



NOVEMBER 2025

NEWSLETTER

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

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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:

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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:

- | | |
|--|---|
| ☐ Home Delivered Meals | ☐ Congregate Meals |
| ☐ Volunteer Services | ☐ Case management/Home care |
| ☐ Transportation | ☐ Health Insurance Counseling Services |
| ☐ Use where most needed | |

Make checks payable to: Sullivan County Treasurer. Please include this coupon with payment and drop off or mail to:
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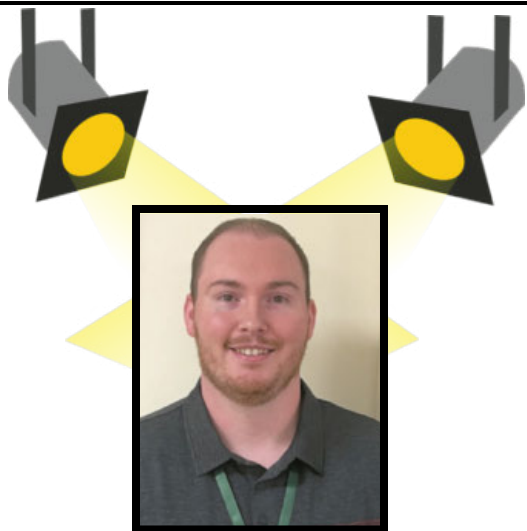
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**LOVE TO
WRITE?**

Share your poetry and stories
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We welcome Nicholas Wells as the newest addition to the OFA family. He is the Administrative Secretary for the Youth Bureau and Office for the Aging.

2025-2026 Home Energy Assistance Program (HEAP)

MAXIMUM INCOME LEVELS

Household Size	Monthly Income
1 person	\$3,473.00
2 people	\$4,542.00
3 people	\$5,611.00
4 people	\$6,680.00
5 people	\$7,749.00



Applications will be available November 3rd

Apply online at: [Mybenefits.ny.gov](https://mybenefits.ny.gov)
Call Sullivan County HEAP at 845-807-0144
Or Pick-up at the Sullivan County Office for the Aging

****PLEASE NOTE:** At the time of publication, HEAP is still available, this is subject to change based on Federal shutdown status. Thank you.



Simple Cremation

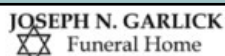


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Medicare Questions?

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!

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Schedule your personalized consultation today!

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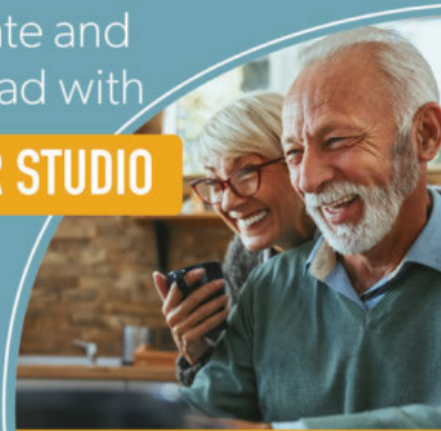


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Sullivan County Office for the Aging, Monticello, NY

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

Nov 3, 10, 17, 24

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

Town of Neversink -Neversink, Gramhamsville, Foxcroft Village.

TUESDAYS

Nov 18, 25

Town of Fallsburg- Woodridge, Mountindale & South Fallsburg.

Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS

Nov 5, 12, 19, 26

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

Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

THURSDAYS

Nov 6, 13, 20

Highland Area- Narrowsburg, Eldred, Barryville, Glen Spey, etc. * and some surrounding areas, not all areas included

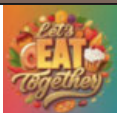
Town of Thompson- All of Monticello, Mongaup Valley

FRIDAYS

Nov 7, 14, 21

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

Volunteers Needed

Join hands with us as a volunteer to make a difference in our community and discover the joy of giving back. If you are looking for volunteer opportunities in Sullivan County, please contact Monika Roosa at 845-807-0255.





