



The Monthly



Hoot

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

TO:

TABLE OF CONTENTS

WHAT'S INSIDE

	PAGE:	
Anniversary	2	
Insect Bites	3	
In The Know	4	
Shopping Bus & August Menu	5	
Let's Talk About	6	
Information	7	
Penny Pincher	8	
Fun & Games	9	
Alzheimer's	10	



Happy Anniversary



The Monthly Hoot is celebrating one year of circulation this month. In August 2022, we released our first issue and it has taken off like wildfire. The staff at the Office for the Aging voted on the name and mascot for the newsletter and the Monthly Hoot owl was born. We started with eight pages and have grown to 12 pages of information, articles and fun facts. Our mailing list has grown from a dozen subscribers to over 170! We hope to maintain this momentum and continue to provide more informative issues for years to come.



SULLIVAN COUNTY OFFICE FOR THE AGING

100 NORTH STREET, PO BOX 5012, MONTICELLO, NY 12701
(845) 807-0241

MON - FRI: 8AM - 5PM

EMAIL US:

SULLIVANOFA@SULLIVANNY.US

VISIT OUR WEBPAGE:

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

***** 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*****

Ellenville Regional Hospital
Physical Therapy

Supportive
Physical Therapy provides support to help you complete everyday tasks

Essential
Physical Therapy will help you to utilize adaptive equipment to maintain your independence

Practical
Physical Therapy will help to relieve pain and maintain mobility

Ellenville Regional Hospital
845.647.6400 | ERHNY.org

Do you have both
Medicaid & Medicare

or receive any
Financial Assistance?

Let's find the Medicare Advantage plan for you.

Do you have these two cards?

If you have any questions about your Medicare Advantage eligibility, *I can help.*

CALL ME TODAY!

Meir Horowitz
Licensed Insurance Agent
845-428-5101 (TTY:711)
mhinsures@gmail.com
Mon - Fri, 8am - 5pm

This is an advertisement. By calling this number you agree to speak with an independent health insurance agent about Medicare Advantage products. Not affiliated with Medicare or any government agency.

Care Center
at Sunset Lake Rehab

845.292.8640
www.sunsetlakerehab.com
Extraordinary Care. Infinite Possibilities.

Caring for someone with dementia? Call our Helpline anytime for support, with questions or to learn about programs near you.

ALZHEIMER'S ASSOCIATION

800.272.3900
alz.org/hudsonvalley

Where Community
Comforts

Trust has a name
HOSPICE of ORANGE & SULLIVAN

845-561-6111
hospiceoforange.com
800 Stony Brook Court,
Newburgh, NY 12550

Most insect bites and stings are mild and can be treated at home and may cause itching, swelling and stinging that go away in a day or two. Some bites or stings can transmit disease-causing bacteria, viruses or parasites. Stings from bees, yellow jackets, wasps, hornets and fire ants might cause a severe allergic reaction (anaphylaxis). **For mild reactions** To treat a mild reaction to an insect bite or sting: Move to a safe area to avoid more bites or stings.

Remove any stingers.

Gently wash the area with soap and water. Apply a cloth dampened with cold water or filled with ice to the area of the bite or sting for 10 to 20 minutes. This helps reduce pain and swelling.

If the injury is on an arm or leg, raise it.

Apply to the affected area: calamine lotion, baking soda paste, or hydrocortisone cream. Do this several times a day until your symptoms go away.

Take an anti-itch medicine (antihistamine) by mouth to reduce itching. Options include nonprescription cetirizine, (Allegra Allergy), loratadine (Claritin).

Take a nonprescription pain reliever as needed.

Seek medical care if the swelling gets worse, the site shows signs of infection or you don't feel well.

*** When to seek emergency care:** Call 911 or your local medical emergency number if a child is stung by a scorpion or if anyone is having a serious reaction that suggests anaphylaxis, even if it's just one or two signs or symptoms: Trouble breathing or swelling of the lips, face, eyelids or throat

Dizziness, fainting or unconsciousness

A weak and rapid pulse

Hives

Nausea, vomiting or diarrhea

*** Take these actions immediately while waiting for medical help:** Ask if the injured person is carrying an epinephrine autoinjector (EpiPen, Auvi-Q, etc.). Ask if they need help injecting the medication. Press the autoinjector against the thigh and hold in place for several seconds.

Loosen tight clothing and cover the person with a blanket.

Don't offer anything to drink and position the person to prevent choking on vomit, if needed.



