



APRIL 2024 NEWSLETTER

The Monthly Hoot



**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
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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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- TAVR (Percutaneous Aortic Valve Replacement)
- Heart Transplants
- Congestive Heart Failure - Stage II and Greater

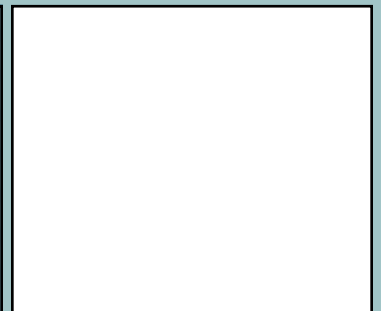
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Sullivan County DRAMATIC WORKSHOP

Holiday show: "A Christmas Carol" (Radio Show) & "Santa's Little Reindeer Rap" (SCDW Youth Theatre)
Dec. 8 & 9 at 7:00pm and Dec. 10 at 2:00pm.
Don't forget our lotto raffles as Stocking Stuffers. More info at www.scdw.net

Do More, Feel Better

Presented by Sullivan County Public Health's Education Department

Looking for a strategy to self manage depressive symptoms? Not sure what depressive symptoms are? Are you part of a club or organization you think might benefit from education on this topic?

Please reach out to us!
845-292-5910 ext. 2210



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Protein Supplement and the Elderly: The Pros and Cons

As people grow older, their bodies process protein less efficiently, therefore older adults may need to include additional protein in their diet. Reduced protein intake may also be due to: reduced appetite, dental issues, impaired taste, swallowing problems and limited financial resources. Research suggest that older adults should eat 25 to 30 grams of protein at each meal. This can be done by adding a supplement either in the form of a powder or drink. However generally speaking, there may not be a need for protein supplements unless one is malnourished, sick or hospitalized. Therefore, real food should be considered first and older adults should not choose to drink protein shakes instead of meals.

Pros: Adequate protein in the diet of the elderly may:

- Help to maintain muscle mass and strength
- Maintain good bone health
- Improve wellness incase of weight loss, chronic or acute illness
- Aid in wound healing

Cons: Protein Supplement in the diet may:

- Prove to be very expensive (Some elderly are on a limited budget)
- Prevent one from feeling hungry
- Be used to substitute or replace a meal

Bottom Line: Protein needs can usually be met by eating balanced meals. However, to add a protein shake, or supplement can sometimes help to ensure that the older adult gets adequate protein in the diet. This with balanced exercise can help to build or maintain muscle, avoid malnutrition as well as prevent weight loss. If a protein supplement is recommended it is important that the right one be selected as not all protein supplements are of the same quality.

What to look for when selecting a protein supplement: The following chart provides suggestions on protein drinks, supplement that may benefit the older adult that might be in need of additional protein in the diet. It is recommended that you consult with your primary care physician before starting any protein drink or supplement especially if you are experiencing any health issues.

Product Name	Protein	Carbohydrates	Sugar	Fat
Ensure Plus	13g	45g	19g	11g
Boost High Protein	20g	33g	9g	6g
Premier Protein	30g	5g	1g	3g
Glucerna Hunger Smart	10g	23g	3g	4g
Boost High Protein Complete Nutritional Drink	15g	26g	6g	6g
Muscle Milk	16g	12g	2g	9g
Carnation Breakfast Essentials	10g	27g	14g	3g
Boost Max Nutritional Shake	30g	43g	6g	12g

Source: KFF Health News By [Judith Graham](#) JANUARY 17, 2019; Long Term Care RD.com; Healthy Eating Magazine- Silver Cuisine.com



