



MAY 2024 NEWSLETTER

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	
Awardees	3	
Benefits of Support Groups	4	
Shopping Bus & May Menu	5	
Bear Safety & HEAP News	6	
Shingles	7	
Alzheimer's Info	9	
Fun & Games	10	
Local Events	12	

Voluntary Contributions

The 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. There are no mandatory fees for our services, however, the Older Americans Act requires us to allow voluntary, confidential contributions from the participants for the services they receive. No one will EVER be denied services because of their inability or unwillingness to contribute. All collected contributions are used to expand the service for which the contributions were given and may be made in the memory of a loved one.

If you would like to make a contribution, please make check payable to Sullivan County Treasurer and mail it to Office for the Aging, PO Box 5012, 100 North Street, Monticello, NY 12701. You may also put your cash donation in an envelope and drop off at our office..

Thank you



SULLIVAN COUNTY OFFICE FOR THE AGING

100 NORTH STREET PO BOX 5012
MONTICELLO, NY 12701
(845) 807-0241
MON - FRI: 8AM - 5PM

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EDITORS: TANA PRICE & TERESA BORTREE

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2024 OLDER NEW YORKERS AWARDEES

Older New Yorkers Day 2024

On Older New Yorkers' Day, the New York State Office for the Aging (NYSOFA) honors older adults from the state for their volunteerism by celebrating healthy aging and the power of community engagement. It's one way that NYSOFA works to overcome stereotypes about aging by showcasing the many older adults who are healthy, active and giving back to their communities.

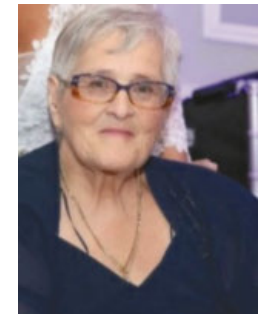


Maureen Hopper

Years of Volunteer Service: 2 years

Names of organizations for which the nominee volunteers/has volunteered: OFA-HIICAP Volunteer, St. Peter's Church in Liberty And RSVP Advisory Council

What advice does the nominee have about volunteering for other New Yorkers?



Elizabeth Wunner

Years of Volunteer Service: 19 years

Names of organizations for which the nominee volunteers/ has volunteered: RSVP Home Delivered Meals Program

What advice does the nominee have about volunteering for other New Yorkers?

Liz says to embrace care for your fellow neighbor. "We are all human and it is natural to care about someone you help. The very same neighbor you help today, could be there for you tomorrow, so the connection you make with them and others is truly something to be cherished."



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Benefits of Joining a Support Group for Caregivers

Caregiving can be isolating, but you're not alone in this challenge. There are over 34 million Americans providing unpaid care to an adult age 50 or older. And nearly 16 million are caring for someone with Alzheimer's disease or dementia.

If you're overwhelmed and exhausted by caregiving responsibilities, it can feel like you're the only person dealing with so much. Caregiver support groups can be helpful to connect with people who are in similar situations. Being able to talk with others who truly understand what you're going through reduces stress, validates your experience, and offers connection and social support.

Support group members also validate each other's experiences. It's a relief to know that what you're going through is normal and that you're not alone. Support groups are also a great place to ask for advice, find out about useful resources, or vent frustrations. You won't have to worry about judgement or confusion from non-caregivers since everyone is going through similar struggles.

Decades of research show that there are benefits to participating in caregiver support groups. The following are some of the benefits of caregiver support groups:

- Feeling less lonely, isolated or judged
- Reducing depression, anxiety, or distress

- Gaining a sense of empowerment and control
- Getting advice or information about practical solutions or treatment options
- Improving or learning healthy coping skills
- Getting a better understanding of what to expect in the future
- Improving caregiving skills and giving better quality of life to your older adult
- Learning about ways to keep your older adult at home longer

The Caregiver Resource Center (CRC) at Cornell Cooperative Extension offers two ways to join a support group: an in-person Caregiver Café, or a virtual support group held by zoom or phone. Both are held twice per month. Call (845) 292-6180 x 122, email sullivancrc@cornell.edu for information on how to register, or go see our flyers with a registration link.

