



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

TO:

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Memorial Day May 29, 2023

Memorial Day is a United States national holiday that honors the country's military members who died in service. It dates back to the Civil War in the 1860s and was originally held in May to remember soldiers who died in the Civil War which ended in the spring of 1865. Back then it went by a different name, Decoration Day, named for the tradition of decorating soldiers' graves with flowers and flags. Decoration Day honored only Civil War soldiers but the holiday took on a greater meaning of all fallen US service members when the United States entered World War I and evolved into Memorial Day.

May 30th was believed to be chosen to celebrate because flowers would be in bloom to decorate the graves. The holiday offers citizens a chance to reflect on the countless individuals who served and lost their lives and come together with the families and communities left behind.



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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In The Know....

Office for the Aging presented with Sullivan County Legislative Proclamation

Sullivan County's Office for the Aging was created in April 1973 and is celebrating 50 years of service this year. The Office is a critical link between those it serves and the resources they need. The staff are committed to providing these services, tirelessly, efficiently and compassionately.

On April 6, 2023, the Sullivan County Legislature acknowledged the Office for the Aging on its 50th anniversary and applauds the Office's staff, past and present, for a job very well done throughout the past 50 years.

We are very grateful for their support and look forward to another 50 years of excellence.

OLDER AMERICANS MONTH

Source: Nationaldaycalendar.com

Older Americans Month recognizes the contributions of older adults across the nation. While raising families and building careers, older Americans have also given back to their communities in a variety of ways. In their lifetimes, times have changed and they continue to volunteer and serve their neighborhoods in their own ways. Whether they mentored children, volunteered at a soup kitchen or served their country, each one deserves recognition for their commitment. Maintaining involvement in community activities and social activities helps our overall health and vitality.

Awareness is also raised concerning elder abuse and neglect. As we age, the risk of abuse and neglect increases. We must be sure resources are in place to protect our older population from the risks of abuse and neglect.



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Caregiver Information

Signs of Caregiver Stress

Source: Donna Davies, Alzheimer's Association

It can be overwhelming to take care of a loved one with Alzheimer's or other dementia, but too much stress can be harmful to both of you.

Caregiving often means assisting with one or more activities of daily living including bathing and dressing, as well as multiple important tasks such as paying bills, shopping and using transportation. Caregivers also provide emotional support to people they care for, as well as communicate and coordinate care with other family members and health care providers, ensuring safety at home and managing health conditions.

If you experiences one or more of the following symptoms, you may be experiencing caregiver stress:

- You regularly feel like you have to do it all yourself and that you should be doing more.
- You withdraw from family, friends and activities that you used to enjoy.
- You worry about the safety of the person you care for.
- You regularly feel anxious about money and healthcare-related decisions.
- You deny the impact of the disease and its effects on your family.
- You feel grief or sadness that your relationship with the person isn't what it used to be.
- You feel frustrated or angry about your loved one's behaviors.
- You experience health problems that take a physical or mental toll.

Identifying this stress is the first important step so that caregivers can work toward managing their own health by consulting their doctor and taking advantage of Alzheimer's Association resources. Resources include confidential information and support, in-depth care consultations, caregiver support groups, education programs specifically for caregivers, helpful online tools and referrals to local resources.

The Alzheimer's Association is here to help, and we look forward to hearing from you! Visit our website at alz.org/hudsonvalley, or call us 24/7 at 800.272.3900 to get the free support that you need.

 **Office for the Aging**
New York **Caregiving Portal**
Powered by Truista

Provided in Partnership With:
Association on Aging in New York

Access free training and resources to help you build skills and confidence to provide care at home.

New York's new online Caregiver Portal is designed for families. Articles, videos, tip-sheets, and professional level training offers something for everyone. Our learning portal helps family caregivers reduce stress, find local resources, and provide better care for their loved ones.



"This was wonderful. My husband and I danced and we had a good time singing these oldies but goodies. I will highly recommend these to anyone who's husband or wife has Alzheimer's."

- Pat from "Alzheimer's Music Connect"

Thousands of family caregivers across North America need support. Every caregiver has a custom learning journey, so you can choose the topics that interest you and learn any time of day.





Sign up for **FREE** today!
NewYork-Caregivers.com

Scan me with your camera to visit!



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DO PEOPLE OFTEN TURN TO YOU FOR HELP ?

If so, you're probably an Archangel.

Caregivers are Archangels, and caring for others can be really intense. Nearly 1 in 4 of us are in the red. Are you?

Use your cell phone camera to scan the **QR code** on this flier and get your Intensity Score in **two minutes** or less. You will also get access to a list of resources that are out there ready to support you.