 <p>Simple Cremation: \$995.00 zmmemorials.com 845-977-6127</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>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>	



Any-Time Home Care, Inc.
Modern Nursing, Old Fashioned Caring

Hiring HHA/PCA Scan QR code or
Call (845) 344-4222 for more information

We offer free training classes.



ADVERTISE HERE
to reach your community



Call 800-477-4574

Place Your Ad Here and Support our Parish!

Instantly create and purchase an ad with

AD CREATOR STUDIO





4lpi.com/adcreator



Hospice of Orange & Sullivan Counties Referral Process

Hospice of Orange & Sullivan Counties receives referrals from many different sources. Area hospitals refer most patients, while other referrals come from providers, families, and patients themselves. Hospice is strictly regulated, and the referral-to-admission process is highly regulated. To be considered eligible for the Hospice benefit, there is a process that must be followed.

During regular business hours, Referral Coordinators receive referrals by fax, email, and phone. They gather as much information as possible about the patient from the referring source. This includes basic demographic and insurance information, diagnosis, date of birth, home address or place of residence (nursing home, hospital, etc.). During non-business hours, an answering service will connect referrals to the appropriate personnel. The same process of securing patient's medical history and insurance information will occur.

Referral Coordinators give the information to Intake RNs who review the patient's medical history. Intake RNs ensure the information provided meets the criteria of a prognosis of six months or less. They also work with patients and families to ensure patient rights are represented, and the hospice philosophy of non-curative care is desired. These conversations with patients and families ensure successful admissions and that there are no surprises about the care Hospice provides. A Certificate of Terminal Illness must be obtained, signed by a physician, this requirement is mandatory.

Once a patient is deemed appropriate, the admission is scheduled. Often families request a day of the week, or time of the day, for the admission, and Hospice does its best to accommodate these requests. Most admissions occur within 24 hours of referral when all criteria are met.

Once a patient comes on Hospice of Orange & Sullivan Counties program, Hospice's physicians use the medical history obtained for the patient's plan of care, which is discussed bi-weekly at interdisciplinary meetings. It is ultimately the physician's responsibility to certify and recertify patients, at various intervals, that they are, or remain, eligible for the Hospice benefit.

**To reach a Referral Coordinator please call (845) 561-6111
or email intake@hospiceoforange.com**

Star Status



This month's RSVP spotlight is on Virginia "Ginny" Connell.

Ginny hails from Callicoon and has volunteered with Hospice of Orange & Sullivan for over 5 years.

After her husband's passing, Ginny was working a full-time job and raising four children on her own.

It was the support from Hospice of Orange & Sullivan that helped Ginny thrive in a difficult situation.

"Even after my husband's passing, Hospice was there for me and my family and I swore to volunteer and give back as soon as I retired"

Ginny says that volunteering has helped her become a more compassionate listener and more active in serving the needs of her community.

"I leave every day with my zest for life renewed, and am thankful to help the community I love."



SHOPPING BUS SCHEDULE AND AUGUST MENU 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Two Congregate Sites are open! Please call 24 hrs in advance for reservations at (845) 807-0254. Transportation available.	1) ROUTE 1	2) Center Cut Pork Chop Sweet Potatoes Corn Whole Wheat Bread Fruit Cocktail	3) ROUTE 2	4) Salisbury Steak Gravy Oven Roasted Potatoes Diced Carrots Dinner Rolls (2) Pears
	7) Macaroni & Cheese Stewed Tomatoes Cauliflower Whole Wheat Bread Fresh Orange	8) ROUTE 3	9) Unstuffed Cabbage Boiled Potatoes Broccoli Rye Bread Applesauce	10) ROUTE 4
14) Tuna Salad Lettuce & Tomato Potato Salad 3 Bean Salad Whole Wheat Bread Fresh Apple	15) ROUTE 5	16) Beef & Broccoli Stir Fry Brown Rice Oriental Vegetables Dinner Rolls (2) Peaches	17) ROUTE 1	18) Stuffed Shells (2) Side Salad Mixed Vegetables Italian Bread Fruit Cocktail
21) Breaded Chicken Breast Oven Roasted Potatoes Corn Dinner Rolls (2) Applesauce	22) ROUTE 2	23) Chili Macaroni Peas & Carrots Corn Muffin (1) Banana	24) ROUTE 3	25) Ham & Cheese Sandwich Lettuce & Tomato Whole Wheat Bread Macaroni Salad Cole Slaw Pears
28) Roast Pork Loin w/ Gravy Baked Potato Cauliflower Whole Wheat Bread Fruit Cocktail	29) ROUTE 4	30) Ziti w/Meat Sauce Side Salad Broccoli Italian Bread Mandarin Oranges	31) ROUTE 5	Lunch at 12:00pm. Livingston Manor Site- Wednesday / Mamakating Site- Monday & Wednesday Menu subject to change.

