



The Monthly



Hoot

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.

*Thank you*

**SULLIVAN COUNTY OFFICE FOR THE AGING**

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**EDITORS: TANA PRICE & TERESA BORTREE**

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# COMMUNITY RESOURCE GUIDE 2023



## Get Your Community Resource Guide!

Have you ever needed information or help and didn't know where to turn or who to contact?

This Sullivan County-specific guide is just one tool to give you the knowledge and power to help yourself, your family, and your friends whenever help is needed.

Scan the QR code or visit [Sullivan180.org/Community-Resource-Guide](http://Sullivan180.org/Community-Resource-Guide) for the digital version, or get your hard copy at the Office for the Aging!

*This guide was produced in partnership with the Sullivan County Department of Public Health and the Sullivan County Rural Health Network.*



For more information, visit: [www.Sullivan180.org](http://www.Sullivan180.org)

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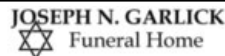
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## Safe Sex for Seniors

In today's day and age – with more open attitudes toward sexuality, better health among older adults, internet dating, and the availability of medications like Viagra – many older adults are remaining sexually active. Unfortunately, older people are more vulnerable to sexually transmitted diseases (STDs) than younger adults. For older people, it's of the utmost importance to make sure you're practicing safe sex. **Here are 4 tips on having and enjoying safe sex, no matter what your age.**

### Do a background check

Know your partner's sexual background before having oral, vaginal, or anal sex. All types of sex can spread STDs. Talk about your sexual histories, and tell each other whether you've ever been tested for STDs, what the results were, and whether you've ever injected illegal drugs. HIV/AIDS can also be spread via shared hypodermic needles, though the most common risk factor for older women is sex with an infected man.

### Consider getting tested first

The best way to protect yourself and your partner is for the two of you to get tested for HIV and other STDs before you start having sex. STDs don't always cause obvious symptoms. And some symptoms of STDs or HIV, such as fatigue, can be mistaken for age-related health problems.

### Use a condom and lubricant

Use a condom and lubricant every time you have sex until you know your partner's sexual history and are in a sexually exclusive relationship. Water-based lubricants such as K-Y Jelly are important because they can lower the chances of getting a sore or tiny cut on the penis or inside the vagina. These sores and cuts can increase the risk of getting STDs.

### Talk to your healthcare provider

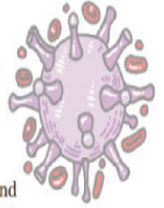
Your healthcare provider can offer additional advice about protecting yourself from STDs. He or she can also recommend treatments for common sexual problems such as vaginal dryness and erectile dysfunction (ED).

There are effective treatments for vaginal dryness, which range from over-the-counter moisturizers and lubricants to estrogen creams, tablets, and rings that you insert vaginally.

Though ED is more common with age, it isn't an inevitable part of growing older. Rather, it's often due to underlying medical or emotional problems such as heart disease or diabetes, medication side effects, or anxiety. Because ED may be the first sign of an underlying medical condition, it's particularly important to talk to your healthcare provider if you experience this problem.

## HIV: Key Points

### For Older Adults



Yes, ANYONE can get HIV.

According to the Centers for Disease Control and Prevention (CDC), as of 2018, over half of people diagnosed with HIV in the United States are over the age of 50.



Risk factors for HIV are the same at any age, however older adults are less likely to test for it.

In the United States, HIV is mainly spread through:

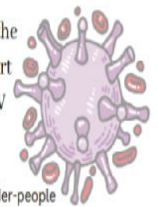
- Anal or vaginal sex with someone who has HIV without using a condom or taking medication to prevent or treat HIV.
- Sharing injection drug equipment (such as needles) with someone who has HIV.



Age-related thinning and dryness of the vagina may increase risk of HIV in older women. Thinning and dryness can tear the vagina during sex and lead to HIV transmission. Older adults may also be less likely to use condoms during sex, because there is less concern about pregnancy.



HIV antiretroviral therapy medications are recommended for everyone with HIV, although the regimen is based on the individual's needs. Heart disease and certain cancers can complicate HIV treatment.



<https://hivinfo.nih.gov/understanding-hiv/fact-sheets/hiv-and-older-people>



CASUAL SEX  
GAY SEX  
ROMANTIC SEX  
STRAIGHT SEX  
CURIOUS SEX

IF YOU HAVE SEX  
AGE IS NOT A CONDOM


Learn more. Be safe. Get tested.

