



# The Monthly



**NOVEMBER** 2022

# Hoot

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

**TO:**

**TABLE OF CONTENTS**  
**WHAT'S INSIDE**

PAGE:

AARP Tax Aide 2

Older NYer's Day3

In The Know 4

Shopping Bus & Nov. Menu 5

Recipe 6

Happy Tails 7

Clued In 8

**Help Those in Need by Becoming an RSVP AARP Tax Aide**

Come join our team through the Sullivan County RSVP AmeriCorps AARP Income Tax Aide Program. Experience is not necessary; RSVP will provide training and IRS certification. Volunteers can directly work with taxpayers to help them prepare their tax returns, greet people, provide technical support, help organize, recruit volunteers, translate and more.

**Volunteer Roles:**

**Client Facilitator – Program Tax Aide** – Help taxpayers feel welcome and at ease by greeting them, gathering and organizing their paperwork, and describing the tax preparation process.

**Tax Counselor – Program Tax Aide** – Help taxpayers prepare and file their tax returns online, providing them with deduction and refunds they deserve.

If you are interested in becoming an RSVP AmeriCorps volunteer and/or wish to participate in the local AARP Income Tax Aide program, please contact Martha Tully, RSVP Coordinator, by calling (845) 807-0255.



**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

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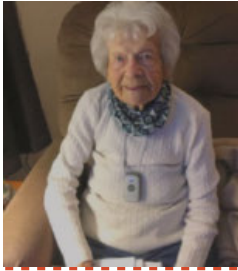
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845-561-6111  
hospiceoforange.com  
800 Stony Brook Court,  
Newburgh, NY 12550

## Older New Yorkers' Day

Older adults contribute 495 million hours yearly of volunteer service. They deliver meals to neighbors in need, provide transportation to medical appointments, help local organizations, answer the call as first responders and immeasurably more. The awardees for Older New Yorkers' Day for Sullivan County are Alice Edwards and Ken Walters. We honor them and are grateful for their contributions, dedication, mentorship and service.

### Alice Edwards Foster Grandparent 34 yrs



White Sulphur Springs Fire Dept. Ladies Aux. Founding Member and has volunteered for over 80 yrs.

#### What advice does the nominee have about volunteering for other New Yorkers?

It is the most rewarding thing you could ever do!

Loch Sheldrake Fire Department  
RSVP  
S. Fallsburg Seniors  
Town of Neversink Democratic Committee  
Big Sky Productions


SLAC  
Loch Sheldrake Seniors  
SC Democratic Committee  
SC Dramatic Workshop

### Ken Walter



**What advice does the nominee have about volunteering for other New Yorkers?** Find a cause you care about and be involved. Get a different perspective, try to make things better for everyone, and fight for the underdog. Serve your community. As you age, stay engaged. The perspective of older Americans is as important as anyone else's. The wisdom and experience that comes with age cannot be discounted. Be someone's hero and make a difference in their life.

 <p><b>Simple Cremation:</b> <b>\$995.00</b> zmmemorials.com 845-977-6127 Traditional Funerals ♦ Pre-Arranged Services <i>Two Names - A Leading Choice in Funeral Service</i> <small>Pricing per general price list, excludes cash advance items - 388 Broadway, Monticello, NY 12701</small></p>	 <p><i>"Proudly serving the tri-county Jewish community for over 70 years"</i> josephngarlickfuneralhome.com 845-794-7474</p>	 <p><b>Any-Time Home Care, Inc.</b> <i>Modern Nursing, Old Fashioned Caring</i> <b>Hiring HHA/PCA Scan QR code or Call (845) 344-4222 for more information</b> <i>We offer free training classes.</i></p> 
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**CONSUMER DIRECTED CHOICES**

**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.

*What sets CDChoices apart?*

- **Specialize exclusively in consumer-directed personal assistance**
- **Offer highest pay rate to caregivers**
- **Provides your caregivers with health, dental, and vision benefits**
- **Consumers control their caregiver's rate**
- **Sign-on bonuses of up to \$500 for caregivers**
- **Help new consumers effectively manage caregivers through a peer mentor**

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*Contact Us Today*

**518-464-0810 ext. 120**  
Email: [Info@CDChoices.org](mailto:Info@CDChoices.org)  
**[www.CDChoices.org](http://www.CDChoices.org)**

**Don't have a caregiver? No problem. When you enroll with CDChoices, you receive exclusive access to our Workforce Recruitment Portal, where you can choose from over hundreds of caregivers looking for work.**



## GOT — GROWING OLDER TOGETHER

Growing Older Together (G.O.T.) is a non profit organization formed to address the needs of people 60 years and older, residing in Western Sullivan County. G.O.T.'s mission is to enable seniors to remain independent, and age in place in their home.

