



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

TO:

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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.

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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SCNYAGING

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

EDITORS: TANA PRICE & TERESA BORTREE

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RADIO DRAMA WORKSHOP

Sullivan County

Holiday show: "A Christmas Carol" (Radio Show) & "Santa's Little Reindeer Rap" (SCDW Youth Theatre)

Dec. 8 & 9 at 7:00pm and Dec. 10 at 2:00pm.

Don't forget our lotto raffles as Stocking Stuffers. More info at www.scdw.net

19 Tips For Coping With Holiday Stress And Depression

Source: WebMD

Here are some tips to cope with holiday stress and depression:

1. Make realistic expectations for the holiday season.
2. Set realistic goals for yourself.
3. Pace yourself. Do not take on more responsibilities than you can handle.
4. Make a list and prioritize the important activities. This can help make holiday tasks more manageable.
5. Be realistic about what you can and cannot do.
6. Do not put all your energy into just one day (i.e., Thanksgiving Day, New Year's Eve). The holiday cheer can be spread from one holiday event to the next.
7. Live and enjoy the present.
8. Look to the future with optimism.
9. Don't set yourself up for disappointment and sadness by comparing today with the good old days of the past.
10. If you are lonely, try volunteering some time to help others.
11. Find holiday activities that are free, such as looking at holiday decorations, going window shopping without buying and watching the winter weather, whether it's a snowflake or a raindrop.
12. Limit your drinking, excessive drinking will only increase your feelings of depression.
13. Try something new. Celebrate the holidays in a new way.
14. Spend time with supportive and caring people.
15. Reach out and make new friends.
16. Make time to contact a long-lost friend or relative and spread some holiday cheer.
17. Make time for yourself!
18. Let others share the responsibilities of holiday tasks.
19. Keep track of your holiday spending. Overspending can lead to depression when the bills arrive after the holidays are over. Extra bills with little budget to pay them can lead to further stress and depression.



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AL

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CHRISTINA





DECEMBER MENU 2023 AND SHOPPING BUS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please call 24 hrs in advance for reservations at (845) 807-0254. Transportation available. Lunch at 12:00pm. Menu subject to change. Coffee and Tea available at Senior Nutrition Sites. Milk served with All meals</p>				1) Baked Chicken Breast Gravy Mashed Potatoes Corn Wheat Bread Fruit Cocktail
4) Macaroni & Cheese Stewed Tomatoes Cauliflower Dinner Roll Peaches	5)	6) Baked Ziti w/Meat Sauce Side Salad Cauliflower Italian Bread Pears	7) 	8) Pork Chop Sweet Potatoes Mixed Vegetables Dinner Rolls (2) Fresh Apple
11) Cheeseburger on a Bun Oven Roasted Potatoes Green Beans Pickles Mandarin Oranges	12)	13) Chicken Cacciatore Ziti Marinara Side Salad Peas Italian Bread Fruit Cocktail	14)	15) Beef Stroganoff Egg Noodles Cauliflower & Broccoli Rye Bread Fresh Orange
18) Breaded Fish Tartar Sauce Baked Potato Diced Carrots Wheat Bread (2) Peaches	19)	20) Roast Beef & Gravy Mashed Potatoes Green Beans Dinner Rolls (2) Pears	21) 	22) 
25) 	26) 	27) Hot Dogs on a Bun (2) Baked Beans Diced Carrots Applesauce	28)	29) CLOSED

MONDAYS: December 4th, 11th, 18th

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

Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

TUESDAYS: December 5th, 12th, 19th, 26th

Town of Fallsburg- Woodridge, Mountindale & South Fallsburg.

Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS: December 6th, 13th, 20th, 27th

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

Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

THURSDAYS: December 7th, 14th, 21st, 28th

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: December 1st, 8th, 15th,

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

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

Cholesterol is a waxy substance found in blood. Your body needs it to build healthy cells, but high levels of cholesterol can increase your risk of heart disease. With high cholesterol you can develop fatty deposits in your blood vessels. Eventually these deposits grow, making it difficult for enough blood to flow through arteries. Sometimes, those deposits can break suddenly and form a clot that causes a heart attack or stroke. High cholesterol can be inherited but it's often the result of unhealthy lifestyle choices which make it preventable and treatable. A healthy diet, regular exercise and sometimes medication can help reduce high cholesterol. High cholesterol has no symptoms. A blood test is the only way to detect if you have it.

According to the National Heart, Lung and Blood Institute (NHLBI), a person's first cholesterol screening should occur between the ages of 9 and 11 and be repeated every five years after that. The NHLBI recommends cholesterol screenings every one to two years for men ages 45 to 65 and women ages 55 to 65. People over 65 should test annually. If test results aren't within desirable ranges, your doctor may recommend more frequent measurements and may suggest more frequent tests if you have a family history of high cholesterol, heart disease or other risk factors, such as diabetes or high blood pressure.

