



JUNE 2024 NEWSLETTER

The Monthly Hoot



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

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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



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MONTICELLO, NY 12701
(845) 807-0241
MON - FRI: 8AM - 5PM

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****IF YOU WOULD LIKE TO BE ON OUR MAILING LIST, PLEASE CONTACT OUR OFFICE ****

EDITORS: TANA PRICE & TERESA BORTREE

LIVE AT YOUR PHYSICAL BEST!

Ellenville Regional Hospital's team of Physical Therapists and Physical Therapist Assistants will help establish the cause of your impairment, and work with you on goals to end or reduce discomfort.

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- ☑ Musculo-skeletal disorders
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- ☑ New mothers with body mechanics difficulties
- ☑ Patients who want to regain simple functionality

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MAY 07th-10th JUNE 04th-22nd JULY 07th-20th AUGUST 09th-16th SEPTEMBER 09th-22nd OCTOBER 04th-26th

CENTENARIAN RECOGNITION

We'd like to recognize our Sullivan County Centenarians. We are in awe of your accomplishments and your drive to live each day to the fullest.

Happy 100+ Birthday to you all!

Agnes VanPut	107 years young	8/15/16
Judith Kogon	105 years young	7/26/18
Helen Williams	102 years young	7/18/21
Eleanore Kessler	102 years young	12/10/21
Lucy Brown	101 years young	3/16/23



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★ HAPPY RETIREMENT ALBERT PATALONA ★

Al has been a Sullivan County employee since 1992. He has been a valued member of the Office for the Aging team since 2012 as an Aging Services Assistant in Nutrition Services.

On May 10th, a crowd of well-wishers gathered at the Transportation Building in White Lake to congratulate Al on his retirement. We will all miss him and wish him well on his retirement and the next chapter.



Pictured giving him a certificate of recognition are, from the left, Josh Potosek- County Manager, Michelle Huck- Deputy County Manager, Al Patalona- retiree, Laura Quigley- Commissioner of the Division of Community Resources, Lise-Anne Deoul- Director Office for the Aging.

Julie Ryder will be taking over Al's responsibilities as Aging Services Assistant and Robyn Watwood, the newest member of the OFA team, will be the Aging Services Aide.



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.

<p>Mondays June 3rd, 10th, 17th, 24th</p>	<p><u>Town of Bethel</u>-Smallwood, Cohecton, Bethel Senior Housing and White Lake. <u>Town of Neversink</u> -Neversink, Grahamsville, Foxcroft Village.</p>
<p>TUESDAYS June 4th, 11th, 18th, 25th</p>	<p><u>Town of Fallsburg</u>- Woodridge, Mountaindale & South Fallsburg. <u>Town of Rockland</u>- Livingston Manor & Roscoe.</p>
<p>WEDNESDAYS June 5th, 12th, 19th, 26th</p>	<p><u>Town of Liberty</u>- Liberty – Golden Park, Barkley Gardens & White Sulphur Springs <u>Town of Mamakating</u>- Summitville, Wurtsboro & Bloomingburg.</p>
<p>THURSDAYS June 6th, 13th, 20th, 27th</p>	<p><u>Highland Area</u>- Narrowsburg, Eldred, Barryville, Glen Spey, etc. * and some surrounding areas, not all areas included <u>Town of Thompson</u>- All of Monticello, Mongaup Valley</p>
<p>FRIDAYS June 7th, 14th, 21st, 28th</p>	<p><u>Town of Delaware</u>- Fremont, Callicoon, Hankins, Jeffersonville, etc. <u>Liberty Village & Fallsburg</u>- Liberty Village Apts., Hurleyville, Loch Sheldrake & Kiamesha Lake.</p>



JUNE MENU 2024



Five Congregate meal sites are open as of June 3rd! Lunch is served by 12:00 pm. 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.

VOLUNTARY SUGGESTED CONTRIBUTIONS: For those over 60 years of age, our funding through the Older Americans Act requires us to ask for contributions. No one will be denied a meal based on their inability or refusal to contribute. For those under 60 years of age who wish to attend a congregate lunch, a guest fee is required. Suggested voluntary contribution \$3.00, Guest fee \$6.00.