NOVEMBER 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
3) Ziti w/Meat Sauce Broccoli Italian Bread Fresh Orange	4) CLOSED ELECTION DAY 	5) Salisbury Steak Gravy Oven Roasted Potatoes Diced Carrots Dinner Rolls (2) Peaches	6) Ravioli Marinara Peas Italian Bread Pears	7) Chicken Stew Egg Noodles Oriental Vegetables Wheat Bread Apple
10) Pepper Steak Brown Rice Cauliflower Dinner Rolls (2) Mandarin Oranges	11) CLOSED VETERANS' DAY 	12) Meatball Sub Corn Side Salad Fruit Cocktail	13) Roast Pork Loin w/Gravy Sweet Potatoes Diced Carrots Whole Wheat Bread Peaches	14) Cheeseburger on a Bun Oven Roasted Potatoes Green Beans Pickles Apple
17) Roast Beef Sandwich Lettuce & Tomato Macaroni Salad Cole Slaw Whole Wheat Bread Fruit Cocktail	18) Unstuffed Cabbage Boiled Potatoes Peas Rye Bread Fresh Orange	19) Macaroni & Cheese Stewed Tomatoes Cauliflower Whole Wheat Bread Applesauce	20) Hot Dogs on a Bun (2) Baked Beans Corn Pears	21) Swedish Meatballs Egg Noodles Mixed Vegetables Dinner Rolls Pears
24) Breaded Fish Tartar Sauce Baked Potato Peas & Carrots Whole Wheat Bread Peaches	25) Kielbasa Sauerkraut Boiled Potatoes Diced Carrots Fruit Cocktail	26) Oven Roasted Turkey w/Gravy Stuffing Sweet Potatoes Corn Dinner Rolls (2) Pumpkin Pe	27) CLOSED 	28) CLOSED 
			Menu Subject to Change	Milk served with all Meals Coffee and Tea available at Senior Nutrition Sites

SUPPORT GROUPS AND WORKSHOPS

Parkinson's Support Group - Nov. 19, 4:00pm-5:30pm at CCE Sullivan

Bone Builders (Osteoporosis prevention) - Nov. 20, 11:00 am-12:00 pm

Register at www.sullivanccce.org/events or call 845-292-6180 X122 or email: sullivanccrc@cornell.edu

Healing Hearts Grief Support Group - Nov. 5, 7:00 pm at Callicoon Town Hall, 19 Legion St. Jeffersonville

MAMAKATING HEALTH FAIR



OFA was at the Health Fair organized by the Mamakating Lions Club on 9/27/25. Registered Dietitians Sarah Griffin and Rachel Rikeman from our contract with Caring Therapy were on hand to provide some recipes! Many thanks to Chris Herschel and Marie Merlo from Mamakating Lions Club for having us!



WORTHY READS OFA STAFF RECOMMENDATIONS

Selected by:	Book Title & Author	Selected by:	Book Title & Author
Lise-Anne	We All Live Here by Jojo Moyes	Cathie	Sold on a Monday -Melissa Elliott
Tana	One By One by Freida McFadden	Robyn	The Last Thing He Told Me by Laura Dave
Teresa	The Kindness of Strangers by Katrina Kittle	Laura	Broken Country by Clare Leslie Hall
Sherri	Someone Like You by Barbara Bretton	Carrie	The Silent Patient by Alex Michaelides
Alexis	Six of Crows by Leigh Bardugo	Sharon	My Beloved by Jan Karon
Monika	Sea Glass by Anita Shreve	Julie	The Invited by Jennifer McMahon
Nick	Life is Fighting by Kevin Robert Kesar		

Welcome to Sullivan NY Connects

Program Information

NY Connects is a locally based No Wrong Door (NWD) system that provides one stop access to free, objective, comprehensive information and assistance on long-term services and supports for people of all ages or with any type of disability. The NY Connects NWD System is administered through a collaboration between the Area Agencies on Aging (AAAs), Local Departments of Social Services (LDSS) and six regionally contracted Independent Living Centers (ILCs). NY Connects consists of the following fundamental components:

Information and Assistance – Local NY Connects programs provide Information and Assistance on available long-term services and supports options to the older population, individuals of all ages with disabilities, caregivers and helping professionals. Information and Assistance is available in through: telephone access, face to face meetings in the community or email. NY Connects can also be accessed through its statewide telephone number (800-342-9871) that connects callers with local offices by county. There is also an online resource directory of providers (nyconnects.ny.gov/consumersite/index) of long-term services and supports that provides information about the different types of such services and contact information for the local programs.