Cholesterol is carried through blood attached to proteins. This combination of proteins and cholesterol is called a lipoprotein. There are different types of cholesterol based on what the lipoprotein carries. They are:

Low-density lipoprotein (LDL). LDL, the "bad" cholesterol, transports cholesterol particles throughout your body. LDL cholesterol builds up in the walls of your arteries, making them hard and narrow.

High-density lipoprotein (HDL). HDL, the "good" cholesterol, picks up excess cholesterol and takes it back to your liver.

A lipid profile typically measures triglycerides, a type of fat in the blood. A high triglyceride level can increase your risk of heart disease.

Factors you can control such as inactivity, obesity and an unhealthy diet contribute to harmful cholesterol and triglyceride levels. Factors beyond your control might play a role, too. For example, your genetic makeup may make it more difficult for your body to remove LDL cholesterol from your blood or break it down in the liver.

Medical conditions that can cause unhealthy cholesterol levels include: Chronic kidney disease, Diabetes, HIV/AIDS, Hypothyroidism and Lupus.

Cholesterol levels can also be worsened by some types of medications you may be taking for other health problems, such as: Acne, Cancer, High blood pressure, HIV/AIDS, Irregular heart rhythms and Organ transplants.

Factors that can increase your risk of unhealthy cholesterol levels include: Poor diet. Eating too much saturated fat or trans fats can result in unhealthy cholesterol levels. Saturated fats are found in fatty cuts of meat and full-fat dairy products. Trans fats are often found in packaged snacks or desserts.

Obesity. Having a body mass index (BMI) of 30 or greater puts you at risk of high cholesterol.

Lack of exercise. Exercise helps boost your body's HDL, the

"good," cholesterol.

Smoking. Cigarette smoking may lower your level of HDL, the "good," cholesterol.

Alcohol. Drinking too much alcohol can increase your total cholesterol level.

Age. Even young children can have unhealthy cholesterol, but it's much more common in people over 40. As you age, your liver becomes less able to remove LDL cholesterol.

High cholesterol can cause a dangerous accumulation of cholesterol and other deposits on the walls of your arteries (atherosclerosis). These deposits (plaques) can reduce blood flow through your arteries, which can cause complications, such as:

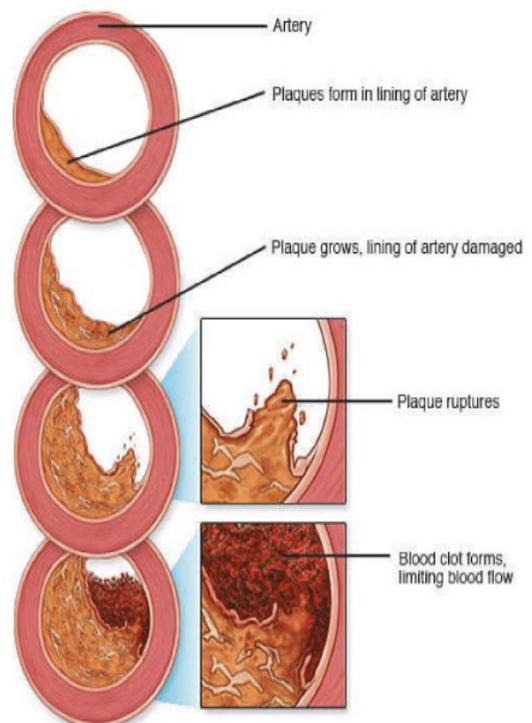
Chest pain. If the arteries that supply your heart with blood (coronary arteries) are affected, you might have chest pain (angina) and other symptoms of coronary artery disease.

Heart attack. If plaques tear or rupture, a blood clot can form at the plaque-rupture site blocking the flow of blood or breaking free and plugging an artery downstream. If blood flow to part of your heart stops, you'll have a heart attack.

Stroke. Similar to a heart attack, a stroke occurs when a blood clot blocks blood flow to part of your brain.

The same heart-healthy lifestyle changes that can lower your cholesterol can help prevent you from having high cholesterol in the first place. To help prevent high cholesterol, you can:

- Eat a low-salt diet that emphasizes fruits, vegetables and whole grains
- Limit the amount of animal fats and use good fats in moderation
- Lose extra pounds and maintain a healthy weight
- Quit smoking
- Exercise on most days of the week for at least 30 minutes
- Drink alcohol in moderation
- Manage stress



Fraud Alert: Scam Calls Targeting Older Adults

Recent increase in reports of government imposter scam calls, including some claiming to be from Eldercare Locator.

