

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

MARCH 2025



It is the mission of the Ulster County Office for the Aging to assist and empower older adults and their families to live as independently as possible, with dignity and purpose.

Ulster County will strive to reach more older adults and expand upon its current services by bringing them to remote and underserved areas of the County.

This includes new educational health promotion, service enrollment and Senior advocacy program opportunities so they can stay in, and contribute to, their community.

Are you 60 years old or older...

...Need a ride for a medical appointment?

...Would benefit from a nutritious home-delivered meal?

...Need help with legal matters or Medicare questions?

Programs and Services:

- Home-Delivered Meals and Community Café's
 - Legal Services
 - HIICAP Medicare Counselling
 - Home Care Services
 - Transportation for non-emergency Medical appointments via Ulster County Area Transit (UCAT) or Neighbor to Neighbor
 - Medical Alert
 - Housing Information
 - Caregiver Support Group and Warm Calls
 - Tai Chi, Mall-Walk, and other Exercise Programs
 - Nutrition Counseling by Registered Dietitian
 - Information and Assistance/NY Connects
- Trained staff are available 9:00 A.M. to 5:00 P.M., in person or by phone, to answer questions about available community resources, benefits and entitlements. Call 845-340-3456 for more information.



1003 DEVELOPMENT COURT, KINGSTON, NY 12401 | 845-340-3456 | ULSTERCOUNTYNY.GOV/AGING

Woodstock Way Hotel, Courtesy of Ulster County Tourism

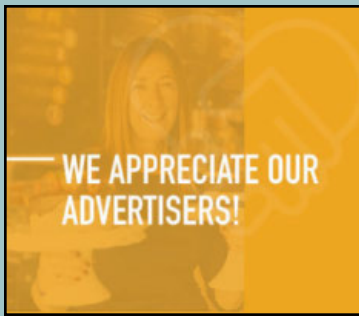


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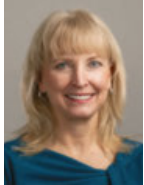
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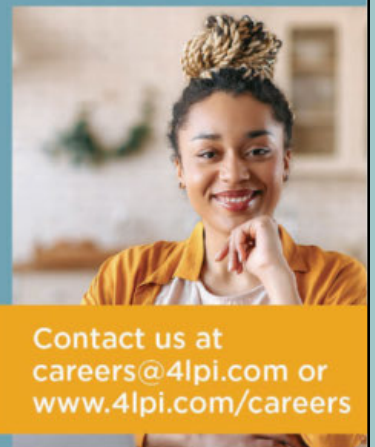
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UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

March! The snow marches on, in and eventually, out – we hope!

It’s been a cold winter, but cold is actually good, as it kills lots of things that can make us sick, the earth sleeps for a while, and gets ready for Spring!

We are busy starting to plan our year - there will be lots of things all over the County to help inform, entertain, move and instruct you. We hope to focus on Scams, emergency preparedness, legal issues and other pertinent topics that will help folks with their life planning, keeping you safe, help you stay at home, and stay healthy.

We have a very specific volunteer need at this time. We have picked a focus for our NY Connects Long Term Services and Support Council, and this year it will be TRANSPORTATION. Lack of transportation leads to so many adverse outcomes, not the least of which is social isolation, delays or interruptions in medical care, lack of access to food, etc. We have been trying to rebuild our Neighbor to Neighbor program which helps older adults get to medical appointments and have had some success, but the program is still in need of office workers to help schedule rides and match riders and drivers, as well as the drivers themselves. The drivers make mileage as a volunteer. Please contact our office if you wish to help on this most important endeavor. Pay it forward! Be a volunteer driver or scheduler – you never know when you yourself might need this service.

Our Social Club at the Hub Caregiver Respite Program is slowly growing. We do hope to have other organizations replicate our model in the future; so, if you belong to a church or other organization and think you might be interested in beginning a program to help those in need of a break, please contact us. We have resources to assist in training volunteers.

