



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

TO:

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Voluntary Contributions

The Office for the Aging is pleased to provide you with our services. Our programs are funded by the Sullivan County Legislature, New York State, the Older Americans Act, and your contributions. There are no mandatory fees for our services, however, the Older Americans Act requires us to allow voluntary, confidential contributions from the participants for the services they receive. No one will EVER be denied services because of their inability or unwillingness to contribute. All collected contributions are used to expand the service for which the contributions were given.

If you would like to make a contribution, please make check payable to Sullivan County Treasurer, and mail it to Office for the Aging, PO Box 5012, 100 North Street, Monticello, NY 12701.

Thank you

SULLIVAN COUNTY OFFICE FOR THE AGING

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

EMAIL US:
 SULLIVANOFA@SULLIVANNY.US
 VISIT OUR WEBPAGE:
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****IF YOU WOULD LIKE TO BE ON OUR MAILING LIST, PLEASE CONTACT OUR OFFICE ****

EDITORS: TANA PRICE & TERESA BORTREE

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alz.org/hudsonvalley



December 15 • 16 • 17
Christmas Spectacular Show

Halloween Safety

Halloween Safety Tips for Seniors

Halloween can be a fun holiday for most, but can be a very stressful time for seniors, especially those living alone. Here are some safety tips so you can feel more at ease in your home on Halloween night:

- **Leave interior and exterior lights on**, even if you won't be home or if you are not giving out any candy.
- **Never let anyone inside your home.** Politely refuse trick-or-treaters who ask to use your telephone or bathroom.
- **Seek company.** If you're worried about staying safe, ask a loved one or friendly neighbor to give out candy with you.
- **Look outside before opening the door.** Always check to see who is standing outside before answering the door. If it's a group of unruly teens or a lone adult, keep the door closed as a safety precaution.

- **Keep steps and walkways clear.** Keep all walkways and steps clear of flame-lit jack-o-lanterns, oversized decorations and other tripping hazards.
- **Avoid using candles:** Instead, use battery-powered lights to illuminate your jack-o-lanterns.
- **Call 911 immediately** if at any point you do not feel safe in your home.

HAPPY HALLOWEEN!!!



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MEDICARE ANNUAL ELECTION 2023

Part 1 (Prescription Drug Coverage/ Part D)

Fall Annual Election Period is quickly approaching! From October 15 through December 7, you can make changes as you need to your Medicare coverage. Any changes you make will take effect January 2024. If you choose to stay with your current coverage, nothing will change.

Medicare Part D, the prescription drug benefit, is the part of Medicare that covers most outpatient prescription drugs. Part D is offered through private companies either as a stand-alone prescription drug plan (PDP), for those enrolled in Original Medicare, or a set of benefits included with your Medicare Advantage Plan.

You should make sure to find a Part D plan that meets your specific health care needs. Before you start looking at plans, gather a list of the prescriptions you take, including their dosages and usual costs, and the pharmacies you regularly use.

Here are some questions you should ask before choosing a Part D plan:

Drug coverage

Are my prescriptions on the plan's formulary?

The formulary is the list of prescription drugs for which a Part D plan will help pay.

Does the plan impose any coverage restrictions, such as prior authorization, step therapy, or quantity limits?

Prior authorization means that you must get approval from your Part D plan before the plan will pay for the drug.

Step therapy means that your plan requires you to try a cheaper version of your drug before it will cover the more expensive one.

Quantity limits restrict the quantity of a drug you can get per prescription fill, such as 30 pills of Drug X per month.

If the plan does not cover a medication I take, does it cover one that will work for me? (Ask your doctor.)

Costs

How much will I pay at the pharmacy (copayments or coinsurance) for each drug I need?

How much will I pay for monthly premiums and the annual deductible?

How much will I have to pay for brand-name drugs? How much for generic drugs?

What will I pay for my drugs during the coverage gap?

If a drug I take has a high coinsurance, is there a drug I can take that will cost less? (Ask your doctor.)

Am I eligible for Extra Help or a State Pharmaceutical Assistance Program (SPAP) like EPIC?

Pharmacy network

What is the service area for the plan?

Can I fill my prescriptions at the pharmacies I use regularly?

Can I fill my prescriptions when I travel?

What will my coverage options and costs be if I visit out-of-network pharmacies?

Can I get prescriptions by mail order?

Coordination with other insurance

Will Part D work with other coverage I have to lower my costs?

Do I need to enroll in Part D if I have other creditable coverage?

Do I need to enroll in Part D if I have job-based drug coverage?

There is no one best Part D plan for everyone. Instead, you should ask questions and make sure to find a Part D plan that meets your specific health care needs. Feel free to call the Office for the Aging with any questions or assistance with making sure you have the right coverage @ 845-807-0241.