MONDAY	WEDNESDAY	FRIDAY
3) Turkey Sandwich, Lettuce & Tomato, Whole Wheat Bread, Potato Salad, Cole Slaw, Pears	5) Cheeseburger on a Bun, Oven Roasted Potatoes, Green Beans, Fresh Orange	7) Chicken Cacciatore, Spaghetti Marinara, Mixed Vegetables, Italian Bread, Mandarin Oranges
10) Roast Pork Loin, Gravy, Sweet Potatoes, Green Beans, Rye Bread, Applesauce	12) Tuna Salad, Lettuce & Tomatoes, Macaroni Salad, 3 Bean Salad, Whole Wheat Bread, Fresh Apple	14) Stuffed Shells, Side Salad, Broccoli, Italian Bread, Fruit Cocktail
17) Breaded Fish, Tartar Sauce, Baked Potato, Diced Carrots, Dinner Rolls (2), Mandarin Oranges	19) Cheese Tortellini w/Tomato Cream Sauce, Peas, Dinner Rolls (2), Peaches	21) Ham & Cheese Sandwich, Lettuce & Tomato, Pasta Salad, 3 Bean Salad, Wheat Bread, Diced Pears
24) Hot Dogs on a Roll (2), Baked Beans, Mixed Vegetables, Applesauce	26) Breaded Chicken Breast, Oven Roasted Potatoes, Cauliflower, Dinner Rolls (2), Fruit Cocktail	28) Sausage Sandwich, Peppers & Onions, Baked Beans, Hoagie Roll, Banana



CONGREGATE SITES



BETHEL	Bethel Senior Center Route 55, Kauneonga Lake	MONDAYS
MAMAKATING	Wurtsboro Town Hall Route 209, Wurtsboro	MONDAYS & WEDNESDAYS
LIVINGSTON MANOR/ ROCKLAND	Livingston Manor Presbyterian Church Old Route 17, Livingston Manor	WEDNESDAYS
LIBERTY	Lapolt Park North Main St, Liberty	WEDNESDAYS
JEFFERSONVILLE	American Legion Hall Legion Ave, Jeffersonville	FRIDAYS



SAGE SESSIONS for local Seniors

NARROWSBURG, NY - Tusten Social, in partnership with Growing Older Together present FREE Senior Social with lunch and engaging talks for local seniors 60 years and above. First and Third Thursday each month from 1:30-3:30pm in the DVAA, Krause Hall, 37 Main St, Narrowsburg. Sage Sessions are free and no registration is required. For more information, go to: hello@tustensocial.org

Sage Session Dates

May 16, June 6 & 20, July 18, Aug 1 & 15, Sept 5 & 19, Oct 3 & 17, Nov 7 & 21, Dec 5 & 19
NO SAGE SESSION July 4



SAGE SINGING GROUP for local Seniors

NARROWSBURG, NY - Tusten Social present Sage Singing Group for local seniors 60 years and above. Second and Fourth Thursday each month from 3-5pm in the DVAA, Krause Hall, 37 Main St, Narrowsburg. Fun is the objective! No ability to read music or previous experience required. Come sing your favorite songs with others, even if you have only ever sung in the shower before! For more information, go to: hello@tustensocial.org

Sage Singing Group Dates

Jun 13 & 27, July 11 & 25, Aug 8 & 22, Sept 12 & 26, Oct 10 & 24, Nov 14, Dec 12
NO SINGING GROUP May 23, Nov 28, Dec 26

First Annual RSVP Driver Appreciation Luncheon

Our dedicated team of RSVP Volunteer Drivers are the reason countless seniors in Sullivan County stay healthy, and they know how to have a good time too!

This year was the first Annual Driver Recognition event of hopefully many more to come. Hosted by our partners at Cornell Cooperative Extension, our amazing volunteers were treated to food, friendship, and well-deserved recognition. This event was made possible by the generous contributions of the RSVP Advisory Council.

Whether you deliver healthy meals or transport seniors to medical appointments, all of our volunteers earn \$.67 per mile and are covered through free supplemental CIMA Volunteer Insurance.



Medicare Preventive Services help you stay healthy, detect health problems early, determine the most effective treatments, and prevent certain diseases. Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring, and counseling and education to help you take care of your own health.

