



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 and may be made in the memory of a loved one.

If you would like to make a contribution, please drop off cash in an envelope or 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

100 NORTH STREET PO BOX 5012
MONTICELLO, NY 12701
(845) 807-0241
MON - FRI: 8AM - 5PM

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EDITORS: TANA PRICE & TERESA BORTREE

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alz.org/hudsonvalley

Sullivan County DRAMATIC WORKSHOP

Holiday show: "A Christmas Carol" (Radio Show) & "Santa's Little Reindeer Rap" (SCDW Youth Theatre)

Dec. 8 & 9 at 7:00pm and Dec. 10 at 2:00pm.

Don't forget our lotto raffles as Stocking Stuffers. More info at www.scdw.net

National Family Caregivers Month

For this year's [National Family Caregivers Month](#) Caregiver Action Network, CAN is undertaking a viral, national, digital campaign across multiple platforms during National Family Caregivers Month in November: the [#CaregiversConnect](#) campaign.

To make things super easy and convenient for you, we have created a [Flickr account](#) where you can access our library of [#CaregiversConnect](#) images. Our social media kit is attached to provide some additional helpful hints around messaging (including hashtag use and tagging CAN's [Twitter](#), [Facebook](#), and [Instagram](#) accounts).

What is #CaregiversConnect all about? The idea behind the campaign is to reflect a caregiver's reality that when #CaregiversConnect, whether it's for support, to get information, or just to talk to someone who understands what you're going through, it can help you feel less isolated. You are not alone.

#CaregiversConnect raises awareness of your role as a family caregiver as you find out your co-worker is also caring for a loved one going through chemo.

#CaregiversConnect to sources of support when you call CAN's Caregiver Help Desk. And #CaregiversConnect to information when you have a Zoom call with your mom's neurologist to talk about her dementia.

202.454.3970 (main)
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Sullivan County Office for the Aging, Monticello, NY

06-5379

Caregiver Month

Who is a Caregiver?

According to Johns Hopkins Medicine, "A caregiver provides assistance in meeting the daily needs of another person. Caregivers are referred to as either "formal" or "informal." "Formal" caregivers are paid for their services and have had training and education in providing care. This may include services from home health agencies and other trained professionals. "Informal" caregivers, also called family caregivers, are people who give care to family or friends usually without payment. A caregiver gives care, generally in the home environment, for an aging parent, spouse, other relative, or unrelated person, or for an ill, or disabled person. These tasks may include transportation, grocery shopping, housework, preparing meals. Also giving assistance with getting dressed, getting out of bed, help with eating, and incontinence. If you fit the description of a family, or "informal" caregiver, you are not alone. According to the American Association of Retired Persons (AARP) and the National Alliance for Caregiving (NAC), estimates of more than 65.7 million Americans serve as informal caregivers either to a child with special needs or an adult who lives in the community and needs help. Most caregivers (86%) are related to the care recipient with about a third caring for a parent. The average age of a caregiver is 49. Most caregivers are women (66%), but men also serve as caregivers. It is also a myth that most of the elderly are cared for in nursing homes in the U.S. Most long-term care is provided by family and friends in the home. Only 11% live in a nursing home or an assisted-living facility." (Source: <https://www.hopkinsmedicine.org/health/caregiving/being-a-caregiver>)

Caregiver Resource Center Services- (CRC)

Cornell Cooperative Extension and the Office for the Aging of Sullivan County work together to help both the senior and the caregiver. Caregiver services assist those who are caring for a family member and help the senior to remain in the setting of their choosing for as long as possible.

Information/Resources/Referrals

Caregivers can call the CRC at (845) 292-6180 x 122 for general assistance, and for referrals to area agencies that would provide services appropriate to their unique situation.

Weekly Tuesday Virtual Caregiver Support Groups

Family caregivers are welcome to join a support group offered weekly online on Tuesdays at 4:00 pm that provides a safe, non-judgmental environment in which caregivers can talk openly with each other about their issues and concerns.

Register by calling (845) 292-6180 x 122 or emailing sullivancrc@cornell.edu or by registering online <https://sullivanccce.org/events>

NEW -UPCOMING WORKSHOPS

Nov. 8 - 1:00 pm – Loch Sheldrake Seniors Monthly Mtg. Loch Sheldrake Firehouse
Understanding Alzheimer's & Dementia

Two free workshops will be offered at the Liberty Public Library:

Nov. 28- 5:30-6:30 pm

10 Warning Signs of Alzheimer's

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. Learn about the 10 warning signs and symptoms.

Dec. 12 – 5:30 – 6:30 pm

Healthy Living for Your Brain & Body

Alzheimer's and other dementia are not a normal part of aging. Learn more and get tips for ensuring your brain and body are healthy as you age.

