



SEPTEMBER 2024 NEWSLETTER

The Monthly Hoot

☆ LABOR ☆
☆☆ DAY ☆☆☆



SULLIVAN COUNTY OFFICE FOR THE AGING
100 NORTH STREET, PO BOX 5012
MONTICELLO, NY 12701

TO:

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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
EMAIL US:
SULLIVANOFA@SULLIVANNY.US
VISIT OUR WEBPAGE:
SULLIVANNY.US/
DEPARTMENTS/AGING
LIKE & FOLLOW US ON
FACEBOOK:
WWW.FACEBOOK.COM/
SCNYAGING

****IF YOU WOULD LIKE TO BE ON OUR MAILING LIST, PLEASE CONTACT OUR OFFICE ****

EDITORS: TANA PRICE & TERESA BORTREE

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Our Services

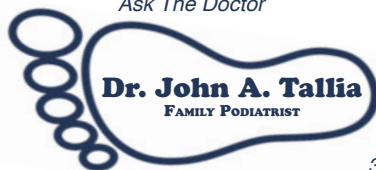
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Sullivan County Dramatic Workshop 2024 SEASON

THE RIVOLI TRAGEDY
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SOUTH FALLSBURG, NY 12779
ERHNY@SCJAIL.NET
WWW.SCJAIL.NET

 MAY 07th - 09th	 JUNE 14th - 22nd	 JULY 12th - 20th	 AUGUST 9th - 16th	 SEPTEMBER 07th - 22nd	 OCTOBER 11th - 26th
--------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------

Facebook Instagram YouTube Twitter



Our office has received calls regarding mailings our local residents have received that look like these. These are NOT from Medicare or Social Security, they are solicitations from insurance companies. If you believe that you may need to change your health insurance coverage or would like a HIICAP counselor from the Office for the Aging to take a look at your insurance to make sure that what you have is the best coverage for your needs, please call our office at 845-807-0241.

SULLIVAN COUNTY
MEDICARE BENEFIT UPDATE

DO NOT DISCARD

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SCL, NY

**RESPOND FOR IMPORTANT
MEDICARE INFORMATION**

MEDICARE RECIPIENT:



We do not offer this card available in your area. Any information we provide is intended to help you as we offer in your area. Please contact Medicare.gov or 1-800-488-1494 for more information on our services. Availability of benefits and plans varies by state and location. Deductibles, co-insurance and co-payments may apply. You will be billed in a separate notice to complete your service.

FRONT OF CARD

REGISTERED TO:

This is a Medicare Notice for Sullivan residents. New Medicare plans are available in your area with additional benefits that may be of interest.

- In addition to plans with more benefits, we will also check your eligibility for:
- Adding up to \$164.80 back into your monthly Social Security check (adding back to your Part II premium payments)
 - Cost reduction savings from the Social Security Administration's Extra Help program (worth \$4,900 per year in extra savings)

You may also qualify for Medicare plans with benefits like \$3,000 for routine dental work, such as crowns, implants, and dentures.

Call now to check your eligibility to have up to \$164.80 placed back into your monthly Social Security check. Please call 855-317-1544 (TTY 711) from 7 days a week for your free Medicare review.

Eligibility for cost reduction savings based on income restrictions. Not all plans available in every state or region. Call us for full Medicare.gov for more information. Under Health is not covered or subject to any premium policy. This information is not an offer and does not constitute an offer. 08/17/17

BACK OF CARD



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FOR MORE INFORMATION:
 845-292-5910 EXT. 0
 PublicHealthEducation@sullivanny.us
 Visit our Facebook page for updates!

2nd Annual HEALTHFEST!

Join us for a collection of community based organizations here for you and your health, and other activities:

- Health Screenings & Education
- Monarch Butterfly Catch, Tag and Release
- Nature Trail, Games, & Prizes
- Local Vendors, Resources, and More!



Saturday, September 14th
Rain or Shine!



11am - 3pm



Hanofee Park
129-143 Sunset Lake Road, Liberty, NY



FREE Admission!