Adapted from Daily Caring (2024). 8 Benefits of Caregiver Support Groups, retrieved from <https://dailycaring.com/8-benefits-of-caregiver-support-groups/>

Cornell Cooperative Extension | Sullivan County






MAY MENU 2024



Two Congregate Sites are open! Lunch is served at 12:00 pm. Livingston Manor Site – Wednesdays. Mamakating Site -Mondays & Wednesdays. 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.

MONDAY	WEDNESDAY	FRIDAY
	1) Beef & Broccoli, Brown Rice, Oriental Vegetables, Dinner Rolls (2), Pears	3) Macaroni & Cheese, Stewed Tomatoes, Cauliflower, Whole Wheat Bread, Peaches
6) Salisbury Steak, Gravy, Oven Roasted Potatoes, Peas, Dinner Rolls (2), Pears	8) Chicken Cacciatore, Spaghetti Marinara, Mixed Vegetables. Whole Wheat Bread, Mandarin Oranges	10) Unstuffed Cabbage, Boiled Potatoes, Steamed Carrots, Rye Bread, Fruit Cocktail
13) Tuna Salad, Lettuce & Tomato, Potato Salad, Cole Slaw, Whole Wheat Bread, Fresh Apple	15) Breaded Chicken Breast, Oven Roasted Potatoes, Broccoli, Dinner Rolls, Peaches	17) Meatballs (2), Ziti Marinara, Green Beans, Whole Wheat Bread, Applesauce
20) Chicken A La King, Brown Rice, Carrots, Whole Wheat Bread, Mandarin Oranges	22) Sausage Sandwich, Peppers & Onions, Baked Beans, Hoagie Roll, Peaches	24) Chili Macaroni, Peas & Carrots, Side Salad, Cornbread Muffin (1), Fresh Orange
27 CLOSED 	29) Ham & Cheese Sandwich, Lettuce & Tomato, Macaroni Salad, 3 Bean Salad, Wheat Bread, Fruit Cocktail	31) Cheese Tortellini w/Sauce, Peas, Corn, Whole Wheat Bread, Applesauce



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 6th, 13th, 20th,

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

Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

TUESDAYS: May 7th, 14th, 21st, 28th

Town of Fallsburg- Woodridge, Mountindale & South Fallsburg.

Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS: May 1st, 8th, 15th, 22nd, 29th

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

Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

THURSDAYS: May 2nd, 9th, 16th, 23rd, 30th

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 3rd, 10th, 17th, 24th, 31st

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

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

Bear attacks are rare; most bears are interested in protecting their food, cubs or space. Being prepared can be beneficial to you. Once a bear notices you and pays attention, strategies can help prevent the situation from escalating.

If a bear surprises you, stay calm. Keep your distance. Most bears avoid humans if they hear them coming. Pay attention to surroundings if you're in an area with known bear activity or a good food source such as berry bushes.

Talk calmly so the bear knows you're human and not a prey animal.

Stay still; stand your ground but slowly wave your arms above your head; it helps bears recognize you as human. It may come close or stand on its hind legs to get a better look or smell. A standing bear is usually curious.

Stay calm, most bears don't want to attack; they want to be left alone. Bears may bluff their way out of an encounter by charging and turning away at the last second. Bears react defensively by woofing, yawning, salivating, growling, snapping jaws and laying their ears back. Talk to it in low tones; it will help you stay calm and will be non-threatening to them. Screams or sudden movements may trigger attacks. Never imitate bear sounds or make high-pitched squeals, bears may think it's a prey animal.

Pick up small children. Tell the bear to go away.

Hike in groups. Groups are noisier and smellier than one person. Bears become aware of groups at greater distances and are intimidating to bears.

