



# FEBRUARY 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 drop off cash in an envelope or make check payable to Sullivan County Treasurer and mail it to Office for the Aging, PO Box 5012, 100 North Street, Monticello, NY 12701.

*Thank you*



**SULLIVAN COUNTY OFFICE FOR THE AGING**

100 NORTH STREET PO BOX 5012  
MONTICELLO, NY 12701  
(845) 807-0241  
MON - FRI: 8AM - 5PM

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**EDITORS: TANA PRICE & TERESA BORTREE**

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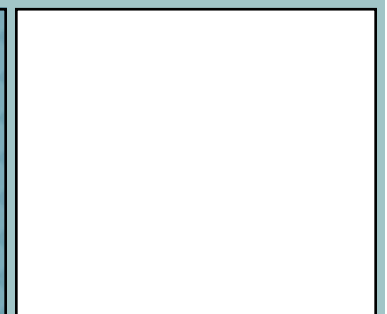
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Holiday show: "A Christmas Carol" (Radio Show) & "Santa's Little Reindeer Rap" (SCDW Youth Theatre)  
**Dec. 8 & 9 at 7:00pm and Dec. 10 at 2:00pm.**  
Don't forget our lotto raffles as Stocking Stuffers. More info at [www.scdw.net](http://www.scdw.net)

# Tax Time

The 2024 AARP Tax-Aide Program for free tax assistance is set to begin this year with **appointments being accepted.**

Our very own RSVP Volunteer Carl Amaditz will lead the program in Liberty this year with Gifford Shriver leading the program in Monticello.

Anyone 50+ with a simple tax return is encouraged to make an appointment and have a volunteer help them file their taxes.

Here are the two sites hosting the program and their numbers to make an appointment:

**1: Cornell Cooperative Extension at 64 Ferndale Loomis Road #1 in Liberty, NY 12754**

**Number to call: (845) 292-6180**

**2: Ethelbert B. Crawford Public Library at 479 Broadway in Monticello, NY 12701**

**Number to call: (845) 794-4660 ext. 6**

VITA services by the Academy of Finance students at Monticello High School.

The schedule for VITA is as follows:

Wednesdays from February 7 through April 10 from 2:30 until 5:00pm

Saturday, February 10, March 9, and April 13 from 9:00am until 2:00 pm

Appointments can be made by calling (845) 794 -8840 x 10966.



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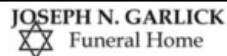
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Sullivan County Office for the Aging, Monticello, NY

06-5379

It's pretty common to develop a cough or upper respiratory infection in the winter. Most of the time you get over it quickly. But sometimes a winter illness can develop into pneumonia, a lung infection that is particularly dangerous for older adults.

About 1.4 million Americans go to the emergency room with pneumonia and more than 41,000 people die of the disease yearly, according to the Centers for Disease Control and Prevention (CDC).

Pneumonia can cause severe illness in people of any age but children under age 5 and older adults are the most vulnerable. More than 1 out of every 6 adults age 65+ who are hospitalized with pneumonia die from the infection.

People who smoke, have weak immune systems or suffer from chronic conditions such as lung disease or heart disease are at higher risk.

Pneumonia can be caused by bacteria, fungi or viruses, including the ones that cause the flu, respiratory syncytial virus (RSV) and COVID-19.

Most people with pneumonia have bacterial infections but recent data suggests that viruses cause more cases than doctors previously realized. Bacterial pneumonias tend to be more severe than those caused by viruses.

It's not unusual to develop bacterial pneumonia while your body is fighting a viral infection. Pneumonia is diagnosed with a chest X-ray or CT scan. Your doctor may send a blood or a mucus sample for a culture to try to determine what type of bacteria or virus you have.

Pneumonia symptoms can be mild or severe and tend to be similar to those of a cold or flu, but last longer and may get worse over time. Here are some common symptoms:

**Productive cough.** You will be "coughing up lots of nasty stuff." The sputum often has a yellow, green or gray look.

**Fever.** Fever and chills are signs that your body is fighting the infection. The absence of a fever doesn't necessarily rule out pneumonia, especially in those age 65 and older. Sometimes an older adult with pneumonia can actually develop a low body temperature. It's how your immune system is responding to infection. In people who are older, who tend to have weaker immune systems or who are immunosuppressed, instead of speeding up the immune system, the infection can cause low temperatures.

**Shortness of breath.** You may have trouble catching your breath when walking or talking or feel like you're breathing faster than normal.