NYS 800-541-AIDS NYC 800-TALK-HIV  
800-541-2437 800-825-5448

ageisnotacondom.org



# SHOPPING BUS SCHEDULE AND SEPTEMBER MENU 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Two Congregate Sites are open! Please call 24 hrs in advance for reservations at (845) 807-0254. Transportation available. Lunch at 12:00pm. Livingston Manor Site- Wednesday / Mamakating Site-Monday &amp; Wednesday Menu subject to change.</b></p>				<p>1) Cheeseburger on a Bun Oven Roasted Potatoes Green Beans Pickles Fruit Cocktail</p>
<p>4)</p> 	<p>5)</p>	<p>6) Roast Beef Sandwich Lettuce &amp; Tomato Potato Salad Cole Slaw Whole Wheat Bread Fresh Apple</p>	<p>7)</p>	<p>8) Breaded Fish Tartar Sauce Baked Potato Diced Carrots Dinner Rolls (2) Mandarin Oranges</p>
<p>11) Chicken Cacciatore Ziti w/Sauce Mixed Vegetables Italian Bread Fruit Cocktail</p>	<p>12)</p>	<p>13) Sausage Sandwich Peppers &amp; Onions Baked Beans Hoagie Roll Peaches</p>	<p>14)</p>	<p>15) Roast Pork Loin w/ Gravy Sweet Potatoes Green Beans Dinner Rolls (2) Applesauce</p>
<p>18) Cheese Tortellini in Garlic Sauce Peas Side Salad Italian Bread Pears</p>	<p>19)</p>	<p>20) <b>Office for the Aging Nutrition Department will be Closed in honor of our RSVP volunteers</b></p>	<p>21)</p>	<p>22) Turkey Sandwich Lettuce &amp; Tomato Whole Wheat Bread Macaroni Salad 3 Bean Salad Banana</p>
<p>25) Hot Dog on a Roll (2) Baked Beans Mixed Vegetables Applesauce</p>	<p>26)</p>	<p>27) Meatloaf &amp; Gravy Mashed Potatoes Corn Dinner Rolls Fresh Orange</p>	<p>28)</p>	<p>29) Stuffed Shells Side Salad Broccoli Italian Bread Fruit Cocktail</p>

**MONDAYS: Route 3: September 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>**

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

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

**TUESDAYS: Route 1: September 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>**

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

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

**WEDNESDAYS: Route 4: September 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>**

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

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

**THURSDAYS: Route 2: September 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>**

**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: Route 5: September 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>**

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

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

# Awareness

## Prostate Health Awareness

Prostate Health Month brings education, information, support and awareness to the second-leading cancer among men. A healthy lifestyle is the first step toward prevention. Fruits, vegetables, whole grains and lean proteins, controlled portions and regular exercise all contribute to improving and maintaining prostate health. An important part of prostate health includes knowing health risks and family history. Both help the early detection of prostate cancer. Routine exams is another important part of the process. The prostate-specific antigen (PSA) test screens for prostate cancer. A digital rectal exam is part of the screening process. Most prostate cancers are slow-growing, not all are. Early detection will increase the success of treatment. Talk to your loved ones about regular check-ups and prostate health. Some of topics to discuss include: family history, routine reminders to schedule a routine physical with your primary care physician, support research and share survivor stories.

Source: NationalDayCalendar.com

## Gynecologic Cancer Awareness

There are several cancers under this category: Ovarian, Endometrial, Vulvar, Vaginal and Cervical. Different symptoms indicate different cancers, some overlap. Some symptoms include: spotting between cycles or bleeding unrelated to a period, weight loss, extreme fatigue, pain and discomfort in the pelvic area, frequent urination, heavy or long periods, itching or pain on the external genitals, postmenopausal bleeding, irregular cycles, skin changes of the external genitals, painful intercourse/bleeding after intercourse, unusual smelly discharge or a mass or ulcer on the genitalia. If you experience any of these symptoms, contact your doctor for an appointment. Many cancers are preventable. Regular check-ups, vaccines, healthy diets and exercise and knowing family history help prevent cancer or help catch it early.

Regular pap smears can detect cervical cancer, there are no screening tools for the other gynecological cancers. Talk to your loved ones about regular check-ups and gynecologic care. Some of topics to discuss include: family history, routine reminders to schedule a routine physical with your GYN, support research and share survivor stories.