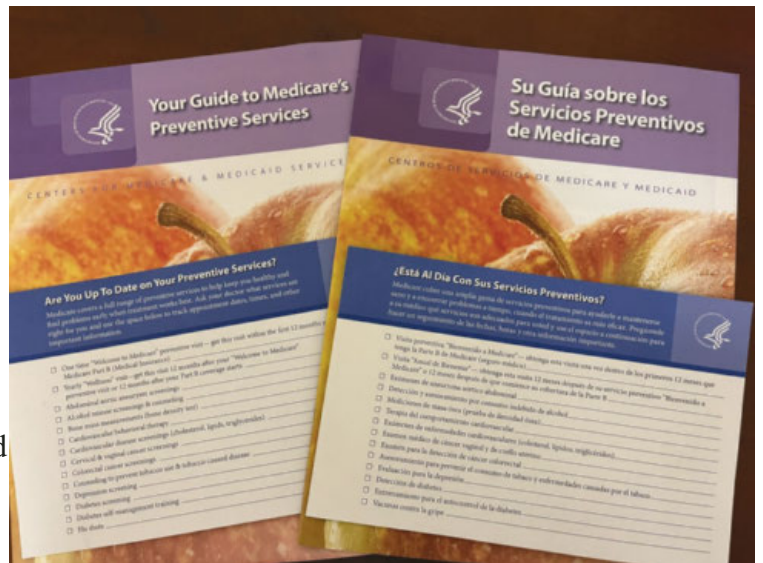
Here's a list of preventive and screening services

Medicare Part B covers:

- Abdominal aortic aneurysm screenings
- Alcohol misuse screenings & counseling
- Blood-based biomarker tests
- Bone mass measurements
- Cardiovascular disease screenings
- Cardiovascular disease (behavioral therapy)
- Cervical & vaginal cancer screenings
- Colorectal cancer screenings
 - Multi-target stool DNA tests
 - Screening barium enemas
 - Screening colonoscopies
 - Screening fecal occult blood tests
 - Screening flexible sigmoidoscopies
- Counseling to prevent tobacco use & tobacco-caused disease
- Depression screenings
- Diabetes screenings
- Diabetes self-management training
- Glaucoma screenings
- Hepatitis B shots
- Hepatitis B Virus (HBV) infection screenings
- Hepatitis C screening tests
- HIV screenings
- Lung cancer screenings
- Mammograms (screening)
- Medical nutrition therapy services
- Medicare Diabetes Prevention Program
- Obesity behavioral therapy
- One-time “Welcome to Medicare” preventive visit
- Prostate cancer screenings
- Sexually transmitted infections screenings & counseling

- Shots
 - COVID-19 vaccines
 - Flu shots
 - Hepatitis B shots
 - Pneumococcal shots
- Yearly "Wellness" visit

Please contact the Office for the Aging for resources and materials on Medicare Preventive Services. We offer them in English and Spanish.



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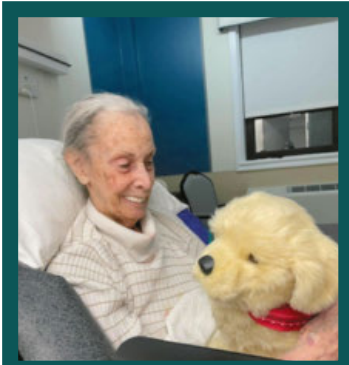
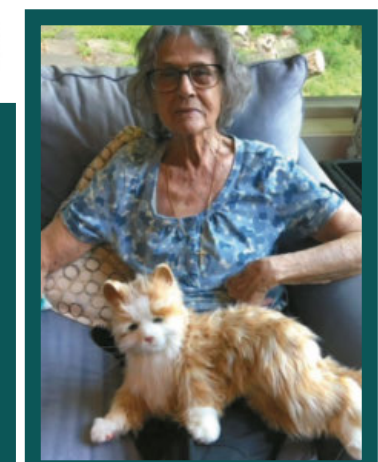
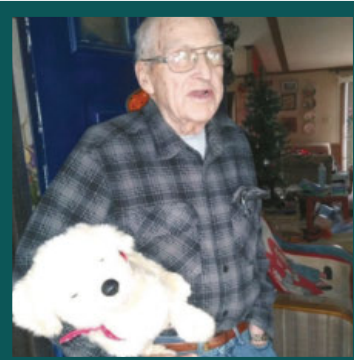
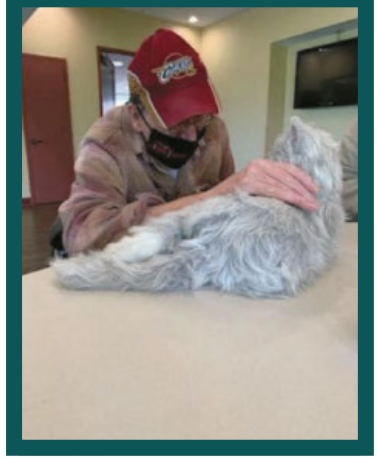
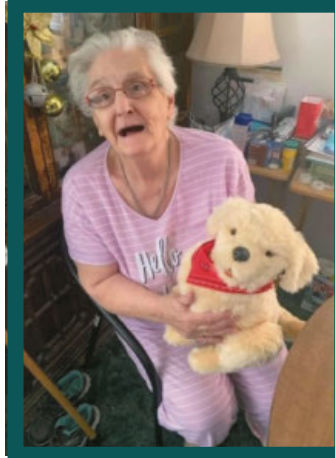