Public Education – Advertising, marketing and promotion activities are conducted to increase the visibility of NY Connects and alleviate the misconception that long-term services and supports can be delivered only in institutional settings.

Long-Term Care Councils – Long-Term Care Councils in each participating county are made up of consumers, caregivers, service providers, advocates, government representatives (AAA directors, DSS commissioners) and key stakeholders (including Independent Living Centers) who come together to analyze the local long-term services and supports system, identify gaps, duplication and barriers in the system and make recommendations for improvements. The Councils use their findings to work toward a system that is more streamlined, efficient and responsive, helping individuals remain at home and in the community. Interested in participating with the Long Term Care Council? Give Sullivan NY Connects a call.

Person-Centered Options Counseling – This is an

interactive, goal driven person-centered process whereby individuals are supported in making informed long-term support decisions based on their preferences, strengths, values, abilities and resources. It includes exploring options, assisting with accessing supports/services, following-up with the individual and may result in the development of an action plan.

Goals

NY Connects enables individuals and families to identify available services and supports and choose options that will best meet their needs at home, in the community and, as necessary, in residential or institutional settings. NY Connects is driven by the following primary goals:

- Streamline access to information and assistance on long-term services and supports,
- Reduce breakdown in service delivery through better coordination across multiple systems using a person-centered approach,
- Empower individuals to make informed choices and support independent living through the provision of objective information and assistance.

Eligibility

NY Connects links individuals to long-term services and supports regardless of payment source/health insurance; whether it be private pay, public or a combination of both. Through the provision of free, comprehensive, objective information and assistance about long-term services and supports, NY Connects empowers individuals and families to identify available services and supports and choose what will best meet their needs at home, in the community, and as necessary, in residential or institutional settings.

Looking to speak with someone on our Sullivan NY Connects team??? Give us a call at 845-807-0257. We look forward to hearing from you.

Kelly Soller

**Coordinator of Services for the Aging
Sullivan County Office for the Aging
NY Connects/HIICAP
Community Assistance Center**





We're Everywhere You Need Us

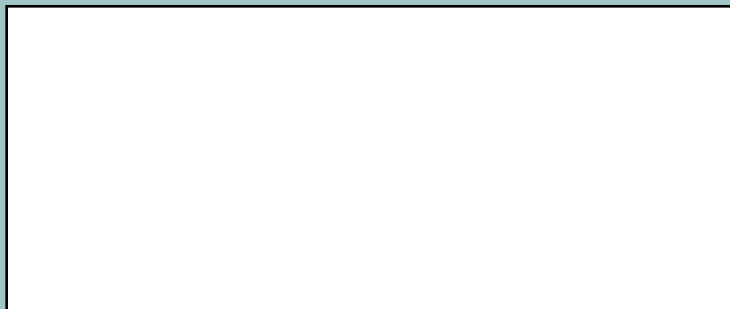
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The New York State Long Term Care Ombudsman Program services are made possible through funding from the New York State Office for the Aging and U.S. Department of Health and Human Services, Administration for Community Living.





ANNUAL PUBLIC HEARING & SENIOR RESOURCE FAIR



The Sullivan County Office for the Aging (OFA) is pleased to share that our recent **Public Hearing and Senior Resource Day held on October 15, 2025 at the Sullivan County Airport**, was a great success! The event brought together older adults, caregivers, and community partners to discuss the **Annual Update to our 2024–2028 Four-Year Plan** — a roadmap that guides how we deliver services, strengthen partnerships, and support independence and dignity for older residents across the county.

