



AUGUST 2024 NEWSLETTER

The Monthly Hoot



2nd Anniversary

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



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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EDITORS: TANA PRICE & TERESA BORTREE

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Sullivan County Dramatic Workshop

2024 SEASON

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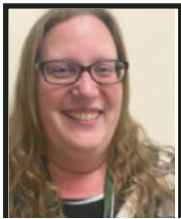
| | | | | | |
|------------------|--------------------|--------------------|---------------------|-------------------------|-----------------------|
| MAY 6TH-10TH | JUNE 14TH-22ND | JULY 12TH-20TH | AUGUST 9TH-16TH | SEPTEMBER 13TH-22ND | OCTOBER 11TH-20TH |
|------------------|--------------------|--------------------|---------------------|-------------------------|-----------------------|

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TWO YEAR ANNIVERSARY OF THE HOOT

As we complete our second year in print, we look back on how far we've come since our first issue of The Monthly Hoot. Our goal has been to inform you of programs and services available to the older citizens of Sullivan County and we will continue to do so. We share information from several sources including The Caregiver Resource Center, Alzheimer's Association and Public Health Nursing just to name a few. Our subscriber list is growing beyond our expectations and we are thrilled. We encourage you to share your comments and suggestions and your feedback is appreciated. We hope to continue to provide informative articles, as well as brain-stimulating puzzles and games. Thank you for your support. Let's keep this going strong!

MEET THE EDITORS



Tana Price

Job Title: Point of Entry Assistant- NY Connects and member of Literacy Volunteers of America



Teresa Bortree

Job Title: Aging Services Aide and RSVP Volunteer- Cards for Vets program



**Simple Cremation:
\$995.00**

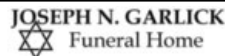
zmmemorials.com

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Cornell Cooperative Extension Sullivan County

ALZHEIMER'S ASSOCIATION

Caregiver Resource Center

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

Second Tuesday of the

REGISTER:

(845) 292-6180 ext. 122

sullivancrc@cornell.edu

<https://tinyurl.com/3s4uhzc9>



Save the Date

SULLIVAN COUNTY
RETIRED SENIOR VOLUNTEER PROGRAM

5ST ANNUAL VOLUNTEER LUNCHEON

TUESDAY, SEPTEMBER 24TH
11AM TO 3PM
VILLA ROMA
BEECHWOODS CLUBHOUSE
356 VILLA ROMA ROAD IN CALLICOON, NY

Free for all RSVP Volunteers who contributed within past year
\$40 per Guest by check to 'Sullivan County Treasurer'
Questions? Contact Us!
845-807-0255 | Keven.Salavarria@sullivanny.us



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

August 5, 12, 19, 26

Town of Bethel-Smallwood, Cohecton, Bethel Senior Housing and White Lake.
Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

TUESDAYS

August 6, 13, 20, 27

Town of Fallsburg- Woodridge, Mountindale & South Fallsburg.
Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS

August 7, 14, 21, 28

Town of Liberty- Liberty - Golden Park, Barkley Gardens & White Sulphur Springs
Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

THURSDAYS

August 1, 8, 15, 22, 29

Highland Area- Narrowsburg, Eldred, Barryville, Glen Spey, etc. * and some surrounding areas, not all areas included
Town of Thompson- All of Monticello, Mongaup Valley

FRIDAYS

August 2, 9, 16, 23, 30

Town of Delaware- Fremont, Callicoon, Hankins, Jeffersonville, etc.
Liberty Village & Fallsburg- Liberty Village Apts., Hurleyville, Loch Sheldrake & Kiamesha Lake.



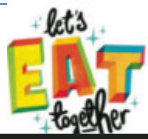
AUGUST MENU



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 |
|---|---|---|
| | | 2) Roast Beef Sandwich, Lettuce & Tomatoes, Macaroni Salad, Cole Slaw, Whole Wheat Bread, Fresh Peach |
| 5) Cheese Tortellini w/Garlic Sauce, Broccoli, Italian Bread, Fresh Orange | 7) Hot Dogs on a Roll (2), Baked Beans, Mixed Vegetables, Applesauce | 9) Chicken & Broccoli, Egg Noodles, Oriental Vegetables, Dinner Rolls (2), Pears |
| 12) Tuna Salad, Lettuce & Tomato, Potato Salad, 3 Bean Salad, Whole Wheat Bread, Fresh Plum | 14) BBQ Pulled Pork Sandwich, Baked Beans, Cauliflower, Peaches | 16) Stuffed Shells (2), Side Salad, Mixed Vegetables, Italian Bread, Fruit Cocktail |
| 19) Breaded Chicken Breast, Oven Roasted Potatoes, Corn, Dinner Rolls (2), Applesauce | 21) Cheese Ravioli w/Tomato Cream Sauce, Side Salad, Diced Carrots, Italian Bread, Mandarin | 23) Ham & Cheese Sandwich, Lettuce & Tomato, Whole Wheat Bread, Pasta Salad, Cole |
| 26) Breaded Fish, Baked Potato, Green Beans, Whole Wheat Bread, Peaches | 28) Sausage Sandwich, Peppers & Onions, Baked Beans, Hoagie Roll, Fresh Nectarine | 30) Meatballs (2), Ziti Marinara, Side Salad, Broccoli, Italian Bread, Mandarin Oranges |



