



MAY 2025 NEWSLETTER



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

EMAIL US:
SULLIVANOFA@
SULLIVANNY.GOV

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MAILING LIST, PLEASE
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EDITORS: TANA PRICE &
TERESA BORTREE

The Monthly Hoot

HAPPY
Mother's
Day



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

TO:

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.

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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

***** PAID ADVERTISEMENTS ARE NOT ENDORSED BY THE SULLIVAN COUNTY OFFICE FOR THE AGING NOR DOES THE SULLIVAN COUNTY OFFICE FOR THE AGING HAVE ANY DIRECT CONNECTION TO THE SERVICES AND GOODS OFFERED IN THE ADVERTISEMENTS*****



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- ▶ Short Wait Times
- ▶ Advanced Treatment

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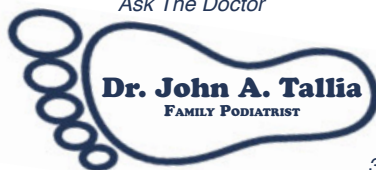
**ROOFING
SIDING
GUTTERS**

845-820-4954

JDTCONSTRUCTIONNY.NET

Are you Eligible for the Medicare Diabetic Shoe Program

Ask The Doctor



Dr. John A. Tallia
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30 Glen Wild Rd., Rock Hill, NY Please Call! 845-513-5333

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• Whirlpool Foot Massage • Medicare & Most Insurance Accepted



2024 SEASON

ELTHE SPIRIT
MAY 07th-10th

THE HELP
JUNE 07th-22nd

CLOSETS
JULY 12th-20th

WIZARD
AUGUST 09th-16th

10 Minute Play Festival
SEPTEMBER 07th-22nd

TRINITY THERAPY
OCTOBER 07th-20th

THE RIVOLI THEATER: 5245 MAIN STREET, SOUTH FALLSBURG, NY 12779. ERHNY@SCAD.NET






SULLIVAN COUNTY HEAP COOLING ASSISTANCE PROGRAM

START DATE : **APRIL 15TH, 2025**



IF you have an existing medical condition that is aggravated by extreme heat and documented by a physician, are under the age of 6 OR are 60 years of age or older – you may be eligible for the HEAP Cooling component benefit of up to \$800.00.

The Cooling Assistance Program provides a cooling room for eligible Sullivan County residents. Starting April 15th, you can complete an application over the phone.

Applications will be accepted until funding permits.

Please call (845) 807-0142 or apply in person at
Department of Social Services
16 Community Drive, Liberty N.Y.



Simple Cremation:
\$995.00

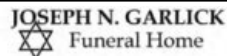
zmmemorials.com

845-977-6127

Traditional Funerals ♦ Pre-Arranged Services

Two Names - A Leading Choice in Funeral Service

Pricing per general price list, excludes cash advance items - 388 Broadway, Monticello, NY 12701



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for over 70 years"*

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845-794-7474

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!

Meir Horowitz

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(TTY: 711)

mhinsures@gmail.com

This is an advertisement. By calling this number or providing your information you agree to speak with a licensed insurance agent about Medicare Advantages, Part D Prescription Drug Plans or Medicare Supplements. Not affiliated with any government agency including Medicare. We do not offer every plan available in your area. Currently we represent 8 organizations which offer 517 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

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Sullivan County Office for the Aging, Monticello, NY

06-5379



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 May 5, 12, 19 | <u>Town of Bethel</u> -Smallwood, Cocheton, Bethel Senior Housing and White Lake. <u>Town of Neversink</u> -Neversink, Grahamsville, Foxcroft Village. |
| TUESDAYS May 6, 13, 20, 27 | <u>Town of Fallsburg</u> - Woodridge, Mountaindale & South Fallsburg. <u>Town of Rockland</u> - Livingston Manor & Roscoe. |
| WEDNESDAYS May 7, 14, 21, 28 | <u>Town of Liberty</u> - Liberty – Golden Park, Barkley Gardens & White Sulphur Springs <u>Town of Mamakating</u> - Summitville, Wurtsboro & Bloomingburg. |
| THURSDAYS May 8, 15, 22, 29 | <u>Highland Area</u> - Narrowsburg, Eldred, Barryville, Glen Spey, etc. * and some surrounding areas, not all areas included <u>Town of Thompson</u> - All of Monticello, Mongaup Valley |
| FRIDAYS May 9, 16, 23, 30 | <u>Town of Delaware</u> - Fremont, Callicoon, Hankins, Jeffersonville, etc. <u>Liberty Village & Fallsburg</u> - 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 |