Register for either workshop by calling (845) 292-6180 x 122 or emailing sullivancrc@cornell.edu or by registering online: <https://tinyurl.com/3s4uhzc9>

The QR Code is for the Alzheimer's workshops that will be held at the Liberty Public Library.



SULLIVAN COUNTY OFFICE FOR THE AGING



NOVEMBER MENU 2023 AND SHOPPING BUS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
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- Wed. / Mamakating Site-Mon. & Wed.		1) Breaded Chicken Breast Oven Roasted Potatoes Corn Dinner Rolls (2) Applesauce	2)	3) Beef Stew Brown Rice Green Beans Wheat Bread Pears
6) Hungarian Goulash Egg Noodles Diced Carrots Rye Bread Fresh Apple	7) CLOSED ELECTION DAY 	8) Stuffed Shells Side Salad Broccoli Italian Bread Fruit Cocktail	9)	10) CLOSED VETERANS DAY 
13) Chicken & Broccoli Brown Rice Oriental Vegetables Whole Wheat Bread Peaches	14)	15) Pulled Pork on a Bun Oven Roasted Potatoes Baked Beans Mandarin Oranges	16)	17) Meatballs (2) Baked Ziti Marinara Side Salad Mixed Vegetables Italian Bread
20) Breaded Fish Tartar Sauce Baked Potato Peas & Carrots Whole Wheat Bread (2) Sliced Peaches	21)	22) Oven Roasted Turkey Gravy/Cranberry Sauce Savory Stuffing Sweet Potatoes Corn Dinner Roll Pumpkin Pie	23) CLOSED THANKSGIVING DAY 	24) CLOSED 
27) Cheeseburger on a Bun Au Gratin Potatoes Green Beans Applesauce	28)	29) Cheese Ravioli in Garlic Sauce Diced Carrots Side Salad Italian Bread Pears	30)	Menu subject to change.

MONDAYS: November 6th, 13th, 20th, 27th

Town of Bethel-Smallwood, Cochection, Bethel Senior Housing and White Lake.
Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

TUESDAYS: November 14th, 21st, 28th

Town of Fallsburg- Woodridge, Mountaintale & South Fallsburg.
Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS: : Novembe 1st, 8th, 15th, 22nd, 29th

Town of Liberty- Liberty – Golden Park, Barkley Gardens & White Sulphur Springs
Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

THURSDAYS: November 2nd, 9th, 16th, 30th

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: November 3rd, 17th,

Town of Delaware- Fremont, Callicoon, Hankins, Jeffersonville, etc.
Liberty Village & Fallsburg- Liberty Village Apts., Hurleyville, Loch Sheldrake & Kiamesha Lake.

OLDER NEW YORKERS' DAY NOMINEES



Karin Pantel

Years of Volunteer Service: 2 years with Alzheimer's Association, Hudson Valley Chapter. Karin has been a lifelong volunteer for other organizations.

Names of Organizations: Alzheimer's Association: Volunteer Community Educator, Advocate-AIM (Alzheimer's Impact Movement), OATS—Founding member, NYS/SC Chapter Professional Women's Group, Inc, NYSARH—New York State Rural Health Association Board member, SC OFA Advisory Board member, Boy Scouts of America

Advice for other New Yorkers: Start by considering the causes or issues that you genuinely care about. Think about what motivates you and where you believe you can make a meaningful impact. Identifying your passions will help you find volunteer opportunities that align with your values. Volunteering is a rewarding experience. Your efforts, no matter how small, can make a significant difference in your community and beyond. Just do it!



Jack Luster

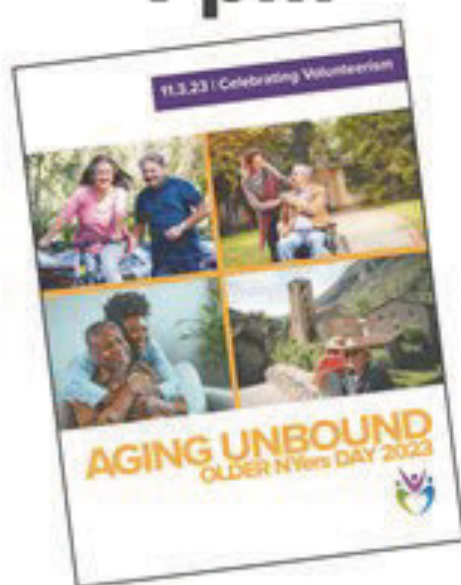
Years of Volunteer Service: 50 years

Names of Organizations: Mended Hearts Association, Big Brothers & Big Sisters of Sullivan County, Distributes food to people who need it, Ronald McDonald House in Brooklyn, Camp Simpcha, Catholic Charities in Honesdale, PA, Plays flute for Christmas mass, Plays saxophone at food pantry, Plays sax or flute at the homeless shelter, Plays flute at the Synagogue, Makes balloon animals at Marie's Park in Woodbourne

Advice for other New Yorkers: You receive back more than you give.

