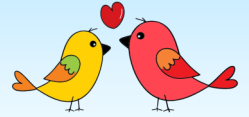




MAY 2026 NEWSLETTER



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

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SULLIVANNY.GOV

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LIST, PLEASE CONTACT
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:

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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:

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

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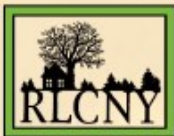
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ESTATE PLANNING BASICS

FREE PUBLIC SEMINAR



Presented by
Heather Deare West, Esq.

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Office for the Aging**

Learn about Wills, Health
Care Proxies, Power of
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for your future.



June 1, 2026, 10:00 am

**Sullivan County Government
Center Hearing Room 2nd
Floor**

**100 North Street
Monticello, NY 12701**

**Call to pre-register by
May 28th at 845-807-0241**



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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

May 4, 11, 18,

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

Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

TUESDAYS

May 5,12, 19, 26

Town of Fallsburg- Woodridge, Mountindale & South Fallsburg.

Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS

May 6, 13, 20, 27

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

Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

THURSDAYS

May 7, 14, 21, 28

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

May 1, 8, 15, 22, 29

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

OFA Loaner Closet

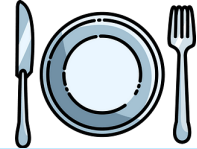
Did you know the Office for the Aging offers a Loaner Closet with lightly used medical equipment available at no cost?

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.

Please contact our office to learn more or check availability.




MAY 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
Milk served with all Meals	Coffee and Tea available at Senior Nutrition Sites			1) Macaroni & Cheese Stewed Tomatoes Cauliflower Whole Wheat Bread Peaches
4) Unstuffed Cabbage Egg Noodles Peas Rye Bread Banana	5) Beef Stew Brown Rice Diced Carrots Dinner Rolls (2) Mandarins	6) Pork Chop w/ Gravy Baked Potato Broccoli Whole Wheat Bread Applesauce	7) Stuffed Shells (2) Side Salad Mixed Vegetables Italian Bread Fruit Cocktail	8) Kielbasa Sauerkraut Boiled Potatoes Green Beans Vanilla Pudding Rye Bread
11) Tuna Salad Lettuce & Tomato 3 Bean Salad Potato Salad Rye Bread Peaches	12) Hot Dogs on a Bun (2) Baked Beans Cauliflower Chocolate Pudding	13) Meatball Sub Peas Side Salad Sub Roll Pears	14) Beef & Broccoli Stir Fry Brown Rice Corn Dinner Rolls Pineapple Rings	15) Chicken Tenders (3) Oven Roasted Potatoes Oriental Vegetables Dinner Rolls (2) Fresh Orange
18) Chicken A La King Brown Rice Broccoli Whole Wheat Bread Apple	19) Sausage Sandwich Peppers & Onions Baked Beans Hoagie Roll Fruit Cocktail	20) Hungarian Goulash Egg Noodles Side Salad Diced Carrots Dinner Rolls Tapioca Pudding	21) Roast Pork Loin w/Gravy Sweet Potatoes Green Beans Rye Bread Mandarins	22) Breaded Fish Sandwich Tartar Sauce Cole Slaw Oriental Vegetables Hamburger Bun Applesauce
25) CLOSED 	26) Swedish Meatballs (3) Egg Noodles Cauliflower Rye Bread Pears	27) Ham & Cheese Sliders Lettuce & Tomato Macaroni Salad Cucumber & Tomato Salad Butterscotch Pudding	28) Cheese Tortellini w/Tomato Cream Sauce Corn Italian Bread Fresh Orange	29) Pepper Steak Brown Rice Peas Dinner Rolls (2) Pineapple Rings

BENEFITS OF VOLUNTEERING



Spring is the perfect time to start something new! Did you know that volunteering offers numerous physical and mental benefits? Studies indicate that volunteering can enhance life expectancy and overall quality of life. Volunteers often report feeling a stronger sense of belonging to their community and building more robust social networks. Participating in volunteer work provides opportunities to develop new skills, share existing ones, and engage with others who share similar values and interests.