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If you or someone you know may benefit from a companion "pet", please call the Office for the Aging at 845-807-0241
1 pet per household, Over 60 years of age, registered with OFA and must meet the criteria listed above



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LOCAL ACTIVITIES AND EVENTS

LOCAL HAPPENINGS

- June 1 - 10:00am-4:00pm - Pine Bush UFO Street Fair and Parade, 86 Main St, Pine Bush
- June 8 - 10:00am-4:00pm - Trout Parade-Livingston Manor
- June 9 - 12:00pm-3:00pm - 29th Annual Tractor Parade Callicoon
- June 15—10:00 am -Drag Story Hour with Mrs. Kasha Davis,, Hurleyville Arts Centre. - FREE


Mamakating Environmental Education Center

762 South Rd, Wurtsboro

****Admission: \$5 (unless otherwise noted)**


Cash or check

****Please call to register! 845-644-5014**

- June 1 - 10:00am - 11:30am The Ruby Throated Hummingbird 
- 12:00pm - 2:00pm Native Plant Sale

- June 15 - 1:00 pm-3:00pm Fern Walk with Richard Mandelbaum

- June 20 - 6:00pm-8:00pm Solstice Paddle with Richard Mandelbaum

- June 22 - 10:00am - 11:30am Sunflowers! 
- 12:00pm - 2:30pm Native Plant Sale

LIBRARY ACTIVITIES

Liberty Library

- June 7 Chair Yoga 2:00 pm
- June 13 John Conway (Historian) 6:30 pm
- June 14 Movie Matinee "One Life" 1:00 pm
- June 28 Movie Matinee "The Color Purple - Based on the Broadway musical" 1:00 pm

Jeffersonville Library

- June 11 -Cash in on Decluttering. Online via ZOOM, 7pm with expert organizer Jamie Novak.
- June 20 -100 Years: Park the Bus in the Library?! Hybrid, via ZOOM & in person 6:30pm with Michael Duttweiler.

Monticello Library

- June 3 Chair Yoga 1:00 pm
- June 10 Hatha Yoga 1:00 pm



SULLIVAN COUNTY DEPARTMENT OF PUBLIC HEALTH

FREE RABIES CLINIC

FOR DOGS, CATS, AND FERRETS

Public Health
Sullivan County
Department of Public Health

Wednesday, June 5, 2024 6:00-7:30 PM
Town of Fallsburg, Morningside Park Pavilion
638 Brickman Rd. Hurleyville, NY

ANSWER KEY

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

TV AD MATCH-UP

- 1) G 2) J 3) F 4) I 5) A 6) H
- 7) D 8) E 9) B 10) C

TRIVIA: He played the conga drum, and his most famous song was "Babalu."

RIDDLES:

- 1) Time
- 2) Money
- 3) Stone



Double the Fun Word Game

F	I	R	E						
		I							
		N		F					
		D	I	R	E				D
			I						E
	R	I	D	E			F	I	N
	I			N			I		
	D			D	I	N	E	R	
							N		
				F	R	I	E	D	