G.O.T. provides a range of services, including personal transportation, household chores, technology troubleshooting, and light gardening. Having something to look forward to can be so important for many seniors, so G.O.T. hosts social events throughout the year for its members.

G.O.T. volunteers are fully vetted with complete background checks. Seniors who request and receive the services, pay a \$150 annual fee. Sliding scale fees based on income are available and reviewed on a case by case basis.

To receive services or become a volunteer, Call 570-630-0509, Mon-Fri 9am-Noon and 1pm-4pm. Or visit Growing Older Together's website at: [www.growingoldertogether.com](http://www.growingoldertogether.com)

**NOVEMBER 9, 2022 LIVE EVENT**  
**AT HURLEYVILLE PERFORMING ARTS CENTRE**  
**219 MAIN STREET HURLEYVILLE NY**

# SENIOR SUMMIT

*Stay Informed*

**THE FREE, FUN GET-TOGETHER YOU'VE BEEN WAITING FOR!**

**Buffet Lunch. Live Talks. Q&A. Engaging Discussions. Agency Vendor Tables. Swag Bags!**

**Get caught up on what is happening for you in Sullivan County!**

**Speak to the folks who are creating programs to benefit you!**






**NOVEMBER 9TH, 2022**  
**10.00 AM-1.30 PM**  
**RSVP BY CALLING OR EMAILING...**  
**845.807.0189**  
**ADRIENNE.JENSEN@SULLIVANNY.US**  
**OFFICE OF HUMAN RIGHTS**

*Speakers*

<b>ACTION TOWARD INDEPENDENCE</b>	<b>ALZHEIMER'S ASSOCIATION</b>	<b>EMDT - JEWISH FAMILY SERVICES OF ULSTER COUNTY</b>
<b>HURLEYVILLE PERFORMING ARTS CENTRE</b>	<b>SULLIVAN NY CONNECTS</b>	<b>ROLLING V</b>
<b>SULLIVAN COUNTY COMMUNITY RESOURCES DIVISION</b>	<b>SULLIVAN COUNTY PLANNING &amp; COMMUNITY DEVELOPMENT DIVISION</b>	<b>SULLIVAN COUNTY HEALTH &amp; HUMAN SERVICES</b>

**NEED TRANSPORTATION? LET US KNOW!**

# SHOPPING BUS SCHEDULE AND NOVEMBER MENU 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1) <b>ROUTE 1</b>	2) Beef Stew Brown Rice Green Beans Dinner Roll Sliced Pears	3) <b>ROUTE 2</b>	4) Chicken A La King Egg Noodles Carrots Side Salad Whole Wheat Bread Pears
7) BBQ Chicken Sweet Potatoes Mixed Vegetables Brown Rice Corn Bread Pineapple Rings	8) <b>Election Day Closed</b> 	9) Hungarian Goulash Egg Noodles Cauliflower Dinner Roll Fresh Apple	10) <b>ROUTE 3</b>	11) <b>Veteran's Day Closed</b> 
14) Chicken & Broccoli Brown Rice Oriental Vegetables Whole Wheat Bread Applesauce Assorted Cookies (Choc Chip/Sugar/Oatmeal)	15) <b>ROUTE 4</b>	16) Stuffed Shells Side Salad Corn Whole Wheat Bread Fruit Cocktail	17) <b>ROUTE 5</b>	18) Roast Pork Loin Gravy Oven Roasted Potatoes Green Beans Dinner Rolls (2) Mandarin Oranges
21) Cheese Tortellini Green Beans Side Salad Whole Wheat Bread Pears	22) <b>ROUTE 1</b>	23) Oven Roasted Turkey, Gravy Cranberry Sauce Savory Stuffing Sweet Potatoes Corn, Dinner Roll Pumpkin Pie	24) <b>CLOSED THANKSGIVING</b> 	25) <b>Black Friday Nutrition Sites Closed</b> 
28) Sausage Sandwich Peppers & Onions Baked Beans Hoagie Roll Applesauce	29) <b>ROUTE 2</b>	30) Breaded Fish Tartar Sauce Mashed Potatoes Peas & Carrots Whole Wheat Bread (2) Sliced Peaches		<b>Milk served with all meals. Menu subject to change. We apologize in advance for any changes. For any questions, please call (845) 807-0841.</b>

**Route 1:** November 1st, November 22nd

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

B. Town of Rockland- Livingston Manor & Roscoe.

**Route 2:** November 3rd, November 29th

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:** November 10th

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

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

**Route 4:** November 15th

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

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

**ROUTE 5:** November 17th

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

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

# Butternut Squash Soup

The below recipe is from Gimme Some Oven.