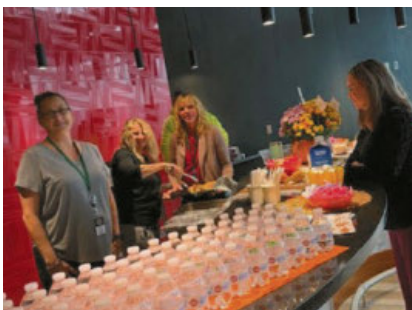
Participants offered valuable feedback — both in person and through written note cards — on issues such as **transportation access, the need for more congregate meal sites, health service availability, volunteer opportunities, and ways to better share information**. OFA staff also shared updates on ongoing initiatives, including the countywide **Transportation Master Plan survey** and expanded community outreach efforts.

Our **goals for the coming year** include:

- **Enhancing access and outreach** to ensure every older adult knows about available services
- **Expanding volunteer and caregiver support programs** to build stronger community networks
- **Investing in nutrition and wellness** to promote healthy aging
- **Strengthening partnerships and coordination** with other county departments and local organizations

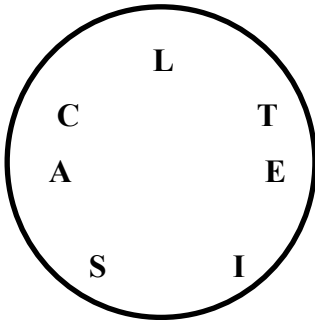
We were joined by **over 20 community partner organizations**, each providing resources, materials, and direct connections for attendees. From health and wellness providers to legal aid, housing, and transportation services, the room was full of collaboration and shared purpose.

We extend our deepest thanks to all who attended and contributed their ideas — and to our partners who continue to help make Sullivan County a great place to age with dignity, independence, and community.



Double the Fun-Word Game

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

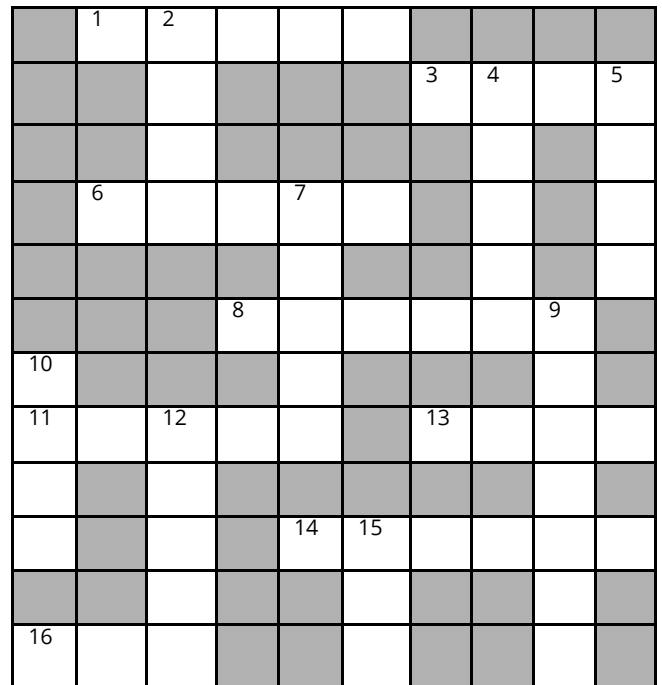


ACROSS

- 1.Grayish
- 3.Island
- 6.Lowest
- 8.Fortress
- 11.Passageway
- 13.Blue
- 14.Footwear
- 16.Glacier

DOWN

- 2.Tatting
- 4.Swipe
- 5.Opposite West
- 7.Degree
- 9.Stretchy
- 10.Powder
- 12.Cutting
- 15.Untruth



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

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CELERY	FAMILY	SQUASH
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COOKIES	GREEN BEANS	TURKEY
CORN	HAM	TURNIPS
CORNBREAD	MAC AND CHEESE	WHIPPED CREAM
CRANBERRIES	MASHED POTATOES	YAMS

SUDOKU

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

Emoji Math - Order up!