ANY CARE COUNTS
NEW YORK

Learn about what it means to be an Archangel and why it's so important to identify what's driving your intensity at: www.archangels.me

SHOPPING BUS SCHEDULE AND MAY MENU 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1) Center Cut Pork Chop Sweet Potatoes Corn Whole Wheat Bread Fruit Cocktail	2) ROUTE 1	3) Chicken & Broccoli Egg Noodles Green Beans Dinner Rolls (2) Pears	4) ROUTE 2	5) Macaroni & Cheese Stewed Tomatoes Cauliflower Whole Wheat Bread Peaches
8) Unstuffed Cabbage Boiled Potatoes Steamed Carrots Rye Bread Pineapple Rings	9) ROUTE 3	10) Chicken Cacciatore Spaghetti Mixed Vegetables Whole Wheat Bread Mandarin Oranges	11) ROUTE 4	12) Meatloaf & Gravy Mashed Potatoes Corn Dinner Rolls Fresh Orange
15) Beef & Broccoli Stir Fry Brown Rice Oriental Vegetables Whole Wheat Bread Applesauce	16) ROUTE 5	17) Chicken Tenders (3) Oven Roasted Potatoes Broccoli Dinner Rolls Fruit Cocktail	18) ROUTE 1	19) Tuna Salad Potato Salad 3 Bean Salad Whole Wheat Bread Fresh Apple
22) Chicken A La King Brown Rice Carrots Whole Wheat Bread Mandarin Oranges	23) ROUTE 2	24) Sausage Sandwich Peppers & Onions Baked Beans Hoagie Roll Peaches	25) ROUTE 3	26) Chili Macaroni Peas & Carrots Side Salad Dinner Rolls (2) Banana
29) 	30) ROUTE 4	31) Salisbury Steak Gravy Oven Roasted Potatoes Peas Dinner Rolls (2) Pears	Two Congregate Sites are open! Please call 24 hrs in advance for reservations at (845) 807-0254. Transportation available. Lunch at 12:00pm. Livingston Manor Site- Wednesday / Mamakating Site-Monday & Wednesday Menu subject to change.	

Route 1: May 2nd, May 18th

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

B. Town of Rockland- Livingston Manor & Roscoe.

Route 2: May 4th, May 23rd

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: May 9th, May 25th

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

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

Route 4: May 11th, May 30th

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

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

Route 5: May 16th

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

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

Awareness

STROKE AWARENESS

Source: American Heart Association

Know the symptoms of stroke and how to respond quickly to help save a life, FAST.

Face – By asking the person to smile you can tell immediately if one side of the face droops.

Arm – Ask the person to raise both arms. Observe to see if one arm drifts lower than the other.

Speech – Slurred speech is a symptom of stroke. Ask the person to repeat a simple sentence.

Time – Call 911-Fast. Time may be the difference between life and death or even partial and full recovery.

Other Stroke Symptoms include:

Numbness or weakness of face, arm, or leg, especially on one side of the body

Confusion trouble speaking or understanding speech

Trouble seeing in one or both eyes

Trouble walking dizziness, loss of balance or coordination

Severe headache with no known cause

ALS AWARENESS

Source: nih.gov

Amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig's Disease.

Early symptoms include:

Muscle twitches in the arm, leg, shoulder or tongue

Muscle cramps

Tight and stiff muscles (spasticity)

Muscle weakness affecting an arm, a leg, the neck or diaphragm

Slurred and nasal speech

Difficulty chewing or swallowing

As the disease progresses, muscle weakness and atrophy spread to other parts of your body. You may develop problems with:

People with ALS eventually will not be able to stand or walk, get in or out of bed on their own or use their hands and arms

Chewing food and swallowing (dysphagia)

Speaking or forming words (dysarthria)

Breathing (dyspnea); individuals with ALS eventually lose the ability to breathe on their own and must depend on a ventilator

Maintaining weight and malnourishment

Muscle cramps and neuropathy (nerve damage or disease)

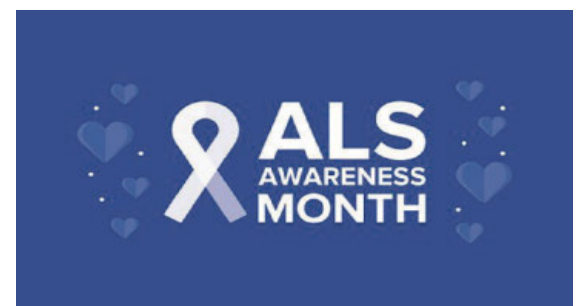
Anxiety and depression, because people with ALS usually remain able to reason, remember, understand and are aware of their progressive loss of function

Although not as common, people with ALS may also:

Experience problems with language or decision-making

Develop a form of dementia over time

ALS doesn't affect your ability to taste, touch, smell or hear.



