



NOVEMBER 2026

NEWSLETTER

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

EMAIL US:
SULLIVANOFA@
SULLIVANNY.GOV

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SULLIVANNY.GOV/
DEPARTMENTS/AGING

LIKE & FOLLOW US ON
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WWW.FACEBOOK.
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**IF YOU WOULD LIKE
TO BE ON OUR MAILING
LIST, PLEASE CONTACT
OUR OFFICE

EDITORS: TANA PRICE
& TERESA BORTREE

The Monthly Hoot

Happy
Thanksgiving



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:

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

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06-5379

2026-2027 HEAP SEASON Opens 11/2/26

Who is eligible to receive HEAP Benefits?

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

HEAP Monthly Income Limits

The total household gross monthly income for your household size must be at or below the following guidelines:

2026-2027 HEAP Monthly Income Limits

Household Size	Maximum Gross Monthly Income
1	\$3,563
2	\$4,659
3	\$5,756
4	\$6,852

CLEAN and TUNE opened October 1st.

Stop by the Office for the Aging to pick up your application.



Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952





SHOPPING BUS SCHEDULE



The shopping bus provides roundtrip 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. 2, 9, 16, 23, 30

Town of Bethel - Smallwood, Cochection, Bethel Senior Housing and White Lake.
Town of Neversink - Neversink, Grahamsville, Foxcroft Village.

TUESDAYS
Nov. 10, 17, 24

Town of Fallsburg - Woodridge, Mountindale & South Fallsburg
Town of Rockland - Livingston Manor & Roscoe

WEDNESDAYS
Nov. 4, 18, 25

Town of Liberty - Liberty-Golden Park, Barkley Gardens & White Sulphur Springs
Town of Mamakating - Summitville, Wurtsboro & Bloomingburg

THURSDAYS
Nov. 5, 12, 19

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. 6, 13, 20

Town of Delaware - Fremont, Callicoon, Hankins, Jeffersonville, etc.
Liberty Village & Fallsburg - Liberty Village Apts., Hurleyville, Loch Sheldrake & Kiamesha Lake



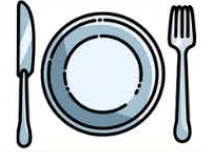
CONGREGATE SITES



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



NOVEMBER 2026



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.

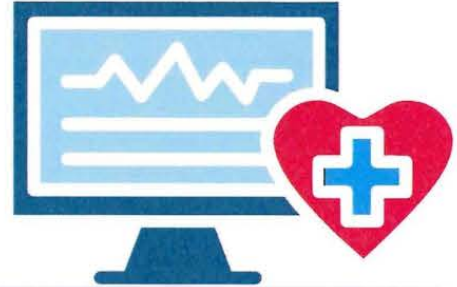
VOLUNTARY SUGGESTED CONTRIBUTIONS: For those over 60 years of age, our funding through the Older Americans Act requires us to ask for contributions. No one will be denied a meal based on their inability or refusal to contribute. For those under 60 years of age who wish to attend a congregate lunch, a guest fee is required. Suggested voluntary contribution \$3.00, Guest fee \$6.50.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Ziti w/Meat Sauce Broccoli Italian Bread Fresh Orange	3) CLOSED ELECTION DAY 	4) Salisbury Steak Gravy Oven Roasted Potatoes Diced Carrots Dinner Rolls Pears	5) Sausage Sandwich Peppers & Onions Baked Beans Hoagie Roll Pineapple Rings	6) Chicken Stew Egg Noodles Oriental Vegetables Wheat Bread Peaches
9) Pepper Steak Brown Rice Cauliflower Dinner Rolls Apple	10) Meatball Sub Peas Side Salad Fruit Cocktail	11) CLOSED VETERANS DAY 	12) Roast Pork Loin Gravy Sweet Potatoes Mixed Vegetables Whole Wheat Bread Mandarins	13) Cheeseburger on a Bun Oven Roasted Potatoes Corn Pickles Applesauce
16) Ravioli Marinara Broccoli Cauliflower Italian Bread Pears	17) Unstuffed Cabbage Boiled Potatoes Diced Carrots Rye Bread Pears	18) Macaroni & Cheese Stewed Tomatoes Green Beans Whole Wheat Bread Pineapple Rings	19) Hot Dogs on a Bun Baked Beans Oriental Vegetables Peaches	20) Swedish Meatballs Egg Noodles Cauliflower Dinner Rolls Apple
23) Breaded Fish Tartar Sauce Baked Potato Peas Whole Wheat Bread Fruit Cocktail	24) Kielbasa Sauerkraut Boiled Potatoes Mixed Vegetables Vanilla Pudding	25) Oven Roasted Turkey Gravy Stuffing Sweet Potatoes Corn Dinner Rolls Pumpkin Pie	26) CLOSED THANKSGIVING DAY 	27) CLOSED 
30) Chicken Tenders Oven Roasted Potatoes Diced Carrots Whole Wheat Bread Mandarins		Menu is subject to change	Coffee and Tea available at Senior Nutrition Sites	Milk served with all Meals

OUTPATIENT MENTAL HEALTH CARE FRAUD

Medicare covers outpatient mental health care, including some telehealth services.

