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1973-2023



**The Monthly**



**FEBRUARY**  
**NEWSLETTER**

**2023**

**Hoot**

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

**TO:**

**TABLE OF CONTENTS**  
**WHAT'S INSIDE**

PAGE:

Heart Health 2

Health Tips 3

Provider/RSVP 4

Shopping Bus & Feb. Menu 5

Cold or Flu 6

Ads 7

Digital Literacy 8

**Steps to keep your heart healthy:**

- ♥ Be more physically active. Talk to your doctor about the type of activities that are best for you.
- ♥ Don't smoke. If you do, then try to quit or cut back.
- ♥ Follow a heart-healthy diet.
- ♥ Keep a healthy weight.
- ♥ Manage your diabetes, high blood pressure and/or high cholesterol.
- ♥ Don't drink too much alcohol.
- ♥ Manage stress.

**SULLIVAN COUNTY OFFICE FOR THE AGING**  
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# Health Tips

## Tips to Shovel Snow Safely:



Source : AARP

Use a snowblower. Snowblowers lower pressure on the heart.

Do not shovel immediately after eating. Digestion requires additional blood flow, which competes with added blood flow needed for the physical demands of shoveling. Avoid alcohol, anything with a lot of caffeine, smoking and marijuana before shoveling, those substances are known to increase heart rate and blood pressure.

Push, don't lift. Use your shovel to push snow to the side of the driveway or walkway, instead of trying to lift it.

Lift smaller loads. Use a small shovel or only partially fill a larger one. A shovelful of wet snow is about 16 pounds on average.

Protect your back. Bend at your knees and lift with your legs, not your back. Using a shovel with a bent handle lets you use less energy.

Dress appropriately. Wear a hat, gloves and something over your mouth and nose to warm the air you breathe in. Take it slow. Don't work to the point of exhaustion. Take frequent breaks.

## Warning Signs of a Heart Attack:

Chest discomfort — pressure, squeezing, fullness or pain — that lasts more than a few minutes

Pain or discomfort in one or both arms, back, neck, jaw or stomach

Shortness of breath

Nausea

Feeling weak, lightheaded or unusually tired

Breaking out in a cold sweat

**\*\*If you experience any of these symptoms, call 911 immediately. Your chances of recovery and survival are better with quick treatment.**

Source: American Heart Association and CDC



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## Provider Spotlight

Let me welcome you to a new section of the “HOOT” where we are going to introduce you to pharmacies and medical facilities around the county that you may or may not be aware of.

Refuah Health Center located at 36 Laurel Avenue in South Fallsburg has doctors available Monday through Thursday 9am-9pm, Friday 9am-5pm and Sunday 9am-9pm. What's even more convenient is that they have an x-ray department, a full-service lab and a pharmacy (if you are a patient, you can have all of your prescriptions delivered right to your door), all on site. That's right. You can see your medical provider, get your routine blood tests, get tested for the latest virus and receive your medications, all at the same location. In addition to the general practitioners on site, there are certain days that there are specialists such as a podiatrist (foot doctor) and a midwife. If you utilize Refuah's doctor's, they also offer FREE transportation to and from all doctor's appointments. Give them a call at 845-482-9396 and they will be happy to answer any questions you have.





### Crochet and Needlework Artist Volunteers Needed!



We are looking for Volunteers 55+ years of age and older to help us in our Blankets for Veterans Program and our Needlework Program.

Are you willing to donate some of your time to these charitable projects? Are you willing to share your skills and talents? If so, we hope that you would join our TEAM of RSVP AmeriCorps Volunteers who are making a difference in our community every day! If you are interested in joining, please call (845) 807-0255 or stop by the Office for the Aging.

