



# MARCH NEWSLETTER



TEL: (845) 807-0241  
MON - FRI: 8AM - 5PM

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SULLIVANNY.GOV

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OUR OFFICE

EDITORS: TANA PRICE &  
TERESA BORTREE

# The Monthly Hoot



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

**TO:**

**TABLE OF CONTENTS**

**WHAT'S INSIDE**

	PAGE:
Contributions	2
EEAP	3
Shopping Bus/ Congregate sites	4
March Menu	5
March Awareness/ Worthy Reads	6
Medicare Fraud	7
Support Service/ Volunteers	9
Fun & Games	10
Local Events	12

**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:

Sullivan County Office for the Aging  
PO Box 5012, 100 North Street  
Monticello, NY 12701

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The Enhanced Energy Affordability Program offers utility bill discounts for income-qualified households that aren't eligible for EEAP, as they don't participate in State or Federal benefits programs like HEAP or SNAP.

All large electric and natural gas utilities offer the EAP discount to households receiving benefits from the Home Energy Assistance Program (HEAP), Supplemental Nutrition Assistance Program (SNAP), Medicaid, Veterans Disability/Survivors Pension, Supplemental Security Income (SSI), Temporary Assistance for Needy Families (TANF), Federal Public Housing Assistance, Lifeline Telephone Service and Safety Net Assistance.

Households having annual income that's less than these levels are eligible for EEAP:

1-person household - \$69,477  
2-person household - \$90,854

3-person household - \$112,232  
4-person household - \$133,609

To inquire about enrollment, contact your utility:

- NYSEG: 1-800-600-2275
- Orange & Rockland: 1-877-434-4100
- Central Hudson: 845-452-2700

To apply for EEAP, no matter what utility provides your service, visit <https://nyeeap.com/program> or call 1-877-400-2501. You will need to provide proof of income earned in the past month for all household members (such as pay stubs, Social Security or pension statements, self-employment records, etc.). Be sure to also have your utility account number handy.



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## Medicare Questions?

Medicare can be **confusing**, don't get discouraged, **get informed!**

Turning 65, new to Medicare, or have questions about your coverage? Contact me today to review your plan and explore your options!

*Let's Talk!*  
Schedule your personalized consultation today!

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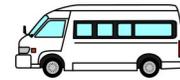
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# SHOPPING BUS SCHEDULE