Route 1: August 1st, August 17th

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

B. Town of Rockland- Livingston Manor & Roscoe.

Route 2: August 3rd, August 22nd

A. Highland Area- Narrowsburg, Eldred, Barryville, Glen Spey, etc. * and some surrounding areas, not all areas included

B. Town of Thompson- All of Monticello, Mongaup Valley

Route 3: August 8th, August 24th

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

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

Route 4: August 10th, August 29th

A. Town of Liberty- Liberty - Golden Park, Barkley Gardens & White Sulphur Springs

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

Route 5: August 15th, August 31st

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

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

Let's Talk About...

EYE EXAM

Eye exams are part of overall health. Deteriorating vision can be an early indicator of other health issues. Getting vision exams on a regular schedule helps doctors to identify issues in their early stages. Check with your optometrist to see when you are due for a comprehensive vision exam. If you are experiencing eye issues, be sure to make an appointment as soon as possible.

Source: National Day Calendar



NATIONAL WELLNESS MONTH

All during August for Wellness Month focus on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel! Self-care helps manage stress and promotes happiness. Challenge yourself to a new yoga pose or try a different spa treatment, make a small change and impact your health in positive ways. There are numerous ways to make those small changes, too: increase your water intake, add more fruits and veggies to your meals, monitor your sleep and adjust for better sleep habits, join a yoga, walking or aerobics class or learn to meditate. These small steps can lead to many more healthy habits in your lifestyle.

Source: National Day Calendar

MEDICALERT AWARENESS

Are you a diabetic? Are you allergic to penicillin? Do you require certain life-saving medication in an emergency? Do you wish to use a Do Not Resuscitate (DNR) order in certain situations? MedicAlert can tell the doctors caring for you what they need to know. A medical ID can save precious time in diagnosing the reason for the emergency. It can also clue doctors in to any allergies the wearer has before administering medication or first aid. In an emergency, you may be unable to speak for yourself. A MedicAlert bracelet speaks for you and may make the difference in saving your life. The MedicAlert Foundation has been around for over sixty years. The website provides useful information and resources for wearers of MedicAlert bracelets, their families and the medical community. MedicAlert has affiliates in nine countries: the U.S., Canada, Great Britain, New Zealand, Australia, Ireland, Malaysia, South Africa and Zimbabwe. MedicAlert works in conjunction with the Alzheimer's Association and has a national "emergency response service" for individuals with Alzheimer's or dementia at risk of becoming lost. If you're interested in getting a Medic Alert bracelet for yourself or a family member, contact the Medic Alert Foundation at MedicAlert.org.

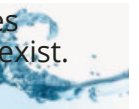
Source: National Day Calendar



WATER QUALITY

Water Quality reminds us that it takes much more than just turning on the tap to guarantee clean, potable water. The average person uses approximately 80 gallons of water or more per day. The water we use includes bathing, cleaning, household waste and drinking water. Depending on where we live, the amount of water, usage, population and treatment facilities available vary. Around the world, these variables change greatly. In some villages, available drinkable water is scarce and indoor plumbing does not exist. Protecting our water resources and educating ourselves about water quality is important.

Source: National Day Calendar



HAPPINESS HAPPENS

A real group called the Secret Society of Happy People decided to dedicate a day to the pursuit of happiness. The Secret Society of Happy People started celebrating happiness with "Admit You're Happy Day," on August 8, 1999. The members wanted to let happy feelings linger inside them every day. In 2000, the Secret Society of Happy People expanded the celebration to Happiness Happens Month in August. Happiness is a choice. Remembering happiness does not mean you are problem free. That kind of life doesn't exist. As the Stoics of Ancient Greece observed, happiness is all about the quality of your thoughts. Happiness is not a destination but rather a life-long pursuit. Joy can be anywhere at any time. Don't limit yourself to searching for pleasure. Enjoy everything and anything that makes you happy. Oprah Winfrey said it wasn't until she learned to be happy that good things started happening to her. If you struggle with finding happiness, you can learn to be happy. There is plenty of helpful advice available to guide you in the right direction. Reading self-help material is an excellent place to start. Here are a few published works you might want to read to help you in your pursuit of happiness: [The Power of Positive Thinking](#) by Norman Vincent Peale, [Meditations](#) by Marcus Aurelius and [Man's Search for Meaning](#) by Viktor Frankl. Most of the best "how to be happy" books and videos boil down to variations of the Ancient Greek philosophy of stoicism (not to be confused with the modern use of the word). The essence of stoicism is this: no matter what is wrong with the world in general and your life in particular, you can choose to be happy if you learn how. Notice and share more happy moments with others.