Sullivan County
 Rural Health Network



Public Health
 Prevent. Promote. Support.
 Sullivan County
 Department of Public Health



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

Sept. 9, 16, 23, 30

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

TUESDAYS

Sept. 3, 10, 17, 24

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

WEDNESDAYS

Sept. 4, 11, 18, 25

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

THURSDAYS

Sept. 5, 12, 19, 26

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

Sept. 6, 13, 20, 27

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




SEPTEMBER MENU 2024



Five Congregate meal sites are open as of June 3rd! 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
	4) Meatloaf & Gravy, Mashed Potatoes, Corn, Dinner Rolls (2), Fresh Orange	6) Stuffed Shells, Side Salad, Broccoli, Italian Bread, Fruit Cocktail
9) Unstuffed Cabbage, Boiled Potatoes, Peas & Carrots, Rye Bread (2), Pears	11) Breaded Fish, Tartar Sauce, Baked Potato, Diced Carrots, Dinner Rolls (2), Mandarin Oranges	13) Ziti w/Meat Sauce, Side Salad, Cauliflower, Italian Bread (2), Applesauce
16) Cheeseburger on a Bun, Oven Roasted Potatoes, Green Beans, Pickles, Fruit Cocktail	18) Chicken Cacciatore, Ziti w/ Sauce, Mixed Vegetables, Italian Bread, Fresh Apple	20) Roast Pork Loin w/Gravy, Sweet Potatoes, Green Beans, Dinner Rolls (2), Peaches
23) Mac & Cheese, Stewed Tomatoes, Cauliflower, Dinner Rolls (2), Mandarin Oranges	25) Beef & Broccoli, Brown Rice, Oriental Vegetables, Wheat Bread (2), Fresh Orange	27) Cheese Tortellini in Garlic Sauce, Side Salad, Peas, Italian Bread, Pears
30) Sausage Sandwich, Peppers & Onions, Baked Beans, Hoagie Roll, Peaches		



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	WEDNESDAYS
JEFFERSONVILLE	American Legion Hall Legion Ave, Jeffersonville	FRIDAYS



Preventing Your Risk for a Fall

Falls are not a natural part of aging. However, falls in adults age 65 and older can result in serious injury, such as a hip fracture. Fortunately, many of these falls are preventable. Even if you're healthy or have talked with your health care provider, it's important to check your risk. There are many steps you can take to prevent a fall.

While anyone can fall, you are at an increased risk of falling if you answer yes to at least half or more of these questions. To get your falls risk score and additional resources to prevent falls, you can answer the questions online and get a personalized fall risk score to share with your doctor. (From the National Council on Aging, <https://www.ncoa.org/tools/falls-free-checkup>).

Choose Yes or No for each of the following questions:

- **I have fallen in the past year.** *Yes / No
- **I use or have been advised to use a cane or walker to get around safely.** Yes / No
- **Sometimes I feel unsteady when I am walking.** *Yes / No
- **I steady myself by holding onto furniture when walking at home.** *Yes / No
- **I am worried about falling.** *Yes / No
- **I need to push with my hands to stand up from a chair.** *Yes / No
- **I have some trouble stepping up onto a curb.** *Yes / No
- **I often have to rush to the toilet.** *Yes / No
- **I have lost some feeling in my feet.** *Yes / No
- **I take medicine that sometimes makes me feel light-headed or more tired than usual.** *Yes / No
- **I take medicine to help me sleep or improve my mood.** *Yes / No
- **I often feel sad or depressed.** *Yes / No

Ask your healthcare provider to review your medicines.

Exercise to improve your balance and strength.

Have your eyes and feet checked.

Make your home safer.

Many falls can be prevented. By making some changes, you can lower your chances of falling. The Caregiver Resource Center offers evidence-based Tai Chi for Arthritis and Fall Prevention classes. Call (845) 292-6180 x 122 or email sullivancrc@cornell.edu for information.

Sources:

Centers for Disease Control and Prevention, What You Can Do to Prevent Falls, <https://www.cdc.gov/steady/pdf/STEADI-Brochure-WhatYouCanDo-508.pdf>.

National Council on Aging, Falls Free Checkup, retrieved from <https://www.ncoa.org/tools/falls-free-checkup>



KNOW YOUR RISK

Prepare for the risks where you live.



MAKE A PLAN

Prepare yourself and your family before disaster strikes.



TAKE ACTION

Be ready to respond to and recover from a disaster.

Visit **FEMA.gov** where you can input your location to get information about disasters in your area.

Visit **Ready.gov** to know how to prepare for disasters and what to do during an emergency.

Download the **FEMA mobile App** to receive real-time weather and emergency alerts, locate shelters, send notifications to loved ones and more.

Consider the **specific needs of your household** like medical needs or items for your pets.

Practice your family's plan.

Visit **Ready.gov/plan** and use our template to create a Family Emergency Plan you can email to yourself.



ready.gov/plan

Gather supplies that fit your family's needs.

Secure important documents.

Understand your **insurance coverage.**

Participate in community disaster preparedness events.