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**

March 2, 9, 16, 23, 30

**Town of Bethel**-Smallwood, Cocheton, Bethel Senior Housing and White Lake.

**Town of Neversink** -Neversink, Grahamsville, Foxcroft Village.

## **TUESDAYS**

March 3, 10, 17, 24, 31

**Town of Fallsburg**- Woodridge, Mountaindale & South Fallsburg.

**Town of Rockland**- Livingston Manor & Roscoe.

## **WEDNESDAYS**

March 4, 11, 18, 25

**Town of Liberty**- Liberty – Golden Park, Barkley Gardens & White Sulphur Springs

**Town of Mamakating**- Summitville, Wurtsboro & Bloomingburg.

## **THURSDAYS**

March 5, 12, 19, 26

**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**

March 6, 13, 20, 27

**Town of Delaware**- Fremont, Callicoon, Hankins, Jeffersonville, etc.

**Liberty Village & Fallsburg**- Liberty Village Apts., Hurleyville, Loch Sheldrake & Kiamesha Lake.



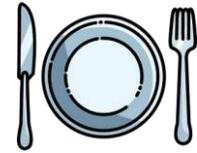
# CONGREGATE SITES



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



# MARCH 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
2) Chicken Cacciatore Spaghetti Marinara Diced Carrots Italian Bread Peaches	3)Pork Chop w/Gravy Buttered Egg Noodles Green Beans Whole Wheat Bread Apple	4)Stuffed Shells Side Salad Cauliflower Italian Bread	5)Pepper Steak Brown Rice Corn Dinner Rolls (2) Pineapple Rings	6)Cheese Tortellini w/ Tomato Cream Sauce Cauliflower Side Salad Whole Wheat Bread Applesauce
9)Hot Dog on a Bun (2) Baked Beans Peas	10)Ziti w/Meat Sauce Side Salad Mixed Vegetables Dinner Rolls (2)	11)Chicken Tenders (3) Oven Roasted Potatoes Broccoli Whole Wheat Bread	12)Beef Stroganoff Egg Noodles Diced Carrots Rye Bread	13)Macaroni & Cheese Stewed Tomatoes Green Beans Dinner Roll
16)Chicken Stew Egg Noodles Oriental Vegetables Wheat Bread Fruit Cocktail	17)Turkey Sandwich Lettuce & Tomato Whole Wheat Bread Macaroni Salad Cole Slaw Applesauce	18)Corned Beef & Cabbage Boiled Potatoes Steamed Carrots Rye Bread Mandarin Oranges	19)Kielbasa Sauerkraut Mashed Potatoes Corn	20)Breaded Fish Tartar Sauce Baked Potato Oriental Vegetables Whole Wheat Bread (2)
23)Cheeseburger on a Bun Roasted Potatoes Peas Pickles	24)Hungarian Goulash Egg Noodles Mixed Vegetables Rye Bread	25)Sausage Sandwich Peppers & Onions Baked Beans Hoagie Roll	26)Salisbury Steak Gravy Oven Roasted Potatoes Green Beans Dinner Rolls (2)	27)Ravioli w/Garlic Sauce Tossed Salad Broccoli Italian Bread
30)Roast Pork & Kraut Sweet Potato Corn Rye Bread (2)	31)Unstuffed Cabbage Brown Rice Peas Rye Bread Fresh Orange		<b>Milk served with all Meals</b>	<b>Coffee and Tea available at Senior Nutrition Sites</b>

## March is Colorectal Cancer Awareness Month

Colorectal cancer is the second leading cause of cancer death in the United States. 152,810 people in the U.S. received a diagnosis of colon or rectal cancer in 2025 and approximately 53,000 died from it. Colorectal cancer awareness is important because many cases of cancer of the colon or rectum are preventable. Screening by colonoscopy can help prevent this cancer because precancerous polyps found during the procedure can be removed at the same time. Colonoscopy can also detect the cancer at early stages when treatment is more likely to be successful. Colorectal cancer awareness has led to greater use of at-home screening tests like Cologuard and FIT. These tests are equally effective.

The five-year relative survival rate for cancer localized to the colon or rectum is 91.1% and drops significantly as the cancer spreads beyond those organs. The five-year survival rate is 65%. Cancer of the colon or rectum is more common in men than women and more common among American Indians/Alaska Natives than people of other races. The median age of diagnosis is 66 years, while about 78% of newly diagnosed patients are 55 and older. Colorectal cancer is increasingly being diagnosed in people under 50 which is called "early onset." The frequency of early-onset colorectal cancer has increased about 2% per year since 1994. Factors contributing to an increase in early-onset colorectal cancer include:

Unhealthy diet and the microbiome, obesity, chemicals in the environment, use of antibiotics, consumption of alcoholic beverages, sedentary behaviors, red meat should be limited to no more than three servings (a total of 12 to 18 ounces) a week and shouldn't include processed meats like hot dogs, bacon and salami and fresh fruits and vegetables, nuts, whole grains and fish can help lower the risk of developing cancer. Researchers are studying if a vaccine could help reduce the risk of adenoma recurrence which can increase the risk of colorectal cancer. Individuals with a history of adenomas often see these polyps grow back after removal during colonoscopies. Researchers are examining ways the gut microbiome can help detect early signs of colorectal cancer to boost antitumor immunity and to plug leaks following surgery. Schedule your colonoscopy for Colorectal Cancer Awareness Month!

Source: American Association for Cancer Research AACR



### WORTHY READS OFA STAFF RECOMMENDATIONS

Selected by	Book Title & Author	Selected by:	Book Title & Author
Alexis	Coming of Age in Mississippi – Anne Moody	Tana	She’s Not Sorry by Mary Kubica
Carrie	The Great Alone by Kristin Hannah	Lise-Anne	Too Old for This by Samantha Downing
Teresa	I Know This Much Is True by Wally Lamb	Sharon	An Unfinished Story by Boo Walker
Julie	The Let Them Theory by Mel Robbins	Sherri	The Sometimes Sisters by Carolyn Brown

## Reporting Medicare Fraud and Abuse

Medicare fraud and abuse can happen anywhere. It's important that you protect your Medicare card, number and other personal information and check your Medicare claims regularly.