We have just installed a medication drop box in the lobby near our Senior Hub. Just walk in, drop your pill bottles of unused or unneeded prescription meds, and they will be disposed of safely and anonymously. We thank your Sheriff’s Department for this!

Staying safe and warm and waiting for Spring!

Susan Koppenhaver,

Director, Ulster County Office for Aging

Ulster County Office for the Aging Senior Technology Support Classes

Senior Technology Support Classes will be held at the Ulster County Senior Hub in Kingston on Thursday mornings from 9:30 AM to 11:30 AM. Next classes:

March 6: Online Banking, Using Apple Wallet on iPhone (Lisa McCormack / John Dowley).

March 13: General Tech Q&A, Bring your Tech and your Questions.

March 20: Computer File Management (Herb Sawtell).

March 27: Using Apple Utilities Suite on iPhone (Patrick Cusack).

Classes are limited to 15 people. Please call the Ulster County Office for the Aging at 845-340-3456 to register. If you have registered for a class but find you are unable to attend, please call as soon as possible so we can contact a person on the waitlist.

Free Tax Preparation / E-Filing

This assistance is available to any low -or moderate - income taxpayers, especially those over 50 years of age. Volunteers trained as Tax Counselors will prepare and e-file your Federal and NY State Tax Returns, starting on February 3, 2025.

Monday - Gardiner Library

Tuesday - Kingston Library (61 Crown Street)

Tuesday - New Paltz, St Joseph

Wednesday - New Paltz, St Joseph

Wednesday - Marbletown Town Hall

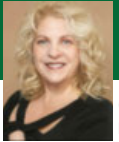
Thursday - Marbletown Town Hall

Thursday - Ulster County Community Action (Kingston)

Friday - Shawangunk Senior Center

After February 1, 2025, email your name, preferred location or town of residence, phone number, and time (AM or PM), to UlsterTaxAide@gmail.com to schedule an appointment.

This service is provided by AARP TaxAide and the IRS, with the generous support of the Ulster County Office for the Aging.



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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.

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CLASSES

MALL WALK WITH THE UCOFA

HUDSON VALLEY MALL
1300 Ulster Avenue, Kingston, NY.
Every Tuesday, 10:00 A.M. sharp!

**We meet by the Food Court at 9:45 A.M.
All are welcome!**

If Kingston City School District is on delay or closed, the mall walk is cancelled.

**All classes below are held at the
Ulster County Senior Hub,
5 Development Court, Kingston, NY
Call the Ulster County Office for the Aging to
register at 845-340-3456.**

UCOFA Weekly Game Day
Wednesdays, 1:00 to 3:00 P.M.

UCOFA Free Chess Classes
Mondays at 11:00 A.M.
If a County Holiday falls on a Monday, Chess Class will
meet on Friday at 11:00 A.M. of that week.

UCOFA Craft Corner
Join Ulster County Office for the Aging for Creative Fun!
Each month a new craft. 3rd Friday of the month.
10:00 A.M. to 12:00 P.M.

UCOFA Gentle Chair Yoga
Mondays, 9:30 to 10:30 A.M.
Shoes must be worn.

**UCOFA Fitness and Fun for All
Bands, Balls, Light Weights, and Light Cardio**
Wednesdays, 10:30 to 11:30 A.M.
Shoes must be worn.
***** Class Cancellations*****
Wednesday, March 5, 2025

MEDICARE

HIICAP Training for New Volunteer Counselors

The Office for the Aging will be holding a program for training volunteers to become certified Medicare counselors, beginning mid-April, 2025. The Health Insurance Information Counseling and Assistance Program (HIICAP) is a state-wide volunteer program whose mission is to educate seniors about Medicare, Medicare Advantage plans and other health insurance issues. HIICAP counselors provide free, accurate and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage plans.

The training will be held at the Office for the Aging and will consist of 6 weekly (2 hour) sessions beginning on April 16, 2025.

If you are interesting in joining HIICAP and in becoming a certified HIICAP volunteer, please contact the Office for the Aging at 845-340-3456.