# SHOPPING BUS SCHEDULE AND FEBRUARY MENU 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1) Pepper Steak Peas & Carrots Egg Noodles Dinner Roll Fruit Cocktail	2) <b>ROUTE 1</b>	3) Chicken Stew Brown Rice Side Salad Cauliflower Biscuit Fresh Apple
6) Hungarian Goulash Egg Noodles Cauliflower Dinner Roll Applesauce	7) <b>ROUTE 2</b>	8) Roast Pork Loin Gravy Oven Roasted Potatoes Green Beans Dinner Rolls (2) Mandarin Oranges	9) <b>ROUTE 3</b>	10) Chicken Cacciatore Spaghetti Side Salad Carrots Dinner Roll Peaches
13)  <b>CLOSED</b>	14) <b>ROUTE 4</b> 	15) Oven Roasted Turkey Gravy Savory Stuffing Corn Dinner Roll	16) <b>ROUTE 5</b>	17) Sausage Sandwich Peppers & Onions Baked Beans Hoagie Roll Sliced Pears
20)  <b>CLOSED</b>	21) <b>ROUTE 1</b>	22) Stuffed Shells Side Salad Broccoli Whole Wheat Bread Fruit Cocktail	23) <b>ROUTE 2</b>	24) Breaded Fish Tartar Sauce Mashed Potatoes Peas & Carrots Whole Wheat Bread (2) Sliced Peaches
27) Beef Stew Brown Rice Green Beans Dinner Roll Pineapple Rings	28) <b>ROUTE 3</b>	<b>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.</b>		

**Route 1:** February 2<sup>nd</sup>, February 21<sup>st</sup>

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

**B. Town of Rockland-** Livingston Manor & Roscoe.

**Route 2:** February 7<sup>th</sup>, February 23<sup>rd</sup>

**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:** February 9<sup>th</sup>, February 28<sup>th</sup>

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

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

**Route 4:** February 14<sup>th</sup>

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

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

**Route 5:** February 16<sup>th</sup>

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

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

Many symptoms are the same but there are some signs that set the common illnesses apart

Could it be RSV?

Another virus that commonly causes cold-like symptoms is respiratory syncytial virus or RSV. Most people who get RSV (a lab-based test can detect an infection) recover in a week or two, but older adults are more susceptible to severe illness. Symptoms in adults may include runny nose, sore throat, cough, headache, fatigue and fever; more severe cases can lead to pneumonia. There aren't any treatments for RSV but oxygen support may help adults who experience trouble breathing. There isn't a vaccine for RSV yet, but scientists are working to develop one.

Identifying Cold vs. Flu vs. COVID

Symptom	Cold	Flu	COVID-19
Fever	Rare	Usual	Common
Headache	Uncommon	Common	Common
Cough	Common	Common	Common
Body Aches	Slight	Usual	Common
Fatigue	Sometimes	Usual	Common
Stuffy/runny nose	Common	Sometimes	Common
Sore throat	Common	Sometimes	Common
Loss of taste or smell	Rarely	Rarely	Common
Diarrhea	Uncommon	Uncommon	Common



Sneezing a lot? That's a symptom more common with a cold than with flu or COVID-19. Chances are if you have a cold, you won't have the body aches and fever that accompany the other infections.



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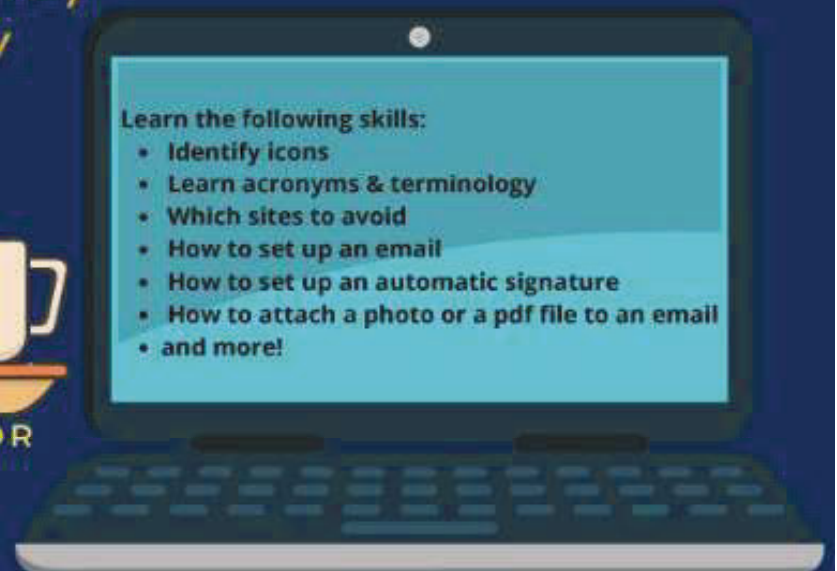
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