Do NOT allow bears access to your food.

Do NOT drop your backpack since it provides protection. If a bear is stationary, move away slowly and sideways; which allows you to keep an eye on the bear.

Do NOT run, if a bear follows, stop and hold your ground. Bears run as fast as racehorses both uphill and down. They will chase fleeing animals.

Do NOT climb trees because bears can climb trees too.

Wait until bears move away. Leave bears an escape route.

Never place yourself between a mother and her cub and never attempt to approach them. The chances of attacks increase if she perceives you as a danger to her cubs.

Brown/Grizzly Bears: If you're attacked, leave your backpack on and PLAY DEAD. Lay flat on your stomach with hands clasped behind your neck. Spread legs to make it harder for a bear to turn you over. Stay still until it leaves. Fighting back increases the intensity of such attacks. If the attack persists, fight back vigorously. Use

whatever is at hand to hit the bear in the face.

Black Bears: If you're attacked, DO NOT PLAY DEAD. Escape to a secure place like a car or building. If you can't escape, fight back using any object available, hitting the bear in the face and muzzle.

If **any bear** attacks you in a tent or stalks you and then attacks, do NOT play dead fight back! This kind of attack is very rare but serious because it means the bear is looking for food and sees you as prey.

Bear pepper spray is important to carry. It's used to stop an aggressive or attacking bear. Select an EPA approved spray to stop aggressive bears. It's not repellent, do not apply to the body.

Be bear aware. If you live in bear country, be alert to your surroundings. Bears may roam onto your property.

Do not feed bears. They are quick learners and when fed they associate humans with food. Once bears associate humans with food, they can pose a safety threat and may need to be killed.

Keep garbage out of reach. Store garbage containers in sheds or garages in airtight containers or bear-resistant trash containers. Put garbage outside the morning of collection. Double bagging trash helps also.

Protect fruit trees and gardens. Pick fruit as it ripens; never leave fruits or vegetables to rot on the ground.

Store pet food properly in a secure building or in bear-resistant containers. Feed pets indoors.

Use bird feeders wisely. Clean up spilled bird seed. Remove bird feeders if bears have been seen in the area.

Clean and store barbecue grills regularly and store in a safe place.

Never approach a bear. If a bear enters your yard, scare it away from a distance. Make loud noises by clapping your hands and yelling. If it's in your home, stay out of its way. Do not block it and make sure it has a clear route to leave. If it won't leave, call your local division of wildlife. If a bear poses a threat to your safety, call 911.



*** HEAP BENEFIT EXTENDED ***

New York State has extended Emergency HEAP benefits until 8/31/24 or until funds run out.

To be eligible for the Emergency HEAP benefit (wood, oil, kerosene, propane, or pellets), you must have 25% or less than a 10 day supply of your heating source remaining. For the electric benefit, you need to have a disconnect notice from your energy supply company.

If you are 60 years or older, you must have less than \$3,750 in resources. If you are under 60 years old, you must have \$2,500 or less in resources.

The cooling portion of HEAP starts April 15, 2024. For this benefit, you must apply at the Department of Social Services in Liberty or feel free to call (845) 807-0144. You also need to have a note from your doctor stating the health reason that you need an air conditioner.

Shingles is a viral infection that causes a painful rash which can develop anywhere on the body. Usually it wraps around the left or right side of the torso and looks like a single red rash stripe of small, fluid-filled blisters. Sometimes the shingles rash crops up around one eye or on one side of the neck or face which comes with pain or a tingling sensation. The shingles rash is associated with an inflammation of nerves beneath the skin.

Shingles is caused by the varicella-zoster virus the same virus that causes chickenpox. After you've had chickenpox, the virus enters the nervous system and stays inactive. Years later, the virus may reactivate as shingles. Anyone who's had chickenpox can develop shingles usually lasting between 2 and 6 weeks. Most people get shingles only once. But it's possible to get it two or more times. Most adults had chickenpox when they were children. Sometimes the virus reactivates and travels along nerve pathways to the skin producing shingles. Not everyone who had chickenpox will develop shingles.