Ulster County Office for the Aging Attorney

The Ulster County Office for the Aging Attorney can provide counseling and referrals for:

- Estate & Long Term Care Planning
- Government Benefits, including Medicaid
- Consumer Issues
- Housing
- Elder Abuse

The Ulster County Office for the Aging Attorney can also prepare the following documents:

- Simple Wills
- Powers of Attorney
- Health Care Proxies
- Living Wills

To make an appointment call the Ulster County Office for the Aging at 845-340-3456.

The attorney does not go to court on any matter. If immediate assistance is needed, a prospective client may want to contact Legal Services of the Hudson Valley at 845-331-9373.

Opportunities to help Seniors in Ulster County:
 Drivers are needed for the Neighbor to Neighbor Program (transportation to medical appointments – paid mileage) and the GoGo Grandparent Program (compensated - through Uber and Lyft).
 Reach out to Ulster County Office for the Aging for more information at 845-340-3456.

Tai Chi for Arthritis and Falls Prevention

(Beginner level)

Tuesdays and Thursdays
 11:00 A.M. to 12:00 P.M.
 Starting March 11, 2025
 Esopus Town Hall
 Community Room
 1 Town Hall Way
 Ulster Park, NY.

Tuesdays and Thursdays
 2:00 P.M. to 3:00 P.M.
 Starting March 11, 2025
 Saugerties Public Library
 91 Washington Avenue
 Saugerties, NY.

Classes are twice a week for eight weeks and ask that you be willing to make the commitment to be at all classes twice a week for all eight weeks.

Free to Ulster County Seniors age 60 and over. Space is limited. Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P.



King Creole (1958) starring Elvis Presley.

April 8, 2025.

R.S.V.P. by March 28, 2024.

Rosendale Theatre, 408 Main Street, Rosendale, NY.

Movie starts at 1:00 P.M.

Free to Ulster County Seniors age 60 and over. Call the Office for the Aging to R.S.V.P at 845-340-3456.



Lillian Schechter turned 102 years old and was celebrated at the Ulster County Office for the Aging's Valentine's Bingo. Tatyana Schwartz, NYSOFA Area Service Representative and Susan Koppenhaver, OFA Director, presented Lillian with a Proclamation from Governor Hochul and a Certificate from NYSOFA Director Greg Olsen.

Thank you to TenBroeck Commons for sponsoring Ulster County Office for the Aging's Valentine's Bingo.



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March 2025 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Chicken Parm Penne Italian Vegetable Blend WW Bread Fresh Fruit</p>	<p>4 Taco Mix Yellow Rice Fiesta Corn Corn Bread Juice King Cake</p>	<p>5 Fish Filet Lemon Orzo Buttered Peas Rye Bread Applesauce</p>	<p>6 Sloppy Joe Sweet Potatoes Brussel Sprouts WW Bread Pear cup</p>	<p>7 Ravioli w/ LS Cream Sauce Broccoli and Red Peppers WW Bread Mandarin Orange cup</p>
<p>10 American Chop Suey Green Beans WW Bread Fresh Fruit</p>	<p>11 Fish Filet Corn and Red Peppers Spinach Rye Bread Juice Brownie</p>	<p>12 Diced Chicken Alfredo Egg Noodles Broccoli WW Bread Peach cup</p>	<p>13 Meatloaf w/LS Gravy Red Bliss Potatoes Brussel Sprouts WW Biscuit Tomato Soup Pear cup</p>	<p>14 Omelet Mashed Sweet Potatoes Cauliflower and Red Peppers WW Bread Mixed Fruit cup</p>
<p>17 Fish Filet Herbed Rice Tuscan Blend Vegetables Soda Bread Juice Holiday Cookie</p>	<p>18 BBQ Chicken Mac and Cheese Carrots WW Bread Pear cup</p>	<p>19 Meatballs w/ Orange Sauce Brown Rice Meadow Blend Vegetables WW Bread Juice Baklava</p>	<p>20 Lazy Man Stuffed Peppers and Corn Rye Bread Peach cup</p>	<p>21 Vegetable Lasagna Winter Blend Vegetables WW Bread Fresh Fruit</p>
<p>24 Pork Chopette Apple Gravy Egg noodles Harvard Beets Rye Bread Pear Cup</p>	<p>25 Crispy Chicken Brown Rice Green Beans WW Bun Fresh Fruit</p>	<p>26 Beef Stew Cabbage and Carrots WW Biscuit Applesauce</p>	<p>27 Salisbury Steak w/LS Mushroom Gravy Mashed Potatoes Broccoli WW Bread Juice Chocolate Pudding</p>	<p>28 Fish Filet Buttered Orzo Peas and Carrots WW Bread NYC Clam Chowder Juice WW Donut</p>
<p>31 Pineapple Chicken Stir Fry White Rice WW Bread Fresh Fruit</p>	<p>Meals Prepared by Gateway Hudson Valley Milk is provided. WW = Whole Wheat Menu Subject to Change</p>	<p>Community Café Information and Reservations call: 845-331-2180 For information for Home Delivered Meal Cancellation call: 845-331-2496</p>		