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## YOUR INPUT MAKES A DIFFERENCE - SURVEY

### SULLIVAN COUNTY SENIOR NEEDS ASSESSMENT ENGLISH VERSION - SCAN QR OR USE LINK BELOW



Help ensure that the Sullivan County Office for the Aging understands the needs of seniors in YOUR community and can better provide services and programs that will benefit Sullivan's seniors.

Only takes 5-10 minutes!

[HTTPS://WWW.SURVEYMONKEY.COM/R/SULLIVANSR](https://www.surveymonkey.com/r/sullivanSR)



### CONDADO DE SULLIVAN EVALUACIÓN DE LAS NECESIDADES DE LA COMUNIDAD DE PERSONAS MAYORES

#### VERSIÓN EN ESPAÑOL- SCAN QR O ENLACE USE A CONTINUACIÓN

Esta encuesta es parte de una evaluación de necesidades de la comunidad para personas mayores y análisis de brechas para el condado de Sullivan. Su participación en esta encuesta ayudará a garantizar que la Oficina para el Envejecimiento del Condado de Sullivan comprenda las necesidades de las personas mayores en la comunidad y pueda proporcionar mejores servicios y programas que beneficien a las personas mayores de Sullivan. La encuesta tomará aproximadamente 5-10 minutos!



[HTTPS://WWW.SURVEYMONKEY.COM/R/SCAGINGSPAN](https://www.surveymonkey.com/r/scagingspan)

Please contact our office for a paper version of this survey. (845) 807-0241

## Five Tips to Cope with Caregiving

Caregivers serve a vital role in the lives of their loved ones who have Alzheimer's disease or other forms of dementia. They provide companionship, help with daily tasks and a safe and comfortable environment. Caregiving can be rewarding... giving love and being committed to the wellbeing of someone who needs support. It can also be exhausting and frustrating, as the disease creates a need for additional help and resources and the care demands grow over time. Caregivers have needs, too and need to make time for themselves! Caring for yourself physically and emotionally helps you provide better care to someone else.

So, you ask... how do you do that? Here are five tips to help you cope with caregiving.

- 1. Manage your level of stress.** Stress can cause physical problems, changes in behavior and in mood. Note your symptoms and discuss with a doctor, as needed. Try to find relaxation techniques that work for you, such as meditation, music or prayer.
- 2. Be realistic.** Many behaviors of dementia can't be controlled. Learn about the disease, grieve the losses, focus on positive times as they arise and enjoy good memories.
- 3. Know you're doing your best.** Remember that the care you provide makes a difference and that you are doing the best you can. You may feel guilty because you can't do more, but individual care needs change as Alzheimer's progresses.
- 4. Take a break.** It's normal to need a break from caregiving duties. No one can do it all by themselves. Look into respite care to allow time to take care of yourself and also find brief times during the day to get fresh air, take deep breaths, call a friend or listen to music.
- 5. Accept changes as they occur.** People with Alzheimer's disease change over time and so do their needs. They may require care beyond what you can provide on your own. Becoming aware of community resources and care options can make the transition easier.

Please call the Alzheimer's Association any time, 24/7, at our Helpline at 800-272-3900, to talk about your needs as they change and learn about our programs and services available to support you. Visit our website at <http://alz.org/help-support/caregiving> for more tips and information. We look forward to hearing from you!

### Caregiver Resource Center ~ Caring for the Caregiver

The Office for the Aging knows 80% of all care received by our older population is given through the informal care system; care that is given by our family members, friends, and neighbors.

#### Informal caregivers comprise all segments of our community:



Mothers and Fathers  
Husbands and Wives  
Daughters and Sons  
Neighbors and Friends

Their compassionate care and determination make it possible for an elderly, ill, or frail family member or friend to receive the help where and when they need it.

#### **The multiple responsibilities of a caregiver can seem like a full time job!**

#### Caregivers help in many ways:

- Medical Needs
  - Household Tasks
  - Transportation
  - Coordination of Care
  - Legal & Financial Considerations
  - Emotional Support
  - Companionship
- And so many other caring ways!



The Caregiver Resource Center is a partnership between Cornell Cooperative Extension and Office for the Aging of Sullivan County, supported by funding from the NYS Office for the Aging Caregiver Program.