The reason for shingles is unclear. It may be due to lowered immunity to infections as people get older. It's more common in older adults and people who have weakened immune systems. Varicella-zoster is part of a group of viruses called herpes viruses, the same group that includes the viruses that cause cold sores and genital herpes. Shingles is known as herpes zoster. The virus that causes chickenpox and shingles isn't the same virus that causes cold sores or genital herpes, which is a sexually transmitted infection.

People with shingles can pass the virus to anyone who isn't immune to chickenpox through direct contact with the open sores of the shingles rash. Once infected the person will develop chickenpox rather than shingles. Chickenpox can be dangerous for some people. Until the shingles blisters scab over, you are contagious. Avoid physical contact with anyone who hasn't had chickenpox or the chickenpox vaccine.

Shingles symptoms usually affect a small section on one side of the body. These symptoms may include: pain, burning, tingling, sensitivity to touch, a red rash that begins a few days after the pain, fluid-filled blisters that break open and crust over and itching. Some people experience: fever, headache, light sensitivity and fatigue.

Pain is usually the first symptom of shingles. For some people, the pain can be intense. Depending on the location of the pain, it can sometimes be mistaken for problems with the heart, lungs or kidneys. Some people experience shingles pain without ever developing the rash. Contact your doctor if you suspect shingles, especially if:

- The pain and rash occur near an eye. If left untreated, this infection may lead to permanent eye damage.
- You're 50 or older. Age increases the risk of complications.
- You have a weakened immune system which may be due to cancer, medications or chronic illness.
- The rash is widespread and painful.

Factors that may increase your risk of developing shingles include:

- Age. The risk of developing shingles increases with age. Shingles typically occurs in people over 50. People over 60 usually experience more severe problems.
- Some diseases. Diseases that weaken your immune system, such as HIV/AIDS and cancer, can increase your risk of shingles.
- Cancer treatments. Radiation or chemotherapy may

cause shingles.

- Some medications. Drugs that prevent rejection of transplanted organs can increase your risk of shingles. Long-term use of steroids, such as prednisone, may increase your risk of developing shingles.

Complications from shingles include:

- Postherpetic neuralgia. For some people, shingles pain continues long after the blisters have cleared. This is known as postherpetic neuralgia. It occurs when damaged nerve fibers send confused and exaggerated messages of pain from the skin to the brain and is the most common complication of shingles.
- Vision loss. Shingles in or around an eye (ophthalmic shingles) can cause painful eye infections that may result in vision loss.
- Neurological problems. Shingles may cause inflammation of the brain (encephalitis), facial paralysis or problems with hearing or balance.
- Skin infections. If shingles blisters aren't properly treated, bacterial skin infections may develop.

Vaccines can help lower the risk of shingles and help prevent shingles. Talk to your doctor about vaccination options. The shingles vaccine is used only as a way to prevent shingles. It's not intended to treat people who currently have the disease.

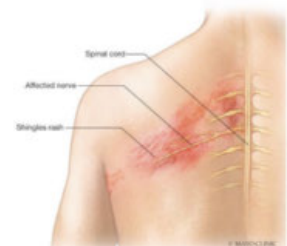
Shingles is diagnosed by pain on one side of your body, along with rash and blisters. A culture may be taken of the blisters and sent to the lab.

Shingles isn't life-threatening but can be very painful. There's no cure for shingles. Early treatment may shorten a shingles infection and lessen the chance of complications. Prescription antiviral drugs may speed healing and lower the risk of complications. Shingles can cause severe pain, so your doctor may also prescribe:

- Anticonvulsants, antidepressants, numbing agents, creams, gels, sprays, skin patches and injections including corticosteroids and local anesthetics.
- Talk with your doctor or pharmacist about benefits and potential side effects of any drugs you're prescribed.
- Taking a cool bath or using cool, wet compresses on blisters may help relieve the itching and pain. Try to lower the amount of stress in your life.