Fraud can occur when Medicare is billed for services you didn't receive, didn't need, or were different from the care provided.



BE ON ALERT IF:

- **No Visit Happened** - Medicare is billed for a telehealth appointment you never had or requested.
- **Incorrect Time Billed** - Medicare is billed for a longer therapy session than you actually received.
- **Repeated Visits Appear** - Your Medicare statement shows multiple telehealth therapy sessions you don't remember receiving.

CHECK BEFORE YOU TRUST:

- Know who is providing the service.
- Understand why the service is needed.
- Never give your Medicare number to an unexpected caller.
- Keep track of your appointments.
- Review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) for unfamiliar charges.

SEE SOMETHING THAT DOESN'T LOOK RIGHT?

Ask yourself:

- Did I receive this service?
- Do I recognize this provider?
- Does the service match the care I received?

Your answer:

If the answer is NO,
contact the NYS Senior
Medicare Patrol (SMP).



The NYS Senior Medicare Patrol protects you from Medicare fraud.
Call today to learn more about safeguarding your Medicare benefits
and keeping your personal information secure. 800-333-4374



STATE WIDE
New York StateWide Senior Action Council, Inc.
4 Computer Drive West, Suite 205, Albany, NY 12205 • Fax 518-436-7642
www.nysenior.org • 800-333-4374

This project was supported, in part by grant number 90MPPG01701, from the U.S. Administration for Community Living,
Department of Health and Human Services, Washington, D.C. 20201

NYS SMP MEDICARE FRAUD HELPLINE 800-333-4374

Volunteer Appreciation: Celebrating the People Behind the Impact

On Thursday, September 24th, Sullivan Volunteers held their annual Volunteer Appreciation Luncheon at Resorts World Casino. This event acknowledges the remarkable contributions made by our volunteers to the communities within Sullivan County.

This year has been notable for its growth. We welcomed 37 new volunteers to the program and recorded an astounding total of 18,184 hours served, which translates to nearly \$700,000 in volunteer time value according to Independent Sector. While these figures are impressive and help us maintain funding, the day was dedicated to celebrating each volunteer for the invaluable support they provide to the residents of Sullivan County and beyond.

We would like to congratulate the following individuals for their notable awards:

- - Mary Inghrim for 29 years of volunteer service
- - Eugenia Lipschitz for 26 years of volunteer service
- - Rebecca Friedman and William Duncan for 25 years of volunteer service
- - Sabina Toomey for 23 years of volunteer service
- - Jack Luster for 20 years of volunteer service
- - IOU Main Street Thrift Shop as Community Partner of the Year
- - Suzanne Cecil for 13,388 lifetime hours served
- - Jack Luster for volunteering the most hours this year
- - Steve Plotkin, 2026 Medical Driver of the Year
- - Mike Stemmer, 2026 Home Delivered Meals Driver of the Year
- - Marion Ziegler, 2026 Recipient of the Nellie S. Culligan Award



*If you would like to learn more about volunteering in Sullivan County, please call Monika Roosa, Sullivan Volunteers Program Coordinator, at (845) 807-0255, or visit our website:
<https://www.sullivanyny.gov/Departments/Aging/SullivanVolunteers>.*



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SUPPORT SERVICES

Virtual Caregiver Support Group

2nd Wednesday each month, 1-2pm via Zoom. To register, call 1-800-272-3900

Bone Builders-CCE

Thursdays, 11am-12 pm
Nov 5, 12, 19

Bone Builders - Jeff Library

Thursdays, 11 am-12 pm
Nov 5, 12, 19

Caregiver Cafe Support Group

Nov 9, 10-11am

Tai Chi - Winter 2026

Thursdays, 11am
Nov 10, 17, 24

***A one-time donation of \$25 or \$5 per class in appreciated.

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

Cornell Cooperative Extension | Sullivan County

Senior Citizen Clubs

Delaware Young at Heart (Callicoon)
Contact: Meryl Sheridan (718)216-7142)

Highland Senior Citizens (Eldred)
Contact: Scotty Greenberger (845)557-8519

Town of Lumberland Senior Citizens Club (Glen Spey)
Contact: Christine Yancy (845)544-5376

Jeffersonville Senior Citizen Club (Jeffersonville)
Contact: Barbara Hauschild (845)482-4195

Bethel Seniors (Kauneonga Lake)
Contact: George Lind (551)206-8446

Town of Rockland Senior Club (Livingston Manor)
Contact: Janet Burkey (845)439-5742

Loch Sheldrake Seniors (Loch Sheldrake)
Contact: Edie Houghtaling (845)798-3632

Monticello Senior Citizens (Monticello)
Contact: Arthur Rosenzweig (845)898-2512

SAGE Sessions by Tusten Social (Narrowsburg)
Email: hello@tustensocial.org

Senior Citizens of South Fallsburg (South Fallsburg)
Contact: Annette Conklin (845)423-0930

Woodridge Senior Club (Woodridge)
Contact: Linda Kinney (845)428-2625

Town of Mamakating Senior Citizens (Wurtsboro)
Contact: Larry Karstadt (845)641-0176