**Chest pain.** You may experience sharp or stabbing chest pain that hurts more when you take a deep

breath or cough.

**Dizziness or delirium.** Some older adults with pneumonia may experience a change in cognition or awareness.

It's important to reach out to your doctor right away if you suspect pneumonia, especially if the patient is in a higher-risk group. Because dangerous complications can occur, starting treatment early can be critical.

If at any time you are experiencing shortness of breath or persistent chest pain, you should seek immediate care by going to the emergency room.

Take the same steps you use to protect yourself against other illnesses: wash your hands frequently, avoid touching your nose and mouth and stay away from those who are coughing and sneezing. Keep your immune system strong, make sure you get enough sleep, exercise regularly and eat a healthy diet.

Getting the influenza, RSV and COVID-19 vaccines will help protect you from pneumonia caused by those viruses.

If you are 65 or older or have a medical condition that puts you at higher risk you can get a pneumococcal vaccine. Talk to your doctor about your options.

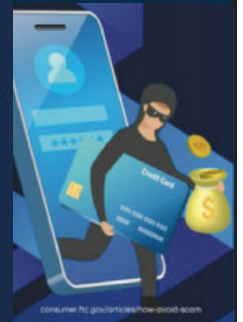
## 4 Signs That It's a Scam

1. Scammers **PRETEND** to be from an organization you know.

2. Scammers say there's a **PROBLEM** or a **PRIZE**.

3. Scammers **PRESSURE** you to act immediately.

4. Scammers tell you to **PAY** in a specific way.





# FEBRUARY 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
		2) Pepper Steak, Peas & Carrots, Egg Noodles, Dinner Roll, Fruit Cocktail 
5) Breaded Chicken Breast, Oven Roasted Potatoes, Corn, Wheat Bread, Applesauce	7) Hungarian Goulash, Egg Noodles, Diced Carrots, Rye Bread, Fresh Apple	9) Cheese Tortellini in Garlic Sauce, Side Salad, Broccoli, Italian Bread, Peaches
12)  <b>CLOSED</b>	14) Cheeseburger on a Bun, Au Gratin Potatoes, Green Beans, Applesauce	16) Sausage Sandwich, Peppers & Onions, Baked Beans, Hoagie Roll, Sliced Pears
19)  <b>CLOSED</b>	21) Stuffed Shells, Side Salad, Cauliflower, Whole Wheat Bread, Fruit Cocktail	23) Breaded Fish, Tartar Sauce, Baked Potato, Peas, Whole Wheat Bread (2), Sliced Peaches
26) Beef Stew, Brown Rice, Corn, Dinner Roll, Pineapple Rings	28) Roast Pork Loin, Gravy, Sweet Potatoes, Green Beans, Dinner Rolls (2), Mandarin Oranges	



# 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: February 5TH, 26TH

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

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

## TUESDAYS: February 6th, 13th, 20th, 27th

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

**Town of Rockland**- Livingston Manor & Roscoe.

## WEDNESDAYS: February 7th, 14th, 21st, 28th

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

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

## THURSDAYS: February 1st, 8th, 15th, 22nd, 29th

**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: February 2nd, 9th, 16th, 23rd

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

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

**NATIONAL HEART MONTH**

Anyone can be at risk for heart disease. Our sedentary lifestyles are putting us at risk at a younger age. Obesity, high blood pressure and smoking all increase our risk factors. We can act to lower our risk from each one of those things. Get moving. Remove stress. Quit smoking. Eat healthier.

Even small changes help make a difference. Reduce the amount of fast food you eat and eat more greens. Take the stairs. Walk the kids to school. Go outside and play with the kids or walk the dog. Talk to your physician about your risk factors. Walking is one of the healthiest and safest activities we can do for ourselves.

The signs for heart disease risk are:  
 High blood pressure. Millions of people in the U.S. have high blood pressure and many of them are as young as 40 or 50. If you are one of them, talk to your doctor about ways to control it.  
 High cholesterol, diabetes and obesity are all conditions that can increase your risk for heart disease. If you fall into this category, work on eating healthy and getting some physical activity a few times a week.  
 Smoking cigarettes. Over 35 million adults in America are smokers and thousands of young people pick up the habit daily. If you're a smoker, do your best to quit or cut down. It's what's best for your health.



**NATIONAL CANCER PREVENTIONS MONTH**

According to the National Institutes of Health, nearly 1.9 million people are diagnosed with cancer each year in the U.S. Nearly half of those diagnoses are breast, prostate, lung, pancreas or colon cancers. More than 40 percent of all cancer diagnoses can be linked to a preventable cause, nearly half.