APRIL 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) Salisbury Steak (1), Gravy Mashed Potatoes, Mixed Vegetables, Dinner Rolls (2), Pears	3) Breaded Chicken Breast (1), Oven Roasted Potatoes, Corn Wheat Bread, Applesauce	5) Ziti w/Meat Sauce, Side Salad Broccoli, Italian Bread (2), Mandarin Oranges
8) Chicken Stew, Brown Rice, Peas & Carrots, Whole Wheat Bread, Fresh Orange	10) Roast Pork Loin w/Gravy, Sweet Potatoes, Cauliflower, Dinner Rolls (2), Fruit Cocktail	12) Cheese Tortellini w/ Marinara Sauce, Green Beans, Side Salad, Italian Bread, Peaches
15) Sausage Sandwich, Peppers & Onions, Baked Beans, Hoagie Roll Fresh Apple	17) Unstuffed Cabbage, Boiled Potatoes, Peas & Carrots, Rye Bread (2), Pears	19) Macaroni & Cheese, Stewed Tomatoes, Broccoli, Dinner Rolls (2), Applesauce
22) Hot Dogs on a Bun (2), Baked Beans, Cauliflower, Fruit Cocktail	24) Stuffed Shells (2), Side Salad, Mixed Vegetables, Italian Bread, Mandarin Oranges	26) Breaded Fish, Tartar Sauce, Mashed Potatoes, Peas, Whole Wheat Bread, Fresh Apple
29) Chili Macaroni, Diced Carrots, Corn Muffin (1), Banana		



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: April 1st, 8th, 15th, 22nd, 29th

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

Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

TUESDAYS: April 2nd, 9th, 16th, 23rd, 30th

Town of Fallsburg- Woodridge, Mountindale & South Fallsburg.

Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS: April 3rd, 10th, 17th, 24th

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

Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

THURSDAYS: April 4th, 11th, 18th, 25th

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: April 5th, 12th, 19th, 26th

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

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



Are Your Affairs in Order? What You Need to Know.

Friday, April 19, 2024

2:00 pm - 3:00 pm

Extension Education Building

*Note that this workshop will take place both in-person and online via Zoom. Register according to how you'll attend!

Learn about the three essential documents everyone should have to ensure your family and/or loved one is prepared for sudden life events.

The Rural Law Center of New York is a not-for-profit legal services organization that serves low income rural New Yorkers in 44 counties.

Learn more and register here:
sullivanccce.org/events

Questions? Contact the Caregiver Resource Center at (845) 292-6180 x 122 and sullivancrc@cornell.edu

NO VET BILLS, JUST LOVE! Free Animatronic Companion Pets!

Cuddly dogs and cats offer joy, comfort, and companionship to Sullivan County older adults over 60 who are feeling isolated, lonely, depressed or confused.

The best part is- they are easy to care for while being loved & snuggled! A limited supply is available now through Sullivan County Office for the Aging.



If you or someone you know could use a FREE 'pet' please call the Office for the Aging at 845-807-0241

1 pet per household, Over 60 & registered with OFA

Consumer Directed Personal Assistance Program (CDPAP)

The Consumer-Directed Personal Assistant Program (CDPAP) is designed for self-directing (designate your own personal assistant or aide) Medicaid recipients who require personal care, home health care, or nursing services. You must have Medicaid in order to be considered for this program. Self-directing individuals or their Designated Representative (a parent, legal guardian, or a responsible adult directing on a recipient's behalf) are capable of managing their own home care -- recruiting, interviewing, hiring, training, and supervising their own home care attendants. This program offers Medicaid recipients control over their home care because they are able to hire friends or loved ones to work for them. However, this program is not for everyone because the above tasks may be too difficult for some people.

In order to be part of the CDPAP, a Medicaid recipient must be enrolled in a Managed Long Term Care (MLTC) plan.

Once the Medicaid recipient has chosen a MLTC plan, a nurse from that plan will make an appointment to come to the house for an assessment. At this assessment, the nurse puts together a Plan of Care that meets the consumer's needs. Also, at this assessment, the nurse will determine if the consumer (or his/her Designated Representative) is self-directing. If approved, the Consumer-Directed Personal Assistance Program may be part of the Plan of Care and the Medicaid recipient hires a personal assistant or aid from a list supplied by the MLTC nurse.

If you think you may qualify or have questions about this program contact Sullivan NYConnects at one of the following phone numbers:

(845) 807-0257

(866) 715-4700

(800) 342-9871



Source: NYSDOH

What is MIPPA?

Medicare Improvements for Patients and Providers Program

The Medicare Improvement for Patients and Providers Act (MIPPA) program helps Medicare beneficiaries with limited income and assets learn about programs that may save them money on their Medicare costs.

Medicare Part D Low-Income Subsidy (LIS/Extra Help)

Administered by the Social Security Administration, this program helps to lower Medicare Part D (prescription plan) costs – including out-of-pocket costs for premiums, deductibles, and prescription drugs – for beneficiaries who meet certain income and resource eligibility requirements.

