



The Monthly



Hoot

DECEMBER

2022

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

TO:

TABLE OF CONTENTS

WHAT'S INSIDE

PAGE:

Happy Holidays 2
 RSVP 3
 Music Therapy Groups 4
 Shopping Bus & Dec. Menu 5
 COLA 6
 December Is 7
 Senior Alliance 8

Happy Holidays from our family to yours



Kelly, Christina, Ellen, Debbie, Tana, Keven, Sherri, Lise-Anne, Teresa, Kristen, Cynthia
 Al, Jane, Darlene & Julie
 Absent from photo: Judy, Martha, Alex

SULLIVAN COUNTY OFFICE FOR THE AGING

100 NORTH STREET PO BOX 5012
 MONTICELLO, NY 12701
 (845) 807-0241

MON - FRI: 8AM - 5PM

EMAIL US:

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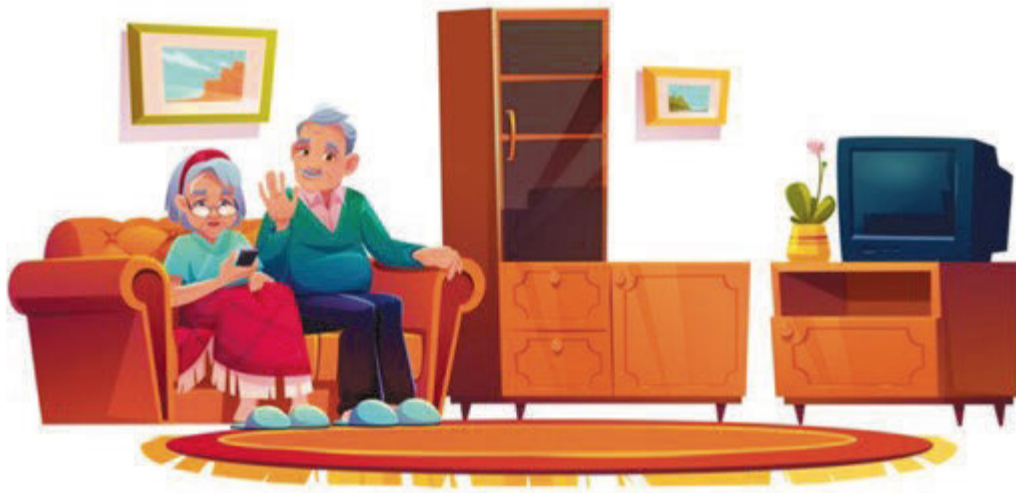
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RSVP Telephone Reassurance Program



Are you looking for someone to check in on you to monitor your wellbeing or could you benefit from a friendly telephone call providing a social connection?

If so, our RSVP Telephone Reassurance Program offered through the Retired and Senior Volunteer Program and the Office for the Aging might be right for you. Our friendly RSVP Volunteers connect with area seniors to ensure their wellbeing and provide socialization. Please call RSVP at (845) 807-0255 for more information and we can sign you up for our FREE program.



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www.CDChoices.org

Consumer Directed Choices (CDChoices) is a *premier* provider of self-directed home-care services. Through this New York State Medicaid-funded program, you hire your own caregivers to provide you with quality care.

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Action Toward Independence Presents:

Melinda's Music

Free Zoom Music Therapy Groups
Offered Monthly-Ask about our
Free Instrument Offerings.

SO HAPPY TOGETHER

A music social group for Seniors focusing on socialization and brain health. This hour group usually runs the first Tuesday of every month. This is a non-dementia focused group.

OUR MUSICAL MEMORIES & CONVERSATIONS CAFÉ

A two-part musical social engagement group for People Living with Dementia with their CarePartners. There is music, movement, laughter, lots of love, and support. Feel free to bring a drink and snack, and stay for our CONVERSATIONS CAFÉ group. This is the time to relax and enjoy virtually socializing from home. Conversations Café offers a strong component to enhance the fun time had during OUR MUSICAL MEMORIES session. Let's learn more about one another! The 1 1/2 hour group usually runs the second Thursday of each month.