MAY MENU 2025



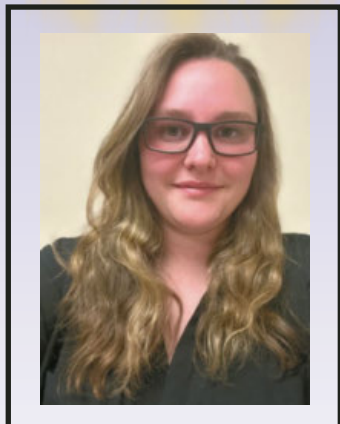
Five Congregate meal sites are now open. Lunch is served by 12:00 pm. This menu is for homebound meals and congregate sites. Registration with the Office for the Aging is required. Please call 24 hours in advance for reservations at (845) 807-0254. Menu is subject to change.

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.

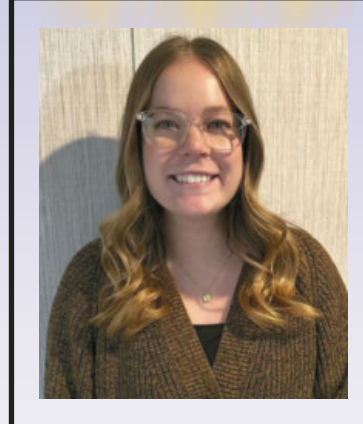
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| DECAF TEA AND DECAF COFFEE AVAILABLE AT ALL MEALS | 2% AND SKIM MILK SERVED AT ALL MEALS | | 1) Roast Beef & Gravy Mashed Potatoes, Corn, Dinner Rolls (2) Mandarin Oranges | 2) Macaroni & Cheese Stewed Tomatoes, Cauliflower, Whole Wheat Bread, Peaches |
| 5) Unstuffed Cabbage Mashed Potatoes, Peas Rye Bread, Fresh Orange | 6) Stuffed Shells (2) Side Salad, Green Beans, Italian Bread, Fresh Orange | 7) Baked Chicken, Gravy Sweet Potatoes, Mixed Vegetables, Whole Wheat Bread, Mandarin Oranges | 8) Beef Stew, Egg noodles, Broccoli, Dinner Rolls (2), Apple | 9) Kielbasa, Sauerkraut Boiled Potatoes, Diced Carrots, Fruit Cocktail, Rye Bread |
| 12) Chicken Tenders(3) Oven Roasted potatoes, Broccoli, Dinner Rolls (2), Peaches | 13) Hot Dogs on a Bun (2), Baked Beans, Corn, Pears | 14) Meatball Sandwich, Broccoli, Side Salad, Hoagie Roll, Peaches | 15) Beef & Broccoli Stir-Fry, Brown Rice, Oriental Vegetables, Dinner Rolls, Mandarin Oranges | 16) Chili Con Carne, Brown Rice. Cauliflower, Corn Muffin (1), Peaches |
| 19) Chicken A La King Brown Rice, Carrots, Whole Wheat Bread, Mandarin Oranges | 20) Sausage Sandwich Peppers & Onions, Baked Beans, Hoagie Roll, Peaches | 21) Hungarian Goulash Egg Noodles, Mixed Vegetables, Rye Bread, Mandarin Oranges | 22) Roast Pork Loin w/ Gravy, Sweet Potatoes, Green Beans, Whole Wheat Bread, Applesauce | 23) Breaded Fish Tartar Sauce, Baked Potato, Peas & Carrots, Whole Wheat Bread, Peaches |
| 26) CLOSED  | 27) Cheese Tortellini w/Tomato Cream Sauce, Peas, Diced Carrots, Whole Wheat Bread, Pears | 28) Turkey Sandwich Wheat Bread, Lettuce & Tomato, Macaroni Salad, Cole Slaw, Mandarin Oranges | 29) Meatballs (2) Baked Ziti Marinara, Broccoli, Side Salad, Italian Bread, Fruit Cocktail | 30) Pepper Steak Brown Rice, Oriental Vegetables, Dinner Rolls (2), Mandarin Oranges |

OFA Welcomes New EISEP Case Management Specialists

Alexis and Robyn



Alexis Romer



Robyn Dymond

EISEP (Expanded In-Home Services for the Elderly Program) is a non-medical personal care and home-care program. For information and assistance, contact EISEP Case Management at the Office for the Aging: (845) 807-0241 option 3.

SULLIVAN 180 Volunteer with us!

**COMMUNITY HEALTH
CHAMPION & VOLUNTEER
ORIENTATION**

**Thursday, May 1
5:30-7:30 PM**

CVI Building, 1 Cablevision
Center Drive, Liberty

Register at Sullivan180.org.