COMMUNITY CAFÉS

Do you know that Ulster County and the Office for the Aging sponsor multiple meal sites around the County so that Seniors, age 60 and over, can have a free meal?

Come and enjoy good food and socialization! See below for locations and days of the week.

UCOFA Community Café locations:

Ellenville: Trudy Farber Building, 50 Center Street, Ellenville, NY, Mondays and Wednesdays, 11:30.

Kingston: Ulster County Senior Hub, 5 Development Court, Kingston, NY, Mondays and Wednesdays, 12:00.

New Paltz: New Paltz Community Center, 3 Veterans Drive, New Paltz, NY, Thursdays, 12:00.

Rosendale: Rosendale Recreation Center, 1055 Route 32, Rosendale, NY, Fridays, 11:30.

Saugerties: Frank D. Greco Senior Center, 207 Market Street, Saugerties, NY, Tuesdays, 11:30.

Woodstock: Mescal Hornbeck Community Center, 56 Rock City Road, Woodstock, NY, Thursdays, 12:30.

Want to try it out? Call Gateway Hudson Valley at 845-331-2180 for more information.

Reservations for registered participants must be made at least 24 hours in advance. Please remember, this is for Ulster County Seniors age 60 and over.

The recommended voluntary contribution for a Community Café meal is \$3.00 per meal but not mandated. All contributions are voluntary and confidential. No one will be denied a meal if they do not contribute. Meals made possible by funds provided by Ulster County Government, NYSOFA, and private funds. Your contributions help keep Senior programs available. Thank you.



HOME DELIVERED MEALS

Home delivered meals can help Seniors stay independent in their own homes. Are you or someone you know, unable to take care of meal preparation?

The Ulster County Office for Aging Home Delivered Meal Program provides a weeks-worth of nutritious frozen meals delivered once a week to Seniors at NO cost.

The meals served are planned by a registered dietitian and each meal provides one-third of a Senior's daily nutritional needs.

Qualified Seniors must be:

- 60 years or age or older
- Ulster County resident with no other supports
- Unable to prepare meals
- Homebound due to incapacity or illness

Voluntary contributions are appreciated. Contributions are confidential and no one will be denied a meal if they do not contribute. The recommended voluntary contribution is \$3.00 per meal. If monthly income is higher than 185% of the federal poverty level (\$2,248 for a 1 person household and \$3,040 for a 2 person household), Seniors are offered the opportunity to contribute the full cost of the meal which is \$ 11.04. Checks payable to Ulster County.

For more information, please call Ulster County Office for the Aging at 845-340-3456. For home delivered meal cancellation call 845-331-2496.

The Office for the Aging gratefully accepts voluntary contributions. Your contributions help keep Senior programs available. Thank you. This program is made possible by funding from Federal, State, County and/or local contributions.