We can focus on the things we can control to lessen our odds of developing cancer, such as: regular exercise, maintaining a healthy weight, eating healthy foods, quitting or never starting smoking and limiting alcohol use.

Other actions that help to prevent cancer or catch it early include routine checkups, treating or preventing other health conditions and knowing your risk factors. We can't stop every form of cancer but we do have the tools to decrease our risk factors.

Take prevention seriously and learn more about lessening your risk factors. We can't do anything about hereditary risks but there are many steps we can do to better our odds of avoiding a cancer diagnosis. Other ways to participate include: support

research for preventative measures, encourage your loved ones to join you on a journey of prevention and speak to your doctor about your risk factors.



**NATIONAL SELF-CHECK MONTH**

Self-check is a means to increase our odds of avoiding chronic disease and other often preventable conditions by taking charge of our health. We all have reasons for avoiding a checkup or doing a self-check. We're too busy. We don't want to know the truth. Or it just slipped our minds. A variety of self-empowering and proactive early detection and preventative resources and tools to guide us through healthcare-related fears and concerns is right in our hands.

Even if you are proactive, someone in your life may not be. Here's an opportunity for you to sit down with them to share your concerns and offer ways to better health. It's time to do your important self-checks and/or visit your healthcare professional for a wellness check. Before you go, visit [selfchec.org](http://selfchec.org) for a list of proactive resources to help prepare you for your visit and make a list of any concerns you may have.

Self Chec's mission is simple: Provide the best and most comprehensive one-to-one tools and resources (free of charge) to help protect you and those you care about from cancer, heart disease and other chronic diseases that are often preventable and treatable if found early enough.

Most people are reactive when it comes to their health; they seek out information when they are already sick or a friend has been diagnosed. Self Chec does the opposite, it nudges the public about the importance of proactive prevention, early detection and wellness care of chronic diseases so they can reduce their odds of getting sick in the first place. Sign-up for Self Chec's free e-Newsreminder (Self Chec's monthly newsletter/health reminder).



**Acknowledge everything you do** ~ make a list of all the things you do that make a positive difference in your care-receiver's life – even the smallest things.



## Emotional Well-Being

### Caregivers are often hard on themselves.

Their expectations are to be able to:

- Keep their own household going as usual
- Keep their life as 'normal' as usual
- Handle the finances
- Address every physical, spiritual, intellectual and emotional need of the care recipient
- Be a case manager or health advocate
- Maintain a pleasant demeanor at all times

That is an impossible task! So, it's not surprising that caregivers feel as if they're not doing enough or that they've done something wrong. They are upset with themselves for not being patient or loving enough. They also feel guilty for wanting some time to themselves.

### Keeping emotional balance is very important. Here are some ways you can shift your mood toward the positive.

**Positive Self-Talk** ~ We all have the voices in our head that make a running commentary on everything we do. Too often they're telling us how impatient we are and what we could do better. Shift your focus whenever you realize that inner voice is beating you up. The more often you do, the less power you give those negative thoughts. Turn the negative self-talk in your head to positive self talk. What do I often tell myself that I'd like to change? (*Example: I should have been more patient.*)  
What would I rather hear? (*I did the best I could and I will try to be more patient.*)

**Forgive Yourself and Let Go of your Guilt** ~ People feel guilty because they think that somehow there's something they could, might, should do better. Know that you are trying to do the best that you can. Acknowledge what you've done that you wish you hadn't and create a strategy to avoid the same pitfall, and then let it go.

**Love Yourself as You are** ~ Caregivers are special people doing a huge job.

**Share Your Feelings** ~ sharing feelings with a special friend whom you can trust will keep them from building up.

**Find a Way to Get a Good Laugh** ~ Watch a funny movie or television show, etc.

**Read a Book** ~ Choose a book that is uplifting, and will distract and/or inspire you.

**Address your Spiritual and/or Religious Needs** ~ Talk with a religious or spiritual leader, attend a place of worship, read an inspirational book, pray, meditate, take a walk in a park, etc.

## Caregiver Café – Family Caregiver Support Groups (2024)

Family caregivers of anyone with an illness, disability or form of dementia are welcome to join a bimonthly support group providing a safe, non-judgmental environment in which caregivers can talk openly with each other about their issues and concerns.