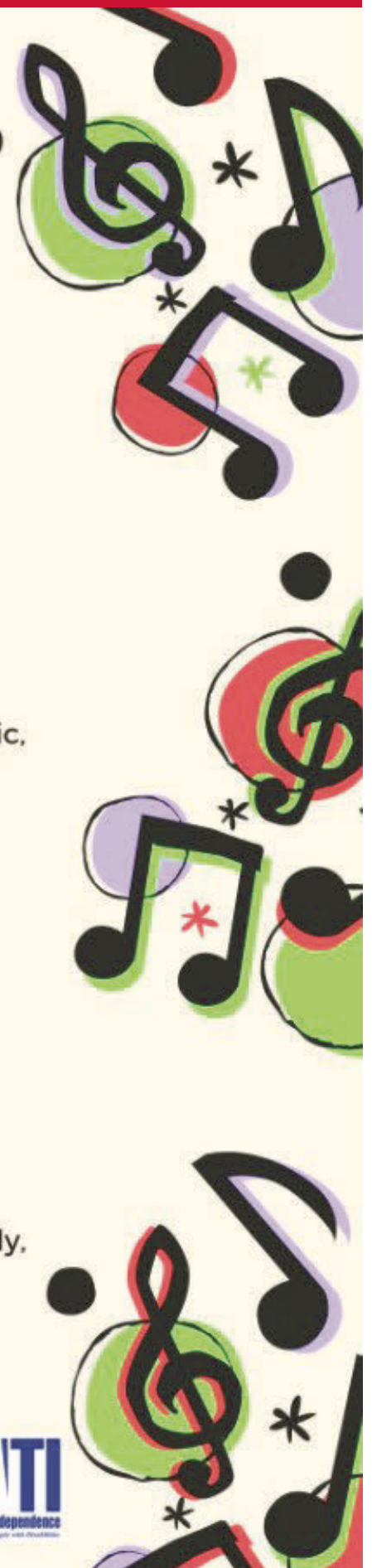
A WARM MUSICAL HUG

A music therapy support group for ages 7 weeks through preschool. Children will enjoy developmentally enhancing music activities which focus on verbally, as well as musically, supporting caregivers. Groups usually run the second Wednesday of each month.





FOR MORE INFORMATION:

Family Peer Advocate
(845) 794-4228
info@atitoday.org

Melinda Burgard
Melindasmusic@cs.com



SHOPPING BUS SCHEDULE AND DECEMBER MENU 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk served with all meals. Coffee and Tea available at Senior Nutrition Sites. Menu subject to change. We apologize in advance for any changes. For any questions, please call (845) 807-0841.</p>			<p>1)</p> <p>ROUTE 3</p>	<p>2) Macaroni & Cheese Stewed Tomatoes Side Salad Dinner Roll Peaches</p>
<p>5) Baked Herb Chicken Stuffing Oriental Blend Side Salad Wheat Bread Fruit Cocktail</p>	<p>6)</p> <p>ROUTE 4</p>	<p>7) Baked Ziti w/Meat Sauce Side Salad Cauliflower Italian Bread Pears</p>	<p>8)</p> <p>ROUTE 5</p>	<p>9) Pork Chop German Potato Salad Mixed Vegetables Dinner Rolls (2) Fresh Apple</p>
<p>12) Chicken Cacciatore Spaghetti Buttered Peas Carrots Dinner Roll Peaches</p>	<p>13)</p> <p>ROUTE 1</p>	<p>14) Cheeseburger on a Bun Oven Roasted Potatoes Green Beans Pickles Mandarin Oranges</p>	<p>15)</p> <p>ROUTE 2</p>	<p>16) Beef Stroganoff Egg Noodles Side Salad Cauliflower & Broccoli Rye Bread Fresh Orange</p>
<p>19) Breaded Fish Tartar Sauce Oven Roasted Potatoes Diced Carrots Wheat Bread (2) Pineapple Rings</p>	<p>20)</p> <p>ROUTE 3</p>	<p>21) Roast Beef & Gravy Baked Potato Green Beans Dinner Rolls (2) Pears</p>	<p>22)</p> <p>ROUTE 4</p>	<p>23)</p> 
<p>26) CLOSED—CHRISTMAS DAY OBSERVED</p> 	<p>27)</p> <p>ROUTE 5</p>	<p>28) Meatloaf Gravy Mashed Potatoes Corn Dinner Rolls (2) Applesauce</p>	<p>29)</p> <p>ROUTE 1</p>	<p>30)</p> 

Route 1: December 13th, December 29th

A. Town of Fallsburg- Woodridge, Mountindale & South Fallsburg.

B. Town of Rockland- Livingston Manor & Roscoe.

Route 2: December 15th

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

B. Town of Thompson- All of Monticello, Mongaup Valley

Route 3: December 1st, December 20th

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

B. Town of Neversink- Neversink, Grahamsville, Foxcroft Village.

Route 4: December 6th, December 22nd

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

B. Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

Route 5: December 8th, December 27th

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

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



Cost of Living Adjustment

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 8.7 percent in 2023, the Social Security Administration announced. On average, Social Security benefits will increase by more than \$140 per month starting in January 2023.

The 8.7 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 65 million Social Security beneficiaries in January 2023. Increased payments to more than 7 million SSI beneficiaries will begin on December 30, 2022. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor’s Bureau of Labor Statistics.