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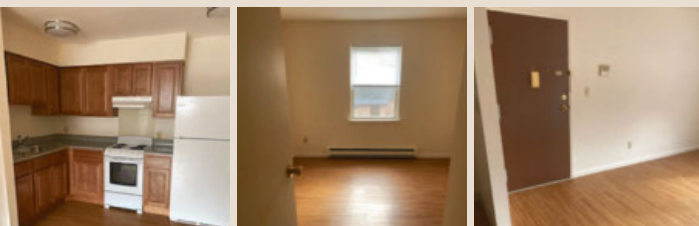
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06-5324

Fake-check Scams

This scam is "classic," states Andrew Morris, Director of Innovation Technology at America's Credit Unions, a trade association representing credit unions nationwide. "There is an alleged overpayment for goods and services," Morris explains. "The person who is writing the check claims fraudulently that they have overpaid, and they ask the person accepting the check to send back or refund them the overpayment. And, of course, there is no legitimate overpayment at all." That's because the initial check is destined to bounce.

Why does this scam work? "Federal law requires banks to make funds from checks available to the consumer quickly, usually within 24 to 48 hours," says John Breyault, Vice President of Public Policy, Telecommunications and Fraud at the National Consumers League. "But consumers don't always understand: Just because the funds are available, doesn't mean it's a legitimate check." Although the bank has accepted the check and is making those funds available to you, it still needs to verify with the issuing bank that the funds exist. Say you receive a check for \$1,000. "Essentially, what the bank is doing is floating you, the account holder, a short-term no-interest loan in the amount of \$1,000 where the collateral is this check that they anticipate will clear," Breyault explains. "What happens in a fake check scam is that when your bank goes to the issuing bank, that bank tells them, 'This account doesn't exist.' So, your bank will then issue a negative charge on the account." If you've already withdrawn the funds, you might be in trouble. "Let's say the scammer says, 'I overpaid you by \$500, so I need you to wire it back to me.' Now, you're left owing your bank \$500," says Breyault. There are different spins on fake-check scams:

- Job scams. A scammer hires you to be a mystery shopper or personal assistant. They send a check, instruct you to keep a portion of it as your payment and spend the rest on gift cards, then request the cards or the numbers on the back of them as proof that the task was completed.
- Lottery scams. A criminal sends purported winnings by check and asks you to send a portion for taxes to an associate masquerading as the IRS.
- Online-shopping scams. A scammer responds to your listing on eBay or Facebook Marketplace and asks you to ship them the merchandise. They send a check for the requested amount plus extra for shipping, which they ask you to wire to their associate posing as a shipper.

How to protect yourself from fake-check scams:

- Keep your personal information private and practice good digital hygiene. Adjust your privacy settings on social media, set up two-factor authentication for online accounts, use a virtual private network (VPN) to connect to the internet, and sign up for an identity protection service in case of data breaches. Scammers can use your digital footprint to personalize messages to you and to get your contact information, including your mailing address, to send you these checks.
- Refuse overpayments. "Don't accept overpayments for goods and services," Morris says. "Reject the check and say, 'I'm sending it back.'"
- Beware of urgency. A sense of urgency is a red flag for scams of all sorts. "That is doubly true when it comes to fake check scams, because the scammers are on a clock," Breyault says. "There's a limited time between when you deposit the check and when the bank catches on that it's fake. That could be hours or days, but the scammer only has that limited window, so they're going to put a lot of pressure on you to send the money."
- Avoid less-secure payment methods. Some refund requests are legitimate. But if the requester asks for payment through an unusual channel, that's suspect. "If somebody sends you a check and asks you to deposit that into your account, then send a portion of those funds somewhere else, that's a red flag," Breyault says. "It's a double red flag if they want you to send the money through one of these unsecure payment methods: wire transfer, peer-to-peer payment apps [like Venmo and Zelle], crypto, ATMs, gift cards - any of those in a solicitation should set off alarm bells."
- Practice patience. You should wait for checks to fully clear before you withdraw funds, advises Morris. "Checks are physical instruments, so you have to wait for them to be processed and imaged, and then there is a clearing and settlement process," he says.
- Check your checks. One more line of defense is the check itself. "There are red flags that might be evident on the face of the check itself," Morris says. "Things like mismatched addresses, a signature that isn't the name of the person who is presenting the check to you, an unusually large amount, evidence that items have been scratched out and revised - all of these kinds of things can be a sign that you are being scammed and that the check is fraudulent."