ACL's [Eldercare Locator](#) and [Disability Information & Access Line](#) (DIAL) are trusted resources that help connect older adults and people with disabilities with resources in their community. In recent days, Eldercare Locator has noted a significant increase in people reporting they have been targeted by scam phone calls. This includes reports of:

- Callers claiming to be from "Eldercare," "Eldercare Locator," "Social Security," or "Medicare."
- Callers asking for personal information such as someone's Social Security number, banking information, or Medicare number — or demanding payment, threatening jail time, or fines.
- Harassment, including repeat calls from the same number.

We hope you will help us get the word out about government imposter scams. Here are some important reminders to share:

1. **The government will never call out of the blue and ask for a Social Security number.**
2. **The government will never ask for payment by gift card or wire transfer.**
3. **Social Security numbers cannot be suspended.**

These general tips can also help everyone protect themselves:

- If you are ever suspicious about a call, **hang up immediately**. Find the organization's contact information on your own (don't use caller ID), and call or email them directly to discuss the situation.
- Never give out your Social Security number, banking information, or Medicare number to anyone who contacts you through unsolicited calls, texts, or emails.
- Never pay someone you do not know well via gift card or wire transfer.
- Never click on an email link or attachment, unless you fully trust the sender.

Sign up for the [National Do Not Call Registry](#). Older adults who are targeted by scams and fraud can call the Department of Justice's [National Elder Fraud Hotline](#) at 833-FRAUD-11 (833-372-8311).

In addition, scams and fraud targeting people of any age can be reported to the Federal Trade Commission (FTC) by calling 877-FTC-HELP (877-382-4357) or visiting reportfraud.ftc.gov.

Who is a Caregiver?

Caregivers make up all segments of our community and anyone can suddenly find themselves in a caregiving role. Nearly 80% of all care that is received by our older population is given through an informal care system made up of family members, friends and neighbors.

Their compassionate care & determination makes it possible for an elderly, ill or frail family member or friend to receive the help where and when they need it, and most often this allows them to remain at home where they are most comfortable.

The multiple responsibilities of a caregiver can be tremendous, and with the holidays approaching, take a little time to get support and information to ease your stress level. Come and enjoy light refreshments and chat with other caregivers while you listen to a guest speaker.

New: Caregiver Café

What is it? Bimonthly in-person support and information sharing for caregivers with invited guest speakers on topics of interest to caregivers.

Connect with others and learn about community resources and tips to decrease your stress.

Will be held on the following dates from 10 am – 11 am:

Dec. 4, Dec. 11

Jan. 8, Jan. 22

Feb. 5, Feb. 12

Please register in advance at <https://sullivanccce.org/events>, by calling the Caregiver Resource Center at Cornell Cooperative Extension (845) 292-6180 ext. 122, or email sullivanccrc@cornell.edu.

Cornell Cooperative Extension
Sullivan County



5 Things You Should Know About Hospice

1. Hospice care is individualized, end-of-life care.
2. Hospice care is a basic human right.
3. Hospice care is available in a variety of settings.
4. Caregiving can be overwhelming.
5. Hospice benefits more than the patient.



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Alzheimer's Disease Treatment Options

Have you seen Alzheimer's disease in the news more often lately? There is great news about the exciting progress in Alzheimer's and dementia research that is creating new treatments for people living with the disease. While no cure for Alzheimer's disease exists at this time, the U.S. Food and Drug Administration (FDA) has approved medications that fall into two categories.

The first category are drugs that slow disease progression. These two drugs demonstrate that removing beta amyloid from the brain reduces the decline of memory, thinking, and function in people living with early Alzheimer's. They both treat early Alzheimer's disease, including people living with mild cognitive impairment (MCI) or mild dementia due to Alzheimer's disease who have confirmation of elevated beta-amyloid in the brain.

Aducanumab (Aduhelm®) is an anti-amyloid antibody intravenous (IV) infusion therapy that is delivered every month.

Lecanemab (Leqembi®) is an anti-amyloid antibody intravenous (IV) infusion therapy that is delivered every two weeks.

The second category are medications that treat cognitive symptoms, such as memory loss, disorientation, confusion, and problems with reasoning and thinking. While these medications do not stop the damage Alzheimer's causes to brain cells, they may help lessen or stabilize symptoms for a limited time.

Donepezil (Aricept®), Rivastigmine (Exelon®), and Galantamine (Razadyne®) are three different cholinesterase inhibitors that all treat mild to moderate Alzheimer's.

Memantine (Namenda®) is a glutamate regulator that treats moderate to severe Alzheimer's disease.

Donepezil and memantine (Namzaric®) is a combination of a cholinesterase inhibitor and a glutamate regulator, approved for moderate to severe Alzheimer's disease.

Your doctor should always be the primary resource regarding treatment options, and can provide information that can help you make informed decisions.

The Alzheimer's Association is also here to help you learn about your treatment options! Visit our website at alz.org/hudsonvalley, or call us 24/7 at 800.272.3900 to get the information and support that you need.