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 | WEDNESDAYS |
| JEFFERSONVILLE | American Legion Hall Legion Ave, Jeffersonville | FRIDAYS |

Medical identity theft is a serious crime that happens when someone uses your personal information without your consent to commit Medicare fraud or other crimes. Use the following tips to protect yourself from becoming a victim.



Do's

- Protect your Medicare Number and your Social Security Number.
- Guard your Medicare card like it's a credit card.
- Become familiar with how Medicare uses your personal information. If you join a Medicare health or drug plan, the plan will let you know how it will use your personal information.
- Check the receipts and statements you get from providers for mistakes, and call your provider's office if you think a charge is incorrect. The person you speak to may be able to help you understand the services or supplies you got, or they may realize a billing error was made.
- Remember that Medicare will never call you to sell you anything or visit you at your home. Medicare, or someone representing Medicare, will only call and ask for personal information in limited situations:
- A Medicare health or drug plan may call you if you're already a member of the plan. The agent who helped you join can

also call you.

- A customer service representative from 1-800-MEDICARE can call you if you've called and left a message or a representative said that someone would call you back.
- If you filed a report of suspected fraud, you may get a call from someone representing Medicare to follow up on your investigation.



Don'ts

- Give your Medicare card, Medicare Number, Social Security card, or Social Security Number to anyone except your doctor or people you know should have it (like insurers acting on your behalf or people who work with Medicare, like your State Health Insurance Assistance Program better known as the Health Insurance counselor at the Office for the Aging.)
- Accept offers of money or gifts for free medical care or coverage.
- Allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services.
- Join a Medicare health or drug plan over the phone unless you discussed this change with your Health Insurance Counselor at the Office for the Aging.



SULLIVAN COUNTY DEPARTMENT OF PUBLIC HEALTH

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FOR DOGS, CATS, AND FERRETS

Public Health
Sullivan County
Department of Public Health

Thursday, August 8, 2024 6:00-7:30 PM
Town of Liberty, Hanofee Park
136 Sunset Lake Rd. Liberty, NY

SUMMER WEATHER TIPS FOR STAYING COOL



1. Drink plenty of fluids (water!). Avoid caffeine and alcohol.
2. Keep your space cool: limit oven use, keep shades closed during hottest parts of the day. Open windows at night for fresh, cooler air.
3. Wear light weight, light colored, and loose fitting clothing. Natural fabrics like cotton may feel cooler than synthetic fibers.
4. Find a cooling center or air conditioned public space near you: libraries, supermarkets, stores, etc.
5. Ask your doctor if any of your medications make it more likely for you to overheat or sunburn. Always use sunscreen during sun exposure!
6. Check AirNow.gov for air quality reports in your area.

Questions or suggestions? Call us! 845-292-5910 ext. 0

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It's not your imagination: It really is hotter than when you were a kid. 2023 was the hottest year on record since 1850, according to studies and the nine years from 2014 to 2022 round out the top 10 warmest.

Climate experts warn that bouts of extreme heat are going to become more common as global temps continue to rise. That's bad for elders who are more likely to get sick from the heat or even die from it.

In 2023, soaring temps sent nearly 120,000 people to the ER, a 2024 study shows. Researchers estimate 12,000 people die annually from heat-related causes. Most people who die from heat are over 50.

It has to do with the body's ability to deal with heat as we age. The heat in people's bodies who are older may not be able to dissipate as well as people who are younger. Elders have more chronic health problems and take more meds that affect the body's ability to deal with heat.

Cooling down the body becomes harder. Trouble occurs when you can't cool down. Heat exhaustion may occur. If left untreated, heatstroke sets in, likely causing long-term organ damage or death.

Sweating is the main way humans cool themselves. It's not the sweat that's cooling but the evaporation process. It takes energy to evaporate sweat off the skin and the energy source is heat. As sweat switches from liquid to vapor, heat leaves the body and you start to cool down. Sweat glands become less effective with age. They can't pump out sweat as fast.