In The Know...

ALZHEIMER'S  ASSOCIATION

ALZHEIMER'S RESEARCH UPDATE

2 p.m. Tuesday, June 6
Cornell Cooperative Extension Sullivan County
64 Ferndale Loomis Road, Liberty
or via Zoom



Join us for a free hybrid program in partnership with the Alzheimer's Collaborative for an update on the exciting new developments in Alzheimer's research, including drugs that can slow the progression of the disease.

A Q&A will follow the presentation.

BY MEG BOYCE
Research Champion and
Vice President
of Programs and Services
Alzheimer's Association
Hudson Valley Chapter



To register for the in-person program, contact the Alzheimer's Association at 800.272.3900 by Friday, June 2.

Pharmacy Highlight

Author: Kelly Soller

Mayur Patel and his staff at The Medicine Shoppe, take pride in customer service. If you have ever had the opportunity to stop in, you are aware of the warm, welcoming environment.

I had the opportunity to meet Mayur and his staff. It was then, that I was introduced to the E-Z MedPack. If you take multiple medications throughout the day, you know how much effort goes into keeping your pills—and your schedule—organized.

Let The Medicine Shoppe Pharmacy organize your medicine for you with E-Z MedPack Multi-Dose Pouch Packaging. When you enroll in this innovative service, the pharmacist places the pills you need for each dose into individual packets. The labels make it easy to identify when to take your pills because each cell has the date and time.

Multi-dose packaging is a safer, easier way for you to keep up with your medication schedule. Plus, the packets are easy to open, which make them convenient to take with you wherever you go.

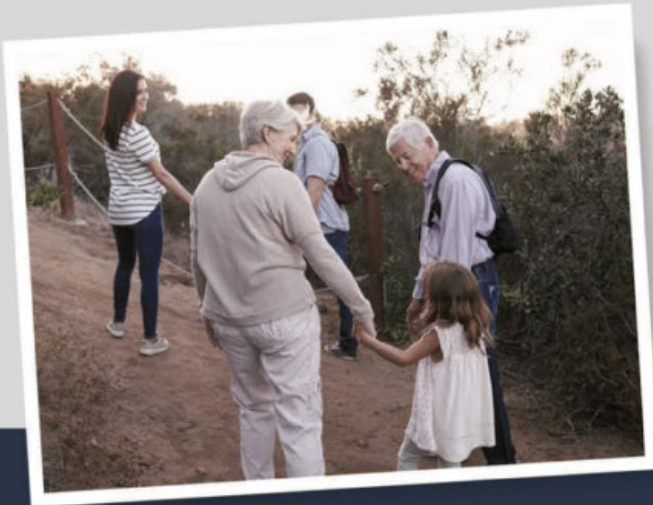
E-Z MedPack isn't just for prescribed medications. It's also a time-saving solution for anyone who takes multiple over-the-counter fitness and dietary supplements throughout the day.

Stop by the pharmacy to learn how E-Z MedPack can simplify your life or give them a call at 845-292-8200 and ask them about E-Z MedPack.





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ONE PERSON	\$42,950
TWO PERSON	\$49,100
THREE PERSON	\$55,250
FOUR PERSON	\$61,350
FIVE PERSON	\$66,300
SIX PERSON	\$71,200
SEVEN PERSON	\$76,100

WE'RE HERE TO HELP!

To learn more about these opportunities, contact Frank Robusto at 845-331-9860 ext 320 or email frobusto@rupco.org

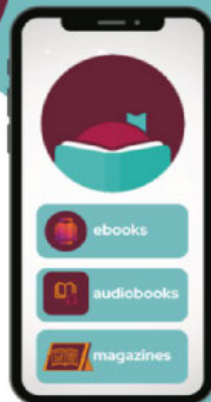


www.rupco.org

Libby Training at the Livingston Manor Library

Learn about the free app that gives access to thousand of ebooks and more!

**Tuesday
May 9th
3:00pm**



Please sign up on the library website or by phone.

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- Removes wine stains
- Softens stiff paintbrushes
- Rinse aid for your dishwasher
- Keeps colors from bleeding in your laundry

Sudoku

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

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

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DIFFICULTY: ★☆☆☆☆

WORD SCRAMBLE

Can you unscramble these words?