**OPEN** 8:30 am to 4:30 pm Monday - Friday

**ADDRESS** 64 Ferndale-Loomis Road, Liberty, NY 12754

**CALL** 845-292-6180 ext. 122

**CLICK** [sullivanccce.org](http://sullivanccce.org)

**EMAIL** [sullivanccce@cornell.edu](mailto:sullivanccce@cornell.edu)

Cornell Cooperative Extension Sullivan County is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and individuals with Disabilities and provides equal program and employment opportunities.

Cornell Cooperative Extension Sullivan County

## Caregiver Resource Center

A free program for informal caregivers who are assisting an aging, ill, or disabled relative, friend, or neighbor.




Cornell Cooperative Extension Sullivan County

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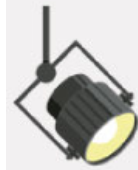
## Help us plan future programs for the Caregiver Resource Center!

LIBERTY, NY — Many people do not self-identify as caregivers. In the context of elder care, the term “Caregiver” typically refers to someone who provides things like meals, shopping, bathing, transportation to doctor’s appointments or the pharmacy, or just companionship and help with activities of daily living. It can be for a friend, relative, or neighbor who is aging with physical or cognitive limitations, or is disabled and needs social, physical or emotional support.

To better serve the needs of adult caregivers in Sullivan County, the Caregiver Resource Center (CRC) at Cornell Cooperative Extension Sullivan County (CCEC) has released a short survey for caregivers to give insight to the kind of educational programs, workshops, and resources they need.

To fill out the survey, interested participants can find the online version at <https://www.surveymonkey.com/r/3GKR7DL>, CCEC’s social media pages, or individuals can request a printed copy from the CRC office. This short survey takes a few minutes to complete, and the staff of the Caregiver Resource Center appreciates any feedback given. Those with related questions can email [sullivancrc@cornell.edu](mailto:sullivancrc@cornell.edu) or call 845-292-6180 ext. 122.

The Caregiver Resource Center is a co-partnered program between Cornell Cooperative Extension Sullivan County and Office for the Aging of Sullivan County, and is supported by a grant from the NYS Office for the Aging’s Caregiver Program.



### RSVP SPOTLIGHT



#### Meet Keven Salavarria

The Retired Senior Volunteer Program (RSVP) Coordinator!

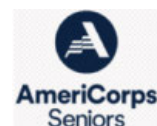
Keven lives in Liberty and has been with OFA since 2019. After several years helping seniors age in place through OFA’s EISEP program, Keven was overjoyed to become RSVP Coordinator and shift his focus to senior volunteers.

“It is a privilege to work with Sullivan County seniors, and they teach me the importance of service and the astounding positive impact it has in our community”

You can find Keven walking his dog Rosie around Liberty and at community events spreading the word about RSVP and other OFA services.

“Many of our seniors are already doing amazing things like driving their neighbors to medical appointments, and I love bridging the gap where they now qualify for mileage reimbursement and other benefits as an official AmeriCorps Seniors RSVP Volunteer.”

If you’d like to become a volunteer with Sullivan County RSVP, reach out to Keven today at 845-807-0255 or [Keven.Salavarria@sullivanny.us](mailto:Keven.Salavarria@sullivanny.us).



# Sudoku

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

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

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DIFFICULTY: ★☆☆☆☆

## FUN & GAMES



### WORD SCRAMBLE

- TOCACTN
- YOBHB
- YESRUV
- DUGEI
- SNUDF
- PUITN
- RMAPOGR

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

### TRIVIA

What was the first toy to be advertised on television?

### RIDDLES

- How much dirt is there in a hole that measures two feet by three feet by four feet?
- Pronounced as 1 letter, And written with 3, 2 letters there are, and 2 only in me. I'm double, I'm single, I'm black blue, and gray, I'm read from both ends, and the same either way. What am I?
- It belongs to you, but your friends use it more. What is it?

### BRAINTEASER

Two men play five games of checkers. Each man wins the same number of games. There are no ties. Explain this.