Can you find the value of the missing number in the emoji puzzle below?

$$\text{🍕} + \text{🍕} + \text{🍕} = 12$$

$$\text{🍰} + \text{🍰} \times \text{🍕} = 50$$

$$\text{🍟} \times \text{🍟} + \text{🍰} = 35$$

$$\text{🍰} + \text{🍟} \times \text{🍕} = ?$$



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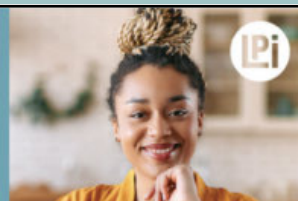
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Sullivan County Office for the Aging, Monticello, NY

06-5379

LOCAL ACTIVITIES AND EVENTS

Nov 1, 11:00 am - FallFest: Candy, College & Community, 112 College Rd, Loch Sheldrake

Nov 8, 2:00 pm - PENNY SOCIAL to support Woodridge Seniors, Woodridge Village Hall, 2 Dairyland Rd, Woodridge

Nov 8, 10:00 am - Fall Vendor Fair, 210 Katrina Falls Rd, Rock Hill

Nov 15, 12:30 pm - Penny Social Fundraiser, Cornelius Duggan School, 3460 SR 55, White Lake

Nov 22, 11:00 am - Thanksgiving Farmers' Market, 7 Erie Ave, Narrowsburg

Nov 28, 10:00 am - Holiday Craft Fair, 8 Creamery Rd, Callicoon

Nov 29, 9:00 am - Greenville VFW Holiday Bazaar, 1316 US-6, Port Jervis

LIBRARY ACTIVITIES

Liberty

Nov 3, 10:30 am -DIY Energy Saving Session with CCE of Sullivan County

Nov 7, 2:00 pm - Chair Yoga

Nov 14, 1:00 pm - Movie Matinee "Mission Impossible, The Final Reckoning"

Nov 15, 1:00 pm - Holiday Cardmaking with Cora

Nov 21, 1:00 pm -Senior Swing

Nov 28, 1:00 pm - Movie Matinee TBA

Jeffersonville

Nov 5, 6:00 pm - Family Movie Night "How to Train Your Dragon"

Callicoon

Nov 21, 4:00 pm - Craft Lovers

Narrowsburg

Nov 17, 3:00 pm - Recycled Book Keychains & Earrings

Livingston Manor

Nov 18, 2:00 pm - Medicare Seminar with Medicare Resource Group

Roscoe

Nov 14, 4:00 pm - Greetings from Campbell Inn with Dr. Joyce Conroy

Mamakating Environmental Education Center
762 South Rd, Wurtsboro
Admission \$5.00

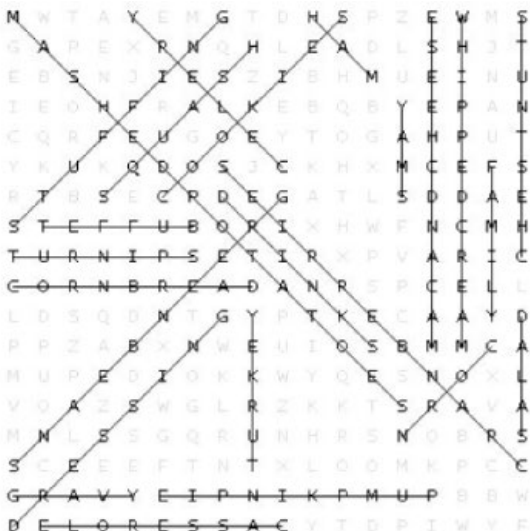
Nov 2, 10:00 am - Meet the Mosses with Richard Mandelbaum

Nov 8, 10:00 am - Fall Festival

Nov 15, 1:30 pm - Praying Mantis



ANSWER KEY



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

ANSWER -

$$4 + 4 + 4 = 12$$

$$10 + 10 \times 4 = 50$$

$$5 \times 5 + 10 = 35$$

$$10 + 10 \times 8 = 90$$

DOUBLE THE FUN WORD

ACROSS

- 1.SLATE
- 3.ISLE
- 6.LEAST
- 8.CASTLE
- 11.AISLE
- 13.TEAL
- 14.CLEATS
- 16.ICE

DOWN

- 2.LACE
- 4.STEAL
- 5.EAST
- 7.SCALE
- 9.ELASTIC
- 10.TALC
- 12.SLICE
- 15.LIE