Report fake-check scams.

If you think you've been targeted by a fake check scam, report it to the FTC at <https://reportfraud.ftc.gov/>, to the FBI's Internet Crime Complaint Center at <https://www.ic3.gov/>, local police, and to your financial institution. "Contact your bank as soon as you recognize what's going on," Breyault says. "Banks are not required to reimburse you if you send the money of your own accord but if you explain to them what happened, they may be willing to help you get your money back."



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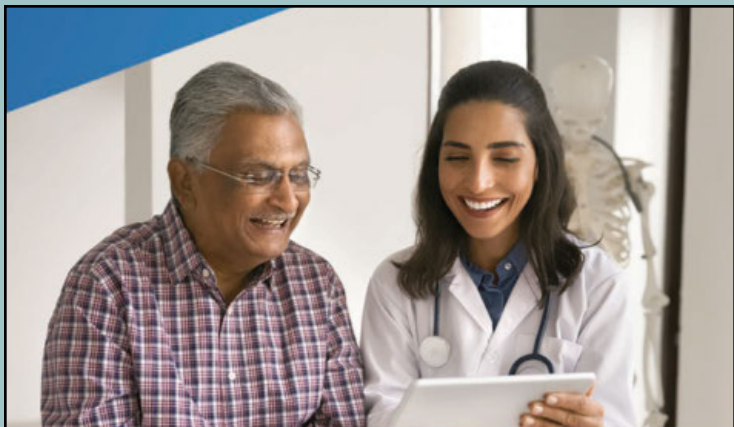
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First Aid Kit Essentials for Seniors

The first items you should stock in any first aid kit are the “essentials”- the items commonly needed for most minor health occurrences. Supplies include:

- Anti-inflammatory medication*
- Antiseptic ointment and/or wipes
- Antiseptic spray
- Band-Aids
- Blanket
- Calamine lotion*
- Cold compress
- Compact flashlight
- Cotton swabs
- Fever reducer*
- Gauze
- Gloves
- Hand sanitizer
- Hydrocortisone cream*
- Hydrogen peroxide*
- Scissors/shears
- Tape
- Thermometer
- Tweezers

*Check with your doctor to ensure anti-inflammatories, calamine lotion, fever reducers, hydrogen peroxide, and hydrocortisone cream are safe to use before stocking these items in the first aid kit.

Additional First Aid Kit Supplies and Documents

- Phone numbers for doctors, pharmacy, and emergency contacts, poison control
- Medical forms (i.e., DNR, advance directives, power of attorney, living will)
- List of medications, including dosage and schedule for each
- List of allergies, health conditions, and surgeries
- Insurance information
- Copy of photo I.D.

After you’ve assessed and supplied your home first aid kit, place it somewhere that is easy to access. Make sure the first aid kit can be easily found in an emergency, and alert anyone who visits the home regularly of its location. Restock the kit every time an item is used. Check each item every six months to determine if anything has expired, and replace it as needed.



Garden tips for March

- Test soil for pH and type before major planting.
- Wait to prune evergreens, hedges and other shrubs until late spring into early summer.
- Dormant spraying for fruit trees should be done before spring growth begins. Choose a calm day when temperatures are above 40 degrees F, and be sure to cover all sides of the branches.
- Place birdhouses built this winter outdoors this month. Birds will begin looking for nesting sites soon.

DID YOU KNOW?

In Old English, March was called “Hlyd monath” meaning “Stormy month.”

