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1973-2023



The Monthly



Hoot

MARCH
NEWSLETTER

2023

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

TO:

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BRAIN INJURY

nationaldaycalendar.com

When it comes to brain injuries, not a single injury or person is the same. Anyone can suffer from a brain injury. Each injury affects a person differently. Learning the signs of a concussion and when to seek medical attention can mean the difference between mild and severe injuries. Repeat injuries require additional attention.

Two types of brain injuries are traumatic and non-traumatic. Traumatic brain injuries occur due to motor vehicle accidents, sports or recreational injuries, domestic violence, falls and other external forces. Causes of non-traumatic brain injuries begin internally due to disease, poisoning, a hereditary condition, lack of oxygen, stroke or other internal medical condition. One of the keys to recognizing a concussion and getting immediate treatment is identifying these symptoms:

- H – headaches or vomiting
 - E – ears ringing
 - A – amnesia, altered consciousness or loss of consciousness
 - D – double vision and/or dizziness
 - S – something is wrong or not quite right
- If you experience any of the above symptoms, seek medical attention.

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

VISIT OUR WEBPAGE:

SULLIVANNY.US/
DEPARTMENTS/AGING

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Cancer Screening Reminders

8 Symptoms of Colorectal Cancer

If you haven't scheduled your colonoscopy, do it! Early detection and treatments make a difference. Colorectal cancer screening should begin at age 45. Early screening is important because colorectal cancer often doesn't show symptoms in the early stages. Screening shouldn't be based on symptoms. When you do have symptoms, colorectal cancer tends to be more advanced. That's why it's important to follow screening guidelines. The following red flags indicate you should be checked out immediately, even if you've recently had a cancer screening such as a colonoscopy:

- A change in bowel habits (diarrhea, constipation or change in the consistency of your stool) that lasts for more than a few days.
 - An urge to have a bowel movement that's not relieved by having one.
 - Rectal bleeding. Any bleeding you see, even if it's just one time, should not be ignored.
 - Dark brown or black stool (which can indicate blood).
 - Cramping or belly pain.
 - Weakness and fatigue.
 - Unexplained weight loss. If you have colorectal cancer, your body releases certain hormones into your bloodstream that can lead to weight loss, even if you continue to eat normally.
 - Unexplained anemia.
- Death rates from the disease have been slowly decreasing, year by year. The new guidelines to screen people starting at 45 are expected to bring down those deaths.

Source: AARP

Kidney Disease

1 in 3 Americans are at high risk for kidney disease because of diabetes, high blood pressure or family history of kidney failure. 30 million Americans already have kidney disease and many of them are not aware of it since symptoms usually don't show until the disease has progressed. By the time they do, kidney disease can be deadly. Most people think it involves pain in the kidneys or blood in the urine. It starts gradually. Kidneys are crucial for 3 main reasons. They regulate water, they remove waste and regulate minerals and they produce hormones. Located in our lower back, these two hard-working organs also filter 200 liters of blood a day! Keeping our kidneys healthy is vital to a long and productive life. The relationship with our heart goes both ways when working with kidneys. When our kidneys don't work well, our heart needs to pump harder to increase blood flow through these small but important organs.

Schedule a checkup and learn what symptoms to keep an eye out for to know if your kidneys are starting to fail or become infected. A basic blood or urine test can detect it.

Source: nationaldaycalendar.com



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MONTICELLO ACADEMY OF FINANCE OFFERS FREE TAX SERVICES

VITA PROGRAM VOLUNTEER INCOME TAX ASSISTANCE IS IRS CERTIFIED

WHEN
2/9/23 THROUGH 4/11/23

WHERE
MONTICELLO HIGH SCHOOL
39 BREAKY AVE, MONTICELLO, NY 12701

CONTACT INFORMATION
(845) 794-8840 EXT. 10966

COST
FREE

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**Our 16th year
running this
program!**

**INCOME MUST BE
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- WSJ- WALL STREET JOURNAL
- THR- TIMES HERALD RECORD
- SPECTRUM NEWS

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**PROGRAMA VITA
ASISTENCIA SOBRE IMPUESTO
EL SERVICIO ESTA CERTIFICADO POR
EL IRS**

CUANDO
2/9/23 Hasta 4/11/23

DONDE
MONTICELLO HIGH SCHOOL
39 BREAKY AVE, MONTICELLO, NY
12701

INFORMACION DE CONTACTO
(845) 794-8840 EXT. 10966

COSTO GRATIS

**SE ATENDERA SOLO PERSONAS CON
CITAS PREVIAS**



**16 años corrien-
do este pro-
grama**

**Su ingreso no
puede ser no mas
de \$60,000.00**



**Hemos sidos reco-
nicidos por:**

- WSJ- WALL STREET JOURNAL
- THR- TIMES HERALD RECORD
- SPECTRUM NEWS

DON'T BE LATE. TAX DAY IS COMING!

File your taxes on or before
Wednesday, April 18, 2023.

AARP FOUNDATION TAX-AIDE offers
free tax preparation to anyone of any
age - especially if you are 50 or older
or can't afford paid tax preparation

This service is by appointment only.