When you make the appointment, ask if there's anything you need to do in advance, such as fasting before having a specific test. Make a list of:

- Symptoms, including any that seem unrelated to the reason for your appointment.
 - Information about stressors, life changes and medical history.
 - All medications, vitamins or supplements you take and the doses
- Questions to ask the doctor.
- Take a family member or friend to help you remember information you're given.



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Medical Tests for Diagnosing Alzheimer's Disease

In last month's Monthly Hoot, we outlined the 10 warning signs of Alzheimer's disease. If you or a loved one have signs, and you're wondering what to do next, it's time to make a doctor's appointment to find out the cause of your symptoms.

There is no single test that can determine if a person is living with Alzheimer's or another dementia. Physicians use various diagnostic tools combined with medical history and other information to make an accurate diagnosis. Here is a list of those tests. For more information, visit alz.org/diagnosis.

- **Medical History:** A review of medical history, psychiatric history, & history of cognitive and behavioral changes, medications, and family history of Alzheimer's disease.
 - **Physical exam and diagnostic tests:** Information from a physical exam and laboratory tests can help identify health issues that can cause symptoms of dementia. Common causes of dementia-like symptoms are depression, untreated sleep apnea, delirium, side effects of medications, thyroid problems, certain vitamin deficiencies and excessive alcohol consumption. Unlike Alzheimer's and other dementias, these conditions often may be reversed with treatment.
 - **Neurological exam:** Evaluation for signs of brain illness such as stroke, Parkinson's disease, brain tumors, buildup of fluid in the brain, and other conditions that may impair memory or thinking.
- **Cognitive, functional, and behavioral tests:** Evaluation of memory, thinking and simple problem-solving abilities. More comprehensive cognitive, functional and behavioral tests are often given by a neuropsychologist to evaluate executive function, judgment, attention and language.
 - **Depression screen and mood assessment:** Evaluation of a person's sense of well-being to detect depression or other mood disorders that can cause memory problems, loss of interest in life, and other symptoms that can overlap with dementia.
 - **Cerebrospinal (CSF) fluid tests:** CSF, a clear fluid that bathes and cushions the brain and spinal cord, can be sampled through a minimally invasive procedure called a lumbar puncture, or spinal tap. Research suggests that Alzheimer's disease in early stages may cause changes in CSF levels of markers such as tau and beta-amyloid, two markers that form abnormal brain deposits strongly linked to Alzheimer's. There are a few CSF tests that can be used to detect beta-amyloid and tau markers in CSF, which can be predictive of amyloid changes in the brain.

This may also include a brain imaging study.

Please know that you are not alone! Reach out to the Alzheimer's Association for free information and support. We are here for you 24/7 by calling our Helpline at 800-272-3900 or visiting our website at alz.org/hudsonvalley.



Early Onset Alzheimer's Qualifies for Expedited Social Security Benefits

Alzheimer's is not just a disease of old age. Younger-onset (also known as early-onset) Alzheimer's affects people younger than age 65. The Social Security Administration (SSA) added [Younger/Early Onset Alzheimer's](#) to the list of conditions under its Compassionate Allowances (CAL) initiative, giving those with the disease expedited access to Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI).

The Alzheimer's Association has been a strong advocate in helping to reduce the length of the disability decision process. If your loved one is diagnosed with early-onset Alzheimer's, the Alzheimer's Association has a helpful checklist (website link below) to make sure you have information and resources you need to apply for Social Security Disability and Supplemental Income benefits.

Those affected by early-onset Alzheimer's are often simultaneously faced with the enormous challenges that the disease presents, while also undergoing a long disability decision process that is financially and emotionally draining. By adding Alzheimer's disease to the

list of "Compassionate Allowances" conditions, it will simplify and streamline the SSDI/SSI application process and should result in receiving SSDI/SSI benefits in an expedited manner.