Source: National Day Calendar

"Folks are usually about as happy as they make their minds up to be."

— Abraham Lincoln

"Everything can be taken from a man but one thing: the last of human freedoms – to choose one's attitude in any set of circumstances, to choose one's way."

-Viktor Frankl



Information

Provider Spotlight

Sun River Healthcare located at 23 Lakewood Avenue in Monticello NY, opened in 2004. Every location offers different services and they believe that no matter someone's insurance status or ability to pay, they will provide high quality, complete health care for every person who goes to them. Sun River Healthcare offers: primary care/family medical, mental health/behavioral health services, dental, women's heal/OB-GYN, pediatrics, podiatry/foot care, optometry/eye care, nutrition services, urgent care, Hepatitis C care, PrEP, LGBTQIA health, HIV care and prevention, substance use treatment and adult day health care. They offer lab services on site and vaccines. Sun River Healthcare provides support services that address the urgent need of people and families in our communities, such as food insecurity, family safety, substance use and more. They offer social supports for food access and pantry, mobile health, WIC Program, chronic disease self-management, youth and family services, support groups, housing resources, smoking cessation, ESL classes, Health Home, The Alamo Community Center, Community Health Action and the Caribbean Women's Health Association. Translation services are available if needed. Medical transportation to their facility may be available as well.

Monticello Office- 23 Lakewood Ave. Monticello, NY 12701

Goshen Office- 888 Pulsaki Highway Goshen, NY

Middletown Office- 24 Union Street Middletown, NY

Walden Office- 75 Orange Ave. Walden, NY 12586

If you would like to speak to someone at Sun River Healthcare, the number is 845-794-2010.



HOME IMPROVEMENT FRAUD

THE SCAM

An unsolicited contractor claims that your home needs repair work for damage you never noticed. Common tactics involve work on your chimney, roof, or driveway. These contractors often offer special deals because they have material left over from another job.

THE TRUTH

When you hire someone without checking their credentials, you could end up spending a lot of money for very poor quality work.

WHEN WORKING WITH CONTRACTORS

Determine exactly what work you want done. Don't agree to work on the spot.

Shop for a contractor. Use a contractor that is recommended by a family member or close friend. Ask for, and review, references. If a license is required, ask the contractor to provide a copy.

Ensure that all promises be put in writing, including the project scope, costs, payment schedule and start and expected completion date. Review the contract carefully as you have three days to cancel the deal.

DO NOT PAY THE FULL AMOUNT UPFRONT

Don't sign a certificate of completion until the work is completed to your satisfaction.

Be wary of contractors who offer high cost loans in combination with construction services.

Keep all paperwork.

TIPS TO PROTECT YOURSELF

Protect your privacy – Never give out personal information over the telephone, especially your Social Security number. Do not disclose financial information to anyone outside of a trusted circle of family members and advisors.

Ask for identification – Never let strangers into your home, and always check identification of any service person you have contacted before allowing them to enter your home. Report suspicious solicitations to the police.

Limit the amount of cash you keep on hand - Do not allow anyone to take you to withdraw money from your bank to pay for their services.

Carefully review all contracts before you sign - Also, review all bank and credit card statements, stock reports and investment prospectives. Double check sales receipts to make sure you were not over charged.

Ask questions - Never be afraid to consult a trusted friend, a financial advisor/ lawyer or family member for assistance, especially when making purchases of more than \$100 or signing contracts. Contact the Better Business Bureau and/or the New York Department of State's Division of Consumer Protection with any questions or concerns.

IF YOU ARE THE VICTIM OF A SCAM

- Call your local police or sheriff's office to report the crime.
- Alert neighbors and community organizations to the presence of scam artists in your area.
- Contact the Division of Consumer Protection at www.dos.ny.gov, the Attorney General's Office at www.ag.ny.gov and/or your local consumer protection agency so they can warn others and offer assistance.
- Keep a record of your financial losses in case there is a prosecution and restitution is ordered.



