



NOVEMBER 2024 NEWSLETTER



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MON - FRI: 8AM - 5PM

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MAILING 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:

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.

TABLE OF CONTENTS WHAT'S INSIDE

	PAGE:
Contributions	2
Retirement	3
COPD & Shopping Bus	4
November Menu	5
WISE & Groups	6
HIICAP & HEAP	7
RSVP Luncheon	9
Fun & Games	10
Local Events	12

Name _____

Address _____

I designate my contribution of \$_____ for:

- | | |
|--|---|
| <input type="checkbox"/> Home Delivered Meals | <input type="checkbox"/> Congregate Meals |
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| <input type="checkbox"/> Use where most needed | |

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

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Here, we strive to tailor our services to meet your individual needs with personalized attention. Our dedicated team of healthcare professionals are here to support you through every phase of your journey—whether it's a routine check-up, a complex surgery, or ongoing treatment. **At Ellenville Regional Hospital, we are not just treating patients; we are caring for people, every step of the way.**

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Sullivan County Dramatic Workshop 2024 SEASON

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WWW.SCDW.NET

 <small>MAY 07th-10th</small>	 <small>JUNE 14th-23rd</small>	 <small>JULY 12th-20th</small>	 <small>AUGUST 9th-16th</small>	 <small>SEPTEMBER 15th-22nd</small>	 <small>OCTOBER 11th-18th</small>
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HAPPY RETIREMENT CYNTHIA BRIGGS

30 YEARS OF SERVICE!



On 10/30/2024, we will bid farewell to our co-worker and friend, Cynthia Briggs as she retires after 30 years of service. Cynthia began her employment with the County on 10/4/1994 in the District Attorney's Office. In 1996, she worked with the Youth Bureau and then moved to the Office for the Aging as an EISEP Case Management Specialist 1/18/2011 to the present. Her dedication in helping her clients with much needed services and supports cannot be matched. Her detailed documentation enables any co-worker to know the progression of services provided, therefore, enabling continuity of care.

Cynthia does not have any plans for her retirement other than enjoying each day as it comes. We will miss her and wish her all the best.



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If you have a lung disease, an early diagnosis may prevent additional lung function loss. Here are three warning signs to pay attention to:

1. Shortness of breath Lung function declines with age, breathing may gradually become more difficult, sudden shortness of breath during routine activities is not normal. If you notice you're out of breath out of the blue, see a doctor. If you were able to walk up a couple flights of stairs a couple weeks ago and today feel more winded, something could be going on. If breathing is noisy (wheezing) that's a red flag. Pay attention to an overall low-energy feeling, see a doctor.

2. A cough that won't go away and won't get better

Respiratory infections can cause a cough that sticks around for a few weeks or longer. If the cough doesn't get better over time, see a doctor. See a doctor if you have a cough that lasts more than eight weeks. See a doctor if you're coughing up mucus or phlegm for more than a month. Coughing up blood is a sign that shouldn't be ignored.

3. Chest pain or tightness Thought of as a heart issue, pain or tightness in the chest can be related to pulmonary complications. A sharp stabbing pain that hits when you breathe in or cough could be pneumonia. Chest tightness is a common symptom of COPD, when airways become damaged (less air flows in and out), making it hard to breathe. Emphysema and chronic bronchitis are two conditions that cause COPD.

Spotting symptoms early could improve treatment odds. Many lung conditions are treatable or manageable with meds and other therapies. In some cases, early detection results in improvement in survival because it was found early and is more curable.

Patients being treated have a better quality of life. Treatment for COPD includes meds to relax muscles around airways, reduce inflammation and oxygen therapy. The doctor will likely ask about work history and possible exposures, everything from air pollution to smoking causes lung disease. The doctor may use a spirometer (a machine) to measure the air you breathe in and out and take chest x-rays.

