



JULY 2024 NEWSLETTER

The Monthly Hoot



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

TO:

Voluntary Contributions

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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
VISIT OUR WEBPAGE:
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DEPARTMENTS/AGING
LIKE & FOLLOW US ON
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**EDITORS: TANA PRICE &
TERESA BORTREE**

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Ellenville Regional Hospital's team of Physical Therapists and Physical Therapist Assistants will help establish the cause of your impairment, and work with you on goals to end or reduce discomfort.

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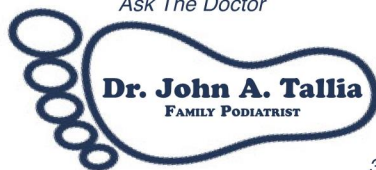
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- Patients who want to regain simple functionality

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2024 SEASON

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MAY 6TH-10TH


JUNE 6TH-20TH


JULY 12TH-20TH


AUGUST 9TH-18TH


SEPTEMBER 10TH-22ND


OCTOBER 4TH-26TH



**2024 Caregiver Resource Center
Monthly Virtual Support Groups**

To register:

Use the QR Code, or use the link <https://tinyurl.com/5n6mtpy4> or email sullivancrc@cornell.edu.



Wednesdays
6:00pm-7:00pm
July 10th
August 14th
September 11th
October 9th
November 13th
December 11th
Via Zoom or Phone



Cornell Cooperative Extension | Sullivan County



**TAKE THE "MYSTERY"
OUT OF MEDICARE**

**Tuesday, July 16, 2024
11:00 am - 12:00 pm**

Presenter: Mark Brownstein, CSA,
Emerald Medicare

This workshop will cover Medicare parts A, B, C and D and will offer in-depth information about the enrollment process including best timing, and how to choose a Medicare plan that's right for you.

Medicare plans that are available to those already receiving Medicare and Medicaid will also be covered.

Learn about the changes coming to Medicare in 2025.

Part A Hospital Stays

845-292-6180 x 122

Part B Doctor visits

sullivancce.org/events

Part C Medicare Advantage

64 Ferndale-Loomis Rd, Liberty, NY 12754

Part D Prescription Drugs

GAP Medicare Supplement (aka Medigap)

**LEARN MORE AND REGISTER
HERE, OR SCAN THE QR CODE**



Caregiver Cafe



Mondays July 8th

12 PM - 1 PM

CCESC

July 8th

Aug. 12th

Sep. 9th

Registration Required:

Use the QR code below

or visit sullivancce.org

Take a break and enjoy lunch on us while you:

- Learn about tips for self-care
- Learn about dementia & Alzheimer's
- Explore community resources
- Connect with others



**Simple Cremation:
\$995.00**

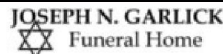
zmmemorials.com

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JULY-OCTOBER

Every Tuesday

July 2nd – October 29th

11:00 AM – 12:30 PM

Sullivan County Public Health Services
50 Community Lane, Liberty, NY

+

2:30 PM – 4:00 PM

Village of Woodridge Municipal Lot
Green Ave. & Dairyland Rd., Woodridge, NY

Every Wednesday

July 3rd – October 30th

11:00 AM – 12:30 PM

Fallsburg Town Hall
19 Railroad Plaza, South Fallsburg, NY

+

2:30 PM – 4:00 PM

Loch Sheldrake Public Parking Lot
Corner of Hasbrouck Road & Rt. 52
Loch Sheldrake, NY

Stop when you see the
Mobile Farmers' Market Van to
shop for farm fresh fruits,
vegetables, meats,
dairy + eggs!



Every Thursday

July 11th – October 31st

4:00 PM – 5:30 PM

Village of Wurtsboro –
Community Church of Wurtsboro
134 Sullivan St., Wurtsboro, NY

First Friday

July 5th – October 4th

11:00 AM – 1:00 PM

Garnet Health Medical Center
68 Harris Bushville Road, Harris, NY

*Find recipes, kid friendly
activities, giveaways, and
community partners at the
Mobile Farmers' Market
stops this season!*



JUNE 20 - SEPTEMBER

Every Thursday

10:00 AM – 1:00 PM

10 Jefferson St., Monticello, NY
Behind the Ted Stroebel Recreation Cent
Operated by Cornell Cooperative Extension Sullivan Co.

**Cooking & Recipe Demonstration
EVERY WEEK!**

For this season we will also have wellness
activities, events for kids such as a
scavenger hunt and storytime.

Our community partners will also be at
the market providing educational and
free resources.

For up-to-date information
and market events visit our
Facebook page or click on
the QR code.