Questions? Contact
Anne-Louise Scandariato at
Anne-Louise@Sullivan180.org or
(845) 295-2405.

Celebrating National Public Health Week 2025



In 2002, The National Heart, Lung, and Blood Institute (NHLBI) created The Heart Truth® campaign, designed to raise awareness about heart disease as the leading cause of death in women. The campaign originally focused on women aged 40-60, with an emphasis on reaching women of color. It has since expanded awareness efforts to educate younger women on the benefits of a heart-healthy lifestyle. In 2003, the campaign introduced the Red Dress® as the national symbol for women and heart disease, and the campaign holds special events throughout American Heart Month each February to help raise awareness. Studies show women's heart disease awareness has doubled since 2002, but it remains the leading cause of death for women in the United States.

Applying for a Medicare (MSP) Savings Program

By Kelly Soller, Aging Services Coordinator

You may be able to get assistance with your health care costs through a Medicare Savings Program (MSP). MSPs, also known as Medicare Buy-In programs or Medicare Premium Payment Programs, help pay your Medicare costs if you have limited income.

1. Qualifying Individual (QI)

- Pays for your Part B premium
- May receive up to three months retroactive reimbursement for Part B premiums (Note: only for premiums paid up to three months before your MSP effective date, and within the same year of that effective date)
- You cannot have both QI and Medicaid

2. Qualified Medicare Beneficiary (QMB)

- Pays for Medicare premiums
- Providers are prohibited from charging you for Medicare cost-sharing (deductibles, coinsurance, and copayments). This means you should not be billed for any Medicare-covered services you receive from Original Medicare providers or providers in your Medicare Advantage Plan's network
- You can have both QMB and Medicaid

| Program | New York gross monthly income limits | | New York asset limits | |
|----------|--------------------------------------|---------|-----------------------|----------|
| | Individuals | Couples | Individuals | Couples |
| QI | \$2,446 | \$3,299 | No limit | No limit |
| QMB | \$1,820 | \$2,453 | No limit | No limit |
| Medicaid | \$1,820 | \$2,453 | \$32,396 | \$43,781 |

Note: If you enroll in an MSP, you will also automatically get Extra Help, the federal program that helps pay your Medicare prescription drug (Part D) plan costs.

If you apply, you will be required to submit a signed application and copies of the following documents:

- Social Security card
- Medicare card
- Birth certificate, passport, or green card
- Proof of address (e.g., electric or phone bill)
- Proof of income (e.g., Social Security Administration award letter, income tax return, pay stub)



ROUTE-E is currently running. Serving Liberty, Livingston Manor, Roscoe, Callicoon Center, Jeffersonville, Youngsville and White Sulphur Springs. Full schedule is available at www.movesullivan.com. All trips are FREE. For more information or questions, call 845-434-4102.



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Hudson Valley Long Term Care Ombudsman Program

JOIN OUR TEAM



Benefits of Becoming A Volunteer Ombudsman

Flexibility- You have the flexibility to complete your required 2 hours/week as it fits into your schedule.

Free Training- and continuing education provided.

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

APPLY AT:
NURSINGHOME411.ORG/LTCOP/VOLUNTEER

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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.

Spring Senior Fitness Class May Schedule

Monday

Mamakating 5/5 & 5/19 11:30am.-12:15pm
Bethel 5/12 & No class Memorial Day
(make up class June 30)
10:30-11:30 am



Wednesday

Liberty 5/14 & 5/28 11:30am- 12:15pm
Livingston Manor 5/7 & 5/21 10:30am-11:30pm

Friday

Jeffersonville 5/2 & 5/16 10:30am-11:30pm

** Must be Registered with the Office for the Aging to participate. Call (845) 807-0254 for more information or to reserve your spot.

Parkinson's Support Group

Registration is preferred but walk-ins are welcome!



Parkinson's disease can be different for everyone. While there's no cure for Parkinson's disease, certain lifestyle changes can help manage symptoms and improve overall quality of life.