“Medicare premiums are going down and Social Security benefits are going up in 2023, which will give seniors more peace of mind and breathing room. This year’s substantial Social Security cost-of-living adjustment is the first time in over a decade that Medicare premiums are not rising and shows that we can provide more support to older Americans who count on the benefits they have earned,” Acting Commissioner Kilolo Kijakazi said.

Source: Social Security Administration

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INTERNATIONAL SHARPS INJURY PREVENTION AWARENESS MONTH

Safety protocols for sharps; Sharps are materials with sharp points that may cut or puncture skin. Needle sticks alone account for 400,000 injuries per year. Sharps items include: needles, syringes, lancets, auto injectors, infusion sets, connection needs and scalpel blades. Punctures create wounds and also insert bloodborne pathogens into the body. Safeguards have been put in place to lessen the risk of injury by sharps. However, they still occur. Assess how injuries happen and take precautions to improve results. Other steps that can be taken include: Review sharps standards at home. Eliminate unnecessary use of sharps. Never recap sharps. Use personal protective equipment. Properly dispose of sharps. Use retractable needles. Speak with your medical professional with instruction on how to use sharps.

NATIONAL DRUNK & DRUGGED DRIVING PREVENTION MONTH

If you've been drinking or are under the influence of drugs, do not operate a vehicle. It is considered a crime operating a vehicle impaired by the effects of illegal drugs, prescription medication, over-the-counter medication, or a blood-alcohol concentration of 0.08 grams per deciliter or higher. Why now? The time between Thanksgiving and New Year's Day is reported by the National Association of Drug Court Professionals as "One of the deadliest and most dangerous times on America's roadways due to an increase in impaired driving." Drive sober and alert. Don't drive while you are under the influence of drugs or alcohol. It puts not only you at risk but everyone else around you. Think before you act. Accidents caused by driving under the influence are preventable. Act responsibly and drive safely. Always plan ahead. Designate a sober driver. Talk to your loved ones to remind them how important it is to be responsible and stay safe. If you're hosting the party, always offer non-alcoholic options for your guests.

UNIVERSAL HUMAN RIGHTS MONTH

People are encouraged to come together, stand up for equality, justice and dignity of all humans. Universal Declaration of Human Rights started in 1948, an international decree stating the basic rights and fundamental freedoms to which all humans are entitled. These rights include freedom from discrimination, the right to equality and the right to be innocent until proven guilty. We are all human and our different races, religions, beliefs and cultures shouldn't divide us. Educate yourself if another culture makes you anxious or apprehensive, learn more about their history and why they do things the way they do. You can also: Read a book about the Declaration of Human rights or about human rights in general. Treat everyone with respect, kindness and equality. Teach others why human rights for everyone are so important.

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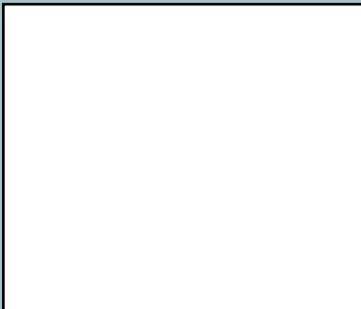
CONTACT ME
Terry Sweeney

tsweeney@lpicommunities.com
(800) 477-4574 x6407

Caring for someone with dementia? Call our Helpline anytime for support, with questions or to learn about programs near you.

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djbrady1@hvc.rr.com

DELAWARE

Young at Heart
monthly
718.216.7142
youngatheart@dvc.org

FALLSBURG

Fallsburg Seniors
every Tuesday
845.423.0930
conklinannette9@gmail.com
Lock Sheldrake Seniors
every Wednesday
845.866.2629
kenhaven41@aol.com

HIGHLAND

Highland Seniors
3rd Tuesday of the month
845.707.2890
pcarmeci@icloud.com

LIBERTY

Liberty Seniors
1st Monday of the month
845.807.4373
djbrady1@hvc.rr.com

Liberty Commons
monthly
718.781.1529

LIVINGSTON MANOR

Livingston Manor Seniors
3rd Thursday of the month
845.701.7497

Sherwood Heights
monthly 607.372.5315
turelldaniel92@gmail.com

LUMBERLAND

Lumberland Seniors
last Monday of the month
845.856.1707
townclerk@
townoflumberland.org

MAMAKATING

Mamakating Seniors
2nd & last Wednesday
of the month
845.701.1175
jlacey1@hvc.rr.com

MONTICELLO

Monticello Seniors
every Thursday
845.794.2586

Sleepy Hollow Seniors
monthly
845.794.8286
kmmartin@
monroegroup.com

NEVERSINK

Neversink Seniors
845.985.2262 ext.312
cwparksandrec@gmail.com

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