Lower your risk of lung disease

Some things lower risks of developing lung diseases, doctors say. If you smoke, quit. It's hard but there are available resources to help. If you're 50 and over and are or used to be, a smoker, talk to a doctor about lung cancer screenings. Screenings should be done for adults 50-80 who currently smoke or used to smoke one pack a day for 20 years, no matter how long ago they quit. Test for radon (a colorless, odorless gas known to cause lung cancer) in your home and stay away from asbestos, dust and chemical fumes. Some lung diseases are caused by germs, so handwash and stay current on vaccines. If symptoms are bothering you, don't ignore them.



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

Nov. 4, 18, 25

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

Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

TUESDAYS

Nov. 12, 19, 26

Town of Fallsburg- Woodridge, Mountindale & South Fallsburg.

Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS

Nov. 6, 13, 20, 27

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

Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

THURSDAYS

Nov. 7, 14, 21

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

Nov. 1, 8, 15, 22

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

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





NOVEMBER MENU 2024



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 \$6.00.

MONDAY	WEDNESDAY	FRIDAY
		1) Beef Stew, Brown Rice, Green Beans, Wheat Bread, Pears
4) Hot Dogs on a Roll (2), Baked Beans, Mixed Vegetables, Peaches	6) Stuffed Shells, Side Salad, Broccoli, Italian Bread, Fruit Cocktail	8) Salisbury Steak, Oven Roasted Potatoes, Diced Carrots, Rye Bread, Fresh Apple
11) Veterans Day 	13) Pulled Pork on a Bun, Baked Beans, Cole Slaw, Mandarin Oranges	15) Ziti w/Meat Sauce, Side Salad, Mixed Vegetables, Italian Bread
18) Breaded Fish, Tartar Sauce, Baked Potato, Peas & Carrots, Whole Wheat Bread (2), Sliced Peaches	20) Beef Stroganoff, Egg Noodles, Diced Carrots, Rye Bread. Pears	22) Breaded Chicken Breast, Oven Roasted Potatoes, Green Beans, Dinner Rolls (2), Applesauce
25) Cheeseburger on a Bun, Au Gratin Potatoes, Normandy Blend Veg, Applesauce	27) Oven Roasted Turkey, Gravy/ Cranberry Sauce, Savory Stuffing, Sweet Potatoes, Brussel Sprouts, Dinner Rolls (2), Pumpkin Pie	29) Black Friday Nutrition Sites Closed 



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



Celebrating healthy aging and educating older adults

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

Join us, and bring a friend!

The educational program offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors you should avoid to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect older adults differently and how you can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive

Free refreshments and giveaways for participating in the program!

For more information, call (845) 292-6180 x 122, or email:

| Nancy McGraw: nam247@cornell.edu | Martin Colavito: mc2224@cornell.edu,

| Erin Doherty ed562@cornell.edu |



Cornell Cooperative Extension | Sullivan County



ONGOING SUPPORT GROUPS

Caregiver Café in person support group: Nov. 4, Dec. 2, 10-11 am with brunch at CCE Sullivan

Virtual Caregiver support group – 2nd Wed., Nov. 6, Dec. 11 from 6-7 pm

Parkinson's Support Group 2nd Wed., Nov. 6, Dec. 11, from 4-5 pm at CCE Sullivan

We have openings in **Bone Builders!** Thursdays through Nov. 21, from 11-12 pm at CCE Sullivan

Registration is requested for any of the above at www.sullivanccce.org/events

Comparing Medicare Options is Important During Open Enrollment Season

Source: NYSARA

(October 15 - December 7)

Medicare Open Enrollment, which runs from October 15 through December 7, is when people with Medicare can preview the Part D and Medicare Advantage plans offered in their area and choose the coverage that best suits their health and financial needs and preferences. While all Medicare Advantage plans must cover all services covered by Original Medicare, and all Part D plans must provide coverage for all medically necessary Part D drugs, the costs and structures associated with plans can vary greatly and dramatically impact beneficiary access to care and financial burden.

The marketplace for Medicare Advantage and Part D plans operates on the premise that people with Medicare will compare plans during the open enrollment period to select the best coverage for their individual needs and circumstances.

