



The Monthly



Hoot

JANUARY
NEWSLETTER

2023

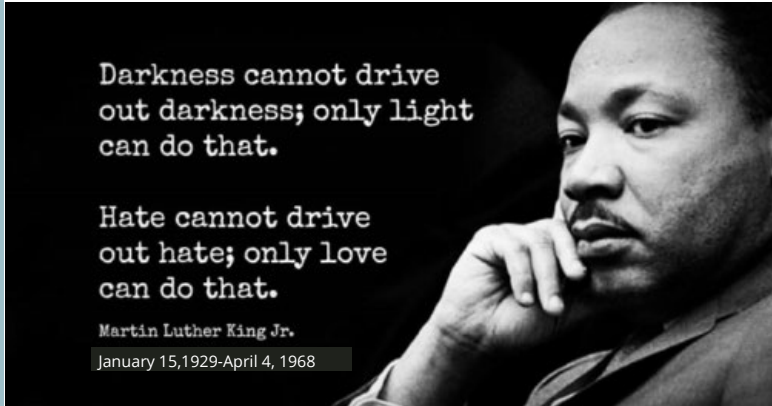
SULLIVAN COUNTY OFFICE FOR THE AGING
100 NORTH STREET, PO BOX 5012
MONTICELLO, NY 12701

TO:

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Dr. Martin Luther King Jr. was a Baptist minister who was the lead advocate for nonviolent social activism in the Civil Rights Movement. Civil Rights are the rights of citizens to political and social freedom and equality. Martin Luther King pursued equality and human rights for African Americans, the financially disadvantaged and all victims of injustice through peaceful protest. In 1964 he was given the Nobel Prize for Peace for his efforts for his nonviolent resistance to racial prejudice in America.



SULLIVAN COUNTY OFFICE FOR THE AGING

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NATIONAL BATH SAFETY MONTH


Practice bath safety, assess and make changes if necessary. Make sure you take precautionary measures to prevent an accident from happening to you or a loved one. Each year thousands of people, young and old, visit the emergency room due to bathroom-related slips and falls. Accidents that occur while bathing are often overlooked, but remind us of the importance of recognizing bathroom safety. Adults of all ages slip and fall in the tub. There are steps that can be taken to make your bathtub safer: Install slip-resistant strips or mats on the floor of the bathtub or shower. Add grab bars. Install a shower seat. Use a nonslip rug to prevent slips and falls when exiting the bath. Check the temperature of the hot water heater. The standard temperature is 120°F to avoid scalding risks. Add a spout cover to the faucet to protect your head and body in the event of a fall. Preventing bathroom accidents is easy if you take the right precautions

NATIONAL SLAVERY AND HUMAN TRAFFICKING PREVENTION MONTH

Together law enforcement and organizations across the nation strive to eliminate human trafficking. Approximately 40 million human trafficking victims exist worldwide. Through a variety of tactics, including violence and threats, traffickers force their victims into working hard labor or sex trafficking. Every victim is forced against their will to obey. Human trafficking impacts all races, social status, religion and gender. Become informed and get involved. Knowledge – Learn how human trafficking is happening. Visit www.dhs.gov/blue-campaign to inform yourself about what human trafficking looks like. Get involved – If you suspect human trafficking, report it. In the U.S. call 1-866-347-2423. For more information visit www.dhs.gov/blue-campaign. You can volunteer through organizations committed to stopping human trafficking. Contact local, state and regional service organizations to volunteer time, services or donate. Get help – If you need help, call 1-888-373-7888. Visit www.dhs.gov/blue-campaign

Source: National Day Calendar

| | | |
|--|--|--|
|  <p>Simple Cremation: \$995.00 zmmemorials.com 845-977-6127 Traditional Funerals ♦ Pre-Arranged Services <i>Two Names - A Leading Choice in Funeral Service</i> <small>Pricing per general price list, excludes cash advance items - 388 Broadway, Monticello, NY 12701</small></p> |  <p><i>"Proudly serving the tri-county Jewish community for over 70 years"</i> josephngarlickfuneralhome.com 845-794-7474</p> |  <p>Any-Time Home Care, Inc. <i>Modern Nursing, Old Fashioned Caring</i> Hiring HHA/PCA Scan QR code or Call (845) 344-4222 for more information <i>We offer free training classes.</i></p>  |
|--|--|--|

| | |
|--|---|
|  <p>CONSUMER DIRECTED CHOICES Empowering Independence <i>Contact Us Today</i> 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> | |

