



# MARCH 2025 NEWSLETTER



TEL: (845) 807-0241  
MON - FRI: 8AM - 5PM

EMAIL US:  
SULLIVANOFA@  
SULLIVANNY.GOV

VISIT OUR WEBPAGE:  
SULLIVANNY.US/  
DEPARTMENTS/AGING

LIKE & FOLLOW US ON  
FACEBOOK:  
WWW.FACEBOOK.  
COM/SCNYAGING

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

EDITORS: TANA PRICE &  
TERESA BORTREE

## The Monthly Hoot



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

**TO:**

## WE NEED YOUR SUPPORT


Sullivan County 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. No one will EVER be denied services because of their inability or unwillingness to contribute. Your contributions are appreciated.

*Thank you.*

### TABLE OF CONTENTS WHAT'S INSIDE


	PAGE:	
Contributions	2	Name _____
Scams	3	Address _____
Shopping Bus/Congregate Sites	4	<b>I designate my contribution of \$_____ for:</b>
March. Menu	5	<input type="checkbox"/> Home Delivered Meals <input type="checkbox"/> Congregate Meals
Alzheimer's	6	<input type="checkbox"/> Volunteer Services <input type="checkbox"/> Case management/Home care
Fitness Poll	7	<input type="checkbox"/> Transportation <input type="checkbox"/> Health Insurance Counseling Services
Food Pantries	9	<input type="checkbox"/> Use where most needed
Fun & Games	10	Make checks payable to: Sullivan County Treasurer. Please include this coupon with payment and drop off or mail to: Sullivan County Office for the Aging
Local Events	12	PO Box 5012, 100 North Street Monticello, NY 12701

**\*\*\* PAID ADVERTISEMENTS ARE NOT ENDORSED BY THE SULLIVAN COUNTY OFFICE FOR THE AGING NOR DOES THE SULLIVAN COUNTY OFFICE FOR THE AGING HAVE ANY DIRECT CONNECTION TO THE SERVICES AND GOODS OFFERED IN THE ADVERTISEMENTS\*\*\***



# WHY WAIT?

## EMERGENCIES DON'T!



In case of an emergency, choose Ellenville Regional Hospital.

**With short wait times where you'll get treated, not seated.**

- ▶ 24/7 Emergency Services
- ▶ Short Wait Times
- ▶ Advanced Treatment

**845.647.6400 | ERHNY.org**

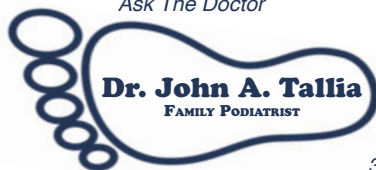


**ROOFING  
SIDING  
GUTTERS**

**845-820-4954**

[JDTCONSTRUCTIONNY.NET](http://JDTCONSTRUCTIONNY.NET)

**Are you Eligible for the Medicare Diabetic Shoe Program**  
*Ask The Doctor*



**Dr. John A. Tallia**  
FAMILY PODIATRIST

*39 Years of Caring*

30 Glen Wild Rd., Rock Hill, NY      **Please Call! 845-513-5333**

• Diabetic Foot Care Surgery Specialist • Home Visits  
• Whirlpool Foot Massage • Medicare & Most Insurance Accepted



## 2024 SEASON

THE REVOLI TRAGHER  
5745 FRANK STREET  
SOUTH FALLSBURG, NY 12779  
845.536.6506  
WWW.SCDW.NET

  
MAY 6TH-10TH

  
JUNE 14TH-22ND

  
JULY 12TH-20TH

  
AUGUST 9TH-16TH

  
SEPTEMBER 15TH-22ND

  
OCTOBER 14TH-21TH



## Scam of the Month

The Commissioner & Chief Information Officer of Sullivan County Information & Technology Services issued an alert this past Wednesday concerning phone scams. The Commissioner reports incidents of email and text scams involving E-Z Pass. The text messages can be different each time, but the senders always want one of two things: money or your personal information. These texts and email messages claim that you have an unpaid toll. They often include a link to a website. Remember, do not click on the link. If you are concerned about a Toll not being paid, you can always contact E-Z Pass directly and to speak with a confirmed representative from The Thruway Authority. Do not trust random text messages from E-Z Pass or Tolls by Mail. Keep an eye on our newsletter or social media pages or webpages to be alerted to most recent reported scams.

### If you receive a suspicious call:



- **Hang up**
- **Don't** believe them
- **Don't** trust your caller ID
- **Don't** give them money
- **Don't** give them personal information
- Report the scam at [oig.ssa.gov](http://oig.ssa.gov)



**SSA.GOV/SCAM**

Social Security Administration | Publication No. 85-024 | June 2023 | Produced at U.S. taxpayer expense



- ? Buying a gift card to pay someone?
- ! **STOP. It's a scam!**
- ! Gift cards are for gifts.



Do NOT use a gift card to pay: the IRS or Social Security, tech support, a family member in trouble, ransom or to avoid arrest or deportation, a member of the military, or to keep your utilities on.

Report gift card scams at: [ReportFraud.ftc.gov](http://ReportFraud.ftc.gov)



**Simple Cremation:**  
**\$995.00**

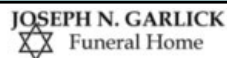
[zmmemorials.com](http://zmmemorials.com)

845-977-6127

Traditional Funerals ♦ Pre-Arranged Services

Two Names - A Leading Choice in Funeral Service

Pricing per general price list, excludes cash advance items - 388 Broadway, Monticello, NY 12701



*"Proudly serving the tri-county Jewish community for over 70 years"*

[josephngarlickfuneralhome.com](http://josephngarlickfuneralhome.com)

845-794-7474

### Medicare Questions?

Medicare can be *confusing*, don't get discouraged, *get informed!*

Turning 65, new to Medicare, or have questions about your coverage? Contact me today to review your plan and explore your options!

*Let's Talk!*  
Schedule your personalized consultation today!

**Meir Horowitz**  
Licensed Insurance Agent

(347) 633-0852  
(TTY: 711)

[mhinsures@gmail.com](mailto:mhinsures@gmail.com)

This is an advertisement. By calling this number or providing your information you agree to speak with a licensed insurance agent about Medicare Advantage, Part D Prescription Drug Plans or Medicare Supplements. Not affiliated with any government agency including Medicare. We do not offer every plan available in your area. Currently we represent 8 organizations which offer 517 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

### DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging, ad-supported print and digital newsletters to reach your community.

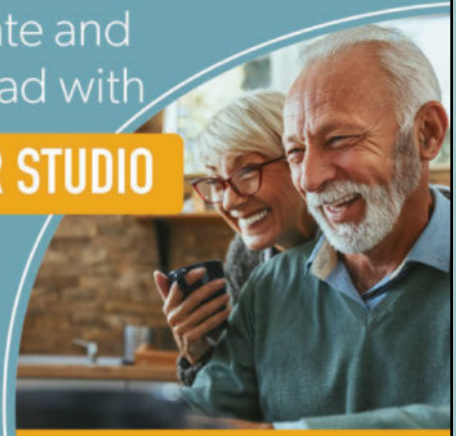
Visit [lpicommunities.com](http://lpicommunities.com)

Scan to contact us!

### Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)



# 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**

March 3, 10, 24

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

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

## **TUESDAYS**

March 4, 11, 18, 25

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

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

## **WEDNESDAYS**

March 5, 19, 26

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

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

## **THURSDAYS**

March 6, 13, 20, 27

**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**

March 7, 14, 21, 28

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

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



## 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



# MARCH MENU 2025



Five Congregate meal sites are now open. 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 \$6.50.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Chicken Cacciatore, Spaghetti Marinara, Diced Carrots, Italian Bread, Peaches	4) Pork Chop w/Gravy, Scalloped Potatoes, Broccoli, Whole Wheat Bread, Apple	5) Pepper Steak, Brown Rice, Peas, Dinner Rolls (2), Fruit Cocktail	6) Oven Roasted Turkey w/Gravy, Sweet Potatoes, Mixed Vegetables, Dinner Rolls (2), Mandarin Oranges	7) Cheese Tortellini w/Tomato Cream Sauce, Green Beans, Side Salad, Whole Wheat Bread, Applesauce
10) Hot Dog on a Bun (2), Baked Beans, Cauliflower, Fresh Orange	11) Ziti w/Meat Sauce, Side Salad, Peas & Carrots, Dinner Rolls (2), Pears	12) Chicken Tenders (3), Oven Roasted Potatoes, Corn, Whole Wheat Bread, Peaches	13) Turkey Sandwich, Lettuce & Tomato, Whole Wheat Bread, Macaroni Salad, Cole Slaw, Apple	14) Macaroni & Cheese, Stewed Tomatoes, Broccoli & Cauliflower, Dinner Roll, Fruit Cocktail
17) Corned Beef & Cabbage, Boiled Potatoes, Steamed Carrots, Rye Bread, Mandarin Oranges 	18) Chicken & Broccoli, Brown Rice, Oriental Vegetables, Whole Wheat Bread, Applesauce	19) Beef Stroganoff, Egg Noodles, Peas & Carrots, Rye Bread, Fresh Orange	20) Breaded Fish, Tartar Sauce, Baked Potato, Diced Carrots, Whole Wheat Bread (2), Pears	21) Ravioli w/Garlic Sauce, Tossed Salad, Broccoli, Italian Bread, Peaches
24) Cheeseburger on a Bun, Roasted Potatoes, Peas, Pickles, Apple	25) Chicken Stew, Egg Noodles, Mixed Vegetables, Wheat Bread, Fruit Cocktail	26) Sausage Sandwich, Peppers & Onions, Baked Beans, Hoagie Roll, Mandarin Oranges	27) Salisbury Steak, Gravy, Au Gratin Potatoes, Green Beans, Dinner Rolls (2), Applesauce	28) Stuffed Shells, Side Salad, Cauliflower, Italian Bread, Fresh Orange
31) Roast Pork & Kraut, Boiled Potatoes, Peas & Carrots, Rye Bread (2), Pears			DECAF TEA AND DECAF COFFEE AVAILABLE AT ALL MEALS	2% AND SKIM MILK SERVED AT ALL MEALS

## Tips on Caring for the Caregiver

Caregiving can be an emotional roller coaster. On the one hand, caring for your family member demonstrates love and commitment and can be a very rewarding personal experience. On the other hand, exhaustion, worry, inadequate resources, and continuous care demands are enormously stressful.

Caregivers are more likely to have a chronic illness than are non-caregivers, including high cholesterol, high blood pressure, and a tendency to be overweight. Family caregivers are also at increased risk for depression and excessive use of alcohol, tobacco, and other drugs.

While you cannot control the impact of an illness or injury on of a loved one, there is a great deal that you can do to take responsibility for your personal well-being and to get your own needs met. It is also not selfish to focus on your own needs and desires when you are a caregiver-it is an important part of the job. Being responsible for your own self-care helps you to be a better caregiver to your loved one. Try some of the following self-care practices:

- Learn and use stress-reduction techniques, e.g. meditation, prayer, yoga, Tai Chi.

- Attend to your own healthcare needs.
- Get proper rest and nutrition.
- Exercise regularly, even if only for 10 minutes at a time.
- Take time off without feeling guilty.
- Participate in pleasant, nurturing activities, such as reading a good book, taking a warm bath.
- Seek and accept the support of others.
- Seek supportive counseling when you need it, or talk to a trusted counselor, friend, or pastor.
- Identify and acknowledge your feelings, you have a right to ALL of them.
- Change the negative ways you view situations.
- Set goals.
- Attend a caregiver support group and get support from others who are going through similar experiences.

To find a support group near you: [www.sullivanccc.org/events](http://www.sullivanccc.org/events) or call the Caregiver Resource Center at (845) 292-6180 x 122.

Adapted from Family Caregiver Alliance, National Center on Caregiving, [www.caregiver.org](http://www.caregiver.org)

### HEALTHY LIVING FOR YOUR BRAIN AND BODY

**Date**  
Monday, March 17th, 2025

**Time**  
3:00 PM - 4:00 PM

**Location**  
Livingston Manor Free Library  
92 Main Street  
Livingston Manor NY 12758

#### Registration info

Three ways to register:

1. [https:// tinyurl.com/3s4uhz](https://tinyurl.com/3s4uhz)
2. Call (845) 292-6180 x 122
3. Email: [sullivanccc@cornell.edu](mailto:sullivanccc@cornell.edu)

This is a free program!  
Attend at no cost!

### 10 WARNING SIGNS OF ALZHEIMER'S AND DEMENTIA

**Date**  
Monday, March 31st, 2025

**Time**  
3:00 PM - 4:00 PM

**Location**  
Livingston Manor Free Library  
92 Main Street,  
Livingston Manor, NY 12758

#### Registration info

Three ways to register:

1. [https:// tinyurl.com/5n6mtpy4](https://tinyurl.com/5n6mtpy4)
2. Call (845) 292-6180 x 122
3. Email: [sullivanccc@cornell.edu](mailto:sullivanccc@cornell.edu)

This is a free program!  
Attend at no cost!

Caregiver  
Cafe'  
Winter/Spring 2025 schedule

**Registration Required:**  
Use the QR code below or go to  
<https://tinyurl.com/5n6mtpy4>



Feb 3   Mar 3   Apr 7   May 5   June 2

### Bone Builders

**Thursdays**  
**11 am - 12 pm**  
**March 27 - May 22, 2025**

Instruction provided by CCE  
Volunteer- Joy Mendelsohn, MD



**How to Register:**  
Use the QR Code!

[sullivanccc.org/events](http://sullivanccc.org/events)  
(845) 292-6180 ext. 122  
[sullivanccc@cornell.edu](mailto:sullivanccc@cornell.edu)

## PHYSICAL FITNESS POLL

Would you welcome a health and fitness program coming to your meeting place? Being physically active is one of the most important actions that people of all ages can take to improve their health. The evidence reviewed for physical activity can make people feel better, function better, sleep better, and reduce the risk of a large number of chronic diseases. Health benefits start immediately after exercising, and even short episodes of physical activity are beneficial. Achieving the benefits of physical activity depends on our personal efforts to increase activity in ourselves, family, friends, patients, and colleagues.

As part of weekly physical activity, older adults should do multicomponent physical activity that includes balance training as well as aerobic and muscle-strengthening activities. Older adults should determine their level of effort for physical activity relative to their level of fitness. Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely. When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.

- 1) What types of activities would you participate in if they were available at your meeting/program location?  
Comment:
- 2) I am satisfied that I have opportunities to engage in group physical activities?    Yes    No

- 3) How likely would you recommend group health and fitness programs to a friend?    Likely    Unlikely
- 4) Do you participate in a weekly exercise program? If so, what do you do?    Yes    No  
Comment:
- 5) Do you agree that if you participate in regular physical activities it can improve your overall health?    Yes    No
- 6) Do you commit to at least 150 minutes of exercise weekly?    Yes    No
- 7) How interested are you in participating in group classes like, chair yoga, balance training or muscle building?    Very interested    Interested  
Somewhat interested    Not interested
- 8) Do you like to listen to music while you participate in group activities, if so what kinds?    Comment:
- 9) What are some of the things you do to improve your mobility and flexibility?    Comment:
- 10) What would motivate you to make personal efforts to increase the amount of physical activity you engage in?    Comment:

Please detach and send to : Dept of Public Health  
Attn: Patricia  
50 Community Lane  
Liberty NY 12754

### ***EASY 4-INGREDIENT IRISH SODA BREAD***

#### INGREDIENTS

4 cups all-purpose flour  
1 1/2 teaspoon salt  
1 1/4 teaspoon baking soda  
2 cups buttermilk

PREHEAT OVEN 425°F



#### DIRECTIONS

Stir together flour, salt and baking soda in a large bowl. Add buttermilk and mix until moistened. Lightly flour your countertop and dump mixture. Sprinkle with flour and fold dough onto itself, and forming into a sticky, loose ball. (Do not overwork) Place on lighted flour-dusted baking sheet. Using a sharp knife, slash the top with a cross pattern. Bake for 10 minutes at 425°F then reduce to 375°F for 35-40 minutes until it is golden and firm to the touch. Let cool for 15 minutes before slicing. Enjoy!



## We understand.

Sometimes you need a moment alone. It's okay to admit you need a break. We understand the demands of caregiving and the importance of self-care. **We'll care for your loved one while you care for yourself.**



[hospiceoforange.com](http://hospiceoforange.com)  
845-561-6111




**ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?**

To advertise here visit [lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

**ADT-Monitored Home Security**

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide




ADT Authorized Provider | SafeStreets | 833-287-3502

## YOU CAN MAKE A DIFFERENCE FOR SENIORS IN THE HUDSON VALLEY!

### Hudson Valley Long Term Care Ombudsman Program

## JOIN OUR TEAM



### Benefits of Becoming A Volunteer Ombudsman

**Flexibility-** You have the flexibility to complete your required 2 hours/week as it fits into your schedule.

**Free Training-** and continuing education provided.

**Vital Link-** provides you the opportunity to give back to the most vulnerable of your communities' senior population.


**APPLY AT:**  
[NURSINGHOME411.ORG/LTCOP/VOLUNTEER](http://NURSINGHOME411.ORG/LTCOP/VOLUNTEER)

P: 845-229-4680 | [www.nursinghome411.org](http://www.nursinghome411.org)

**NEVER MISS OUR NEWSLETTER!**

**SUBSCRIBE**

Have our newsletter emailed to you.



Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)



*The New York State Long Term Care Ombudsman Program services are made possible through funding from the New York State Office for the Aging and U.S. Department of Health and Human Services, Administration for Community Living.*



# RSVP SPOTLIGHT ON OUR LOCAL FOOD PANTRIES



For millions of Americans, food insecurity is a reality. Food insecurity is mainly the inability to have access to adequate nutritious food. Certain groups of people are more likely to suffer from food insecurity than others. Children and seniors are some of the most likely to struggle with finding healthy foods to eat, therefore, food pantries are lifesaving organizations.



Recently, I had the pleasure of visiting two of the many food pantries in Sullivan County; “Holy Harry’s” Food Pantry at the Liberty United Methodist Church, and St. Peters Food Pantry in Liberty, NY. Both are RSVP volunteer stations. It was my absolute pleasure to work alongside our RSVP volunteers to get a better idea of just how much work they do to help fight food insecurity in the community.



It is important to note that no one is paid to do what they do. It’s all done through the generosity, kindness, and selflessness of volunteers. Through grant funding and donations, the site managers order food (ranging from 3-4 tons per month) from the Food Bank of the Hudson Valley. The food is then delivered in tractor trailers, generally every 2 weeks to a central location in Monticello. The volunteers, using their own vehicles, meet the trucks and load up their vehicles to transport the food back to their pantries so they can replenish their shelves. Volunteers also drive to pick up food items from other locations throughout the County. In fact, much of the bread, pastries, and fresh produce comes from generous donors right here in Sullivan County.



Both pantries are open for distribution one to two days a week. On average, each pantry provides nutritious food and personal care items to over 50 households every week. As always, Sullivan County RSVP is so proud of our volunteers for the difference they make by helping others. If you are interested in becoming an RSVP Volunteer, please contact Monika Roosa, RSVP Coordinator by calling (845) 807-0255 or by email at [Monika.Roosa@sullivanny.gov](mailto:Monika.Roosa@sullivanny.gov) to learn more about our volunteer opportunities.



**ST. PATRICK'S DAY WORD SCRAMBLE**

The letters in these words are all twisted up.  
Unscramble the letters to reveal the correct words.

- 1) SIHRI \_\_\_\_\_
- 2) ROLVCE \_\_\_\_\_
- 3) NEREG \_\_\_\_\_
- 4) DREAPA \_\_\_\_\_
- 5) SISK \_\_\_\_\_
- 6) CEDNA \_\_\_\_\_
- 7) KUYCL \_\_\_\_\_
- 8) HACRM \_\_\_\_\_
- 9) TIKL \_\_\_\_\_
- 10) HSARCM \_\_\_\_\_



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

- |           |               |            |             |
|-----------|---------------|------------|-------------|
| BAGPIPE   | CORNED BEEF   | IRISH      | PARADE      |
| BLARNEY   | DANCE         | JIG        | POT OF GOLD |
| BLESSINGS | DRINKING      | KILT       | RAINBOW     |
| CABBAGE   | ERIN GO BRAGH | LEPRECHAUN | SHAMROCK    |
| CELTIC    | FOLKLORE      | LIMERICK   | SODA BREAD  |
| CHARM     | GREEN         | LUCK       | TRADITION   |
| CLOVER    | IRELAND       | MARCH      | WISH        |

**SUDOKU**

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

**St. Patrick's Day Trivia Quiz**

- Where did the first ever St. Patrick's Day parade take place in 1762? A) The United States B) Scotland C) Ireland
- What is a bodhran? A) an Irish Whiskey B) a drum, shaped like a tambourine C) Irish Shellfish Dish
- What mythological being is a part of the St. Patrick's Day lore and Irish culture? A) mermaids B) fairies C) leprechauns
- Three-leafed shamrocks were believed to be used by St. Patrick to explain what? A) location of the Pot of Gold B) the Holy Trinity C) Heaven, Earth and Waters
- What did St. Patrick supposedly chase out of Ireland (as per legend)? A) all the snakes B) all the spiders C) all the infidels
- Who was the first U.S. President to attend a St. Patrick's Day parade? A) Harry S. Truman B) Thomas Jefferson C) James Monroe
- It is customary for the Irish prime minister to give the U.S. President what symbolic gift on St. Patrick's Day? A) a pot of gold B) a hat C) a shamrock bowl
- What is a culinary tradition of St. Patrick's Day? A) eating fish and chips B) eating corned beef and cabbage C) eating seafood
- In which country was St. Patrick born? A) Ireland B) Scotland C) Britain
- Some Irish old stories suggest that St. Patrick's walking stick transformed into what object? A) a tree B) a snake C) a dragon



Do you want to control your Home Care?

**Join Independent Home Care's Consumer Directed Home Care Program**

*Hire someone you know and trust to provide your care, your way; we will provide their paycheck!*

**MY CARE MY WAY** MY CHOICE IS **INDEPENDENCE**

**Contact Us Today!**

(845) 565-1163  
Contact@MyIndependentHomeCare.org  
www.MyIndependentHomeCare.org



**STATE-OF-THE-ART**  
*Post Hospital & Skilled Nursing Care*

WE'RE PROUD TO BE **Highly Rated by the Federal Government**

*Compassionate, Professional Rehab Services for*

- Injuries & Fractures
- Joint Replacements
- Cardiac & Pulmonary
- Stroke Recovery
- Wound Healing

**LEARN MORE!**

**ROSCOE**  
REHABILITATION & NURSING  
*living legends*

**(607) 498-4121**  
420 Rockland Rd, Roscoe

**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!

**CONTACT ME**  
**Anthony Praskavich**

**apraskavich@4LPi.com**  
**(800) 477-4574 x6656**

Email: [Info@JustCallSilverman.com](mailto:Info@JustCallSilverman.com)

**SILVERMAN**  
PLUMBING | HEATING | A/C

**(845) 583-6595**

**Rio**

**WE'RE HIRING!**

**AD SALES EXECUTIVES**

**BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.**

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

Contact us at [careers@4lpi.com](mailto:careers@4lpi.com) or [www.4lpi.com/careers](http://www.4lpi.com/careers)

**SUPPORT OUR ADVERTISERS!**

# LOCAL ACTIVITIES AND EVENTS

## LOCAL HAPPENINGS

### AOH St. Patrick's Day Parade

March 15, 2025. Lineup at 12:00 noon, parade begins at 1:00pm. Jeffersonville

-March 2, 2:00 pm - "The People's Medicine: Herbal Remedies Through the Centuries" - Virtual Only - Members: Free, Non-Members: \$5. Email [info@timeandthevalleymuseum.org](mailto:info@timeandthevalleymuseum.org) to receive a program link. Time and The Valleys Museum, 332 Main St Grahamsville

-March 29, 11:00 am-3:00 pm - Kauneonga Lake Farm & Makers's Market at Cornelius Duggan School, 3460 SR 55 White Lake



### SALON SERIES at Delaware Valley Arts Alliance, Krause Recital Hall, 37 Main St. Narrowsburg. - FREE-

Mar. 8, 2:00 pm-4:00 pm "The Guest" with Clown Daddy

Mar. 15, 2:00 pm-4:00 pm "Conversations In Chi" with Jane Ira Bloom and Kazzrie Jaxen

Mar. 22, 2:00 pm-4:00 pm Resounding Women: Music of Chaminade, Clarke, and Shaw

## LIBRARY ACTIVITIES

### Liberty Library

Mar 7, 2:00 pm Chair Yoga  
 Mar 14, 1:00 pm Movie Matinee "Conclave"  
 Mar 21, 1:00 pm Senior Swing  
 Mar 28, 1:00 pm Movie Matinee "On the Basis of Sex"-Ruth Bader Ginsberg's fight for equal rights

### Jeffersonville

Mar 11, 11:00 am Drop in with Public Health  
 Mar 11, 5:00 pm Cookie Decorating with Cuppie Cupcakes  
 Mar 29, 10:30am-1:30pm Community Craft Swap

### Livingston Manor

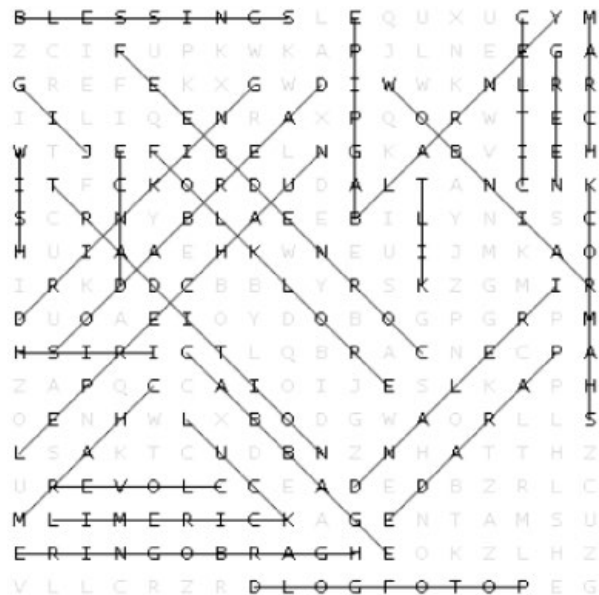
Mar 20, 5:30 pm Recycling 101—Learn about the Sullivan County Recycling Program

Mar 22, 10:00 am "Preparing Your Garden" presented by Maria Grimaldi. This holistic discussion will get your garden started with the right roots.

March 29, 7:00 pm Sullivan County Audubon Woodcock Watch. Meeting at 6:45 pm in the Renaissance Park parking lot off Main St.

Mar 27, 11:00 am Board & Brilliant: Senior Gaming Hour. Join us for a self-led event once a month where seniors can enjoy a variety of free card and board games at their own pace Hurleyville Performing Arts Center. 219 Main St. Hurleyville - FREE

## ANSWER KEY



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

### TRIVIA QUIZ

1. The United States
2. a drum
3. leprechauns
4. The Holy Trinity
5. All the snakes
6. Harry S. Truman
7. a shamrock bowl
8. eating corned beef and cabbage
9. Britain
10. a tree

### ST. PATRICK'S DAY WORD SCRAMBLE

- |           |            |
|-----------|------------|
| 1) IRISH  | 6) DANCE   |
| 2) CLOVER | 7) LUCKY   |
| 3) GREEN  | 8) MARCH   |
| 4) PARADE | 9) KILT    |
| 5) KISS   | 10) CHARMS |