Advocating for and Empowering New York Consumers

A Division of the New York Department of State


1-800-697-1220
<https://dos.ny.gov>

KATHY HOCHUL
GOVERNOR

ROBERT J. RODRIGUEZ
SECRETARY OF STATE



SUPPORT THE ADVERTISERS that Support our Community!



Don't let
long-term care
costs eat up your
life-savings.

Contact BSF&B today!

**BLUSTEIN, SHAPIRO,
FRANK & BARONE** LLP

ATTORNEYS AT LAW

Medicaid Planning & Asset Protection

449 Broadway | Monticello, NY | 845.796.1010 | catskills.law



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Sullivan County Office for the Aging, Monticello, NY

06-5379



What are Apps, Browsers, and Search Engines?

Join the library for part-two of a five-part series covering computer basics. Learn what apps, internet browsers, and search engines are, as well as what make them different, and how to use them to meet your needs.

Q&A will follow each session.

Saturday, August 5th 11:00-11:30am



SIGN UP FOR ONE OR MORE PARTS OF THIS SERIES:
livingstonmanorlibrary.org/programs/signup
 (845) 439-5440 ~ livingstonmanorlibrary@rcls.org

What are Icons, Settings, and Menus?

at the Livingston Manor Library

Thursday, August 17th 6:00-6:30pm

Join the library for part-three of a five-part series covering computer basics. There are endless icons, settings, and menus to navigate on computers, phones, and tablets. Learn about the most frequently used and useful of the bunch to make the most of your digital endeavors.

Q&A will follow each session.



SIGN UP FOR ONE OR MORE PARTS OF THIS SERIES:
livingstonmanorlibrary.org/programs/signup
 (845) 439-5440 ~ livingstonmanorlibrary@rcls.org

Events at Western Sullivan Public Library

Free Lecture: Mark Randall presents "Honeybee Innovation, Human Inspiration"

Friday, August 4th, 4:00pm

at our Tusten-Cochecton Branch located at 198 Bridge St. Narrowsburg, NY 12764

Free art workshop for all ages: Tom Bosket presents a Free Art Workshop

Friday, August 25th, 3:00pm-5:00pm

at our Delaware Free Branch located at 45 Lower Main St. Callicoon, NY 12723

Wurtsboro Summer Series THURSDAY EVENINGS 6:30 PM



Veterans Memorial Park at the intersection of Third Street & Sullivan Street. Bring your chairs and blankets.

August 3 **Becky Monet**
 August 10 **LaurieAnne and Midnight Slim**
 August 17 **& DUCK RACE Side F/X**
 September 1 **The Jam Straight Band**



SULLIVAN COUNTY DEPARTMENT OF PUBLIC HEALTH

FREE

RABIES CLINIC

FOR DOGS, CATS, AND FERRETS



Thursday, August 17, 2023 6:00-7:30 PM

Town of Liberty Hanofee Park Pavilion

136 Sunset Lake Rd.

Liberty, NY

NO EARLY ARRIVALS

- All pet owners must clean up after their pets.
- All pets must be at least 3 months old.
- All pets must be in a carrier or on a leash.
- Aggressive dogs should be muzzled to prevent any biting incidents.
- Bring proof of prior rabies vaccination to receive a 3-year vaccination.
- If you do not have proof of prior rabies vaccination, your pet will receive a 1-year vaccination.
- Social distancing guidelines must be followed. Please remain at least 6 feet apart.

Sullivan County Residents Only!

- Please bring photo ID as proof of Sullivan County Residency.
- Pre-registration is optional.

To pre-register, visit:

<https://tinyurl.com/2t5mutus>

Or scan:



If you are unable to pre-register, or have any additional questions, please call:

Sullivan County Department of Public Health at :
 845-292-5910, Ext. 0.



Sudoku

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

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

©2021 Satori Publishing

DIFFICULTY: ★☆☆☆☆



WORD SCRAMBLE

Can you unscramble these words?

- WNSE _____
- POONUC _____
- ESLIM _____
- HNOTM _____
- AKSM _____
- ATELNBK _____
- EIAD _____

TRIVIA

What musician was awarded the first gold record?

RIDDLES

- How many people is “two pairs of twins twice”?
- Forwards I’m heavy, backwards I’m not. What am I?
- You walk into a room that contains a match, a kerosene lamp, a candle, and a fireplace. What should you light first?

BRAINTEASER

A man describes his daughters, saying, “They are all blonde, but two; all brunette but two; and all redheaded but two.” How many daughters does he have?