Temps are increasing, so is the aging population. By 2050, roughly 200 million more elders worldwide are expected to face exposure to dangerous heat, compared to now.

Heat impacts the heart. Bodies release heat by increasing blood flow to the skin to push the heat away from the core. This requires the heart to work harder. Which is why people have heart attacks, arrhythmias and strokes during heat events.

2023 studies found the risk of fatal heart attacks among elders was higher during two- and four-day heat waves. The most dangerous days were those of extreme heat and high levels of air pollution, including from wildfires. It's estimated up to 2.8% of heart attack deaths happen due to the combination.

Dehydration amps up the danger. Hydration is important when it comes to staying healthy in extreme heat. Fluids produce the sweat that cools you down and is essential to keep cells functioning and organs running.

Elders have a harder time staying hydrated because of a decreased sense of thirst that sets in as you age. Certain meds draw fluid from the body including diuretics and laxatives can further complicate matters.

Even the brain feels heat's effects: Judgment can become impaired and injuries may ensue.

Plan for high-heat days. Health complications that arise when temps do seem never-ending and hot air can aggravate the lungs and trigger breathing issues, even in people who aren't prone to respiratory issues.

Here's what you can do:

Check the heat forecast.

Pay attention to humidity. There isn't a single temperature where things can't get dangerous, depending on what you're used to and how your body acclimates to heat.

Talk to your doctor about medications. If taking a med

that affects how your body deals with heat or sweating, don't stop taking it because high temps are on the way. Stopping may be worse. Take extra caution in the heat. Your doctor may change your meds during the warmer months.

Drink past the point of thirst and be creative with hydration. Don't use thirst as a guide for hydration because by the time you feel thirsty, you are already dehydrated. Urine color is a good indicator of whether you're well hydrated. It's good if it's a pale yellow; it's not so good if it's dark yellow or orange. That's a sign you need to keep drinking but not alcohol or caffeine.

You don't have to limit yourself to water. Cold fruit (watermelon and cantaloupe) can boost hydration levels. Mixing in fruit juice can be tastier for people who get tired of plain water.

Have a fan handy. If you don't have A.C. or if you do fans keep you cool by helping sweat to quickly evaporate from the body. When temps are above a certain level, they're not very helpful. A cool shower or bath is another way to cool off at home when things get too warm.

Pay attention to the thermostat. If a chronic health condition could put you at higher risk for heat-related illness and the temp in your home is over 80, turn on a fan, relocate to a cooler level in the home or a space with A.C. Know where the cooling centers are. Counties set up centers during heat waves to provide a safe space for people to cool down. If you have pets, check to see if they're allowed. Churches, libraries, grocery stores or malls can provide relief.

Plan in case the A.C. goes out or the electricity fizzes and your home starts to heat up. Depending if the issue is widespread. If it's limited, identify a place where you can stay cool. If you're A.C. goes out during a hot stretch, don't wait out the wave before getting it fixed.

Watch for confusion and slurred speech. Neurological issues mean you need to get to an ER. If someone just needs to sit down (maybe gets a little woozy but is able to carry on a conversation) get them to cool off by moving them into the A.C. or by a fan. Get them to drink.

Pay attention to others around you. If you're at an event or gathering and one person goes down from the heat then everybody's at risk.

Check in on others.

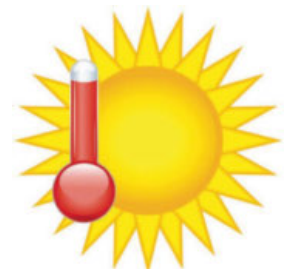
Heat Exhaustion Vs. Heat Stroke
Getting overheated can be dangerous. Watch out for these warning signs.

Heat exhaustion:

Feeling faint or dizzy, Excessive sweating, Cool, pale, clammy skin, Nausea or vomiting, Rapid, weak pulse, Muscle cramps
If experiencing symptoms, get to A.C., drink water and take a cool shower or use a cool compress.

Heat stroke:

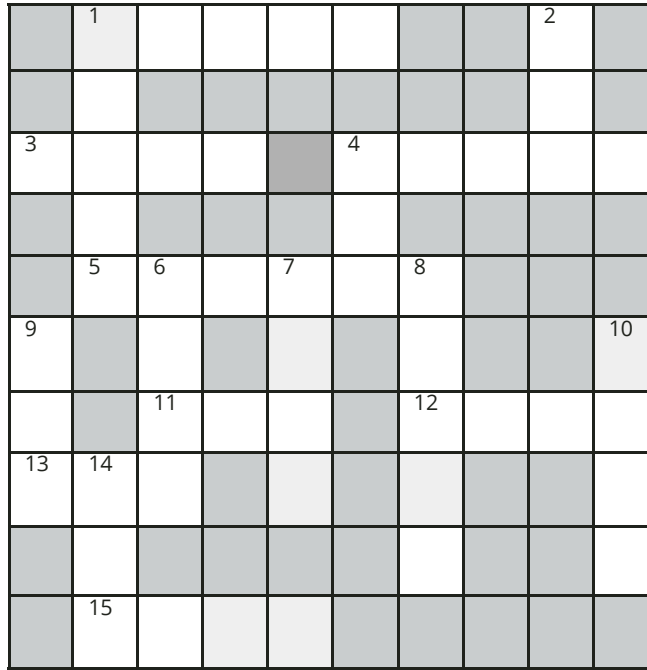
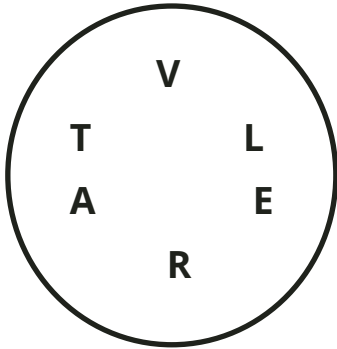
Headache or confusion, No sweating, Body temp above 103 degrees Fahrenheit, Red, hot, dry skin, Nausea or vomiting, Rapid, strong pulse, Loss of consciousness
If someone is experiencing these symptoms, call 911, move the person to a cooler place and cool them down with cloths or a bath.



Double the Fun Word Game

-Make a list of as many words as you can using only the letters in the circle below.

-Solve the crossword puzzle using words from your list.



ACROSS

- 1. change
- 3. authentic
- 4. avoid
- 5. move
- 11. hot beverage
- 12. story
- 13. type of beer
- 15. greenish blue

DOWN

- 1. wide awake
- 2. hearing organ
- 4. consumed
- 6. price
- 7. calf meat
- 8. behind schedule
- 9. generation
- 10. rip
- 14. allow

| | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | A | K | M | O | P | M | U | E | Q | W | P | C | B | W | N | Q | W |
| T | U | K | H | I | E | X | F | N | L | Y | O | O | G | A | N | J | K |
| K | W | L | C | A | H | U | W | I | L | R | O | V | E | F | X | B | W |
| H | L | N | O | L | Z | I | T | H | S | K | J | C | F | V | U | O | A |
| J | I | A | Y | I | G | Y | O | S | S | H | O | A | U | G | U | S | T |
| C | F | A | W | L | D | Q | T | N | T | Y | I | N | L | K | Z | Y | E |
| P | O | O | L | D | T | A | F | U | M | E | O | N | B | R | U | A | R |
| B | O | N | F | I | R | E | L | S | C | I | P | C | G | E | F | D | M |
| K | R | A | P | L | L | A | B | G | T | W | M | G | N | L | A | G | E |
| G | I | T | X | W | M | E | O | A | S | T | A | A | D | A | I | O | L |
| H | N | B | F | K | A | T | C | B | A | U | C | D | H | X | R | D | O |
| U | R | L | L | C | V | A | E | E | T | I | N | Z | F | X | S | A | N |
| M | P | E | H | E | V | U | H | V | R | A | W | F | W | Q | E | S | R |
| I | I | V | M | W | W | C | M | R | S | P | M | V | L | P | J | Y | M |
| D | N | A | C | M | X | O | U | B | W | P | Q | K | X | O | H | L | K |
| I | E | R | Q | M | U | H | T | G | I | E | O | R | L | H | W | N | G |
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- | | | | |
|------------------|------------------|------------------|-------------------|
| AUGUST | FAIRS | OCEAN | SUNGLASS- |
| ES | | | |
| BALLPARK | FISHING | PERIDOT | SUNSHINE |
| BEACH | GLADIOLUS | PICNIC | TOWEL |
| BOARDWALK | HAZY | POOL | TRAVEL |
| BONFIRE | HEAT | RELAX | VACATION |
| BOOKS | HUMIDITY | SAND | WATERMELON |
| CAMP | HURRICANE | SUMMER | |
| DOG DAYS | LEMONADE | SUNFLOWER | |

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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

TRIVIA: Mickey Mouse almost went by a different name. What was it?

RIDDLES:

- 1) There are five sisters in a room. Simone is reading a book, Clara is cooking, Alexis is playing chess, and Helena is doing the laundry. What's the fifth sister doing?
- 2) What can go through a window but doesn't break it?
- 3) What has 4 eyes but can't see?



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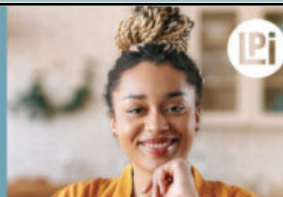
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