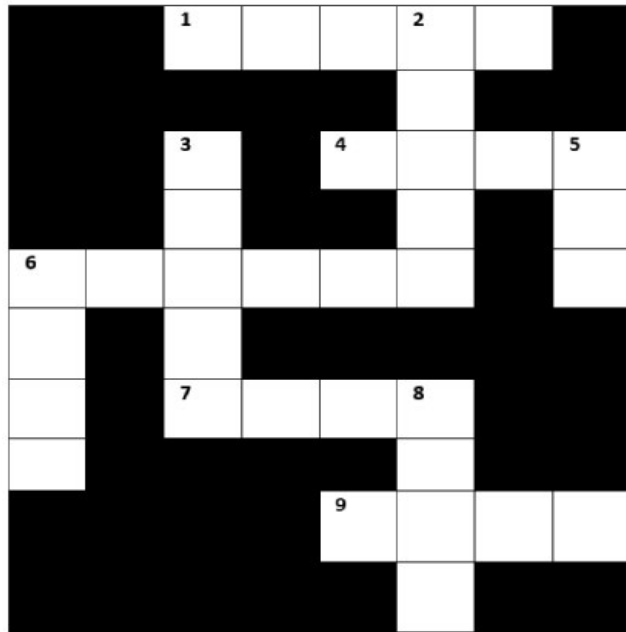
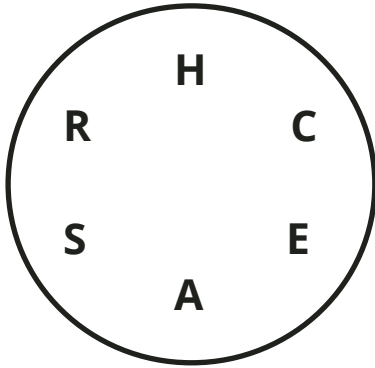
For more information, call the Caregiver Resource Center at (845) 292-6180 x 122.

Source: Alzheimer's Association (2024). Financial and Legal Planning for Caregivers. Social Security Disability. Retrieved from <https://www.alz.org/help-support/caregiving/financial-legal-planning/social-security-disability>



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

1. FRIGHTEN
4. HURRY
6. LOOK
7. APIECE
9. TEND

DOWN

2. OUTSTRETCH
3. PURSUE
5. GENERATION
6. SCORCH
8. LISTEN

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

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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

TRIVIA: Which mystery writer holds the Guinness World Record for the most translated works?

RIDDLES:

1. Dave fell from a 30-foot ladder but didn't get hurt. How is that possible?
2. What's something that always wants an answer but doesn't have a question?
3. A man once said he went 35 days without sleep. How is that possible?

ANNUAL	GARDENING	MOTHER'S DAY	SPRING
BEES	HOLIDAY	PARADE	SUNSHINE
BOUQUET	HONOR	PLANTS	TAURUS
CELEBRATE	LADYBUG	REMEMBER	THANKFUL
CINCO DE MAYO	LOVING	SACRIFICE	TREAT
FESTIVAL	MEMORIAL DAY	SEEDS	TULIP
FLAG	MOM	SERVICE	
FLOWERS	MONUMENT	SOLDIER	



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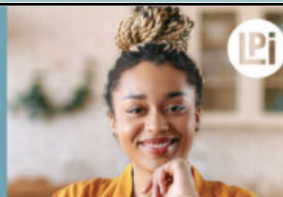
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Local Activities and Events

MAY 25TH
SAFE HARBOR GRAND OPENING
Salute to Service
MUSIC FESTIVAL
11AM TO 6PM

WHAT'S INCLUDED

- ★ Live Music
- ★ Food & Retail Vendors
- ★ Door Prizes
- ★ Memorable & Fun Family Activities

206 SERVICE RD PARKSVILLE, NY

Daniel Pierce Library
Celebrating 125th birthday

ATTENTION ALL LOCAL ARTISTS!
 The Daniel Pierce Library will be celebrating our 125th birthday and we are holding an art contest.