FEMA

FEMA V-1021
Catalog No. 1872-3

April 2018

There are many ways to take action and prepare before a disaster occurs. The actions on this card include some of the most important ways to help yourself, your family, and your community increase your preparedness. Simple actions at home and in your neighborhood can make a big difference!

- @Readygov
Twitter.com/readygov
- @Readygov
Facebook.com/readygov
- FEMA.gov/mobile-app
- Ready.gov/prepare



12 WAYS TO PREPARE

<input type="checkbox"/> Sign up for Alerts and Warnings	<input type="checkbox"/> Make a Plan	<input type="checkbox"/> Save for a Rainy Day	<input type="checkbox"/> Practice Emergency Drills	<input type="checkbox"/> Test Family Communication Plan	<input type="checkbox"/> Safeguard Documents
<input type="checkbox"/> Plan with Neighbors	<input type="checkbox"/> Make Your Home Safer	<input type="checkbox"/> Know Evacuation Routes	<input type="checkbox"/> Assemble or Update Supplies	<input type="checkbox"/> Get Involved in Your Community	<input type="checkbox"/> Document and Insure Property

Holding your spouse's hand. When a loved one is diagnosed with a terminal illness, you realize that moments matter. Hospice of Orange & Sullivan Counties can give you more moments. We provide comfort care, ease pain, and offer what you need to care for your loved one. **Learn how we can help.**



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Sullivan County
Office for
the Aging

ANNUAL PUBLIC HEARING & SENIOR RESOURCE FAIR

**WEDNESDAY,
OCTOBER 23RD, 2024**

10AM-2PM

10:00AM

**Office for the Aging Annual Public Hearing
Legislative Hearing Room 2nd floor**

10:00AM-2:00PM

**Senior Resource Fair
1st floor Lobby**

Refreshments will be available!
Please contact us at 845-807-0243 to notify us of
any special accommodation requests.

**SULLIVAN COUNTY
GOVERNMENT CENTER
100 NORTH STREET
MONTICELLO, NY 12701**

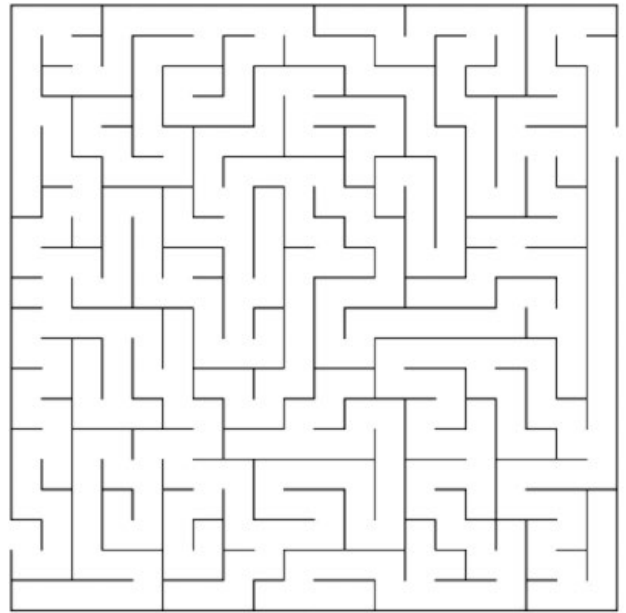


Fall Word Scramble



- 1) PEPAL _____
- 2) LAFL _____
- 3) RONAC _____
- 4) ESALVE _____
- 5) AOCT _____
- 6) EKRA _____
- 7) HQASUS _____
- 8) DRCEI _____
- 9) ZEBEYR _____
- 10) KWLA _____

MAZE CHALLENGE



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

SUDOKU

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

TRIVIA: How many times was Elizabeth Taylor married?

RIDDLES:

- 1) What grows up while growing down?
- 2) The day before two days after the day before tomorrow is Saturday. What day is it today?
- 3) A house with two occupants, sometimes one, rarely three. Break the walls, eat the borders, then throw away me. What am I?