****ATTENTION****

Flu Clinic at OFA on 12/7/23 10:30am-1pm
Provided by Sullivan County Department of Health. While Supplies Last.

— Free —



Top 3 Volunteer Opportunities Guaranteed to Spread Holiday Cheer!

1. AARP Tax Prep: Most people say doing their taxes is like finding a lump of coal in their stocking, but you can turn that frown upside-down! Volunteer with AARP and get free training to give the gift of an easy tax return for seniors in your local community.

2. RSVP Driver: Transform your vehicle into Santa's sleigh and give the gift of a hot meal or free medical transport to a senior near you. Our RSVP drivers are eligible for unlimited mileage reimbursement at 65 cents a mile and have a permanent spot on Santa's 'Nice' list!

3. RSVP Needlework Team: Do you know how to knit or crochet? Create the blanket that keeps a senior warm or the hat on a newborn's head this winter by joining RSVP. We have plenty of yarn and supplies for our volunteers and it's the perfect activity to do in front of the Yule log.

Interested in joining RSVP? Call Volunteer Coordinator Keven Salavarria at 845-807-0255 to apply today!



Sudoku

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

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

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DIFFICULTY: ★☆☆☆☆

F₄ U₁ N₁ &
G₂ A₁ M₃ E₁ S₁



WORD SCRAMBLE—"It's a Wonderful Life"

1. GNALE _____
2. KAHBLAFSC _____
3. NABK _____
4. TOREPT _____
5. AYVN _____
6. NELECRAC _____
7. SNIWG _____



TRIVIA

In the movie, "A Christmas Story", what kind of soap was put in Ralphie's mouth after he swore?

RIDDLES

1. What do we have in December that we don't have in any other month?
2. A cowboy rode into town on Friday. He stayed for three nights and rode out on Friday. How is this possible?
3. David's father has three sons: Snap, Crackle, and ____?

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

- | | | | | |
|--------|---------|------------|------------|------|
| ANGEL | COOKIE | GOLD | SILVER | TREE |
| AROMA | DREIDEL | JOLLY | SLEIGH | |
| BAKING | EGGNOG | LATKE | SNOWMAN | |
| BOUGH | FAITH | MENORAH | STOCKINGS | |
| BOWS | FAMILY | MISTLETOE | TEMPLE | |
| CANDLE | FROSTY | NUTCRACKER | TINSEL | |
| CAROLS | GARLAND | ORNAMENTS | TOYS | |
| COINS | GIFTS | REINDEER | TRADITIONS | |



WORD WHEEL

How many words of three or more letters, each including the letter at the center of the wheel, can you make from this diagram? No plurals or conjugations.



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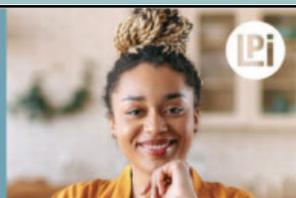
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11 AM - 4 PM

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Dickens on the Delaware
Saturday, December 9th, 2023
12:00 pm - 8:00 pm

A VICTORIAN HOLIDAY WONDERLAND

Dickens on the Delaware showcases the retail community in the picturesque hamlet of Callicoon on the Delaware just in time for your Holiday shopping!!

LOCAL LIBRARY ACTIVITIES

Monticello Library

Liberty Library

- every Tues. at 10:15 am-Mahjong
- Fri, Dec 1 at 1:00 pm-Movie Matinee "Barbie"
- Fri, Dec 4 at 10:30 am-Senior Coffee Club
- Fri. Dec 8 at 2 pm-Chair Yoga
- Fri. Dec 12 at 5:30 pm-Healthy Living for your Brain & Body
- Fri. Dec 15 at 1:00 pm-Movie Matinee "A Christmas Story Christmas"

-every Fri. at 1:00-Adult Gaming Group

-Mon. Dec 11 at 1:00 pm-Chair Yoga

Jeffersonville Library

- Fri. Dec 1 at 5:00 pm-Felted Wreaths
- Tues. Dec 12 at 4:00 pm-Pottery Ornaments
- Wed. Dec 13 at 4:00 pm-Board Game Group
- Fri. Dec 15 at 4:00 pm-Craft Lovers
- Thurs. Dec 21 at 4:00pm-Virtual-Anyone Can Draw

ANSWER KEY

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



Answer to Sudoku

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

WORD SCRAMBLE: 1. Angel
2. Flashback 3. Bank 4. Potter
5. Navy 6. Clarence 7. Wings

TRIVIA ANSWER: "LIFEBUOY"

RIDDLES: 1: The letter "D"
2. His horse's name is Friday
3. David

WORD WHEEL

Answers: per, pie, pro, rip,
pier, poor, prof, ripe, rope,
prier, prior, proof, repro, rop-
er, proffer, reproof, fireproof.