7 Habits to AVOID if You Hope to Improve Your Heart and Overall Health

Last Month we looked at food portion control for healthy hearts and bodies. Let's keep going as there is a lot you can do such as: get active, eat better, lose weight, and stop smoking. BUT..... Here are 7 Habits to AVOID if you hope to improve your heart and overall health:

1. **Being a Couch Potato** - Inactivity has been linked to obesity, cognitive decline, frailty and even an increase of death. Here is the good news: any form of activity that raises your heart rate is a great place to start.
2. **Drinking too much Alcohol** - Drinking too much alcohol can raise blood pressure, cause irregular heartbeats and can even be toxic for your heart. Limits recommended are no more than 2 drinks per day for men, no more than 1 drink per day for women. Also, alcohol provides empty calories that can lead to unwanted weight gain.
3. **Skimping on Sleep** - Poor sleep or untreated sleep disorders, including sleep apnea can lead to high blood pressure and affect cardiac health. A lack of sleep can make you feel sluggish during the day. This can lead to inactivity, poor eating habits and weight gain.
4. **Opting for Unhealthy Foods / Obesity** - Obesity is a risk factor for many Diseases including heart disease. Choosing foods high in Salt, Fat, and Sugar undoubtedly influence your weight status, overall health and puts a negative strain on your heart. Choose fruits, vegetables, whole grains, lean proteins, and nuts. Don't forget to drink water!
5. **Living a Non-Social Life and Not Managing your Mental Health** - Managing stress and anxiety is key to a healthy heart and overall good health. The U.S. Surgeon General has indicated social isolation is associated with a 29% increase in heart disease risk. Lack of socialization and poor mental hygiene can also lead to a multitude of health risks, poor nutrition, and less positive exercise. That is why it is crucial to find people that provide mental health support and socialization. Try to seek activities that get you involved and off the couch. See the activities the Ulster County Office for the Aging has to offer.
6. **Smoking Tobacco** - Smoking and secondhand smoke leaves your lungs and heart victim to disease.
7. **Neglecting Your Teeth** - There is a clear link between dental hygiene, heart health and good nutritional status. Poor dentition and gum disease can lead to poor overall nutrition intake, as well as bacterial infections and inflammation that affect your heart.

Keep moving forward for a healthy 2025!

From the desk of UCOFA Registered Dietitian: Patricia Ricks, MPA, RD, CDN. Nutrition consults are free to Ulster County Seniors 60 and over. To make a referral, call 845-340-3456.

Caregiver Support Group

Ulster County Office for the Aging (UCOFA) and the Mental Health Association in Ulster County, Inc. (MHA) are offering a support group designed for caregivers seeking support and interaction with other caregivers. The group will also allow caregivers to learn skills, share information, and learn about available resources. Facilitated by MHA of Ulster County, Inc.

Meetings are held at:

MHA of Ulster County Inc.
300 Aaron Court, Kingston, NY
1st & 3rd Thursday of each month:
6:00 to 7:15 P.M.
In-person or via Zoom.

RCAL Conference Room
727 Ulster Avenue, Kingston, NY
2nd & 4th Tuesdays of each month:
10:15 to 11:30 A.M.
In-person or via Zoom.

For registration or details, please call the Ulster County Office for the Aging at 845-340-3456.



Immune System Booster Tips for Older Adults

When we get older, our immune system becomes less adept at fighting infection because your body can't handle the number of infections it can typically take anymore. It is important to know that there are ways to help boost your immune system, even as you age:

1. **Exercise:** As we age, our bodies grow less nimble, which means we need to exercise more to stay fit. You will also see that it becomes more challenging for you to work out because your heart may not handle it anymore. This doesn't mean you shouldn't continue your exercise routine. The main thing is knowing the right amount, intensity, and type of exercise is needed so that you don't strain yourself too much. You should do more walking and less running to lighten your load.
2. **Get Enough Sleep:** Getting enough sleep is also very important for fighting off illness because it helps replenish our body's energy supply. Since you're getting older, it's natural to need more sleep as well, so be sure to get enough rest each night. It will keep you from getting sick.
3. **Water Therapy:** The most important thing you can offer your immune system is to drink enough water every day. This will keep you hydrated and keep your body from getting dehydrated, which means it will work harder at working against unwanted pathogens.
4. **Avoid Alcohol:** Even though alcohol isn't perfect for our bodies, we still must limit its intake. Do yourself a favor and avoid drinking too much alcohol. It will become more difficult to tolerate alcohol as you get older, and you'll find yourself sick more often.
5. **Vaccination:** If you want to boost your immune system and fight off ailments, you shouldn't hesitate to get vaccinated. The earlier you are vaccinated, the better it is to fight off different illnesses. Vaccinations may have some side effects, but they are way better than the disease itself. It can prevent serious infections as well as eliminate them. Talk with your doctor about vaccinations.
6. **Avoid Smoking:** Due to a low immune system, your lungs might suffer from smoking as well as other health issues. It can also contribute to other illnesses, including heart disease, lung problems, and cancer.
7. **Improve Diet:** You should also make sure that your diet is well balanced as it can help boost your immune system. It's recommended that you have a healthy diet rich in fruits and vegetables, which will keep you in good condition due to the vitamin C content of the foods. The more of these foods you consume, the more Vitamin C content will be present in your body.
8. **Reduce Stress:** Since studies have shown that stressed-out people are more likely to get sick, it's essential to make sure that you're not too stressed out to the point where you feel like you can't take care of yourself. If you're stressed out, try relieving some of the pressure by making time for yourself. Take a break from work or chores for a few minutes and relax by taking a nice shower or reading a book.
9. **Supplements:** Overall, the best way to keep your body strong and healthy is by taking supplements, but it's not just any kind of food supplement that you find in the market. There are a lot of foods that you can eat for your health; this includes produce, fruits and vegetables, nuts, seeds, and whole grains. If you're looking for good sources of protein and calcium, then you may want to focus on drinking more milk or eating more cheese with salads.
10. **Avoid Bad Food:** If you're eating junk food and drinking a lot of sugar-filled beverages, this can lead to health problems that are hard to deal with, like diabetes or high cholesterol. You can't be healthy if you make bad food choices. Make sure you pay attention to what you eat from time to time and ensure that it's not unhealthy.
11. **Be Mindful of Personal Hygiene:** If you want your body to fight infectious diseases, you should take care of your hygiene. You should go to the bathroom frequently and wash your skin, hands, face, and mouth at least twice a day to keep the health of your body in check.
12. **Stay Active:** You should try to stay active as much as you can because it's hard to fight it off on your own when you get sick. You should try to stay physically active or do some exercise now and then to help keep yourself from getting sick.
13. **Don't Ignore Colds:** If you know that you have a cold, then don't just ignore it because it's annoying. It can be harmful to your body if you don't take care of it properly. Treating a common cold is the key to keeping yourself healthy and fit.

OFFICE FOR THE AGING

Susan Koppenhaver

Director

Judy Riley

Deputy Director

845-340-3456

NY Connects

845-334-5307

845-443-8804

HIICAP Medicare

Counseling

845-340-3579

Neighbor-to-Neighbor

845-443-8837

DEPARTMENT OF SOCIAL SERVICES

HEAP

845-334-5436

SNAP

845-334-5200

Medicaid

845-334-5175

Central Intake

845-334-5125

Do you know someone who might like to receive The Buzz via email? Have them call the Office for the Aging with their e-mail address.

The Ulster County Office for the Aging is always looking for ways to improve our services and resources to all Seniors across the County. Please do not hesitate to contact us if you have feedback, ideas or need additional information regarding our services.



NY Connects
Your Link to Long Term
Services and Supports

of Ulster County

(800) 342-9871 (845) 334-5307



NY Connects staff can help link you to long term services and supports, such as home care, transportation and meals.

Our goal is to help you live as independently as you wish to while meeting your medical, social and functional needs that arise from aging or disability.

We can help individuals, families, caregivers, and professionals.

Appointments available at the Ulster County Office for the Aging.

Call 845-340-3456 to make an appointment.

The Alzheimer's Association helpline is available 24/7 by calling (800) 272-3900.