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**APRIL
NEWSLETTER**

2023

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

TO:

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Earth Day

Earth Day will be observed on April 22, 2023. It is a day held to demonstrate and promote environmental awareness and calls for the protection of our planet.

Traditionally, Earth Day is viewed as a time of environmental consciousness and awareness. It is usually celebrated with outdoor activities such as planting trees, picking up roadside trash and raising awareness of recycling and conservation of our resources.

The three R's - reduce, reuse and recycle - are three approaches, and the most environmentally preferred. Reducing, reusing and recycling waste helps save landfill space by keeping useful materials out, promote a more sustainable life and help protect the Earth. There are many things we can all do to make a difference; even small changes can have a big impact. Let's Make Earth Day every day!

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100 NORTH STREET PO
BOX 5012
MONTICELLO, NY 12701
(845) 807-0241
MON - FRI: 8AM - 5PM
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7 Tactics Criminals Use to Perpetrate Fraud

Many people believe they are too smart to fall for a scam. Scammers have learned how to manipulate people's emotions and take advantage of their trust in others. You don't have to be a fool to be fooled. These people are using tactics and strategies that all of us are susceptible to. They weaponize universal human instincts such as fear of loss, love and trust in others. Here are some of their techniques:

1. Scammers establish friendliness

"So sorry to hear about the loss of your husband. You know, my own wife passed away last year as well. It's been hard."

The Trick: Scammers will parrot back the target's religion, political affiliation, military background or life situation to get the target to feel "he's just like me". Then we tend to lower our defenses and are much more likely to follow their lead.

2. Scammers play on your dislike of losing

"You've won the sweepstakes! You are now rich! But if you don't act fast ..."

The Trick: Many people have a deep-seated fear of missing out on good opportunities, given how infrequently they appear. The criminal encourages this. They do it in terms of the scarceness of the availability of the product or service. This scares people into choices.

3. Scammers flatter you

"I can tell you know a lot about finance, so you know how much money you can make in cryptocurrency if you manage the risks."

The Trick: Usually at the beginning, it's a lot of love bombing. They'll frequently praise the victim. That lends itself to a sense of connection and trust. 'If this person likes me, then I can trust this person.'

4. Scammers make you feel anxious

"This malware means your bank account has been compromised. Someone could steal from it very easily now."

The Trick: We live in an age of anxiety, where there are many fears. "It's pretty easy to get people to say, 'All right, what do I have to do to make this one go away?'"

5. Scammers create instant terror

"Grandpa, help! I've been arrested and need money for bail right away!"

The Trick: When you're afraid, the emotional part of your brain takes over the cognitive part of your brain. When your emotions kick in, it swaps out the logic. In moments of powerful emotion, you are far more likely to think you hear a loved one's voice and to fall for a scam.

6. Scammers seduce you

"I love talking to you. I have not felt so close to someone in so long."

The Trick: In a romance scam, as in a [real] love relationship, you'll have reciprocating self-disclosures. I'll tell you a little bit about me. In return, you tell me a little bit about you. As we go further along, we say more intimate things and that creates a sense of closeness, even love.

7. Scammers intimidate you

"I'm with the police; you've missed jury duty again. Either pay a \$900 fine now or go to jail."

The Trick: They present themselves as a dreaded authority (cop, IRS officer or Medicare rep) figure. Technology makes it so easy to pretend to be someone you're not. Criminals can program their caller ID so it says 'San Diego Sheriff's Office.'

HOW TO STAY RATIONAL WHEN SCAMMERS RATTLE YOU

Monitor your reactions to calls from strangers. Do you feel heated? Is your pulse rising? Are you getting angry or anxious?

If the answer is yes, get out of the situation immediately. Simply say, "I won't do this by phone. Send a letter. Goodbye." Then hang up.

Regain control of your emotions: Leave the room, take 10 deep breaths and ask yourself questions that you know the answers to, such as "What color is grass?"

Look at the situation like a scientist, as though you're observing someone else in the same position.

Never make an immediate impulse-buying decision. Wait at least 24 hours to allow emotions to subside before making a purchase.

Get advice from a person you trust and respect. Merely discussing the situation out loud helps bring rationality back.