WHEN:

4:00 PM - 5:30 PM

April 9 May 14

June 11 July 9

Aug 13 Sept 10

Oct 8 Nov 12

REGISTER:

(845) 292-6180 ext. 122

sullivancrc@cornell.edu

<https://tinyurl.com/3s4uhzo9>

Caregiver Cafe'

Winter/Spring 2025 schedule

Apr 7

May 5

June 2



1st Monday of each month
10 am-11 am

Registration Required:

Use the QR code below or go to <https://tinyurl.com/5n6mtpy4>

Caregiver Resource Center



Bone Builders

Thursdays

11 am - 12 pm

March 27 - May 22, 2025

Instruction provided by CCE

Volunteer- Joy Mendelsohn, MD



How to Register:

Use the QR Code!

sullivancce.org/events

(845) 292-6180 ext. 122

sullivancrc@cornell.edu

Cornell Cooperative Extension | Sullivan County
64 Ferndale-Loomis Rd, Liberty NY 12754



March 18 - May 6, 2025
11:00 am - 12:00 pm

Use the QR Code or Register here:

www.sullivancce.org/events

or call (845) 292-6180 x 122

sullivancrc@cornell.edu



Free giveaways for participating in the program! To Register: <https://tinyurl.com/5n6mtpy4> Or click on the QR Code below

Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people?

Mondays 11-1 pm, May 5 - June 16, 2025
Located at 64 Ferndale-Loomis Road, Liberty

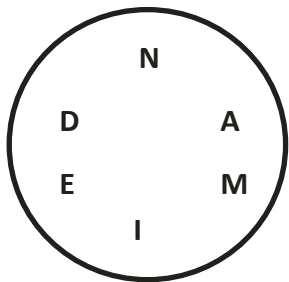
Questions? call us at (845) 292-6180 ext. 122
Or email: sullivancrc@cornell.edu



Double the Fun-Word Game

Make a list of as many words as you can using only the letters in the circle below.

Solve the crossword puzzle using words from your list.

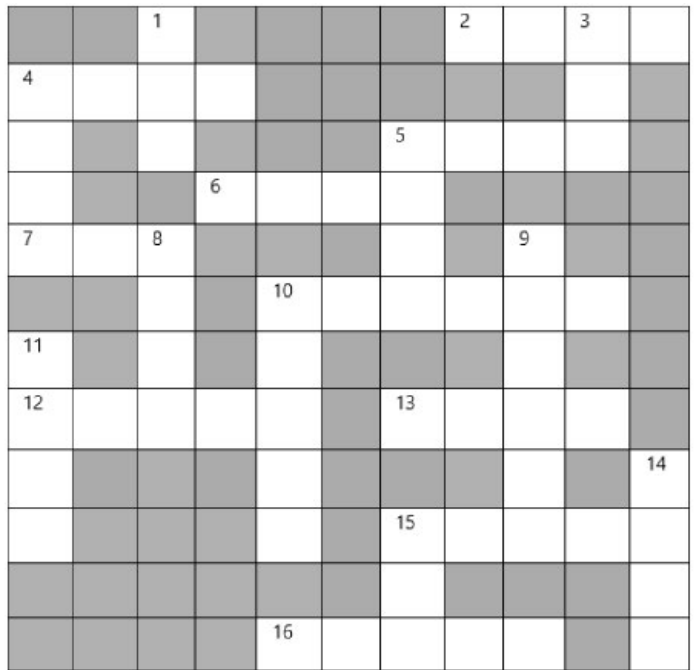


ACROSS

- 2. Faculty head
- 4. Major
- 5. Housekeeper
- 6. Nail care
- 7. Finish
- 10. Middle
- 12. Revise
- 13. Produced
- 15. Dungaree
- 16. Pointed

DOWN

- 1.Help
- 3. Also
- 4.Belonging to me
- 5.Brain
- 8.Eat
- 9.Unmarried
- 10.News, radio, tv
- 11.Title
- 14.Agreed
- 15.Faint

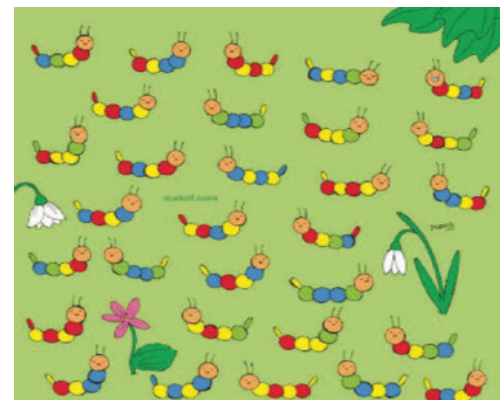


| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | L | O | P | Y | A | M | L | V | P | J | P | B | R | B | L |
| F | R | I | Y | B | F | A | J | K | X | L | N | U | S | A | L |
| S | A | I | C | A | I | A | B | M | A | G | G | T | R | S | A |
| J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

| | | | |
|-----------|---------------|--------------|----------|
| BASEBALL | CINCO DE MAYO | GRASS | PINATA |
| BASKET | DANCING | GREEN | PLANT |
| BLOSSOMS | EMERALD | HUGS | RIBBONS |
| BULBS | FALLEN | MAYPOLE | SALUTE |
| BUTTERCUP | FLAGS | MEMORIAL | SEEDS |
| BUTTERFLY | FLOWERS | MOTHER'S DAY | SOLDIER |
| CELEBRATE | GARDEN | PARADE | SUNSHINE |

SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | | 3 | 4 | | | | | 2 |
| | 7 | | | | 8 | 9 | | |
| | 6 | | 9 | | | 7 | 5 | |
| | | 6 | | | | 2 | 4 | |
| | 4 | | | 2 | 6 | | | 9 |
| 7 | | | 5 | 4 | | | | |
| | | 5 | | | 2 | 4 | | 7 |
| 8 | | | | 9 | 4 | | | 3 |
| 4 | 2 | | | 7 | | | | 8 |



Which caterpillar has a **UNIQUE PATTERN**? (Which one doesn't have a pair?)

Source: Dudolf.com



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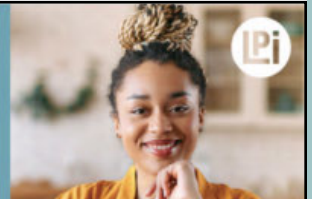


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Sullivan County Office for the Aging, Monticello, NY

06-5379

LOCAL ACTIVITIES AND EVENTS

May 1, 5:30 pm-6:30 pm, Zumba in the Park, 187 Town Park Rd, Monticello

May 3, 10:00 am-4:00 pm, 3rd Annual Cinco de Mayo Festival, Downtown Liberty

May 3, 11:00 am, SUNY Sullivan Spring & Kite Fest, 112 College Rd, Loch Sheldrake

May 3&4, 11:00 am-5:00 pm, Spring Makers Market in the Catskills, 1 Hills Resort Rd, Callicoon Center

May 17, 10:00 am-3:00 pm, Craft Fair, Liberty Elks Lodge #1545, 21 John St. Liberty

May 31, 10:00 am, Spring Garden & Craft Fair, Delaware Youth Center, 8 Creamery Rd, Callicoon

HPAC - Hurleyville Performing Arts Center, 219 Main St. Hurleyville

May 3, 11:00 am "The Tomiko Morimoto West Story" Community Screening. FREE

May 17, 12:00 pm-4:00 pm Spring Festival

May 22, 11:00 am-12:00 pm Board & Brilliant Senior Gaming Hour

LIBRARY ACTIVITIES

MONTICELLO

May 21, 3:00 pm-4:00 pm Monthly Library Bingo, Suggested donation \$2.00 Registration required

LIBERTY

MAY 2, 2:00 pm Chair Yoga

May 23, 1:00 pm Movie Matinee "Twisters"

NARROWSBURG

May 28, 3:00 pm-4:00 pm A Partially Wild Garden Planning & Maintenance with Wild Yarrow Farm-Part 2

JEFFERSONVILLE

May 7, 1:00 pm - 3:00 pm Movie Club - "Book Club"

May 31, 10:30 am - 1:30 pm Community Craft Swap

Callicoon

May 16, 4:00 pm - 6:00 pm Craft Lovers -make glitter gel pens! All supplies will be provided

Livingston Manor

May 7, 5:00 pm "Staying Safe Online" Learn to protect your data while online.

May 16, 12:00 pm "Identity Theft Protection" Learn how to protect your personal identity, your money and your credit information both online and off.

Mamakating Environmental Education Center
762 South Rd, Wurtsboro, NY 12790
Please call to register (845) 644-5014



May 4, 11:00 am-12:00 pm, Native Plants for Wet, Shady & Dry, Sandy Soil, Admission \$5.00

May 4, 12:30 pm -3:30 pm, The first Native Plant Sale of the Season

May 9, 7:00 pm-9:00 pm, Evening Frog Walk, Admission: \$5.00

May 10, 11:00 am-12:00 pm, Weird Organisms: Carnivorous & Parasitic Plants, Admission \$5.00

May 17, 10:00 am-3:00 pm, Fairy House Festival, Admission \$5.00

May 31, 1:00 pm-3:00 pm Intro to Camping, Admission: Free

ANSWER KEY

Double The Fun Word Game

ACROSS: 2) Dean 4) Main 5) Maid 6) Mani 7) End 10) Median
12) Amend 13) Made 15) Denim 16) Aimed

DOWN 1) Aid 3) And 4) Mine 5) Mind 8) Dine 9) Maiden
10) Media 11) Name 14) Amen 15) Dim

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