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

CAREGIVER
EQUIPMENT
MEAL
SENIOR
EPIC
CONTRIBUTION
NURSING
FAMILY
INSURANCE

VOLUNTEER
HEALTH
RSVP
REFERRAL
SUPPORT
LEGAL
COUNTY
SHOPPING
LIST

RESOURCE
TRANSPORTATION
OFA
OUTREACH
HOUSING
HEAT
PERSONAL
NEEDS
COUNSELING

FAX
SERVICES
NUTRITION
BUS
VETERAN
CELLPHONE
HOME
CONGREGATE
EMAIL



INDEPENDENT HOME CARE INC

YOUR CARE . YOUR WAY



An Affiliate of
INDEPENDENT LIVING INC

YOUR CHOICE • YOUR LIFE

OPTIONS/CDPAS

Consumer Directed Personal Assistance Services

*Promoting Choice, Self-Determination
& Total Participation since 1987*

Do you want to control your Home Care?
Hire your own Personal Assistants and manage your home care your way! Let our Options Program take care of the rest. Through Independent Home Care's Options Program, you can pay your loved ones, friends, or anyone to provide your care and the staff at IHC will support you.

Contact us today!

Phone: 845-565-1163
www.Myindependentliving.org

We're a Community of

**LEGENDS
CARING FOR
LEGENDS**



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*



**LEARN
MORE!**

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

ROSCOE
REHABILITATION
& NURSING
living legends



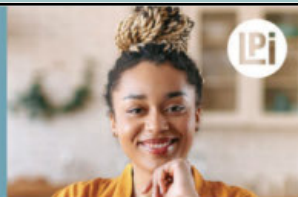
(607) 498-4121
420 Rockland Rd, Roscoe

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@4ipi.com or
www.4ipi.com/careers

Looking for a
*Top-Quality
Affordable*
rental community?

Come home to
DEVON



for Seniors
Regency Manor Senior Apts.
845.791.7666
74 Sturgis Road
Monticello NY
Regency@DevonMgt.com

for Seniors & Families
Golden Ridge Apartments
845.796.0125
4 Isabel Lane
Monticello NY
GoldenRidge@DevonMgt.com

Devon apartments offer affordable excellence in Sullivan, Orange, and Ulster Counties NY; and Pike County PA.

Waiting list and income guidelines apply.

Applications and property details are online at DevonMgt.com.

pet friendly • smoke free



LET'S GROW YOUR BUSINESS
Advertise in
our Newsletter!

CONTACT ME
Terry Sweeney

tsweeney@lpicommunities.com
(800) 477-4574 x6407



Alzheimer's disease or dementia?

Do you ever wonder about the difference between Alzheimer's disease and dementia? Well, if you do, you're not alone! There are currently 6.7 million Americans age 65 and older living with Alzheimer's disease. One in nine people age 65 and older has the disease.

Dementia is an overall term used to describe a particular group of symptoms. The characteristic symptoms of dementia are difficulties with memory, language, problem-solving, and other thinking skills. Dementia has several causes that reflect specific changes to the brain, and Alzheimer's disease is one cause of dementia. While dementia is more common as people grow older, it is not a normal part of aging.

Alzheimer's disease is an irreversible, progressive brain disorder that slowly damages memory and thinking skills and, eventually, the ability to carry out the simplest tasks. It is the most common cause of dementia in older adults, and is the 7th leading cause of death in the United States.

So, most of us probably know someone living with Alzheimer's disease today. It's important to know that there is so much hope available, in the information, support, and care available to both the person with dementia and their loved ones who become caregivers.

Please don't hesitate to reach out to the Alzheimer's Association for free information and support... we are here for you 24/7 by calling our Helpline at 800-272-3900. We have support groups, education programs, 1:1 care consultation meetings, social programs, and more. You can also find all that we offer on our website at alz.org/hudsonvalley. We look forward to hearing from you!

Author: Donna Davies, LCSW,
Care Consultant/Senior Director of Programs & Services
Hudson Valley, NY Chapter/Alzheimer's Association



Word search grid with words highlighted:

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

Answer to Sudoku

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

WORD SCRAMBLE: 1. NEWS
2.COUPON 3.SMILE 4.MONTH
5.MASK 6.BLANKET 7.AIDE

TRIVIA: Perry Como

RIDDLE: 1.) 8 2.) Ton 3.) the match

BRAINTEASER: Three. A blonde, a brunette and a redhead