance Party, 27-29 Mamakating Rd, Bloomingburg

WBOT Music & Farmers Market in the Park  
Farmers Market 5-8pm, 3rd St. Wurtsboro  
Bands 6:00 pm, Veterans Park

6/11 One Night Only

6/18 Swing Shift Orchestra

6/25 Dog Party

## LIBRARY ACTIVITIES

### Monticello

June 2, 5:30 pm - Fig-ure It Out - Mastering the Art of Growing Fig Trees

### Liberty

June 1, 10:30 am -Senior Coffee Club Psychotherapist, Dr. Joyce Garber talk: "Power of Positive Thinking - A Re-set"

June 5, 1:00 pm - Chair Yoga

June 10, 1:00 pm - Video Lecture "Honoring D-Day - Echoes of Valor and Victory

June 12, 1:00 pm - Movie Matinee "Miss Juneteenth"

June 26, 1:00 pm - Movie Matinee "F1"

June 27, 1:00 pm - Saturday Swing

### Fallsburg

June 4, 11, 18 & 23 4:00 pm - Chair Yoga

June 11, 5:00 pm - Adult Movie Night "Project Hail Mary"

June 23, 4:30 pm - Crafternoon "Freestyle Canvas Painting". All supplies provided

### Narrowsburg

June 10, 17 & 24, 5:00 pm - Happy Class with Nick Ross - Focusing on what people can do to live happier, more fulfilling lives. Registration required.

### Jeffersonville

June 9, 11:00 am - Drop in with Public Health

June 13, 10:00 am - Community Craft Swap

June 23, 5:00 pm - Craft- Wire-wrapped Snowflakes

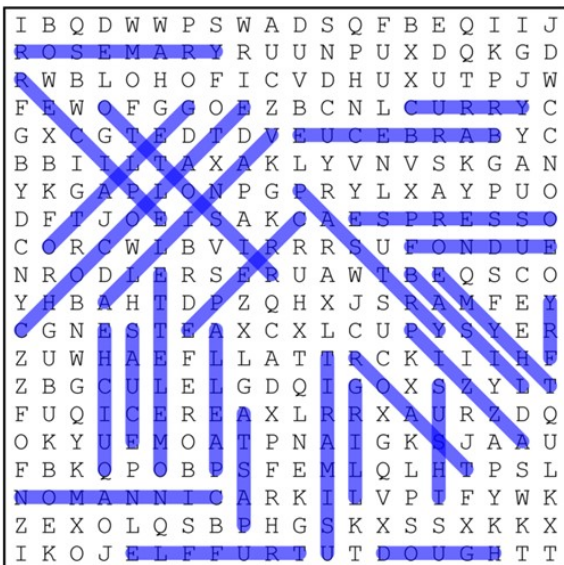
### Callicoon

June 22, 3:00 pm - Craft Lovers - Wire-wrapped Snowflakes

### Roscoe

June 12, 5:00 pm - Local History with Town Historian Dr. Joyce Conroy

## ANSWER KEY



3	6	4	8	9	2	7	5	1
9	1	7	5	4	3	6	2	8
5	2	8	6	7	1	9	4	3
6	8	3	7	1	5	2	9	4
4	5	9	3	2	8	1	7	6
2	7	1	4	6	9	3	8	5
8	9	2	1	3	4	5	6	7
7	3	5	2	8	6	4	1	9
1	4	6	9	5	7	8	3	2

**CRYPTOGRAM:** "In life, all good things come hard, but wisdom is the hardest to come by." - Lucille Ball

Math Puzzle

$$4 + 10 + 5 = 19$$