- Share practical ways of coping with the demands of caregiving
  - Discover others in the same situation who understand what you're experiencing
  - Find new information and resources
- Have an opportunity to share your feelings & frustrations in a confidential setting  
In person meetings will be held at the Extension from 10:00 am – 11:00 am on the following Mondays:

Feb. 5 and Feb. 12	March 11 and March 25
April 8 and April 22	May 6 and May 20
	June 10 and June 24

Caregivers need to register in advance and will then be able to attend any or all future meetings.

Register by going to: <https://tinyurl.com/3s4uhzc9>

By email: [sullivancrc@cornell.edu](mailto:sullivancrc@cornell.edu), or by calling (845) 292-6180 x 122.

### Caregivers of Individuals with Alzheimer's & Dementia Virtual Support Groups (2024)

The Caregiver Resource Center, in collaboration with the Alzheimer's Association Hudson Valley Chapter, hosts Bimonthly meetings for caregivers assisting an individual with Alzheimer's disease or any form of dementia. These are virtual meetings, conducted by ZOOM conferencing, and participants can join by phone or the internet. The groups provide an opportunity to chat with others who can offer helpful suggestions and a safe space to share.

The meetings will be held on the following Wednesdays from 4:00 pm- 5:00 pm.

Feb. 14 and Feb. 28	March 13 and March 27
---------------------	-----------------------

Caregivers need to register in advance and will then be able to attend any or all future meetings.

Register by going to: <http://tinyurl.com/ezt9k2n> , by email: [sullivancrc@cornell.edu](mailto:sullivancrc@cornell.edu),

Or by calling (845) 292-6180 x 122.

# 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.



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## Social Isolation

Social isolation and its effects has been on our minds and in the news a lot since the Covid 19 pandemic began. Unfortunately, rates of social isolation remain higher than before, almost 4 years later. Social isolation is defined as having few relationships and few people to interact with regularly. We know that social isolation increases the risk of developing dementia, and it is also linked to other serious health conditions such as heart disease and depression. Johns Hopkins researchers found in a 9-year study published in 2023 that socially isolated older adults have a 27% higher chance of developing dementia than older adults who are not isolated.

Not only does social activity provide many health benefits, but it can also improve the quality of life for people living with dementia and their caregivers. And the good news? Our level of social activity is something that many of us can change!

What steps can you take? You've read in the Monthly Hoot about many opportunities to increase your social activity, such as Office for the Aging nutrition site lunches, and a variety of programs at your local libraries, from writing and games to tai chi and yoga. Other social activities available locally or online include faith-based programs, volunteer jobs, hobby groups, senior centers, clubs, and education classes. At home you can increase social contact by writing letters, calling, or texting family and friends on a regular basis.

If you and your family are dealing with dementia of any kind, here are some free Alzheimer's Association programs that may interest you!

**Social Programs:** These free programs are for people with dementia and their family caregiver to participate together.

**Memory Cafes:** People in the early stage of dementia, along with their family care partner, meet for a meal and music or another fun activity.

**Something for Alz:** Music and other creative arts activities for people in any stage of dementia to join with their family caregiver. We have two virtual music series coming up in February and March!

**Support Groups:** Free virtual and in-person groups that provide mutual support for people dealing with issues related to dementia.

**Caregiver Groups:** For the person who cares for a loved one with dementia.

**Early Stage Support Groups:** For the person living with early stage dementia, who is interested in meeting others living with the disease.

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](http://alz.org/hudsonvalley). We look forward to hearing from you!



## NATIONAL BLACK HISTORY MONTH

National Black History Month is a time for all Americans to celebrate the achievements of African Americans and recognize the central role of Black Americans in history who impacted our society throughout history and in numerous ways.

February was chosen to coincide with the birthdays of President Abraham Lincoln and civil rights advocate Frederick Douglass. A privateer ship named the *White Lion* records the first Africans brought to the colonies in 1619. Captained by John Colyn Jope, it landed at Point Comfort, Virginia, now modern-day Hampton, Virginia.

Carter Woodson, the 20th century historian, created Black History Month. He believed Black Americans were not adequately represented in the study of American history. Woodson hoped for the day when Americans would accept Black history as a part of American history. President Gerald Ford declared Black History Month in 1976.

Some Notable Black Americans:

**Thurgood Marshall** - The jurist was the first African-American appointed to the Supreme Court. We recognize Thurgood Marshall every year on [National Maryland Day](#).