Moreover, volunteers tend to experience fewer symptoms of depression, such as loneliness and hopelessness. Many also face a reduced risk of cardiovascular disease and heart problems. Whether you choose to dedicate one hour or twenty hours a week, organizations in Sullivan County need your help.

Our volunteer opportunities are open to anyone over 18. If you're interested in learning more about **Sullivan Volunteers** and how we can help you find the perfect volunteer placement, please call our friendly Program Coordinator, Monika Roosa, at (845) 807-0255.

Stay
Healthy
with **SNAP.**

SNAP helps many older adults
in New York State buy food.

The Nutrition Outreach and Education Program (NOEP) can tell you if you may be eligible for SNAP. We can also help you complete and submit your application. Call today. It is free and confidential.

**Regional Food Bank
Serving Sullivan County
(845) 534-5344 x139**

*Prepared by a project of Hunger Solutions New York.
This material was funded, in part, by the USDA's
Supplemental Nutrition Assistance Program – SNAP.
This institution is an equal opportunity provider.*



As you age, it is normal to notice changes in your vision. A few common changes for older adults include:

- Losing the ability to see up close
- Having trouble distinguishing colors, such as blue from black

Needing more time to adjust to changing levels of light

These problems are often easily corrected. Glasses, contact lenses, and improved lighting may help and enable you to maintain your lifestyle and independence.

Your risk for some eye diseases and conditions increases as you grow older, and some eye changes are more serious. Keep your eyes as healthy as possible by getting regular eye exams so any problems can be spotted early.

What can you do to protect your vision?

Have your eyes checked regularly by an eye care professional — either an ophthalmologist or optometrist. Finding and treating any problems early can help protect your vision and prevent vision loss. Make a list of your questions and concerns to share with the doctor. Tell them which medications you are taking. Some can affect your eyes.

Normal changes in the aging eye usually do not harm your vision. However, sometimes they can be signs of a more serious problem. For example, your eyes may leak tears. This can happen with light sensitivity, wind, or temperature changes. Sunglasses and eye drops may help. Sometimes, leaking tears may be a symptom of [dry eye](#) or sign of an infection or blocked tear duct. Your eye care professional can treat these problems.

Many people don't notice any signs or symptoms in the early stages of eye diseases. A dilated eye exam performed by an eye care professional is the only way to find some common eye diseases while they're easier to treat — and before they cause vision loss. Everyone over age 50 should have a dilated eye exam every year or as recommended by your eye care professional, even if you have good vision and don't wear contacts or glasses. After age 60, you should get a dilated eye exam every year or two. Most people with diabetes or high blood pressure need to get a dilated exam at least once a year.

During this exam, the eye care professional will put drops in your eyes to widen (dilate) your pupils so that he or she can better see inside each eye. Your vision may be blurry after the exam, and your eyes may be more sensitive to light. This only lasts a few hours. Make plans for someone else to drive you home.

If you wear glasses or contact lenses, get your prescription checked, too. Even small changes in sight can increase your risk for falls and injuries. It's important to use the proper prescription glasses or contact lenses.

See your primary health care provider regularly to check for diseases like [diabetes](#) and [high blood pressure](#). These diseases can cause eye problems if not controlled or treated.

Tips for healthy eyes at any age
There are things you can do to take good care of your eyes and help keep them healthy as you age:

- Protect your eyes from sunlight by wearing sunglasses that block ultraviolet (UV) radiation and a hat with a wide brim when you are outside.

[Stop smoking](#).

Make [smart food choices](#).

Be [physically active](#) and maintain a [healthy weight](#).

Maintain normal [blood pressure](#).

Manage [diabetes](#) (if you have it).

If you spend a lot of time at the computer or focused on one thing, take a break every 20 minutes to look about 20 feet away for 20 seconds to prevent eye strain

Always see your doctor if you have any questions or are experiencing any issues.



