



APRIL 2025 NEWSLETTER

TEL: (845) 807-0241
MON - FRI: 8AM - 5PM

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CONTACT OUR OFFICE

EDITORS: TANA PRICE &
TERESA BORTREE

The Monthly Hoot



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

TO:


WE NEED YOUR SUPPORT

Sullivan County 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. No one will EVER be denied services because of their inability or unwillingness to contribute. Your contributions are appreciated.

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Shopping Bus & Congregate Sites	4	I designate my contribution of \$_____ for:
April Menu	5	<input type="checkbox"/> Home Delivered Meals <input type="checkbox"/> Congregate Meals
Spring Fitness	6	<input type="checkbox"/> Volunteer Services <input type="checkbox"/> Case management/Home care
NY Connects	7	<input type="checkbox"/> Transportation <input type="checkbox"/> Health Insurance Counseling Services
Support Services	9	<input type="checkbox"/> Use where most needed
Fun & Games	10	Make checks payable to: Sullivan County Treasurer. Please include this coupon with payment and drop off or mail to: Sullivan County Office for the Aging
Local Events	12	PO Box 5012, 100 North Street Monticello, NY 12701

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WHY WAIT?

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- ▶ Short Wait Times
- ▶ Advanced Treatment

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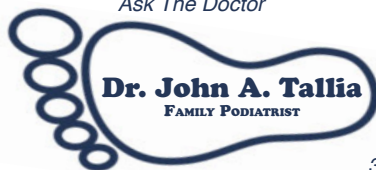


**ROOFING
SIDING
GUTTERS**

845-820-4954

JDTCONSTRUCTIONNY.NET

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Ask The Doctor



Dr. John A. Tallia
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30 Glen Wild Rd., Rock Hill, NY **Please Call! 845-513-5333**

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2024 SEASON

THE REVOLI TRAGHER
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SOUTH FALLSBURG, NY 12779
845-536-5506
WWW.SCDW.NET



MAY 07th-10th



JUNE 14th-22nd



JULY 12th-20th



AUGUST 9th-16th



SEPTEMBER 15th-22nd



OCTOBER 11th-20th



PARKINSON'S AWARENESS MONTH

Parkinson's is a neurodegenerative disorder. Over time, this slowly progressing condition causes tremors, gait and balance issues, limb stiffness or rigidity and slow muscle movement. While each person responds differently to the disease, complications often become serious.

According to the Parkinson's Foundation, approximately 60,000 Americans are diagnosed with the disease each year. While young adults are rarely diagnosed with Parkinson's, the risks increase with age. Beyond age, other risk factors include:

If a close relative has been diagnosed with Parkinson's, your risk increases.

Men are more likely than women to be diagnosed with Parkinson's.

Herbicides and pesticides may pose a slight risk for Parkinson's.

There is no cure and more research is needed. Awareness, treatments and education go a long way to supporting those affected by the disease but they are not a cure.

Learn more about Parkinson's, its symptoms and what is being done to find a cure.

Support those with Parkinson's. Be there for friends and family.

Donate to organizations funding research and support for those with Parkinson's.

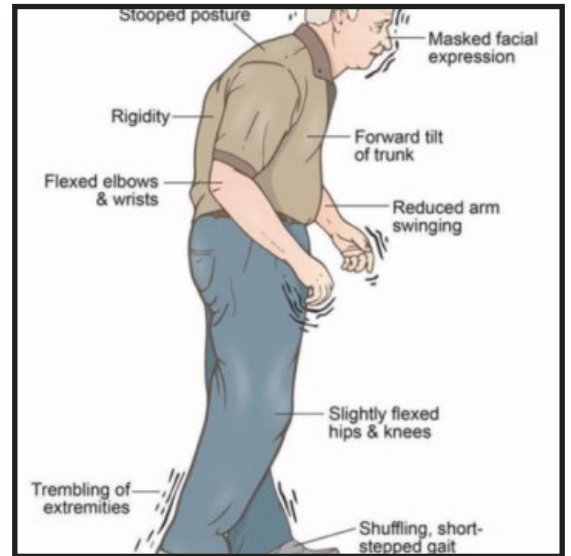
Host a fundraiser or awareness event.