11.3.23 LIVESTREAM

1 pm



Honoring older volunteers from communities across the state will be held on Facebook and YouTube via livestream.



Info: 1-844-697-6321



SAVE THE DATE

2023 Older New Yorkers' Day Celebration



Caring Through the Holidays

The holiday season approaches! Thanksgiving, Hanukkah, Christmas, and other holidays can bring happy memories and anticipation of fun family traditions. They can also bring feelings of sadness, loss, and stress from demands on time and energy. When someone in your family has Alzheimer's disease or another form of dementia, the holidays can present some new challenges. Here are some tips to help you and your loved ones have a pleasant holiday season!

Support the Person with Dementia

- Show photos & talk about visiting family members
- Play familiar music and serve favorite holiday food

Caregiver Tips

- Exercise, eat well and take care of yourself
- Assign chores and activities to others
- Plan for breaks
- Be realistic about what you can/ can't do

Prepare Your Visitors

- Tell visitors beforehand about your loved one's current condition
- Provide information about communication tips
- Share changes in behaviors and how to respond

Prepare the Environment

- Keep an area that is calm and quiet for relaxing
- Keep decorations simple – avoid noisy or flashing decorations

Adapt holiday traditions

- Hold family gatherings at a good time for you and your loved one
- Limit the number of people at gatherings
- Use a quiet and calming location
- Set an end time for gatherings

Some Gift Suggestions: share your wish list with family and friends!

- Bathing – waterproof radio, shower chair, hand-held showerhead, night light
- Dressing – clothing easy to put on/off, slip-on shoes, non-skid socks
- Photo albums, picture books
- Gift certificates

The Alzheimer's Association's Helpline is available 24/7, even on holidays, at 800-272-3900. You are never alone, so give us a call for questions or support during this holiday season!



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MY LOVED ONES TO KNOW?**
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Medicare and HEAP Info

Medicare Annual Election 2023

If you haven't already heard, the Medicare Annual Election period is under way. This is when you can make changes, as you need, to your Medicare coverage such as your Part D (prescription coverage) or your Part C (Medicare Advantage Plan.) Any changes you make will take effect January 1, 2024. If you choose to stay with your current coverage, nothing will change but please remember that every year coverage changes. We would suggest, even if you are happy with your plan this year, please let a HIICAP counselor review your plan for the upcoming year. There is no one best plan, Part D or Advantage Plan, for everyone. You should be asking questions and make sure to find the best plan that meets your specific healthcare needs. Don't delay! Call the Office for the Aging as the Medicare Annual Election ends on December 07, 2023. (Insert Medicare Card here)

Medicare Part B premiums will increase to \$174.70 for 2024, an increase from \$164.90 in 2023

The Medicare Part A inpatient hospital deductible beneficiaries pay with hospital admission will be \$1,632 in 2024, an increase of \$32 from \$1,600 in 2023

The annual deductible for all Medicare Part B beneficiaries is \$240 in 2024, up from \$226 in 2023.

HEAP is opening on November 1st 2023.



You may apply in person, online or applications can be sent through the mail, email or fax.

The regular base benefit amount for deliverable **fuel oil, propane and kerosene** is \$900. The regular base amount for **wood, wood pellets and coal** is \$635.00 and the regular base amount for **electric** is \$400.00. These benefits can be increased due to low income or vulnerability.

Fuel Oil, Propane and Kerosene benefits amounts can be \$900.00, \$935.00, \$941.00 or \$976.00.

Wood, Wood pellets and Coal benefit amounts can be \$635.00, \$670.00, \$676.00 or \$711.00.

Electric benefit amounts can be \$400.00, \$435.00, \$441.00 or \$476.00.

The income guidelines to qualify for a Regular HEAP Benefit are as follows:



Household Size	Gross Monthly Income
1	\$0-\$3,035.00
2	\$0-\$3,970.00
3	\$0-\$4,904.00
4	\$0-\$5,838.00
5	\$0-\$6,772.00
6	\$0-\$7,706.00



HEAP Regular Benefit is a one-time only benefit meant to supplement your fuel expense. It is not a monthly benefit.

The HEAP Emergency Benefit begins January 2nd, 2024. This benefit is for households that may be in an emergency situation regarding their main source of heat. This benefit can be applied for over the phone. The emergency **fuel oil, kerosene and propane benefit** is \$900. The emergency **wood, wood pellets and coal benefit** is \$635.00, and the **emergency electric benefit** is \$585.00.