Source: National Institute on Aging



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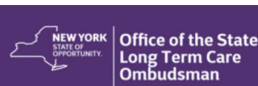
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Sullivan County Office for the Aging, Monticello, NY

06-5379

Caregiver Café in-person Support Group
1st Monday each month 10-11am at CCE Sullivan.
 May 4 & June 1

Virtual Support Group 2026
3rd Wednesday each month, 6-7pm via zoom
 May 20, June 17, July 15, Sept 16, Oct 21, Nov 18,
 Dec 16.

Parkinson's Support Group
1st Wednesday each month, 4-5:30 pm
 May 6, June 3, July 1, Aug 5, Sept 2, Oct-TBD

Bone Builders
 Bone Builders with Joy
 Thursdays at 11am
 WSPL-Jeffersonville branch community room
 19 Center St., Jeffersonville
 May 7, 14 & 21st

Bone Builders with Linda
 May 7, 11 am
 CCE Sullivan Extension Bldg.
 64 Ferndale-Loomis Rd, Liberty

*Registration required: www.sullivanccce.org/events
sullivanccce@cornell.edu or call 845-292-6180 x 122*

ALZHEIMER'S ASSOCIATION



Cornell Cooperative Extension | Sullivan County

SPRING SENIOR FITNESS
 6 WEEK FREE SENIOR FITNESS CLASS
 Jeffersonville - American Legion Hall Senior Congregate Location

Class Beginning Fridays March 27 10:30-11:30 am

Liberty Senior Center - N. Main St. Liberty, NY 12754

Class Beginning Wednesdays April 1 10:30-11:30 am

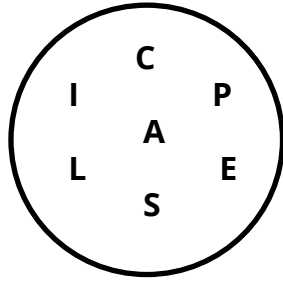
Call Patricia @ 845-292-5910 x2214 to register

**WORTHY READS
 OFA STAFF RECOMMENDATIONS**



Selected by	Book Title & Author	Selected by:	Book Title & Author
Alexis	Mindhunter by John E Douglas	Teresa	The Red Tent by Anita Diamant
Carrie	Local Woman Missing by Mary Kubica	Lise-Anne	The Correspondent by Virginia Evans
Tana	The Last Caretaker by Jessica Strawser	Sharon	How to Age Disgracefully by Clare Pooley
Cathie	One For the Money by Janet Evanovich	Sherri	The Delinquent by Ross Carson
Laura	The Book of Hope: A Survival Guide for Trying Times by Jane Goodall & Douglas Abrams		

Double the Fun-Word Game



- 1) Make a list of as many words as you can using only the letters in the circle.
- 2) Solve the crossword puzzle using words from your list.

ACROSS

2. Head
5. Location
7. Magnificent
8. Rim
11. Reversal
13. Appeal
14. Steps

DOWN

1. Photo
2. Unique
3. Masters
4. Faded
6. Sample
9. Monkey
10. Jump
12. Turnovers

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

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	1			6		4		

SPRING
WORD SCRAMBLE

- OLBMO _____
- YMA _____
- RGEDNA _____
- TEUFYRLTB _____
- EFOLRW _____
- ARNI _____
- LMUEBRAL _____
- SISNHNEU _____
- RMHCA _____
- IBDR _____
- LIARP _____
- UPLDDE _____
- SRASG _____
- OSMLSOB _____
- NTSE _____

Word list:

- | | | | |
|-----------|------------|-----------|------------|
| BALANCE | HEALING | NUTRITION | STRENGTH |
| CARDIO | HEALTH | PROTEIN | STRETCHING |
| DETOX | HYDRATION | RECOVERY | SUNSHINE |
| ENERGY | LAUGHTER | REST | THERAPY |
| EXERCISE | MEDITATION | RUNNING | VITAMINS |
| FITNESS | MINERALS | SELFCARE | WELLNESS |
| HAPPINESS | MUSCLES | SLEEP | YOGA |