Participate in local events.

Visit parkinson.org to learn more about Parkinson's and get involved.

Parkinson's Awareness Month has been observed since 1983.

Source:
National Day Calendar



 <p>Simple Cremation: \$995.00</p> <p>zmmemorials.com 845-977-6127</p> <p>Traditional Funerals ♦ Pre-Arranged Services <i>Two Names - A Leading Choice in Funeral Service</i></p> <p><i>Pricing per general price list, excludes cash advance items - 388 Broadway, Monticello, NY 12701</i></p>	<p>JOSEPH N. GARLICK Funeral Home</p> <p><i>"Proudly serving the tri-county Jewish community for over 70 years"</i></p> <p>josephngarlickfuneralhome.com 845-794-7474</p>
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Medicare Questions?

Medicare can be *confusing*, don't get discouraged, *get informed!*

Turning 65, new to Medicare, or have questions about your coverage? Contact me today to review your plan and explore your options!

Let's Talk!
Schedule your personalized consultation today!

Meir Horowitz
Licensed Insurance Agent

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(TTY: 711)
mhinsures@gmail.com

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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 Apr. 7, 14, 21, 28	<u>Town of Bethel</u> -Smallwood, Cochection, Bethel Senior Housing and White Lake. <u>Town of Neversink</u> -Neversink, Grahamsville, Foxcroft Village.
TUESDAYS Apr. 1, 8, 15, 22, 29	<u>Town of Fallsburg</u> - Woodridge, Mountaindale & South Fallsburg. <u>Town of Rockland</u> - Livingston Manor & Roscoe.
WEDNESDAYS Apr. 2, 9, 16, 23, 30	<u>Town of Liberty</u> - Liberty – Golden Park, Barkley Gardens & White Sulphur Springs <u>Town of Mamakating</u> - Summitville, Wurtsboro & Bloomingburg.
THURSDAYS Apr. 3, 10, 17, 24	<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
FRIDAYS Apr. 4, 11, 18, 25	<u>Town of Delaware</u> - Fremont, Callicoon, Hankins, Jeffersonville, etc. <u>Liberty Village & Fallsburg</u> - Liberty Village Apts., Hurleyville, Loch Sheldrake & Kiamesha Lake.



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



APRIL MENU 2025



Five Congregate meal sites are now open. 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 \$6.50.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Cheese Ravioli, Marinara, Cauliflower, Italian Bread, Peaches	2) Cheeseburger on a Bun, Oven Roasted Potatoes, Green Beans, Pickles, Apple	3) Chicken & Broccoli, Egg Noodles, Oriental Vegetables, Dinner Rolls (2), Fruit Cocktail	4) Tuna Salad, Lettuce & Tomato, Macaroni Salad, 3 Bean Salad, Whole Wheat Bread, Fresh Apple
7) Beef Stew, Brown Rice, Broccoli, Dinner Rolls (2), Apple	8) Unstuffed Cabbage, Boiled Potatoes, Peas, Rye Bread, Fresh Orange	9) Chicken Cacciatore, Spaghetti Marinara, Mixed Vegetables, Italian Bread, Pears	10) Breaded Fish, Tartar Sauce, Baked Potato, Peas & Carrots, Whole Wheat Bread, Peaches	11) Macaroni & Cheese, Stewed Tomatoes, Cauliflower, Whole Wheat Bread, Applesauce
14) Kielbasa, Sauerkraut, Boiled Potatoes, Diced Carrots, Fruit Cocktail	15) Beef & Broccoli Stir Fry, Brown Rice, Oriental Vegetables, Dinner Rolls, Mandarin Oranges	16) Chicken Tenders (3), Oven Roasted Potatoes, Diced Carrots, Dinner Rolls (2), Applesauce	17) Hot Dogs on a Bun (2), Baked Beans, Corn, Pears	18) Stuffed Shells (2), Side Salad, Green Beans, Italian Bread, Fresh Orange
21) Chili Con Carne, Brown Rice, Cauliflower, Corn Muffin (1), Peaches	22) Turkey Sliders, Lettuce & Tomato, Potato Salad, Cole Slaw, Whole Wheat Bread, Apple	23) Sausage Sandwich, Peppers & Onions, Baked Beans, Hoagie Roll, Fruit Cocktail	24) Hungarian Goulash, Egg Noodles, Mixed Vegetables, Rye Bread, Mandarin Oranges	25) Roast Pork Loin w/ Gravy, Sweet Potatoes, Peas & Carrots, Whole Wheat Bread, Applesauce
28) Meatballs (2), Spaghetti Marinara, Broccoli, Dinner Rolls (2), Fresh Orange	29) Salisbury Steak, Gravy, Oven Roasted Potatoes, Green Beans, Dinner Rolls (2), Peaches	30) Cheese Tortellini w/ Tomato Cream Sauce, Peas, Diced Carrots, Whole Wheat Bread, Pears	DECAF TEA AND DECAF COFFEE AVAILABLE AT ALL MEALS	2% AND SKIM MILK SERVED AT ALL MEALS