RESPONSES to the SULLIVAN COUNTY SENIOR SUMMIT QUESTIONS

Pressing Questions from Pensive Seniors

By Adrienne Jensen (ED Office of Human Rights)



The Office of Human Rights spent over a year moving through the Senior community, becoming more familiar with the issues that concern our Elders. The Sullivan County Senior Summit was created in response to requests from Elders to have an event that allowed them to get answers to issues they raised. The event elicited pressing questions from pensive seniors. They were relieved to be able to pose their queries and eager to hear their corresponding answers.

The questions for the most part focused around the three areas of concern expressed by Seniors in the county; health, housing and transportation. Many of these questions were answered by our most excellent panelists. As it happens, the timing of the event was limited to allow inclusivity for those needing transportation or those not wanting to get caught in late day driving, but additionally many of the questions deserved more attention. At the event I explained the Office of Human Rights would be publishing detailed responses in the Office for the Aging's new newsletter, *The Monthly Hoot*. In the following months you can come here to this newsletter to see and ponder many of the questions and responses posed during the Summit.

We will begin next month with an issue that is a perpetual concern, even more so during the season where the weather worsens and outdoor mobility lessens - Food insecurity. What is available to assist Seniors in the county? Does the county have meals on wheels? Could the food pantry and food trucks deliver healthier foods such as fresh vegetables, fish, chicken instead of canned foods (that are not good for you)? You will see how three entities answered these questions. Additionally, if you go to sullivanny.us and type in the box labeled "How can we help?" the words, "Food Pantry Guide". The site will take you to a page that has a column on the left titled "Helpful Links". In that column click on the line that says Food Pantry Guide. It is available in English and Spanish. Here is to a new year!



SHOPPING BUS SCHEDULE AND JANUARY MENU 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-----------------------|---|-----------------------|---|
| 2)  | 3) ROUTE 2 | 4) Unstuffed Cabbage Boiled Potatoes Mixed Vegetables Rye Bread (2) Applesauce | 5) ROUTE 3 | 6) Chicken Stew Brown Rice Peas & Carrots Biscuit (1) Mandarin Oranges |
| 9) Roast Pork Loin Gravy Au Gratin Potatoes Corn Dinner Rolls (2) Pears | 10) ROUTE 4 | 11) Beef & Broccoli Stir Fry Brown Rice Oriental Vegetables Wheat Bread (2) Fresh Orange | 12) ROUTE 5 | 13) Ravioli Marinara Tossed Salad Broccoli Italian Bread (2) Fruit Cocktail |
| 16)  | 17) ROUTE 1 | 18) Salisbury Steak Gravy Oven Roasted Potatoes Diced Carrots Wheat Bread (2) Peaches | 19) ROUTE 2 | 20) Sausage Sandwich Peppers & Onions Baked Beans Tossed Salad Hoagie Roll Pineapple Rings |
| 23) Pork Chow Mein Brown Rice Oriental Vegetables Chow Mein Noodles Dinner Rolls (2) Mandarin Oranges | 24) ROUTE 3 | 25) Baked Tilapia Baked Potato Green Beans Tossed Salad Wheat Bread (2) Applesauce | 26) ROUTE 4 | 27) Chili Con Carne Brown Rice Buttered Peas Corn Muffin (1) Fresh Apple |
| 30) BBQ Chicken Breast On a Bun Scalloped Potatoes Broccoli & Cauliflower Pears | 31) ROUTE 5 | 2% and Skim Milk served at all meals. Coffee, Tea and Decaf Coffee available at all meals. Menu subject to change. We apologize in advance for any changes. For any questions, please call (845) 807-0841. | | |