**George Washington Carver** - As a man of science, Carver developed over 300 products from peanuts. Celebrate George Washington Carver and his contributions to the peanut industry on [National Peanut Day](#).

**Shirley Chisholm** - In 1968, New York's 12th congressional district elected Chisholm as the first Black woman in Congress. She served seven terms in the U.S. House of Representatives.

**Rosa Parks** - The Civil Rights advocate helped initiate the Civil Rights Movement by refusing to give up her seat on a bus in Montgomery, Alabama. Celebrate Rosa Park on [Rosa Parks Day](#) and learn more about her contributions to the Civil Rights Movement.

**Louis Armstrong** - As a talented musician and performer, Armstrong became a pioneer in jazz. [Satchmo Summerfest](#) honors his contributions to music for a week each year in August.

**Colin Powell** - The 4-star General became Secretary of State. Colin Powell dedicated the Buffalo Soldier Monument at Fort Leavenworth, Kansas, establishing the first [Buffalo Soldiers Day](#).

**Barack Obama** - Americans elected Obama as the first Black President of the United States in 2009. He served two terms.



Source: National Day Calendar



# Sudoku

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

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

# ENIGMA™

CRYPTOGRAM

**HINT: Z = S U = G W = I**

“QNFUWBDVDZZ WZ O UWQL NQ YWUY  
BOKCD, JDL WL SNZLZ VNLVWVU.”

– HDLLJ ZEWLY

E	T	R	A	E	H	T	E	E	W	S	R	L	B	U	F	F	P
N	T	L	E	A	P	Y	E	A	R	A	E	B	Y	D	D	E	T
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D	K	I	R	W	A	S	H	I	N	G	T	O	N	O	A	O	V
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AFFECTION  
BLIZZARD  
CANDLE  
CANDY  
CARD

CELEBRATE  
CHOCOLATE  
CUPID  
DINNER  
FEBRUARY  
FLOWERS

GIFT  
GROUNDHOG  
HUGS  
LEAP YEAR  
LINCOLN  
LOVE

MOVIE  
POEM  
PRESIDENTS  
RESTAURANT  
ROMANCE  
ROSES

SHADOW  
SLEDDING  
SWEETHEART  
TEDDY BEAR  
TOGETHER  
WASHINGTON

## TRIVIA

Which U.S. President served more than two terms in office?

## BRAINTEASER

Your mother's brother's only brother-in-law is asleep on your couch. Who is asleep on your couch?

## RIDDLES

1. What can go up a chimney down, but can't go down a chimney up?
2. Two in a corner, one in a room, zero in a house, but one in a shelter. What am I?
3. Take one out and scratch my head, I am now black but once was red. What am I?





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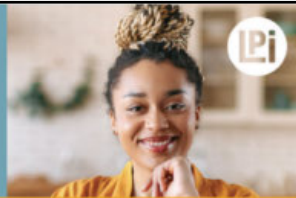
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# PENNY PINCHER

**Computer Basics Series**  
**Part I**  
**"What is the Internet?"**  
 at the Livingston Manor Library

**Saturday, February 24th**  
**10:30-11:00am**

This four-part series will cover the computer basics you need to know. Learn about the history of the Internet and how it came to be.

Q&A will follow each session.

SIGN UP FOR ONE OR MORE PARTS OF THIS SERIES:  
[livingstonmanorlibrary.org/programsignup](http://livingstonmanorlibrary.org/programsignup)  
 (845) 439-5440 – [livingstonmanorlibrary@rcls.org](mailto:livingstonmanorlibrary@rcls.org)



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 (845) 439-5440

## LOCAL LIBRARY ACTIVITIES

### Liberty Library

Fri. Feb. 2 at 1:00 pm – Movie matinee “What Happens Later”

Fri. Feb. 9 at 2:00 pm - Chair Yoga

Fri. Feb. 16 at 1:00 pm – Movie matinee “Indiana Jones and the Dial of Destiny”

### Grahamsville Library

Thurs. Feb 22 at 6:00 pm – PBS Nova Documentary “Jupiter”

### Monticello Library

Mon. Feb 12 at 1:00 pm - Chair Yoga

## ANSWER KEY

### Cryptogram

“Forgiveness is a gift of high value, yet it costs nothing.”  
 - Betty Smith

### Answer to Sudoku

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

### TRIVIA:

Franklin D. Roosevelt  
 1933-1945

### BRAINTEASER:

Your father

### RIDDLES:

1. An umbrella
2. The letter “R”
3. A match