Public Health
Prevent. Promote. Protect.
Sullivan County
Department of Public Health



SAVE THE DATE

*Senior Spring
Fitness Series*

**Beginning April 2025, at
your Congregate Site**

Health & Fitness Program meets 2x's a month
10:30am-11:30 am

**Senior Spring
Fitness Series**

Class Schedule
10:30-11:30 am

Mondays
Mamakating 4/7 & 4/21
Bethel 4/14 & 4/28

Wednesdays
Liberty 4/2 & 4/16
Livingston Manor 4/9 & 4/23

Fridays
Jeffersonville 4/4 & 4/18



SULLIVAN COUNTY
VOLUNTEER FAIR

Saturday, May 17th
10 a.m. - 2 p.m.

Cornell Cooperative Extension
64 Ferndale Loomis Rd. Liberty, NY

Get involved. Make a difference. Connect in the community.

Explore volunteer opportunities and meet people from a variety of local organizations to find a volunteer match that works for you.

For more information, please call:

845-807-0255



**VOLUNTEERS
NEEDED**



We need you! Help us raise awareness, educate and support families in the Hudson Valley!

To learn more and get started visit:
alz.org/hudsonvalley/volunteers

24/7 Helpline 800.272.3900



Hi there. It's Kelly Soller, from the Office for the Aging. Grab a cup of coffee and pull up a seat. Let's talk.

Over the years, I have encountered more older adults than I would like to admit, who have been the victim of fraud in one way or another. You get a call, email or even a text. It might say you've won a prize. It might seem to come from a government office claiming you owe money. It may seem to be from someone you know — your grandchild, a relative or a friend. Whatever the story, the request is the same: send money to pay taxes, fees, a balance or to even help someone you care about. Is there an emergency or maybe a prize? But is the person on the other end of that conversation who you think it is? Judging by the complaints to the Federal Trade Commission (FTC), the answer is **NO**.

The person contacting you is pretending to be someone else.



Before you send money to anyone, check it out. Call the person, business or government agency that is contacting you. Get the real story. Then decide what to do. We all make mistakes. We all act hastily when we are nervous or under pressure. That's what the criminals want. They want you to be scared and feel like you have to do what they say...or else! This is not the case, **EVER!!!!** If you receive any form of communication and you are unsure as to what it is or what it might be about, **DO NOT RESPOND!**

Here is a list of current scams that you might have received calls, emails or texts from;
Amazon, EZ-Pass, IRS, Social Security and Medicare

If you receive communication from any of these places, remember to STOP and consider that it might be a scam.

You have options. Call a trusted family member! Call your local police department! Call the Office for the Aging!



Welcome Carrie, to the OFA Family!

Carrie Smith, Aging Services Specialist

Carrie comes to us with great knowledge of our programs. She has worked in human services the past 8+ years assisting individuals in accessing available programs and resources in our community. She is thrilled to join our team and do her best in supporting the aging population.



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Hudson Valley Long Term Care Ombudsman Program

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Visit www.mycommunityonline.com



The New York State Long Term Care Ombudsman Program services are made possible through funding from the New York State Office for the Aging and U.S. Department of Health and Human Services, Administration for Community Living.