Coverage and costs vary widely among both Medicare Advantage plans and Part D prescription drug plans and can change from one year to the next, which could lead to unexpected and avoidable costs and disruptions in care for beneficiaries who do not review their options annually. For example, changes in Medicare Advantage provider networks could mean beneficiaries lose access to their preferred doctors, while changes in the list of covered drugs and cost-sharing requirements could result in higher out-of-pocket drug costs. Further, beneficiaries' health care needs can change from one year to the next. Even without a change made by their plan or a change in health status, beneficiaries may be able to find a plan that better meets their individual needs or lowers their out-of-pocket costs.

People who need help comparing their coverage options can contact Medicare directly by calling 1-800-MEDICARE (1-800-633-4227), utilizing the online [Plan Finder tool at medicare.gov](#), downloading Medicare Rights' 2024 Open Enrollment Guide, reaching out to local assistance through a State Health Insurance Assistance Program (SHIP) or reaching out to your local HIICAP counselor at the Office for the Aging (845) 807-0241.

2024-2025 Home Energy Assistance Program (HEAP) begins November 1, 2024.

You may be eligible if:

- You and the members of your household are U.S. citizens, U.S. non-citizen nationals or qualified non-citizens; and
- You provide a valid Social Security number for each household member; and
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits, Temporary Assistance or Supplemental Security Income; or
- Your monthly household income is at or below the HEAP income guidelines.

You may be eligible for HEAP, even if you:

- Own your home
- Pay for heat as part of your rent
- Have money in the bank, stocks, bonds or other resources

Income Eligibility Guidelines

Household Size	Tier I	Tier II
1	0-\$1,631	\$1,632-\$3,322
2	0-\$2,214	\$2,215-\$4,345
3	0-\$2,797	\$2,798-\$5,367
4	0-\$3,380	\$3,381-\$6,390
5	0-\$3,962	\$3,963-\$7,412
6	0-\$4,545	\$4,546-\$8,434

Applications are available:

Apply online at: [Mybenefits.ny.gov](#)

Call Sullivan County HEAP at 845-807-0144

Or Pick-up at the Sullivan County Office for the Aging





We understand.

Sometimes you just need a break. As a caregiver, it's easy to lose your sense of self. Spending time with friends, laughing, sharing, or even just sitting together can make all the difference. **We'll care for your loved one while you care for yourself.**



hospiceoforange.com
845-561-6111



Come shop at the Read It Again Bookstore

located on 63 North Street in Monticello

Most hardcovers are \$1.50

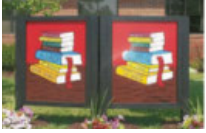
Paperbacks are \$.75

Children's books are \$.50

Unusual or rare books are priced individually

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2024 RSVP Volunteer Recognition Luncheon



Volunteer, Jack Luster, performed "the Star Spangled Banner"



OFA STAFF

Senior Volunteers Needed



The Retired Senior Volunteer Program Is looking for volunteers.

If you are 55 or older and would like to volunteer your time and help the seniors in our community, please contact the Office for the Aging at (845) 807-0241 or stop by our office.

MOVIE QUOTE MATCH-UP

- | | |
|---|-------------------------|
| 1. "We'll always have Paris" | A. Apollo 13 |
| 2. "You can't handle the truth" | B. Terminator |
| 3. "You're gonna need a bigger boat" | C. Gone With the Wind |
| 4. "Show me the money" | D. Sudden Impact |
| 5. "Frankly my dear, I don't give a damn" | E. Field of Dreams |
| 6. "Houston, we have a problem" | F. When Harry Met Sally |
| 7. "If you build it, he will come" | G. A Few Good Men |
| 8. "Go ahead, make my day" | H. Casablanca |
| 9. "I'll have what she's having" | I. Jaws |
| 10. "I'll be back" | J. Jerry Maguire |

TRIVIA: What was the first ever character balloon that debuted in the 1927 Macy's Thanksgiving Day Parade?

RIDDLES:

- What runs, but never walks. Murmurs, but never talks. Has a bed, but never sleeps. And has a mouth, but never eats?
- If your uncle's sister is not your aunt, what relation is she to you?
- What do you buy to eat but never consume?