- |             |             |           |            |
|-------------|-------------|-----------|------------|
| ACADIA      | ARCHES      | BADLANDS  | BISCAYNE   |
| CANYONLANDS | CONGAREE    | DENALI    | EVERGLADES |
| GLACIER     | KATMAI      | OLYMPIC   | PINNACLES  |
| REDWOOD     | SAGUARO     | SEQUOIA   | SHENANDOAH |
| VOYAGEURS   | YELLOWSTONE | YOSEMITE  | ZION       |
| ROCKY       | MOUNTAIN    | PETRIFIED | FOREST     |
| CASCADES    | RAINIER     | MESA      | VERDE      |
| MAMMOTH     | CAVE        | GRAND     | CANYON     |
| DUNES       | SMOKY       | TETON     |            |



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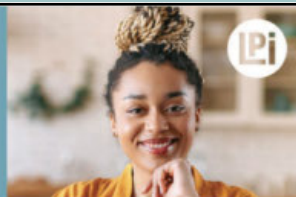
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**Tie-Dye T-shirt for Adults**

Tie Dye isn't just for kids! Join Ciera in making your very own custom WSPL tie-dyed t-shirt. Please register early so we know which size to order. If you can't register more than two weeks in advance, you will get a random shirt size.

We will be outside, weather permitting. And will schedule a rain date if need be.

PLEASE DON'T REGISTER FOR MORE THAN ONE LOCATION AS SUPPLIES ARE LIMITED.

Tuesday, Sept.12 @ 4pm - Delaware Free Branch

Tuesday, Sept.19 @ 4pm - Jeffersonville Branch

Friday, Sept. 22 @ 4pm - Tusten-Cochecton Branch

**Memoir Writing Workshop**

Meets every Wednesday at the Jeffersonville Branch from Sept. 13 - Oct 11 @ 2pm

Beginners & Intermediate writers are welcome!

**Book Folding Workshop**

Thursday, Sept 28 @ 4pm - Jeffersonville Branch

Join our Adult Program Coordinator, Ciera, in learning the art of book folding. Patterns will be pre-chosen and books and materials will be provided



Join us for the

**Daniel Pierce Library's  
37th Annual  
Giant Pumpkin Party**

Saturday, October 7, 2023  
9 a.m. - 4 p.m.

Grahamsville Fairgrounds - Route 55

Rain or Shine - No Pets Allowed



Daniel Pierce Library  
328 Main Street | P.O. Box 268  
Grahamsville, New York 12740-0268 | 845-985-7233  
[www.danielpiercelibrary.org](http://www.danielpiercelibrary.org)



**Senior  
Cinema**

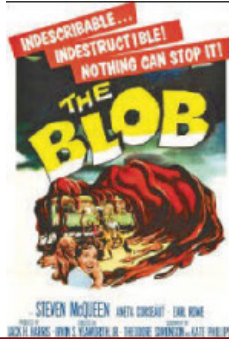
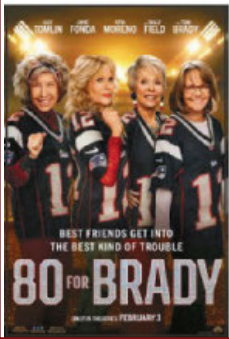
Enjoy movie magic at the Hurleyville Performing Arts Centre! Only \$5 per ticket includes a great movie and a coffee & cake social. *Sign up now!*

**SEPTEMBER 15 - 80 FOR BRADY**

**OCTOBER 12—THE BLOB**

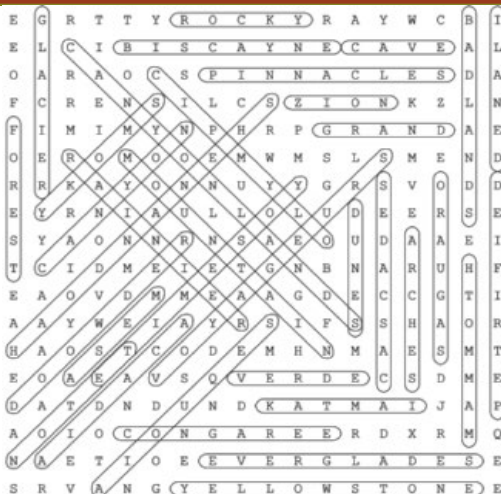
Here's how to register:

Limited Seating Available  
Call the Box Office to Request Tickets  
845-985-4722



September 8 1:00 pm  
**Movie Matinee:**  
The Whale  
Liberty Library  
189 North Main St.  
Liberty, NY 12754

**ANSWER KEY**



**Answer to Sudoku**

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

**WORD SCRAMBLE:** 1.CONTACT 2.HOBBY  
3.SURVEY 4.GUIDE 5.FUNDS 6.INPUT  
7.PROGRAM

**TRIVIA**  
Mr. Potato Head

**RIDDLES:**  
1. None, because it's a hole.  
2. Eye  
3. Your name

**BRAINTEASER:**  
The two men were NOT PLAYING EACH OTHER!