Cornell Cooperative Extension Sullivan County

ALZHEIMER'S ASSOCIATION



Parkinson's Support Group

Registration is preferred but walk-ins are welcome!



Parkinson's disease can be different for everyone. While there's no cure for Parkinson's disease, certain lifestyle changes can help manage symptoms and improve overall quality of life.

WHEN:

4:00 PM - 5:30 PM
April 9 May 14
June 11 July 9
Aug 13 Sept 10
Oct 8 Nov 12

REGISTER:

(845) 292-6180 ext. 122
sullivanrcrc@cornell.edu
<https://tinyurl.com/3s4uhzc9>



Celebrating healthy aging and educating older adults

Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people? Join us and bring a friend!

The educational program offers six lessons that cover a wide range of topics.

Mondays 11:30 pm-1:30 pm, MAY 5, to JUNE 16, 2025

Free giveaways for participating in the program!

To Register: <https://tinyurl.com/5n6mtpy4> Or click on the QR Code below



Questions? call us at (845) 292-6180 x 122 Or email: sullivanrcrc@cornell.edu



Caregiver Cafe'

Winter/Spring 2025 schedule

Apr 7 May 5 June 2



1st Monday of each month 10 am-11 am

Registration Required:

Use the QR code below or go to <https://tinyurl.com/5n6mtpy4>



Bone Builders

Thursdays
11 am - 12 pm
March 27 - May 22, 2025

Instruction provided by CCE
Volunteer- Joy Mendelsohn, MD



How to Register:
Use the QR Code!

sullivanrcce.org/events
(845) 292-6180 ext. 122
sullivanrcrc@cornell.edu

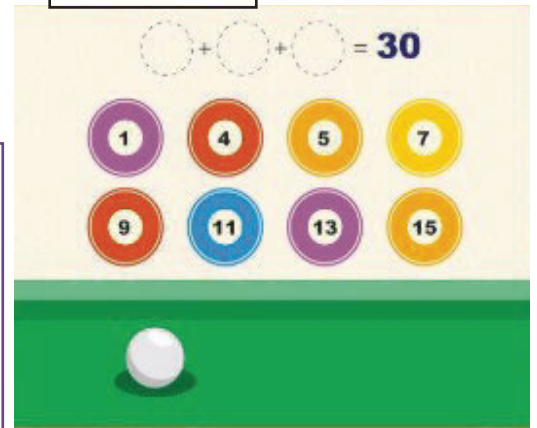
SPRING WORD SCRAMBLE

Unscramble the letters to reveal spring theme words.



- | | |
|-----------------|-----------------|
| 1) NERGAD _____ | 6) SRTPUO _____ |
| 2) EIKT _____ | 7) ESTER _____ |
| 3) IRNA _____ | 8) HTWA _____ |
| 4) RPGNIS _____ | 9) LPTIU _____ |
| 5) REGEN _____ | 10) DNWYI _____ |

BALL PUZZLE



Which balls should you put in the hole in order to get 30?



HAPPY EARTH DAY

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

- | | | | |
|----------|-------------|-----------|---------|
| AIR | ENERGY | OZONE | RECYCLE |
| BOTTLES | ENVIRONMENT | PLANET | REUSE |
| CLIMATE | GLOBAL | PLASTIC | SAVE |
| COMPOST | GREEN | POLLUTION | TRASH |
| CONSERVE | LAND | PRESERVE | TREES |
| EARTH | NATURE | PROTECT | WATER |

SUDOKU

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

RIDDLES:



- If you eat it you, you'll still be hungry. what is it?
- It has keys, but no locks. It has space, but no room. You can enter, but can't go inside. What is it?
- I make a loud sound when I'm changing. When I do change, I get bigger but weigh less. What am I?
- What thrives when you feed it but dies when you water it?
- What is black when it's clean and white when it's dirty?
- If you have me, you want to share me. If you share me, you haven't kept me. What am I?
- How many seconds are in a year?