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.

| | |
|---|---|
| <p>Mondays July 1, 8, 15, 22, 29</p> | <p>Town of Bethel-Smallwood, Cocheton, Bethel Senior Housing and White Lake. Town of Neversink -Neversink, Grahamsville, Foxcroft Village.</p> |
| <p>TUESDAYS July 2, 9, 16, 23, 30</p> | <p>Town of Fallsburg- Woodridge, Mountindale & South Fallsburg. Town of Rockland- Livingston Manor & Roscoe.</p> |
| <p>WEDNESDAYS July 3, 10, 17, 24, 31</p> | <p>Town of Liberty- Liberty – Golden Park, Barkley Gardens & White Sulphur Springs Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.</p> |
| <p>THURSDAYS July 11, 18, 25</p> | <p>Highland Area- Narrowsburg, Eldred, Barryville, Glen Spey, etc. * and some surrounding areas, not all areas included Town of Thompson- All of Monticello, Mongaup Valley</p> |
| <p>FRIDAYS July 5, 12, 19, 26</p> | <p>Town of Delaware- Fremont, Callicoon, Hankins, Jeffersonville, etc. Liberty Village & Fallsburg- Liberty Village Apts., Hurleyville, Loch Sheldrake & Kiamesha Lake.</p> |



JULY MENU 2024



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 |
|---|---|--|
| 1) Macaroni & Cheese, Stewed Tomatoes, Cauliflower, Whole Wheat Bread, Pears | 3) Cheeseburger on a Bun, Oven Roasted Potatoes, Green Beans, Fresh Plum | 5) Meatballs (2), Spaghetti, Side Salad, Mixed Vegetables, Italian Bread, Mandarin Oranges |
| 8) Sausage Sandwich, Peppers & Onions, Baked Beans, Hoagie Roll, Diced Pears | 10) Cheese Ravioli w/Sauce, Side Salad, Broccoli, Italian Bread, Fruit Cocktail | 12) Tuna Salad, Lettuce & Tomatoes, Macaroni Salad, 3 Bean Salad, Whole Wheat Bread, Fresh Apple |
| 15) Breaded Chicken Breast (1), Oven Roasted Potatoes, Cauliflower, Fresh Peach, Dinner Rolls (2) | 17) Roast Pork Loin, Gravy, Sweet Potatoes, Green Beans, Dinner Rolls (2), Applesauce | 19) Breaded Fish, Tartar Sauce, Baked Potato, Diced Carrots, Dinner Rolls (2), Mandarin Oranges |
| 22) Ham & Cheese Sandwich, Lettuce & Tomato, Pasta Salad, 3 Bean Salad, Wheat Bread, Fruit Cocktail | 24) Pepper Steak, Egg Noodles, Oriental Vegetables, Applesauce, Dinner Rolls (2) | 26) Baked Ziti w/Meat Sauce, Green Beans, Side Salad, Italian Bread, Fresh Nectarine |
| 29) Cheese Tortellini w/Sauce, Peas & Carrots, Dinner Rolls (2), Peaches | 31) Salisbury Steak, Gravy, Mashed Potatoes, Cauliflower, Dinner Rolls, Fresh Orange | |



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 |



Keep Them Safe- Keep You Sane- A Caregiver's Guide to a Safe Home

Monday, July 22, 2024
3:00 pm- 4:15 pm
Extension Education
Building

**This is a Hybrid (in-person and on zoom) workshop. When you register, choose how you will attend.*

Lynda Shrager, OTR, MSW, CAPS, Chief Executive Officer, At Home for Life will explain how to assess the home environment and offer recommendations for decluttering, potential modifications/adaptations and organizing strategies to decrease potential for falls.

Learn more and register here:
sullivancce.org/events or scan
the QR Code



Questions? Contact the Caregiver Resource Center at
(845) 292-6180 x 122 and sullivancrc@cornell.edu

New to Medicare

ORIGINAL MEDICARE VS. MEDICARE ADVANTAGE

Choosing between Original Medicare and Medicare Advantage is a big choice when you are new to Medicare. Below are some key differences to consider.



| | Original Medicare | Medicare Advantage |
|-------------------------------|---|--|
| Costs | Part A and Part B costs, including monthly Part B premium. 20% coinsurance for Medicare-covered services if you see a participating provider and after meeting your deductible. | Cost-sharing depends on the plan. Usually pay a copayment for in-network care. Plans may charge a monthly premium in addition to Part B premium. |
| Supplemental insurance | Choice to pay an additional premium for a Medigap policy to cover Medicare cost-sharing. | Cannot purchase a Medigap policy. |
| Provider access | Can see any provider and use any facility that accepts Medicare - participating & non-participating. | Typically, can only see in-network providers. Some plans allow you to see out-of-network providers at a higher cost. |
| Referrals | Do not need referrals for specialists. | Uses referrals for specialists. |
| Drug coverage | Must sign up for a stand-alone Part D prescription drug plan. | In most cases, plan provides prescription drug coverage (may be required to pay a higher premium). |
| Other benefits | Does not cover routine vision, hearing, or dental services. | May cover additional services, including vision, hearing, and/or dental (you may owe an extra premium) |
| Out-of-pocket limit | No out-of-pocket limit. | Annual out-of-pocket limit. Plan pays the full cost of your care after you reach the limit. |

To discuss your options with a Medicare counselor, you can call the Office for the Aging and ask to speak with a HIICAP counselor. (845) 807-0241

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Yes: DEET

A repellent with DEET tells mosquitos to buzz off loud and clear. Get one with at least 20% DEET to protect skin for several hours at a time, more than 50% doesn't work any better. DEET is safe for almost everyone but can make sunscreen less effective.

Yes: Picaridin

Whether in a spray, lotion or wipes, picaridin is another EPA-approved ingredient that works well as a skin barrier for mosquitoes. It's a plant-based compound found in products like Cutter Advanced and Skin So Soft Bug Guard Plus.

Yes: IR3535

This mosquito-blocking compound is in Avon's Skin So Soft Bug Guard Plus IR3535 Expedition. It's approved by the EPA and will shoo mosquitoes off skin for several hours.

Yes: Oil of Lemon Eucalyptus

OLE is EPA-approved and effective for warding off mosquitoes. Get it (or its synthetic version, PMD) in products like Repel and Off! Botanicals. Steer clear of "pure" OLE (the oil alone, not in a repellent) as it hasn't been tested for safety and isn't recommended by the EPA.

Yes: 2-undecanone

This chemical, also called BioUD, comes from tomatoes. It's available in BiteBlocker and some studies say it works as well as products with 30% DEET.

No: Wristbands

Even when they're soaked in repellent, wristbands don't do much to keep mosquito bites at bay. They only block bites for the strip of wrist they cover, leaving the rest of the body as a bug buffet.

No: Citronella

Citronella is a common ingredient in products made to repel mosquitoes. Though it may work as a brief buffer to bites, it's not a serious solution. Citronella candles won't help.

No: Essential Oils

Plant-based oils like lemongrass, cedar, eucalyptus, peppermint, soybean, lavender and geranium may be popular but studies don't show any evidence that they ward off mosquitoes from snacking on you. Some may even irritate skin.

No: Garlic and Vitamin B

It would be great if swallowing a simple pill or clove worked as a cure-all for mosquito magnetism. Scientists say proof is lacking to declare those methods a solution.

No: Bug Zappers

Lay off the lights that are intended to lure bugs in. They don't make much of a difference. And you may actually be inviting more mosquitoes to your yard.

No: Ultrasonic Devices

These gadgets send out high-frequency sound that's meant to drive away pests. There's a chance they might work on crickets but studies say mosquitoes are unbothered by the noise.

Yes: Covering Up

If mosquitoes can't get to skin, they can't bite it. When possible, wear long sleeves, pants and a hat when you'll be in a mosquito-infested area. Tuck your shirttail into your pants and your pant legs into your socks for maximum bite blockage.

Yes: Being Water-Wise

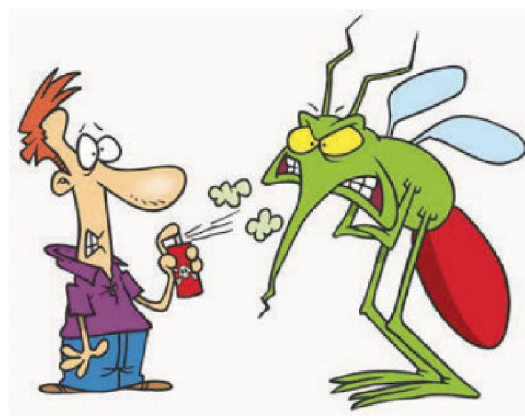
Stop mosquitoes before they hatch by ridding your yard of standing water, their favorite breeding ground. It doesn't take much water for them to set up shop, even an overturned Frisbee filled with rainwater is enough. Drain pooled water and clear out anything that might collect it, like tires or pots.

Yes: Yard Treatment

Foggers and sprays can temporarily banish mosquitoes from outdoor areas foggers can last for hours, sprays for days. But the chemicals can be harmful if you or your pets, come into contact with them while they're still wet or in the air. Keep windows closed during treatment and stay out of your yard until everything is dry. Bees and butterflies can also be wiped out, so it's best to avoid treating the places they hang out.

No: Bats

Bats like to snack on mosquitoes but prefer other, bigger insects like moths. If mosquitoes were their only food option, you might see your mosquito numbers go down, but it's doubtful bats will make a dent in the average back yard.





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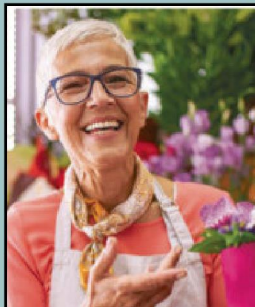
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LOCAL ACTIVITIES AND EVENTS

LOCAL HAPPENINGS

- July 4, 3:30pm-8:30pm July 4th Celebration, Narrowsburg Fireman's Field
- July 13, 12pm-4pm Founder's Day Street Fair, Wurtsboro
- July 20, 10am-1pm Livingston Manor Repair Café
- July 20, 4th Annual Rainbow Festival, Hurleville Performing Arts Center
- July 27, 10am-5pm Callicoon Country Street Fair
- July 28, 10am-4pm Narrowsburg Riverfest

LIBRARY ACTIVITIES

- July 12, 1pm Movie Matinee, "The Long Game" Liberty Library
- July 19, 1-2pm Senior Swing, Liberty Library
- July 26, 1pm Movie Matinee, "The Old Oak" Liberty Library
- July 19, 4-6pm Craft Lovers, Delaware Free Branch. Join Heather and other craft lovers for an introduction to the art of jewelry wire wrapping! All supplies will be provided.
- July 30, 5pm Gardening for Nature's Intricate Web, Delaware Free Branch



Thursdays 11 am - 12 pm

September 19 - November 21, 2024

Instruction provided by CCE Volunteer- Joy Mendelsohn, MD

This program is designed for women 65+ and men 75+

but is open to anyone

FREE but Registration is required

at <https://sullivanccc.org/events>

or by calling (845) 292-6180 x 122 or

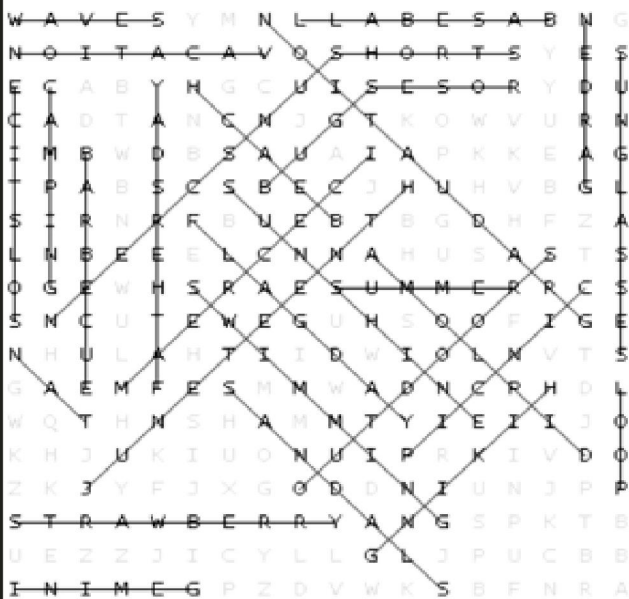
email: sullivanccc@cornell.edu



Livingston Manor Library presents
Writing History: Novels & Non-Fiction
 an
Author Panel
 with Deirdre Sinnott The Third Mrs. Galway
 and Darrell Hartman Battle of Ink and Ice
 with moderator Aaron Hicklin, owner of One Grand Books
Tuesday, July 9th at 7:00pm
 Space is limited, registration recommended
 (845)439-5540 92 Main Street, Livingston Manor

July 27, 10:00 am - 11:30am - **Snakes of the Hudson Valley** Call MEEC @ 845-644-5014 to register. Fee: \$5/person \$20/family (Due to the lecture format, this program is recommended for adults and children 8 and older) Mamakating Environmental Education Center, 762 South Rd, Wurtsboro, NY

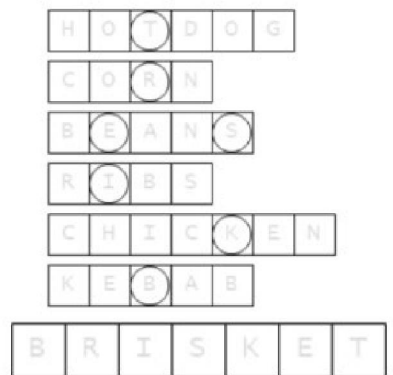
ANSWER KEY



Answer to Sudoku

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

BBQ SCRAMBLE



VISUAL NUMBER RIDDLE:

The correct answer is 1, 2, 3, 4, 6, 8, 9

TRIVIA: Frank Sinatra, Dean Martin, Sammy Davis Jr, Peter Lawford and Joey Bishop

RIDDLES: 1) Zero 2) Turn 30 3) They all made right-hand turns