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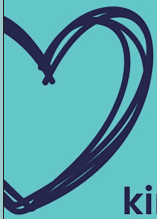
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Sullivan County Office for the Aging, Monticello, NY

06-5379

LOCAL ACTIVITIES AND EVENTS

- May 2, 10:00 am - Spring Craft Fair, 1500 Denning Rd, Claryville
- May 2, 12:00 pm - WBoT Spring Fling 2026, 3rd St. Wurtsboro
- May 2, 11:00 am - Ramp Fest, Callicoon
- May 9, 10:00 am - First Native Plant Sale at MEEC, 762 South Rd, Wurtsboro
- May 9&10, 11:00 am - Spring Holistic Wellness Fair, 116 Sullivan St. Wurtsboro
- May 16, 9:00 am - Spring Market, 7 Erie Ave, Narrowsburg
- May 16, 11:00 am - Spring Family Engagement Day, 115 Brickman Rd, Fallsburg
- May 16, 5:00 pm - Woodridge Senior Club Gift Bingo, 2 Dairyland Rd, Woodridge - \$5 admission
- May 23, 10:00 am Craft Fair, 355 Fire House Rd, Woodbourne
- May 25, 3:00 pm - Annual Memorial Day Service, Woodridge Fire Department, 2 Green Ave, Woodridge

Sullivan County SPCA Puppy Adoption Event May 17th, 11 a.m. - 3 p.m.

**2 Farms Brewing - 689 Winterton Rd,
Bloomingburg, NY 12721**

Come and meet adorable adoptable puppies. 10% of all proceeds to benefit the shelter



LIBRARY ACTIVITIES

Liberty

- May 1, 1:00 pm - Chair Yoga
- May 8, 1:00 pm - Movie Matinee - "King Richard"
- May 14, 6:00 pm - Classical Guitar Concert
- May 15, 1:00 pm - Senior Swing
- May 22, 1:00 pm - Movie Matinee - "Alice Doesn't Live Here Anymore"

Livingston Manor

- May 14, 6:00pm - Invasive Species in the Catskills with Cornell Cooperative Extension
- May 23, 11:00am - Plant Propagation 101 with Maria Grimaldi
- May 28, 5:30pm - Morsston and Purvis with Town Historian Dr. Joyce Conroy

Narrowsburg

- May 18, 4:00 pm - Craft Lovers - Pressed flower lanterns

Jeffersonville

- May 12, 6:00 pm - Energy Savings Session
- May 16, 11:00 am - Saturday Movie "Dirty Dancing"

Roscoe

- May 7, 6:00pm - Talk with Book Editor Bill Birns: *Peter Pan in the Catskills*
- May 16, 11:00am - Plant Propagation 101 with Maria Grimaldi
- May 22, 5:00pm - Town of Rockland Parades with Town Historian Dr. Joyce Conroy

Callicoon

- May 15, 4:00 pm - Craft Lovers - Pressed flower lanterns

ANSWER KEY

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

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

Double the Fun

- ACROSS:**
- 2) Scalp
 - 5) Place
 - 7) Epic
 - 8) Lip
 - 11) Lapse
 - 13) Plea
 - 14) Paces

- DOWN:**
- 1) Sepia
 - 2) Special
 - 3) Aces
 - 4) Pale
 - 6) Slice
 - 9) Ape
 - 10) Leap
 - 12) Pies

SPRING WORD SCRAMBLE ANSWERS

- BLOOM
- MAY
- GARDEN
- BUTTERFLY
- FLOWER
- RAIN
- UMBRELLA
- SUNSHINE
- MARCH
- BIRD
- APRIL
- PUDDLE
- GRASS
- BLOSSOM
- NEST