Sudoku

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

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

F₄ U₁ N₁ &
G₂ A₁ M₃ E₁ S₁



WORD SCRAMBLE - THANKSGIVING

1. FAHKLUNT _____
2. YRGVA _____
3. LBGCEO _____
4. RTSDEES _____
5. YTDRHAUS _____
6. EDRAB _____
7. IFFUSGNT _____
8. DASPREA _____
9. VAHTRSE _____
10. HQSAUS _____

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DIFFICULTY: ★☆☆☆☆

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

TRIVIA

Question: What city has the oldest Thanksgiving Day Parade?

RIDDLES

1. What exists when one person has it, but ceases to exist when another person gets it?
2. What five-letter word becomes shorter when you add two letters to it?
3. What gets wet while drying?

BRAINTEASER

A boy is walking down the road with a doctor. While the boy is the doctor's son, the doctor is not the boy's father. Then who is the doctor.

APPLE
AUTUMN
BAKE
BASTE
CARVE
CELEBRATE
COLONISTS
COOK
CORNUCOPIA
CRANBERRY

DELICIOUS
DESSERT
DINNER
FALL
FAMILY
FEAST
FOOTBALL
FRIENDS
GOBBLE
GRATEFUL

GRATITUDE
GRAVY
HAM
HARVEST
HOLIDAY
LEFTOVERS
MAYFLOWER
MEAL
NOVEMBER
PECAN

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PUMPKIN
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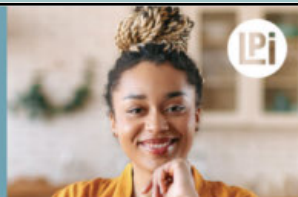
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PENNY PINCHER

LOCAL LIBRARY ACTIVITIES

Mamakating Library

- Every Monday, 1:00 pm - Tai Chi & Chair Yoga for Seniors
- November 17th at 1:00 pm - Gaming Group for Adults

Monticello Library

- Every Thursday, 11:00 am - Diabetes Prevention Class
- Every Friday, 1:00 pm - Adult Gaming Group

Liberty Library

- Nov 3rd, 1:00 pm - Movie matinee "Kandahar"
- Nov 6th, 10:30 am - Senior Coffee Club
- Nov 10th, 2:00 pm - Chair Yoga
- Nov 17th, 1:00 pm - Movie matinee "Past Lives"



MEDICARE 101

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WILL YOU BE TURNING 65 IN THE NEXT YEAR OR TWO?

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- HOW AND WHEN TO ENROLL
- WHEN YOU CAN MAKE CHANGES
- INSURANCE OPTIONS AVAILABLE TO YOU
- REVIEW AND COMPARE WHAT SERVICES ARE COVERED/NOT COVERED
- DETAIL THE COSTS ASSOCIATED WITH MEDICAL AND DRUG INSURANCE

SATURDAY, NOVEMBER 18TH
10AM-NOON

CAN'T MAKE IT IN PERSON?
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ADDITIONAL DATES TO ATTEND FROM HOME

THURSDAY, NOVEMBER 2ND 6-8PM

MONDAY, NOVEMBER 13TH 6-8PM

WEDNESDAY, NOVEMBER 29TH 6-8PM

SIGN UP WITH THE LIBRARY FOR NOVEMBER 18TH

OR

TO RECEIVE A ZOOM INVITE FOR ANY OF THE DATES:

(845) 439-5440

LIVINGSTONMANORLIBRARY.ORG/PROGRAMSIGNUP

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!**



November 9—Coda

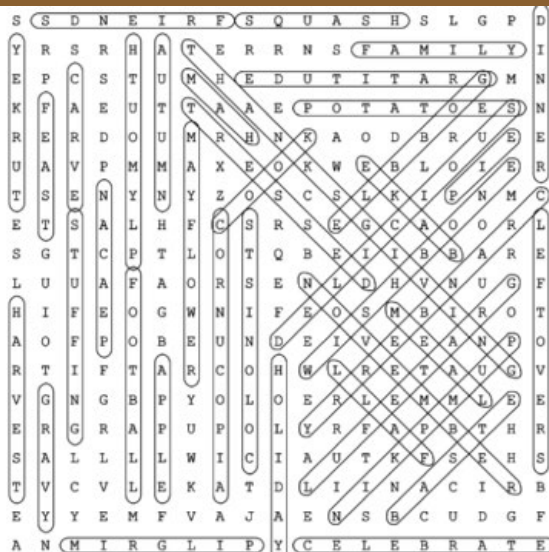
December 14—Miracle on
34th Street

Here's how to register:

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



ANSWER KEY



Answer to Sudoku

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

WORD SCRAMBLE: 1.THANKFUL
2.GRAVY 3.GOBBLE 4.DESSERT
5.THURSDAY 6.BREAD 7.STUFFING
8.PARADES 9.HARVEST 10.SQUASH

TRIVIA Philadelphia

RIDDLES:

1. A secret
2. Short
3. A towel

BRAINTEASER

The doctor is the boy's mother