Route 1: January 17th

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

B. Town of Rockland- Livingston Manor & Roscoe

Route 2: January 3rd, January 19th

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: January 5th, January 24th

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

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

Route 4: January 10th, January 26th

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

B. Town of Mamakating- Summitville, Wurtsboro & Bloomingburg

Route 5: January 12th, January 31st

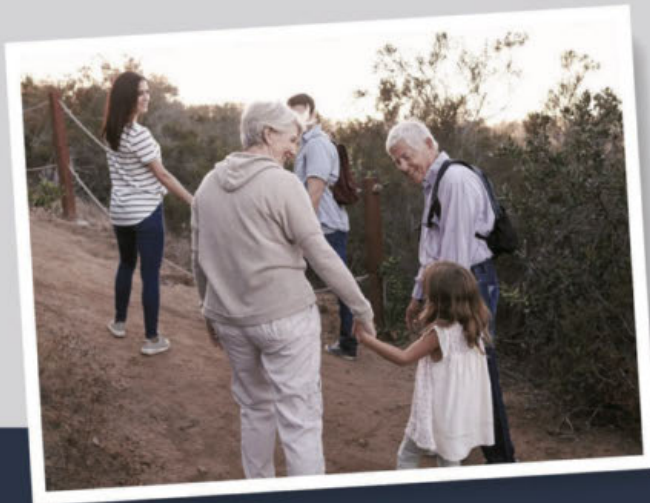
A. Town of Delaware- Fremont, Callicoon, Hankins, Jeffersonville, etc.

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

Thriving Families Grief Support

This specialized support group promotes healing by providing an opportunity for children and youth ages 6 through 17 to express their thoughts, verbalize their feelings, and share their experience of grief. The program includes art, music, books, discussions, and videos. To fully serve the family, the Thriving Families Grief Support Group consists of two portions: the main Children/Youth Portion and a separate Adult Portion, in which guardians meet to discuss their children and learn ways to help them work through their grief. During the Children/Youth Portion, children are provided with themed, structured activities on specific topics. Family involvement is important in supporting children/youth in their grief. Only people who are registered can participate in the groups. Parents and caretakers are invited to participate in the Adult Portion, currently conducted on select Tuesdays via Zoom. This group offers opportunities to discuss the previous day's Children/Youth Portion and any concerns regarding the child(ren). It also provides an outlet for adults to process their own grief. Adult group discussions cover a variety of subjects, including the emotional and physical impact that grief and loss have on both children and adults.

The Children/Youth Portion currently runs on select Mondays via Zoom. The groups run for 60 minutes. It's important that an adult is available to assist the child(ren) with starting and ending each session.



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Sullivan County Office for the Aging, Monticello, NY

06-5379

Registration:



To view requirements, please visit us at:
hospiceoforange.com

Children/Youth Portion:

Select Mondays
Time: 6:00pm - 7:00pm
currently via Zoom

Adult Portion:

Select Tuesdays
Time: 6:00pm - 7:00pm
currently via Zoom

Schedule

Thriving Families

Coping Through the Holidays 2022 Sessions

- Mondays: Children/Youth Portion
November 14
November 28
December 12
- Tuesdays: Adult Portion
November 15
November 29
December 13

Adults can register by calling the Bereavement Counselor at (845) 561-6111 x232.

All children may participate in each Children/Youth Portion. Sessions may be designed for a given developmental level.

Circle of Friends Series 2023

- Mondays: Children/Youth Portion
January 9
January 23
February 6
- Tuesdays: Adult Portion
January 10
January 24
February 7

Together We Can Series 2023

- Mondays: Children/Youth Portion
February 27
March 13
March 27
- Tuesdays: Adult Portion
February 28
March 14
March 28

Spring Series 2023

- Mondays: Children/Youth Portion
April 17
May 1
May 15
- Tuesdays: Adult Portion
April 18
May 2
May 16

Summer Series 2023

- Mondays: Children/Youth Portion
June 5
July 10
August 14
- Tuesdays: Adult Portion
June 6
July 11
August 15



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