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LOCAL ACTIVITIES AND EVENTS

LOCAL HAPPENINGS



April 12, 10:00 am **Nature Walk at Bashakill**,
1132 South Rd, Wurtsboro

SATURDAY, APRIL 26TH
11:00AM-2:00PM
AT THE LIVINGSTON MANOR PRESBYTERIAN CHURCH
REPAIR CAFE
LIVINGSTON MANOR



Thu, Apr 24 at 11AM
Board & Brilliant: Senior Gaming Hour @
HPAC - April
219 Main Street, Hurleyville, NY

Mamakating Environmental Education Center 762 South Rd, Wurtsboro

Please call to register: 845-644-5014



- Apr. 4, 6:00 pm-7:30pm **"Stories of the Marginalized Workers on the D&H Canal"**. FREE ADMISSION
- Apr. 6, 9:00 am- 12:00 pm **Garden Cleanup!**
Refreshments provided
- Apr. 13, 1:00 pm-2:30 pm **Vernal Pool**. Dress for the weather. Admission \$5.00
- Apr. 27, 12:00 pm-3:00 pm **Macramé Workshop**, Fee \$30
Friends of MEEC will be selling plants as a fundraiser.

LIBRARY ACTIVITIES

MONTICELLO

- Apr. 7, 6:00 pm-7:45 pm **Rabbit Craft** - Create an adorable rabbit decoration on antique barn wood.
Fee \$5.00 Please call (845) 794- 4660 ext. 2 to register

LIBERTY

- Apr. 4, 2:00 pm **Chair Yoga**
- Apr. 11, 1:00 pm **Movie Matinee "WICKED" The Musical**.
- Apr. 26, 1:00 pm **Get Your Garden Going**

JEFFERSONVILLE

- Apr. 1, 1:00 pm-3:00 pm **Watercolor Workshop** with local artist, Kit Sailor. 4 sessions (4/1, 4/8, 4/15 & 4/22)
Registration is required.
- Apr.2, 1:00 pm-3:00 pm **Movie Club "Gravity"**
- Apr.3, 6:00 pm-7:00 pm **"From Mickey Mouse to Star Wars and Beyond: How the Walt Disney Company Conquered the Entertainment Universe"** Zoom
- Apr. 22, 5:30 pm-8:00 pm ***Earth Day* Family Movie Night: "WALL-E"**

CALLICOON

- Apr.8, 5:00 pm-7:00 pm **"Bringing Your Story to Life: A theatre workshop with Farm Arts Collective"**

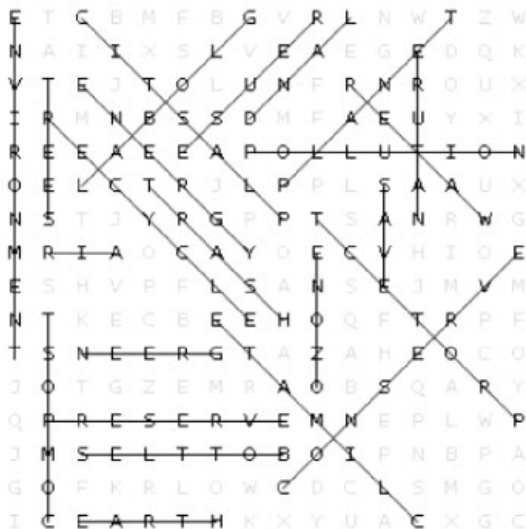
NARROWSBURG

- Apr. 23, 3:00 pm-4:00 pm **"Gardening with Wild Yarrow Farm"**

Livingston Manor

- Apr. 19, 11:00 am **"Cradle of Creation"** Join Rockland Astronomy Club's planetary expert, Keith Murdock, for a visit to the giant Orion Molecular Cloud.

ANSWER KEY



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

Ball Puzzle : Answer: 4+11+15

RIDDLES:

- 1) Nothing
- 2) A keyboard
- 3) Popcorn
- 4) A fire
- 5) A chalkboard
- 6) A secret
- 7) Twelve. January 2nd, February 2nd, March 2nd

SPRING WORD SCRAMBLE

- | | |
|-----------|-----------|
| 1) GARDEN | 6) SPROUT |
| 2) KITE | 7) TREES |
| 3) RAIN | 8) THAW |
| 4) SPRING | 9) TULIP |
| 5) GREEN | 10) WINDY |