A	M	R	T	R	D	T	A	U	R	S	L	C	G	V	A	V	H
F	B	K	S	V	O	S	J	A	L	L	R	R	R	Y	S	Z	O
C	Y	Q	A	Y	X	N	A	Z	A	P	I	A	A	N	L	Z	F
E	O	H	E	H	L	Z	O	B	E	R	P	N	V	R	W	S	V
G	Y	R	F	P	A	I	T	H	E	E	T	B	Y	T	Z	X	B
N	R	X	N	B	X	O	M	X	U	K	E	E	F	R	O	S	T
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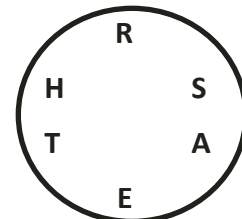
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|--------------|----------|-------------|----------|
| AUTUMN | FAMILY | HEROES | SHOPPING |
| BAZAAR | FEAST | HONOR | SQUIRREL |
| BLACK FRIDAY | FOOTBALL | LEFTOVERS | STUFFING |
| CORNUCOPIA | FROST | NOVEMBER | TOPAZ |
| CRANBERRY | GRATEFUL | PARADE | TURKEY |
| DESSERT | GRAVY | PLYMOUTH | VOTING |
| ELECTION DAY | HARVEST | PUMPKIN PIE | YAMS |

SUDOKU

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8			7		9	4		
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6	4		2			1		

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.



		1				2	3		4
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- | | |
|------------------|--------------------|
| ACROSS | DOWN |
| 2.hotness | 1.consumed |
| 5.cynics | 3.opposite of west |
| 7.purple daisy | 4.rip |
| 8.skin condition | 5.listens |
| 10.our planet | 6.gawk |
| 13.cost | 9.ration |
| 15.female | 11.hurry |
| 16.relax | 12.embers |
| 17.perched | 14.hot drink |



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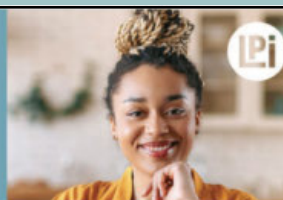
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LOCAL ACTIVITIES AND EVENTS



Daylight Savings Time ends at 2am on **November 3, 2024**. Don't forget to **turn your clock back one hour!**

LOCAL HAPPENINGS

Nov. 9, 1:00 pm - 26th Annual Veterans Day Parade
355 Firehouse Rd, Woodbourne

Nov. 16, 10am-4pm Woodbourne F.D. 1st Holiday Craft Fair. 355 Firehouse Rd, Woodbourne

Nov. 17, 9am-2pm Holiday Craft Fair, Greenville VFW Post 3175, 1316 US-6, Port Jervis



Nov. 24, 10am-4pm 112 College Rd, Loch Sheldrake



1pm-4pm, Wurtsboro Veteran's Memorial Park, 19 3rd St. Wurtsboro

LIBRARY ACTIVITIES

Monticello

Nov. 2, 1pm Watercolor painting class with Chris Parrow
Nov.9, 1:30pm-3pm Book signing with local author, William Fellenberg
Nov. 16, 11am Dance Across Cultures Series –The Anubhava Dance Academy, Dance from India

Liberty

Nov. 1, 2pm Chair Yoga
Nov. 4, 10:30am Senior Coffee Club-Learn How to Prevent Fraud.
Nov. 8, 1pm Movie Matinee "Unsung Hero"
Nov. 22, 1pm Movie Matinee "Two Tickets to Greece"



Honey Tasting Event

at the Daniel Pierce Library
For Adults
Taste Honey Like a Sommelier!
Friday, November 8, 2024
6:00 p.m. to 7:30 p.m.

328 Main St. Grahamsville

845-985-7233

ANSWER KEY

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

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

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S	H	E		E		R	E	S	T
H			S	A	T				E

Trivia: Felix the Cat

Riddles: 1. A river 2. Your mother 3. Utensils

Movie Quote Match-up : 1.H 2.G 3.I 4.J 5.C 6.A 7.E 8.D 9.F 10.B