To help spot and prevent Medicare fraud and abuse:

Compare the dates and services on your calendar with the Medicare statements you get to make sure you got each service listed and that all the details are correct.

Protect your personal information and become familiar with how Medicare uses it.

Know what a Medicare health or drug plan can and can't do before you join. If you join a Medicare health or drug plan, the plan will let you know how it will use your personal information.

Learn more about Medicare and recent scams.

If you suspect fraud call 1-800-MEDICARE (1-800-633-4227) or Report Medicare Fraud online.

If you have a Medicare Advantage Plan or Medicare drug plan you can also call the Investigations Medicare Drug Integrity Contractor (I-MEDIC) at 1-877-7SAFERX (1-877-772-3379).

### Protect yourself from medical identity theft

Medical identity theft is a serious crime that happens when someone uses your personal information without your consent to commit Medicare fraud or other crimes. Use the following tips to protect yourself from becoming a victim.

#### Do:

Check the receipts and statements you get from providers for mistakes and call your provider's office if you think a charge is incorrect.

Remember that Medicare will never call you to sell you anything or visit you at your home.

Medicare or someone representing Medicare, will only call and ask for personal information in limited situations (like an agent or representative returning your call after you've joined a plan, reported fraud or left a message for Medicare).

Report Identity Theft

#### Don't:

Give your Medicare card, Medicare Number, Social Security card or Social Security Number to anyone except your doctor or people you know should have it (like insurers acting on your behalf or people who work with Medicare, like your State Health Insurance Assistance Program (SHIP).

Accept offers of money or gifts for free medical care.

Allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services.

Join a Medicare health or drug plan over the phone, unless you called and asked for help.

Source: Medicare.gov

# STOP



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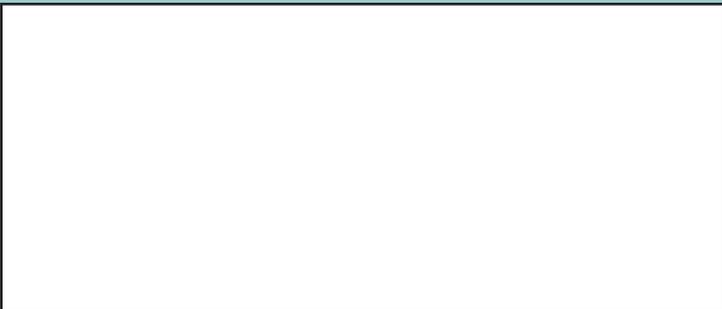


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### Hudson Valley Long Term Care Ombudsman Program

## JOIN OUR TEAM



### Benefits of Becoming A Volunteer Ombudsman

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**Free Training-** and continuing education provided.

**Vital Link-** provides you the opportunity to give back to the most vulnerable of your communities' senior population.

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**P: 845-229-4680 | [www.nursinghome411.org](http://www.nursinghome411.org)**



The New York State Long Term Care Ombudsman Program services are made possible through funding from the New York State Office for the Aging and U.S. Department of Health and Human Services, Administration for Community Living.

# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter emailed to you.



Visit

[www.mycommunityonline.com](http://www.mycommunityonline.com)



**Caregiver Café in-person Support Group**

1<sup>st</sup> Monday each month 10-11am at CCE Sullivan.  
Mar. 2, Apr. 6, May 4, June 1

**Virtual Support Group 2026**

3<sup>rd</sup> Wednesday each month, 6-7pm via zoom  
Mar. 18, Apr. 15, May 20, June 17, July 15, Sept 16,  
Oct 21, Nov 18, Dec 16.