1. NPIGPSOH _____
2. GYRENE _____
3. SMLEA _____
4. PSURPTO _____
5. MYIFLA _____
6. GINHUOS _____
7. FELEIR _____

What's in Your Vegetable Garden?

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

- | | | | |
|----------|----------|----------|-------------|
| CARROTS | PEPPERS | BEANS | PEAS |
| ZUCCHINI | SQUASH | PUMPKIN | ASPARAGUS |
| BEETS | BROCCOLI | PARSNIP | CAULIFLOWER |
| CORN | CUCUMBER | EGGPLANT | LETTUCE |
| ONION | POTATO | RADISH | TURNIP |
| RHUBARB | KALE | SORREL | TOMATO |

MOTHER'S DAY TRIVIA

What year did the U.S. recognize Mother's Day as an official holiday?

RIDDLES

1. What can you hold in your right hand, but never in your left hand?
2. What kind of band never plays music?
3. What do Alexander the Great and Winnie the Pooh have in common?

BRAINTEASER

A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?

Answers on Page 12



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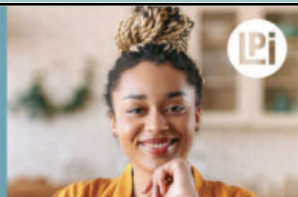
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PENNY PINCHER

Western Sullivan Public Library: upcoming programs:

-May 10th 6pm- John Conway presents "Famous Murder Trials in Sullivan County" at the Jeffersonville Branch located at 19 Center St. Jeffersonville, NY 12748

-May 26th 5pm- "A Forgotten Community: Luxton (Lucky) Lake" presented by Tina Spangler, local resident and filmmaker at the Tusten-Cochecton Branch located at 198 Bridge St. Narrowsburg, NY 12764


Ongoing programs:

- Every Monday from 6-8pm, Narrowsburg Knitters at the Tusten-Cochecton Branch

-Every Thursday from 1-3pm, Sew-cial Circle at the Jeffersonville Branch

-Narrowsburg Book Club: (4th Wednesday of every month) Wednesday May 24th at 1pm

Coming soon: A board game/card game group in May that will meet the 1st Wednesday of each month from 11am-1pm at our Jeffersonville Branch



Library-by-Mail
Delivery Service

Unable to visit your local Sullivan County Public Library?

You may be eligible for the new Library-by Mail service offered to Sullivan County residents who are temporarily or permanently homebound due to illness, disability, immobility, or transportation issues.

Call your local public library today for more information and an application!

Daniel Pierce Library Orangetown (845) 985-7233	Liberty Public Library Liberty (845) 292-6070	Roscoe Free Library Roscoe (807) 498-5574
Ethelbert B. Crawford Public Library Monticello (845) 794-4660	Livingston Manor Free Library Livingston Manor (845) 430-5440	Sunshine Hall Free Library Elford (845) 577-6258
Fallsburg Library Fallsburg (845) 436-6067	Mamakating Library Wurtsboro (845) 888-8004	Western Sullivan Public Library Callicoon, Jeffersonville, Narrowsburg (845) 482-4300

This is a FREE program sponsored by the Sullivan Public Library Alliance and is funded in part through an Outreach Services Grant from the Ramapo Catskill Library System, along with funding from Assemblywoman Aileen Gunther and Senator Jen Metzger.

SULLIVAN PUBLIC LIBRARY ALLIANCE
SUPLA



Repair Café
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Saturday, May 6th, 11:00 – 3:00 pm



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- repairing broken items together
- professional advice
- promoting the art of repair

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- a loose picture frame?
- a shirt with a hole in it?



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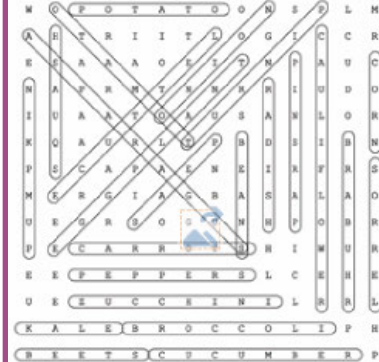
Jon Platt



For more information:
mamakatinglibrary.org
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NO-CHARGE REPAIRS DONE BY LOCAL VOLUNTEERS WHILE YOU WAIT

What's in Your Vegetable Garden?



Answer to Sudoku

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

WORD SCRAMBLE: 1. SHOPPING 2. ENERGY 3. MEALS
4. SUPPORT 5. FAMILY 6. HOUSING 7. RELIEF

TRIVIA ANSWER:1914

RIDDLES: 1. Your left hand 2. Rubber band 3. Their middle names

BRAINTEASER: An apple a day keeps the doctor away!