Dimensions should be approximately 24" x 30".
 The subject matter must be of local interest of the Neversink area.
 Medium is your choice: oil, pastels, acrylic, charcoal and pencil are all accepted.

The library will frame the winning entry and it will be placed above this mantle in the 1902 building on permanent display.
 Winner will receive \$500.00 (donated by a friend of the library).

All entries must be brought to the library no later than 12:00 p.m. on Saturday, May 18, 2024

INTERNET PRIVACY
AT THE LIVINGSTON MANOR LIBRARY

JOIN THE LIBRARY FOR A PRESENTATION ABOUT INTERNET PRIVACY COVERING TOPICS SUCH AS COOKIES, DATA MANAGEMENT, AND SOCIAL MEDIA. Q&A WILL FOLLOW THIS BITE-SIZED CLASS.

SATURDAY, MAY 25TH
10:30-11:00AM

livingstonmanorlibrary.org/programs/signup
 (845) 439-5440 - livingstonmanorlibrary@rcls.org

May 29 Memorial Day Parades

Liberty, 10:30 am Main Street
Livingston Manor 11:00 am Main Street
Roscoe 10:00 am Main Street
Wurtsboro 1:00 pm Pine Street to 209 and then onto Sullivan Street

Local Library Activities

Liberty Library

- May 3 - 2:00 pm Chair Yoga
- May 10 - 1:00 pm Movie Matinee "Scrapper"
- May 17 - 1:00 pm Senior Swing (dance exercise)
- May 24 - 1:00 pm Movie Matinee "Dune" Part 1
- May 31 - 1:00 pm Movie Matinee "Dune" Part 2

Monticello Library

- May 6 - 1:00 pm Chair Yoga
- May 9 - 11:00 am Diabetes Prevention Class

May 9 - 2:00 pm-4:00 pm Double Health Seminar "Know Your Numbers" and "Diabetes Prevention"

Jeffersonville Library

May 16 - 2:00 pm via Zoom Perspective Drawing Workshop

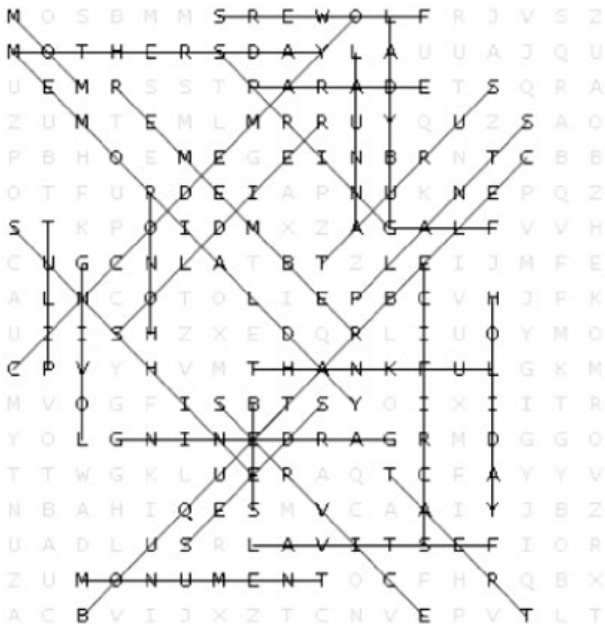
Callicoon Library

May 31 and June 7 - 6:30 pm -Open Mic First Fridays. Share a poem, song, story or other inspiration.

Narrowsburg Library

May 31 - 4:00pm Reverse Tie-Dye T-Shirts . Registration required.

ANSWER KEY



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



TRIVIA: Agatha Christie

RIDDLES:

1. He fell from the bottom rung
2. A phone
3. He slept at night