**Bone Builders**

Bone Builders with Joy  
Thursdays at 11am  
WSPL-Jeffersonville branch community room  
19 Center St., Jeffersonville  
March 19 through May 21, 2026

Bone Builders with Linda  
Thursdays at 11 am  
CCE Sullivan Extension Bldg.  
64 Ferndale-Loomis Rd, Liberty  
March 26 through May 7, 2026

Registration required: [www.sullivanccce.org/events](http://www.sullivanccce.org/events)  
[sullivanccrc@cornell.edu](mailto:sullivanccrc@cornell.edu) or call 845-292-6180 x 122



Caring for a loved one?  
We're here for you.

The Caregiver Resource Center offers:

- In-person and virtual support groups for family caregivers
- Workshops on topics related to caregiving, Alzheimer's and dementia
- Individual assistance, information and referrals to community resources
- Caregiver assessments & tips for managing stress
- Tai Chi for Arthritis & Falls Prevention for seniors



**Are you feeling lonely or isolated?  
Our volunteers are here to help you!**

The Telephone Reassurance Program is available to any registered client of the Office for the Aging who is experiencing loneliness or isolation. This program is staffed by volunteers who play a vital role in helping elderly and disabled individuals remain in their homes.

Participants receive a weekly phone call to check on their wellbeing. These calls help reduce feelings of isolation for homebound seniors, allowing them to maintain their independence while feeling connected. Our seniors find comfort in knowing that someone will reach out to them regularly.

The program also allows us to monitor any potential issues, such as food insecurity, and our volunteers are trained to report any medical problems, safety concerns, or other services that may be required. The Office for the Aging is equipped with information about local resources available should any concerns arise during these calls.

If you or someone you know could benefit from a weekly check-in phone call, please contact Monika Roosa, Program Coordinator, at (845) 807-0255 for more information.

**CRYPTOGRAM** --- Decode the message. **P = L D = S F = T W = G O = E**

L E S T T G  
 P K Q O K D S F C R G I F Q K S B K S W  
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 E S  
 R O H S C H B D E C X

**HUMOR: The Most Dangerous Food**

A dietitian was once addressing a group at the local senior center.

“Many things we eat aren't good for us,” she said. “Red meat is awful. Soft drinks erode your stomach lining. Processed foods are loaded with MSG.

“But there is one thing that is the most dangerous of all and most of us have eaten it,” she continued. “Can anyone tell me what food causes the most grief and suffering for years after eating it?”

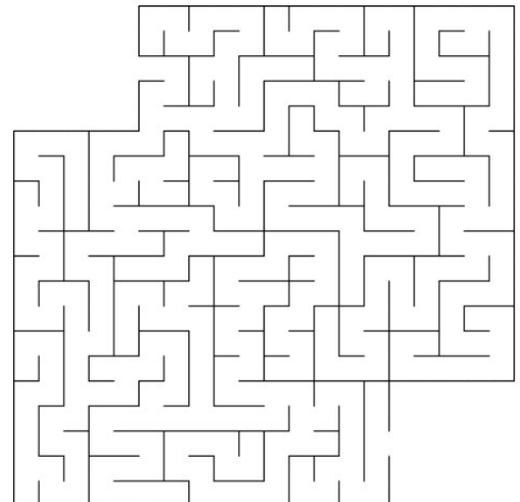
An elderly gentleman in the front row stood up and said, “Wedding cake.”

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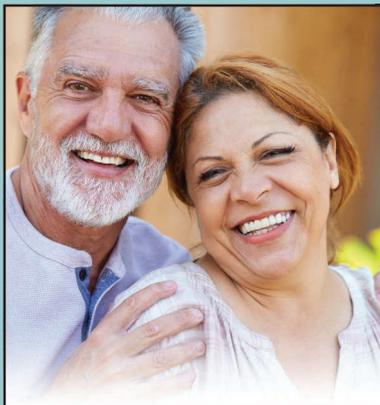
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**SUDOKU**

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| ATHLETE      | DRILL      | REFEREE    |
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| BRACKET      | FREE THROW | STADIUM    |
| CHAMPIONSHIP | GYMNASIUM  | TOURNAMENT |
| CHEER        | HOOPS      | UNIVERSITY |
| COACH        | JERSEY     | VICTORY    |
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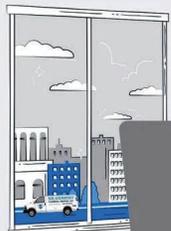