SHOPPING BUS SCHEDULE AND APRIL MENU 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3) Fruit Cocktail Pepper Steak Onions & Peppers Egg Noodles Mixed Vegetables Dinner Rolls (2)	4) ROUTE 3	5) Cheeseburger on a Bun Roasted Potatoes Green Beans Pickles Mandarin Oranges	6) ROUTE 4	7) Stuffed Shells Side Salad Broccoli Whole Wheat Bread Peaches
10) Sausage Sandwich Peppers & Onions Baked Beans Hoagie Roll Applesauce	11) ROUTE 5	12) Cheese Tortellini w/Sauce Cauliflower Broccoli Dinner Roll Pears	13) ROUTE 1	14) Chicken Stew Brown Rice Peas & Carrots Whole Wheat Bread Banana
17) Roast Beef Gravy Baked Potato Diced Carrots Dinner Rolls (2) Fruit Cocktail	18) ROUTE 2	19) Roast Pork Loin Gravy Sweet Potatoes Corn Whole Wheat Bread (2) Pears	20) ROUTE 3	21) BBQ Chicken Breast on a Bun Baked Beans Side Salad Fresh Orange
24) Pork Chow Mein Brown Rice Side Salad Oriental Vegetables Dinner Roll Fruit Cocktail	25) ROUTE 4	26) Baked Ziti w/Meat Sauce Broccoli Side Salad Italian Bread Peaches	27) ROUTE 5	28) Breaded Fish Tartar Sauce Mashed Potatoes Peas & Carrots Whole Wheat Bread (2) Fresh Apple
Two Congregate Sites are open! Call 807-0254 for reservation Please call 24 hours in advance for reservations. Transportation available. Lunch served at 12:00 pm. Livingston Manor Site- Wednesday Mamakating Site- Monday & Wednesday		reservation	2% and Skim Milk served at all meals. Coffee, Tea and Decaf Coffee available at all meals. Menu subject to change. For any questions, please call (845) 807-0841.	

Route 1: April 13th

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

B. Town of Rockland- Livingston Manor & Roscoe.

Route 2: April 18th

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: April 4th, April 20th

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

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

Route 4: April 6th, April 25th

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

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

Route 5: April 11th, April 27th

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

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



Very early signs of the disease can appear a decade or more before the tremors appear and can be mistaken for regular signs of aging. Experiencing them doesn't mean you have Parkinson's disease but are worth discussing with your doctor, especially if you are having several of them at the same time. Some early signs to look for:

Restless sleeping such as talking in your sleep, sleep walking or acting out your dreams, falling out of bed or kicking or punching while sleeping or jumping out of bed suddenly.

Loss of smell and issues with smell are easy to brush off and attribute to something else, like allergies, a sinus infection or just aging.

Constipation and changes in how often you have a bowel movement or other digestion changes like bloating, nausea and general discomfort.

Anxiety/depression for two to five years before diagnosis. Parkinson's-induced mood disorder isn't drastic like major depression.

Soft voice is the volume of the voice which may be low or soft. Usually noticed by someone else who asks the person to speak up or repeat himself. Speech may be more of a monotone without the usual inflections.

Masked face is when the face muscles can be affected and experience the same gradual stiffening as the rest of the body. The face may show little or no expression even when feeling happy or sad.

Stiffness and gait problems can be mistaken for arthritis but appear in the muscles not the joints. Gait problems show up in someone who has trouble keeping up with their peers on a walk or having trouble with regular activities like getting in and out of a car.

Slowing of movement is people being weak when they are slow. Slowed movements make simple tasks difficult and time-consuming. Steps become shorter. It may be difficult to get out of bed or off a chair, buttoning buttons or putting on a coat.

Resting tremors or shaking in the hand, foot or leg usually begins on one side of the body or in one limb, often the hands or fingers. Tremors appear when the hand is resting and stops when the hand is active.

Smaller handwriting is the act of writing becomes slower, letters become smaller and words crowd together.

Stooped posture is a person being hunched or stooped posture when standing.

Decreased arm swing is one arm may swing less on one side when walking.



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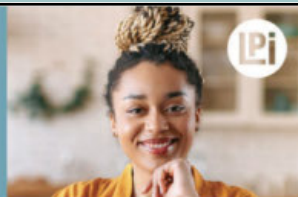
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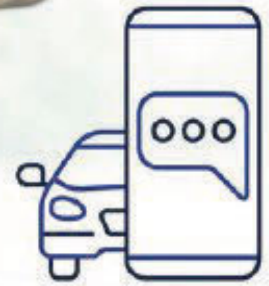


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