Preparation of tax returns for individuals and families, both Federal and NY State,
varies by location, please see below for more information

For an appointment at the Cornell Cooperative Extension office located at Femdale Loomis
Rd in Liberty, please call (845) 292-6180 - appointments on most Mondays and Wednesdays
For an appointment at the Liberty Public Library, please call (845) 292-6070 - appointments
available only for 2/6/2023 and 2/9/2023

For an appointment at the Sunshine Fall Free Library in Eldred, please call (845) 557-6258 -
appointments available only for 3/6/2023 and 3/20/2023

For an appointment at the Ethelbert B. Crawford Public Library in Monticello, please
call (845) 794-4660 - appointments on most Tuesdays and Thursdays

For an appointment at the Mamakating Library in Wurtsboro, please call (845) 888-8004 -
appointments available only on 3/2/2023, 3/4/2023, and 3/7/2023

Sponsored by AARP and the IRS, with help from the Cornell Cooperative Extension Service
of Sullivan County, The Sullivan County Retired and Senior Volunteer AmeriCorps Program,
and the participating libraries.

Please note that certain complex tax situations, such as taxpayers who own rental property or
operate complex businesses, are not within the authorized scope by AARP and therefore they
cannot be prepared.

AARP

Tax-Aide

STILL WORKING ON YOUR 2022 TAXES?

YOU WILL NEED:

- Sign up for FREE TAX PREPARATION with an IRS certified volunteer. ✓
- SOCIAL SECURITY CARD ✓
- ALL TAX FORMS RECIEVED ✓
- PICTURE ID ✓
- A tax counselor will help prepare and e-file your Federal and NY State Tax Returns. ✓
- YOUR 2021 TAX RETURN ✓
- TO PICK UP A TAX RECORD ENVELOPE AT THE LIBRARY PRIOR TO YOUR APPOINTEMENT ✓

SATURDAY, MARCH 18TH

at the Livingston Manor Library

Sign up online, over the phone, or in-person at the library.

livingstonmanorlibrary.org (845) 439-5440

Presented by the IRS, AARP, the Sullivan County Office for the Aging,
and in Partnership with Cornell Cooperative Extension of Sullivan County.



SHOPPING BUS SCHEDULE AND MARCH MENU 2023



Monday	Tuesday	Wednesday	Thursday	Friday
2% and Skim Milk served at all meals. Coffee, Tea and Decaf Coffee available at all meals. Menu subject to change. We apologize in advance for any changes. For any questions, please call (845) 807-0841.		1) Cheeseburger on a Bun Roasted Potatoes Side Salad Pickles Mandarin Oranges	2) ROUTE 4	3) Cheese Tortellini w/Sauce Buttered Peas Corn Whole Wheat Bread Pears
6) Unstuffed Cabbage Boiled Potatoes Peas & Carrots Rye Bread (2) Fruit Cocktail	7) ROUTE 5	8) Chicken A La King Egg Noodles Carrots Side Salad Whole Wheat Bread Fresh Apple	9) ROUTE 1	10) Macaroni & Cheese Stewed Tomatoes Cauliflower Dinner Roll Peaches
13) Chicken & Broccoli Brown Rice Oriental Vegetables Whole Wheat Bread Applesauce	14) ROUTE 2	15) Beef Stroganoff Egg Noodles Peas Cauliflower Rye Bread Fresh Orange	16) ROUTE 3	17) Ravioli Marinara Tossed Salad Broccoli Italian Bread (1) Pineapple Rings 
20) BBQ Chicken Breast On a Bun Scalloped Potatoes Corn Pears	21) ROUTE 4	22) Sausage Sandwich Peppers & Onions Baked Beans Tossed Salad Hoagie Roll Fruit Cocktail	23) ROUTE 5	24) Vegetarian Chili Brown Rice Buttered Peas Corn Muffin (1) Fresh Apple
27) Meatballs Marinara Spaghetti Broccoli Tossed Salad Dinner Roll Mandarin Oranges	28) ROUTE 1	29) Roast Pork Loin Gravy Au Gratin Potatoes Corn Dinner Rolls (2) Pears	30) ROUTE 2	31) Breaded Fish Tartar Sauce Mashed Potatoes Peas & Carrots Whole Wheat Bread Sliced Peaches

Route 1: March 9th, March 28th

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

B. Town of Rockland- Livingston Manor & Roscoe.

Route 2: March 14th, March 30th

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: March 16th

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

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

Route 4: March 2nd, March 21st

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

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

Route 5: March 7th, March 23rd

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

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



Libby Training

at the Livingston Manor Library



Libby is a FREE app that gives access to thousands of ebooks, audiobooks, and magazines through your mobile device, anytime, anywhere.



The library will answer your questions at this helpful in-person training session.

All you will need is your library card and a phone, tablet, or Kindle (Kindle users will need their Amazon account password).

Monday, March 6th
10:30-11:00am

livingstonmanorlibrary.org (845) 439-5440



MUNCH A PLACES

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Congregate meals coming soon to a nutrition site near you! Call 807-0244 to make a reservation for lunch. Transportation available.



FUN FOOD TRIVIA

1. What is the only fruit with seeds on the outside?
2. What is the only food that can never go bad?
3. What country invented the first french fries?

Answers: 1. Strawberry 2. Honey 3. Belgium



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You may want to hang on to that COVID-19 test kit

The FDA extended expiration dates for many brands of COVID-19 self-tests.

- Check the FDA website and find the brand of your test kit to see if its expiration date was extended.
- When you test, start with the kit showing it will expire first.