WORTHY READS OFA STAFF RECOMMENDATIONS

Selected by	Book Title & Author	Selected by:	Book Title & Author
Laura	The Lions of Fifth Avenue by Fiona Davis	Teresa	Here One Moment by Liane Moriarty
Cathie	Twelve Sharp by Janet Evanovich	Lise-Anne	The Heaven and Earth Grocery Store by James McBride
Carrie	Ugly Love by Colleen Hoover	Sherri	Felicia's Favorites by Danielle Steel
Tana	The Vanishing Cherry Blossom Bookshop by Takuya Asakura	Sharon	Philippa Flynn's Year of Panic and Piracy by Jacqueline Firkins



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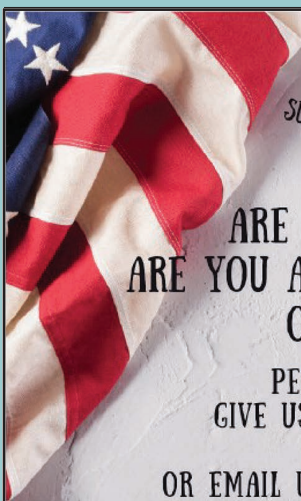
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Sullivan County Office for the Aging, Monticello, NY

06-5379

LOCAL ACTIVITIES AND EVENTS

Nov. 1, 10:00 am - Artist Residency - Sky Stitching by Audrey Bartow, MEEC, 762 South Rd. Wurtsboro
 Nov. 14, 10:00 am - Holiday Craft Fair, 355 Fire House Rd, Woodbourne
 Nov. 14, 11:00 am - Merry Makers Market, 85-89 Jersey Ave, Port Jervis
 Nov. 21, 11:00 am - Holiday Craft Fair, SUNY Sullivan, Paul Gerry Fieldhouse, 112 College Rd, Loch Sheldrake
 Nov. 28, 11:00 am Shop Small Holiday Market, 85-89 Jersey Ave, Port Jervis
 Nov. 29, 5:00 pm - 2nd Annual Holiday Party, 355 Fire House Rd, Woodbourne

LIBRARY ACTIVITIES - call your local library for more details

Monticello

**Every third Monday 6:00 pm - Knit & Crochet Group

Liberty

Nov. 6, 1:00 pm - Chair Yoga
 Nov. 10, 5:00 pm - Honoring Kristallnacht: Memories and Moments to Never Forget
 Nov. 13, 1:00 pm - Movie Matinee
 Nov. 20, 1:00 pm - Senior Swing
 Nov. 27, 1:00 pm - Movie Matinee
 **Every Monday 1:00 pm - Kindred Stitchers
 **Every Tuesday, 10:15 am - Mahjong

Narrowsburg

Nov. 9, 11:00 am - Senior Tech Series -Apps, Sites and Fun
 Nov. 10, 11:00 am - Senior Tech Series - Big Box Shopping
 **Every Monday 6:00 pm - Narrowsburg Knitters

Fallsburg

Nov. 5, 5:00 pm - Medicare Resource Group
 Nov. 10, 4:30 pm - Crafternoon: Diamond Art Bookmark
 Nov. 12, 5:00 pm - Thursday Night Flicks -"Disclosure Day"
 Nov. 17, 5:00 pm - Alex Prezgitas Cello Performance

Jeffersonville

Nov. 4, 5:30 pm - Dinner and a Movie Night
 Nov. 18, 3:00 pm -Kenoza Lake: A Social History
 **Every Thursday 1:00 pm - Sew-cial Circle

Livingston Manor

Nov. 10, 3:00pm - Retirement Webinar - Details at LMR-Library.org

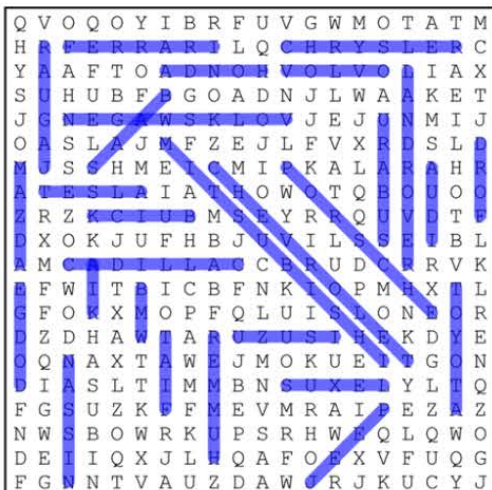
Roscoe

Nov. 13, 5:30pm - Flood Resilience in the Town of Rockland
 Nov. 20, 4:00pm - Local History with Town of Rockland Historian

HAPPY
THANKSGIVING



ANSWER KEY



SUDOKU

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

REBUS:

- 1.Curl up with a good book
2. Jump through hoops
- 3.No TV for a week
- 4.Tongue in cheek
- 5.Fall in line
- 6.Sunny side up
- 7.Potato
- 8.Amazing grace
- 9.Poison ivy

CRYPTOGRAM: "It is not the mountain we conquer but ourselves."
 — Edmund Hillary