Medicare Savings Programs (MSP's)

Administered by state Medicaid agencies, MSP's can help pay some Medicare costs for health care, including Medicare Part B premiums, for eligible beneficiaries.

Medicare Preventive Services

MIPPA grantees also educate the community about Medicare Preventive Services, which cover many preventive health services such as the "Welcome to Medicare" preventive visit, yearly "Wellness" visits, vaccinations like the flu and COVID-19, screenings for cancer and heart disease, and more. These services are available to all Medicare beneficiaries, regardless of their income and assets.

If you would like additional information on any of these programs or to find out if you're eligible, contact the Office for the Aging at (845) 807-0241.

5 Things You Should Know About Hospice

1. Hospice care is individualized, end-of-life care.
2. Hospice care is a basic human right.
3. Hospice care is available in a variety of settings.
4. Caregiving can be overwhelming.
5. Hospice benefits more than the patient.



hospiceoforange.com | 845-561-6111



Come shop at the Read It Again Bookstore

located on 63 North Street in Monticello

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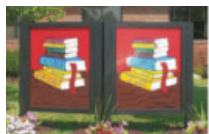
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Know the 10 Warning Signs of Dementia

Memory often changes as people grow older. Don't we all lose our keys or forget names from time to time? But, memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms which are listed below. If you notice any of them, you may feel nervous, but please don't ignore them! Schedule an appointment with your doctor,

1. Memory loss that disrupts daily life: forgetting events, repeating yourself or relying on more aids like sticky notes to help you remember.
2. Challenges in planning or solving problems: having trouble paying bills or cooking your favorite recipes.
3. Difficulty completing familiar tasks at home, work, or leisure: having problems with cooking, driving, using your phone, or shopping.
4. Confusion with time or place: losing track of dates, or having trouble understanding when future events will happen.
5. Trouble understanding visual images and spatial relations: having more difficulty with balance or judging distance, tripping over

things, or dropping things more often.

6. New problems with words in speaking or writing: having trouble following or joining a conversation or struggling to find a word you are looking for.
7. Misplacing things and losing the ability to retrace steps: placing car keys in the fridge or not being able to retrace steps to find things.
8. Decreased or poor judgment: being a victim of a scam, not managing money well, paying less attention to hygiene, or having trouble caring for a pet.
9. Withdrawal from work or social activities: not wanting to go to your usual activities and groups, not being able to follow sports or keep up with what's happening.
10. Changes in mood and personality: getting easily upset in common situations or being fearful or suspicious.

You are not alone! Please 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.



BONE BUILDERS

Weekly on Thursdays 11 am - 12 pm, April 4 - June 20, 2024

Instruction provided by trained CCE Volunteer- Joy Mendelsohn, MD

This program is designed for women 65+ and men 75+ but is open to anyone



FREE but Registration is required at <https://sullivanccce.org/events> or by calling (845) 292-6180 x 122 or email: sullivanccce@cornell.edu

Help Maintain Bone Mass as You Age

Build on existing bone mass and prevent future bone loss

Prevent Fractures

Bone loss usually occurs without symptoms

Light exercises with hand weights

Bring a water bottle, floor mat or towel, and your own 1-2 lb weights

Cornell Cooperative Extension | Sullivan County

64 Ferndale-Loomis Rd., Liberty (845) 292-6180



Sudoku

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

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

CANDY MATCH UP

- | | |
|--------------------------------------|---------------------------|
| 1. A famous swashbuckling trio | A. Payday |
| 2. Galaxy | B. Starburst |
| 3. Red Planet | C. Lifesavers |
| 4. Can't hold onto anything | D. Kit Kat |
| 5. Not laughing out loud | E. Mr. Goodbar |
| 6. Famous former baseball player | F. Bit O Honey |
| 7. Famous New York street | G. Three Musketeers |
| 8. Superman's other identity | H. Butterfinger |
| 9. Nut happiness | I. Milky Way |
| 10. What bees want | J. Baby Ruth |
| 11. Favorite day for working people | K. Mars |
| 12. A feline | L. Snickers |
| 13. Round flotation devices | M. Clark |
| 14. Sun explosion | N. Almond Joy |
| 15. Single women are looking for him | O. 5 th Avenue |

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

CRYPTOGRAM—FUNNY QUOTE

Each letter in the phrase has been replaced with a random letter. Try to decode the message.