## INGREDIENTS:

1 tablespoon olive oil  
4 cloves garlic, peeled and minced  
1 carrot, peeled and roughly chopped  
1 medium (about 3–4 lb) butternut squash, peeled, seeded & diced  
pinch of ground cinnamon and nutmeg  
fine sea salt and freshly cracked black pepper, to taste  
optional garnishes: extra coconut milk, smoked paprika, or see more ideas above

1 white onion, peeled and diced  
2 cups vegetable broth  
1 Granny Smith apple, chopped  
1 sprig fresh sage  
1/8 teaspoon cayenne  
1/2 cup unsweetened coconut milk

## STOVETOP DIRECTIONS:

Sauté the onion and garlic. Heat the olive oil in a large stockpot over medium-high heat. Add the onion and sauté for 5 minutes, stirring occasionally, until softened and translucent. Add the garlic and sauté for 1 to 2 more minutes, stirring frequently, until fragrant. Simmer: Add the vegetable broth, carrot, apple, butternut squash, sage, cayenne, cinnamon and nutmeg and stir to combine. Continue cooking until the soup reaches a simmer. Then cover, reduce heat to medium-low, and simmer for 20-30 minutes until the vegetables are all tender and mash easily with a fork. Remove and discard the sage. Stir in the coconut milk. Purée: Use an immersion blender to purée the soup until smooth. (Or alternately, see instructions in the notes below for how to purée the soup safely using a traditional blender.) Season and serve: Taste and season the soup generously with salt and pepper as needed. Serve warm, topped with your desired garnishes, and enjoy!

**NUTRITION:** 122 calories, 0.9 g fat (4.2 g saturated), 145 mg sodium, 20.6 g carbs, 3.7 g fiber, 7.5 g sugar, 2 g protein



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# 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\*



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**MIPPA**

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. Through MIPPA, ACL (Administration for Community Living) provides grants to states and tribes to support targeted outreach and education to eligible Medicare beneficiaries, especially those who are:

- Low-income with limited resources
- Residents of rural areas
- Members of American Indian, Alaskan Native, and Native Hawaiian communities
- People with disabilities under age 65
- Speakers of English as a secondary language

ACL administers MIPPA grants to grantees in three ACL programs: State Health Insurance Assistance Programs (SHIP), Area Agencies on Aging (AAA), and Aging and Disability Resource Centers/No Wrong Door Systems (ADRC/NWD). They also provide grants to tribes and tribal organizations.

Grantees educate Medicare beneficiaries about existing programs that can help them save money on their health care costs. These programs include:

- Medicare Part D Low-Income Subsidy (LIS)/Extra Help: Administered by the Social Security Administration, this program helps to lower Medicare Part D 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 (MSPs): Administered by state Medicaid agencies, MSPs can help pay some Medicare costs for health care, including Medicare Part B premiums, for eligible beneficiaries. These programs have four levels of benefits, each with its own eligibility requirements: Qualified Medicare Beneficiary (QMB), Specified Low-Income Medicare Beneficiary (SLMB), Qualifying Individual (QI), and Qualified Disabled Working Individual (QDWI).
- 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.

To find out if you or your loved ones qualify for one of these money saving programs, contact the Office for the Aging at (845) 807-0241.

**HEAP is opening Tuesday, November, 1st 2022**

\*\*May be eligible for additional benefit based on income and household Members

The income guidelines to qualify for a Regular HEAP Benefit are as follows:

Fuel Type	Base Amount
Electric or Natural Gas	\$400.00
Oil or Kerosene or Propane	\$900.00
Wood or Coal or Wood Pellets	\$635.00

Household Size	Gross Monthly Income
1	\$0-\$2,852.00
2	\$0-\$3,730.00
3	\$0-\$4,608.00
4	\$0-\$5,485.00
5	\$0-\$6,363.00

HEAP Regular Benefit is a one-time only benefit meant to supplement your fuel expense. It is not a monthly benefit.

The HEAP Emergency Benefit begins Jan. 3, 2023. This benefit is for households that may be in an emergency situation regarding their main source of heat. This benefit can be applied for over the phone. Please call (845) 807-0142 for emergency benefit only.

You may apply in person, online or applications can be sent through the mail, email or fax or through Office for the Aging (845) 807-0241.

Households active on SNAP or Temporary Assistance may be able to receive a HEAP benefit directly through their case.

The following are the base regular benefit amounts for the 2022-2023 HEAP season:

