

The Monthly



Hoot

100 NORTH STREET, PO BOX 5012, MONTICELLO, NY 12701



AUGUST 2022

TABLE OF CONTENTS

WHAT'S INSIDE

From The Director	02
In the Know	03
August Menu.....	04
Nutrition Info	05
Happy Tails	06
Penny Pincher	07
Favorite Pastimes	08

MISSION STATEMENT

The primary objective of the Office for the Aging is to be the lead advocate for the older population of Sullivan County.

All the programs sponsored or directly operated by this office are designed to give choices to older people, with the hope that through these choices they will be able to remain in their own homes and communities as

long as possible.

The Office for the Aging gives priority for services to those who are frail, low income, minority, and homebound.

The Office for the Aging is made possible by the Sullivan County Legislature, New York State Office for the Aging, and the Older Americans Act.

**SULLIVAN COUNTY
OFFICE FOR THE AGING**

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FROM THE DIRECTOR

Greetings to all! It is my pleasure to introduce you to the inaugural issue of the Monthly Hoot, the newsletter from the Sullivan County Office for the Aging (OFA). You might be wondering where we got the name? We conducted a survey of all the staff at OFA, and first solicited a lot of suggestions and then took a vote and The Monthly Hoot was our winner. The owl is a great representative of aging as it's often associated with wisdom, which definitely is just one of the great attributes of aging. Too often when discussing aging, we hear

negativity and stereotypes attached. That is Ageism, and that is what we at OFA are here to dispel. We hope to use this space to inform, entertain, and share great resources available to the aging community and their loved ones. Suggestions are always welcome, and we are grateful for any input our readers have.

Yours in good health-

Lise-Anne Deoul
Director



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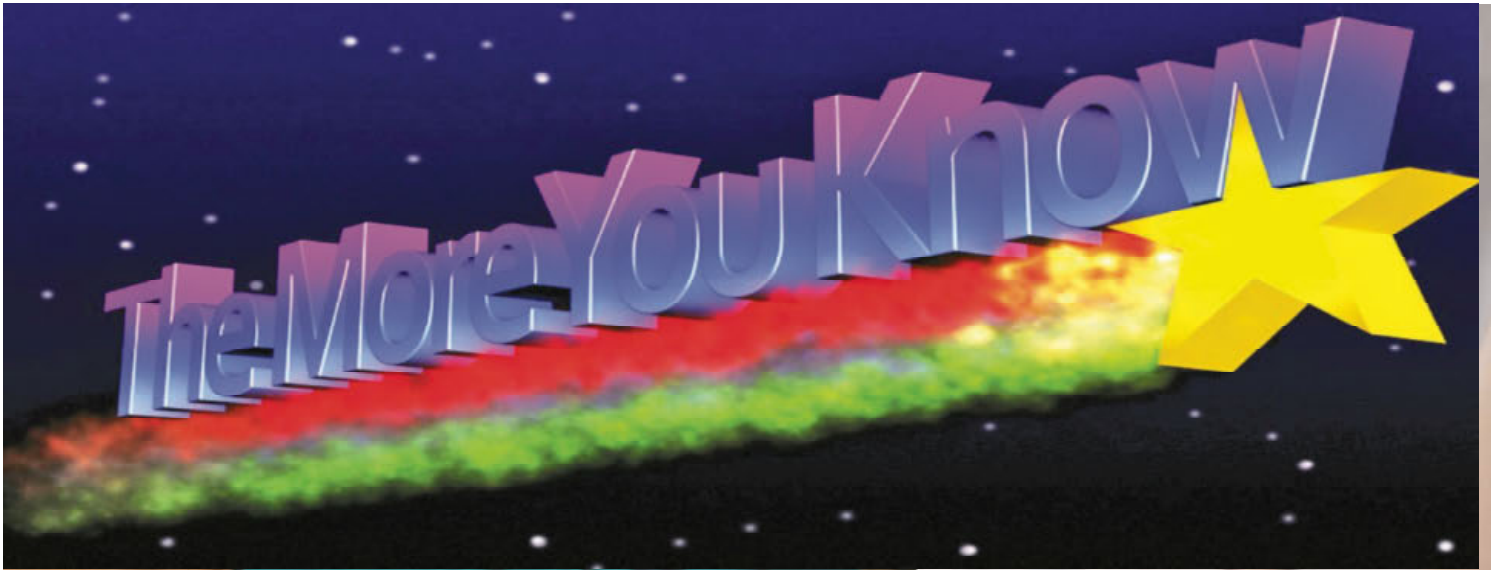


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IN THE KNOW

SCAM ALERT!

BEWARE of what documents you sign!! An article from NPR let us know about a trend that many may be completely unaware of—that is that nursing homes are suing family members and friends who have signed paperwork upon their loved one's or neighbor's admission to a nursing home in order to collect on the resident's outstanding debt to the facility. This is being reported in cities such as Rochester, NY. The article states that data from a nationwide poll revealed that about 1 in 7 adults have reported that they have been threatened with a lawsuit or arrest or outstanding healthcare debt.

It appears that when paperwork is being signed upon admission, those signing don't always take the time to read and understand what it is they are putting their name on. In the overwhelming process of the admission, there is much to sign and it may become a matter of, "sign here...sign there..." Although the lawsuits are not a common occurrence in our area, signing paperwork without reading and understanding what is being signed certainly is. If you are not the Power of Attorney for someone and have no way to access their money to pay their bills, you certainly do not want to sign something that may cause you to be responsible for that person's bills.

To read the full story and learn more of the details, go to <https://www.npr.org/sections/health-shots/2022/07/28/1113134049/nursing-homes-are-suing-friends-and-family-to-collect-on-patients-bills>. If you find yourself in a similar circumstance as the stories shared in the article, contact our Legal Services of the Hudson Valley at 1-877-574-8529.

Farmer's Market Coupons still available while supplies last! Stop by the Office for the Aging at the Government Center.

Help with Water and Sewer Bills

The Low Income Household Water Assistance Program (LIHWAP) helps low income households pay the cost of water and sewer services. The program can assist households who have past due bills (arrears) for water and sewer services. LIHWAP can help prevent your water and/or sewer services from being shut off. Visit: www.waterassistance.otda.ny.gov

AUGUST 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1		3	4	5
Cheese Tortellini Sauce Italian Vegetables Tossed Salad Italian Bread (2) Fruit Cocktail K: Manicotti		Pepper Steak Peppers & onions Egg Noodles Green Beans Corn Muffin Peaches K: Pot Roast		Baked Chicken w/Gravy Mashed Potatoes Spinach Dinner Roll (2) Fresh Apple K: Goulash
8	9	10	11	12
Baked Ziti w/Meatballs Tossed Salad Italian Green Beans Italian Bread (2) Pears K: Turkey		Meatloaf w/Gravy Mashed Potatoes Baby Carrots Dinner Roll (2) Fruit Cup K: Fish		Turkey/Cheese Sandwich On Whole Wheat (2) Lettuce & Tomato Cold Pickled Beet Salad Red Bliss Potato Salad Sherbet K: Manicotti
15	16	17	18	19
Cheeseburger German Potato Salad Baked Beans Pickles Hamburger Bun Fresh Orange K: Chicken		Sliced Ham/ Pineapple Sauce Scalloped Potatoes Sugar Snap Peas Rye Bread (2) Mandarin Orange K: Meatloaf		Stuffed Peppers Broccoli & Cauliflower Blend Tossed Salad Italian Bread (2) Fresh Plum K: Brisket
22	23	24	25	26
BBQ Chicken Baked Sweet Potato Herbed Zucchini Applesauce Whole Wheat Bread (2) K: Brisket		Egg Salad Sandwich on Whole Wheat Lettuce & Tomato Three Bean Salad Pasta Salad Diced Pears K: Turkey		Baked Lemon Pepper Tilapia Italian Vegetables Oven Roasted Potatoes Whole Wheat Bread (2) Banana K: Fish
29	30	31		
Unstuffed Cabbage Mashed Potatoes Mixed Vegetables Cantaloupe Slice Dinner Roll (2) K: Fish		Chicken Cutlet Gravy Brown Rice Green Beans Corn Dinner Roll Tropical Fruit Blend K: Manicotti		Milk served with all meals. Coffee and Tea available at Senior Nutrition Sites.

REGISTERED DIETITIAN NUTRITION PROGRAM

Meet Julie McQueen, MS, RDN, CDN (Registered Dietitian-Nutritionist), for the Sullivan County Office for the Aging who will be assisting with creating nutrition education handouts, as well as providing counseling for qualified residents.



Julie McQueen, MS, RDN, CDN
NutraCo

Julie graduated from Eastern Kentucky University with a Master of Science in the field of Community Nutrition and has had a wide variety of experience in her professional career, including nutritional counseling, especially the geriatric population, acute and ICU level care and food service management. Currently she is working as a full time Regional Dietitian for NutraCo and oversees dietitians in the nursing home setting.

When Julie isn't working, she enjoys gardening, training for a half marathon this fall, cooking using the fresh ingredients from her herb and vegetable garden, meditating and playing with her 10-month old puppy. Health isn't about being perfect with food or exercise. Health is about balancing those things with your desires. It's about nourishing your spirit as well as your body and finding balance in life.


MUNCH A PLACES

Currently there are five Nutrition Sites open: Mamakating, Liberty, Livingston Manor, Jeffersonville and Bethel. MUST be 60 & older

Grab & Go Wednesdays in Livingston Manor pickup 11-11:30

MUST preorder 24 hrs. in advance

 <p>Simple Cremation: \$995.00</p> <p>zmmemorials.com 845-977-6127</p> <p>Traditional Funerals ♦ Pre-Arranged Services <i>Two Names - A Leading Choice in Funeral Service</i></p> <p><small>Pricing per general price list, excludes cash advance items - 388 Broadway, Monticello, NY 12701</small></p>	<p>JOSEPH N. GARLICK Funeral Home</p> <p><i>"Proudly serving the tri-county Jewish community for over 70 years"</i></p> <p>josephngarlickfuneralhome.com 845-794-7474</p>	 <p>Any-Time Home Care, Inc. <i>Modern Nursing, Old Fashioned Caring</i></p> <p>Hiring HHA/PCA Scan QR code or Call (845) 344-4222 for more information</p> <p><i>We offer free training classes.</i></p> 
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 <p>CONSUMER DIRECTED CHOICES</p> <p>Empowering Independence</p> <p><i>Contact Us Today</i></p> <p>518-464-0810 ext. 120 Email: Info@CDChoices.org www.CDChoices.org</p>	<p>Consumer Directed Choices (CDChoices) is a <i>premier</i> provider of self-directed home-care services. Through this New York State Medicaid-funded program, you hire your own caregivers to provide you with quality care.</p> <p><i>What sets CDChoices apart?</i></p> <ul style="list-style-type: none"> - Specialize exclusively in consumer-directed personal assistance - Offer highest pay rate to caregivers - Provides your caregivers with health, dental, and vision benefits - Consumers control their caregiver's rate - Sign-on bonuses of up to \$500 for caregivers - Help new consumers effectively manage caregivers through a peer mentor
<p>Don't have a caregiver? No problem. When you enroll with CDChoices, you receive exclusive access to our Workforce Recruitment Portal, where you can choose from over hundreds of caregivers looking for work.</p>	



HAPPY TAILS

Check for Ticks: In and around the ears
Inside the belly button
Between the legs
In and around the hair
Under the arms
Around the waist
Back of the knees

For Fur Babies:
Talk to your veterinarian about tick prevention products

Run your fingers through your pet's fur to feel for small bumps
Check your pet for ticks daily
Check for Ticks: Around the tail
Between the back legs
Between the toes
In and around the ears
Around the eyelids
Under the collar
Under the front legs

Prevent Tickborne Diseases In People:

Wear insect repellent, Shower soon after being outdoors, Check for ticks daily, See your doctor if you develop fever or rash after a tick bite or tick exposure

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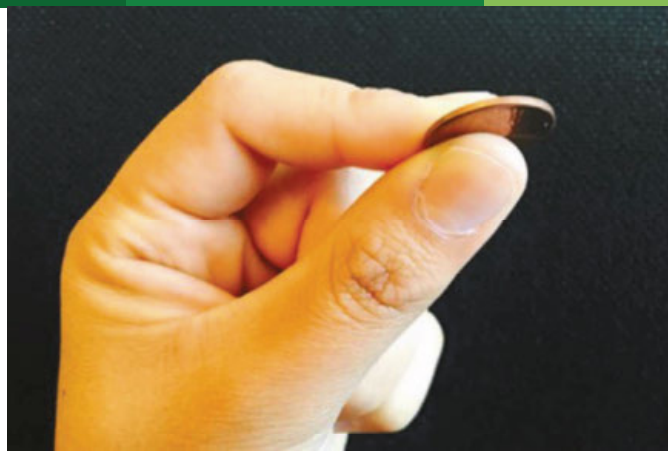
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PENNY PINCHER

Want to have fun on a budget? Then this page is for you with free to low cost activities. Let's get thrifty.

Harvest Festival at Bethel Woods August 28– October 2, 2022 every Sunday 11:00 am-4:00 pm Admission \$5.00

Books by Mail through the Sullivan Public Library Alliance
Call your local library for more information



A CUP AND CONVERSATION—THE 2ND TUESDAY OF EVERY MONTH 10:00-11:00 AM DANIEL PIERCE PUBLIC LIBRARY GRAHAMSVILLE, NY

ADULT GAMING GROUP –EVERY FRIDAY IN AUGUST 1:00 PM ETHELBERT B. CRAWFORD PUBLIC LIBRARY MONTICELLO, NY

RHYTHMS AROUND THE WORLD (NESIN CULTURAL ARTS & THE SULLIVAN COUNTY CHAMBER ORCHESTRA) OUTDOOR STAGE– THURSDAY, AUGUST 25TH 6:30 PM—ETHELBERT B. CRAWFORD PUBLIC LIBRARY

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CREATIVE CORNER

PINECONE BIRD SNACKS

Collect pinecones from your backyard. Spread peanut butter on the pinecone leaflets. Roll in birdseed. Tie a string to the top. Hang from a branch. Enjoy watching your feathered friends!

BOOK NOOK

Unbroken by Laura Hillenbrand

The Light Between Oceans by Derek Cianfrance

The Street Lawyer by John Grisham

Labor Day by Joyce Maynard

Water For Elephants by Sara Gruen



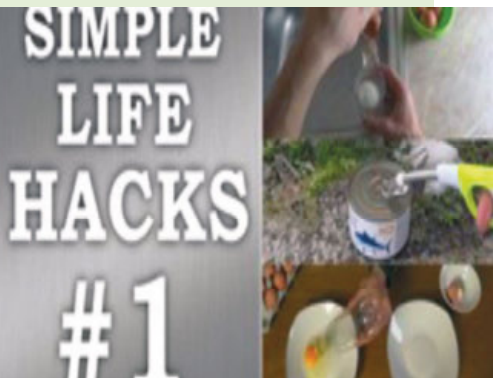
A LITTLE DIRT NEVER HURT

A rule of thumb for planting eye-catching container gardens is to choose a thriller, a spiller and a filler. That means giving your container something taller to catch interest, a trailing plant or vine to spillover the edge and plants of moderate height to fill in between the first two. A spike, a palm or a type of decorative grass make nice center plants. Trailing plants like wave petunias, bacopa and creeping Jenny are attractive additions to container gardens.



SPRY AND LIVELY

Daily stretching has all kinds of benefits, from stress relief to better posture. It's a great idea, no matter when you fit it into your day. You can stretch before you get out of bed in the morning or spend a few minutes following a spurt of activity. Maybe the only time you can find in the day is at night, if that's the case, don't stress! Stretching before bed can lead to better sleep!



HINTS AND HACKS

PEANUT BUTTER

Store natural peanut butter upside down so it won't separate as much. It will bring the oil to the top and make it a lot easier to mix and spread.