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Y0051\_0570\_M

# LOCAL ACTIVITIES AND EVENTS



## St. Patrick's Day Parade

March 15, 1:00 pm

Airport Rd, Yulan,

Organized by the Marion O'Neill Culture Club

## Free Tax Prep

Tuesdays & Thursdays from February 3rd through early April from 10am - 11:30am

Time slots: 10am, 10:30am, 11am & 11:30am

At Ethelbert Crawford Library, 479 Broadway, Monticello

**Call (845) 794-4660 ext 2 to reserve a slot**

Presented by the IRS, AARP and in partnership with Cornell Cooperative Extension of Sullivan County

## LIBRARY ACTIVITIES

### Liberty

Mar 6, 1:00 pm - Chair Yoga

Mar 11, 1:00 - Video Lecture "Greece - Land of History, Beauty & Inspiration"

Mar 13, 1:00 pm - Movie Matinee " Song Sung Blue"

Mar 27, 1:00 pm - Movie Matinee " Hamnet"

### Fallsburg

Mar 5, 12, 19 & 26th 4:00 pm - Chair Yoga

Mar 10, 4:30 pm - Crafternoon "Paint your own Tote Bags (bags & materials provided)"

Mar 12, 5:00 pm - Adult Movie Night "Hidden Figures"

### Narrowsburg

Mar 7, 12:00 pm - Trash Art & Junk Journaling

Mar 20, 5:30 pm - Potions for Spring with Dale Buchheister

### Jeffersonville

Mar 10, 5:00 pm - Suminagashi Water Marbling

### Callicoon

Mar 20, 4:00 pm - Craft Lovers

Mar 27, 6:00 pm - Cymatica: Sound & Vision Cinema

### Livingston Manor

Mar 28, 11:00 am - Scrabble for Adults

### Roscoe

Mar 20, 4:00 pm - One Room Schoolhouses with Dr. Joyce Conroy

### Grahamsville

Mar 14, 10:00 am - 12:00 pm - Medicare 101 Zoom Webinar

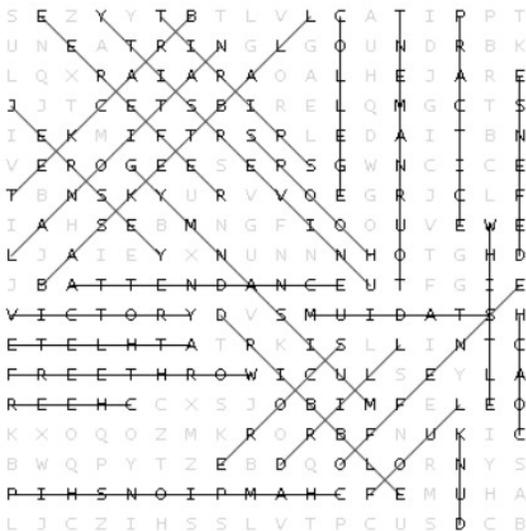
## WE WANT YOU

Mamakating Senior Center is looking for new members for our knitting & crochet group, The Chain Gang. We will teach you how to crochet or knit. We meet on Wednesdays 10 am-12 pm, at Mamakating Town Hall Senior Center.

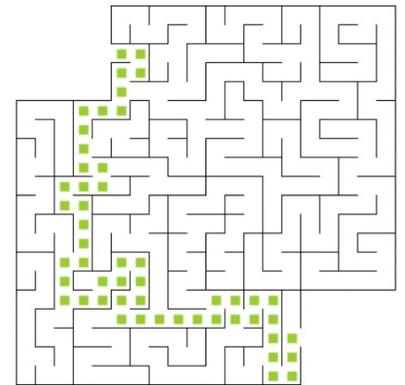


**If you are interested, please call Rita Bellomo at (845) 745-9967.**

## ANSWER KEY



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



**Cryptogram:** Life isn't about finding yourself. Life is about creating yourself. -George Bernard Shaw