- | | | | |
|----------------|------------|-----------|-----------|
| ACORN | CONEFLOWER | HARVEST | SCHOOL |
| APPLES | CRISP AIR | HAYBALES | SEPTEMBER |
| ASTER | EQUINOX | LABOR DAY | SWEATER |
| AUTUMN | FALL | LEAVES | TOURS |
| BREEZE | FESTIVALS | MIGRATE | TRAILS |
| CHRYSANTHEMUMS | FOLIAGE | ORCHARD | WIN- |
| ERIES | | | |
| CICADAS | FOOTBALL | RAKE | |



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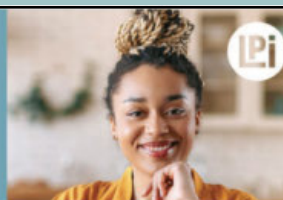
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LOCAL ACTIVITIES AND EVENTS

LOCAL HAPPENINGS

- Sept. 7, 2pm, 95th Annual Sullivan County Volunteer Firefighters Parade, 93 Main St. Livingston Manor
- Sept. 9, 12pm-4pm, September Country Fair: Motorcycle and Car Show/Bill Graham Garden Dedication at Arrowhead Ranch & Retreat, 461 Cooley Rd, Parksville
- Sept. 14, 12pm-4pm, Latin Culture Festival at Hurleyville Performing Arts Center, Hurleyville
- Sept. 21, 11am-5pm, Honeybee Festival, Fort Delaware Museum, 6615 NY-97, Narrowsburg
- Sept 22, 10am-5pm, Fall Foliage Festival, Historic Downtown Port Jervis
- Sept. 28, 11am-4pm, Vet Fest 2024, Grahamsville Fairgrounds

INTRODUCTION TO MEDICARE SEMINAR

Are you turning 65 within the next year or two?
 Already on Medicare?
 Leaving your employer coverage?

Learn how and when to enroll, when you can make changes, and the different plan options available to you.

Medicare Resource Group will help you discover the resources available to simplify your Medicare choices.

at the Livingston Manor Library
Thursday, September 12th
6:00 PM



Registration:
 (845) 439-5440
livingstonmanorlibrary.org/programs/signup

Mamakating Environmental Education Center
 762 South Rd, Wurtsboro NY 12790
 Admission: \$5 (unless otherwise noted)
 Please call to register! 845-644-5014

- Sept. 7, 10am-11:30am Insect Investigations
 12pm-2:30pm Final Native Plant Sale of 2024
- Sept. 21 10am-12pm Wilderness and the Human Role



LIBRARY ACTIVITIES

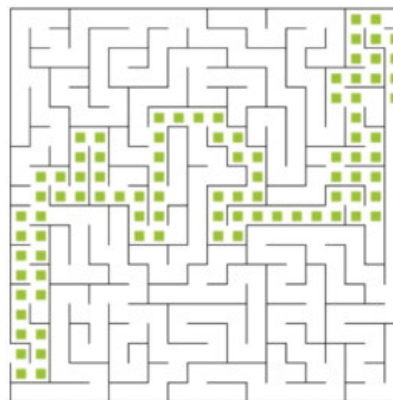
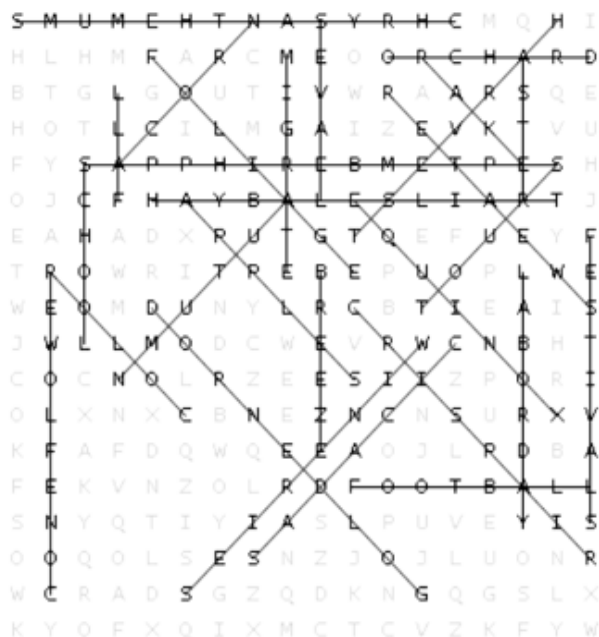
Liberty

- 9/13- 1:00 pm Movie Matinee "Titanic the Musical"
- 9/20 - 1:00 pm Senior Swing

Monticello

- 9/21 1:30 Dance Across Cultures Series: Dance from Hawaii

ANSWER KEY



Fall Word Scramble

- 1)APPLE
- 2)FALL
- 3)ACORN
- 4)LEAVES
- 5)COAT
- 6)RAKE
- 7)
- 8)CIDER
- 9)BREEZY

Answer to Sudoku

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

- Trivia: She was married eight times, (twice to Richard Burton)
 Riddles:
 1) Goose
 2) Friday
 3) Peanut