HINT: P = R H = L N = E

“MHEMLF PNXXNXP YRMY LBO
MPN MUFBHOYNHL OTASON, ZOFY
HAQN NCNPLBTN NHFN”
-XMPVMPNY XNMG

TRIVIA:

In what city does “Gone with the Wind” take place?

RIDDLES:

1. What runs, but never walks. Murmurs, but never talks. Has a bed, but never sleeps. And has a mouth, but never eats?
2. Spelled forwards I'm what you do every day, spelled backwards, I'm something you hate. What am I?
3. What do you throw out when you want to use it but take in when you don't want to use it?

BRAINTEASER:

How can you throw a ball as hard as you can and have it come back to you, even if it doesn't bounce off anything? There is nothing attached to it, and no one else catches or throws it back to you.

April Fools	Growing	Rain
Baseball	Growth	Raincoat
Birds	Jacket	Robin
Blooming	Kite	Seeds
Boots	Lilies	Sunshine
Buds	Nesting	Tulips
Daffodil	Passover	Umbrella
Earth Day	Planting	Unleavened bread
Flowers	Prank	Winds
Grass	Puddles	Worm



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Historic Borscht Belt Hotels with John Conway

at the Livingston Manor Library

Join Sullivan County Historian John Conway, and immerse yourself in the fascinating history of hotels in the Catskills!

- What was the Borscht Belt?
- When was the height of tourism in the Catskills?
- Who were the leading hotels and figures?
- Why did this industry face such a decline?

Learn all this and more

**Thursday, April 25th
6:30pm**

Space is limited registration required
livingstonmanorlibrary.org/programsignup
(845) 439-5440

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APR 20



Livingston Manor Presbyterian Church
568 Old Rte 17
Livingston Manor, NY 12758

CRAFT FAIR/YARD SALE

Saturday, May 4th 10am-3pm
Liberty Elks Lodge #1545
21 John Street, Liberty NY

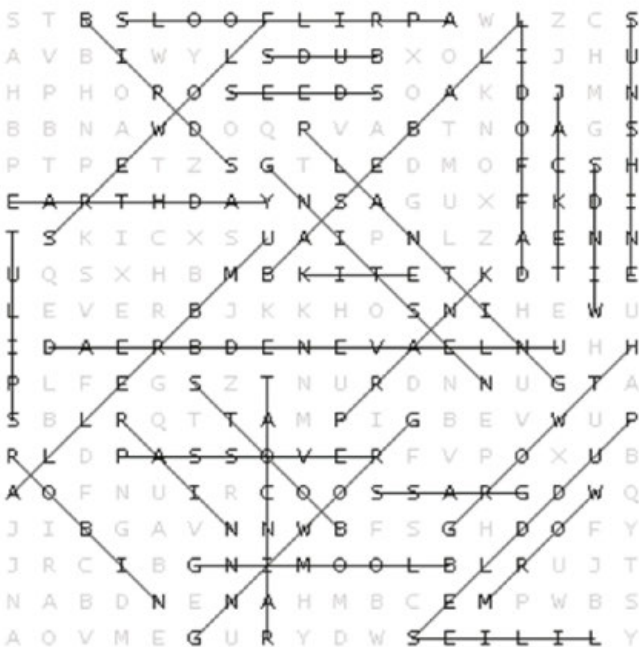
SULLIVAN COUNTY DEPARTMENT OF PUBLIC HEALTH

FREE RABIES CLINIC
FOR DOGS, CATS, AND FERRETS

Public Health
Sullivan County
Department of Public Health

Wednesday, April 3, 2024 6:00-7:30 PM
Town of Rockland, Livingston Manor Firehouse
93 Main Street,
Livingston Manor, NY

ANSWER KEY



CRYPTOGRAM—FUNNY QUOTE:

"Always remember that you are absolutely unique, just like everyone else". -

Margaret Mead

CANDY MATCH UP:

- 1)G 2)I 3)K 4)H 5)L 6)J 7)O 8)M 9)N 10)F 11)A 12)D
- 13)C 14)B 15)E

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

TRIVIA: Atlanta

RIDDLES: 1. A river
2. Live 3. An anchor

BRAINTEASER:

Throw the ball up in the air.