Be sure to call the Office for the Aging to have a HIICAP counselor review your plans to make sure you have the best coverage for your needs for 2024! You can do this October 15 - December 7. We look forward to helping you!

OCTOBER MENU 2023 AND SHOPPING BUS SCHEDULE

Monday	Tuesday	Wednesday)	Thursday	Friday
2) Salisbury Steak (1) Gravy Mashed Potatoes Mixed Vegetables Dinner Rolls (2) Pears	3)	4) Breaded Chicken Breast (1) Oven Roasted Potatoes Corn Wheat Bread Applesauce	5)	6) Ziti w/Meat Sauce Side Salad Broccoli Dinner Rolls (2) Mandarin Oranges
9)  COLUMBUS DAY CLOSED	10)	11) Roast Pork Loin w/Gravy Sweet Potatoes Cauliflower Whole Wheat Bread Fruit Cocktail	12)	13) Cheese Tortellini w/Garlic Herb Sauce Green Beans Side Salad Italian Bread Peaches
16) Sausage Sandwich Peppers & Onions Baked Beans Hoagie Roll Fresh Apple	17)	18) Unstuffed Cabbage Boiled Potatoes Peas & Carrots Rye Bread (2) Pears	19)	20) Macaroni & Cheese Stewed Tomatoes Broccoli Dinner Rolls (2) Applesauce
23) Pulled Pork on a Bun Oven Roasted Potatoes Baked Beans Fresh Orange 23	24)	25) Stuffed Shells (2) Side Salad Mixed Vegetables Italian Bread Fruit Cocktail	26)	27) Chili Macaroni Diced Carrots Corn Muffin (1) Banana
30) Breaded Fish Tartar Sauce Baked Potato Cauliflower Wheat Bread (2) Mandarin Oranges	31) 		Two Congregate Sites are open! Please call 24 hrs in advance for reservations at (845) 807-0254. Transportation available. Lunch at 12:00pm. Livingston Manor Site- Wednesday / Mamakating Site-Monday & Wednesday Menu subject to change.	

MONDAYS: October 2nd, 16th, 23rd, 30th

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

Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

TUESDAYS: October 3rd, 10th, 17th, 24th, 31st

Town of Fallsburg- Woodridge, Mountaindale & South Fallsburg.

Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS: October 4th, 11th, 18th, 25th

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

Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

THURSDAYS: October 5th, 12th, 19th, 26th

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: October 6th, 13th, 20th, 27th

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

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

ACT FAST 
AT ANY SIGN OF A

STROKE

F	A	S	T
			
Face droop	Arm weakness	Speech difficulty	Time to call 911

Think someone is having a stroke? Call 9-1-1 right away!

YOUR INPUT MAKES A DIFFERENCE - SURVEY

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



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

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<https://www.surveymonkey.com/r/sullivanSR>



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

VERSIÓN EN ESPAÑOL- SCAN QR O ENLACE USE A CONTINUACIÓN

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



<https://www.surveymonkey.com/r/scagingspan>

Please contact our office for a paper version of this survey.

(845)807-0241

Advance Directives

Understanding Advance Directives It's a Difficult Conversation to Have, Hospice of Orange & Sullivan Counties Can Help

Advance Directives are legal documents that allow individuals to express their healthcare preferences and decisions should they become unable to communicate or make medical decisions for themselves. These documents provide guidance to medical professionals, family members, and caregivers about the individual's wishes regarding medical treatment, and end-of-life care.

There are several types of Advance Directives, each serving a specific purpose. The most used Advance Directives are listed below, however, there are others.

Living Will: This document outlines the types of medical treatments a person wishes to receive or avoid if they are unable to communicate their preferences. It typically addresses issues like life-sustaining treatments, resuscitation, and artificial nutrition.

Durable Power of Attorney for Healthcare (or Health Care Proxy): This appoints a trusted person, often referred to as a healthcare proxy or agent, to make medical decisions on behalf of the individual. The proxy's authority becomes effective when the person is unable to make decisions themselves.

Do-Not-Resuscitate (DNR) Orders: These directives indicate that the person does not wish to be resuscitated if their heart stops or they stop breathing. They are usually discussed with a doctor and documented in medical records.

Medical Orders for Life-Sustaining Treatment (MOLST): This is a medical order signed by a doctor that provides specific instructions for medical treatments in emergency situations. It is typically used for individuals with serious illnesses or nearing end-of-life.

Advance Directives ensure that an individual's wishes are respected and followed when they are unable to communicate. They provide clear guidance to healthcare providers and help

alleviate potential family conflicts. To be legally valid, these documents usually require witnesses or notarization, and they may need to adhere to specific state laws.

It's crucial to regularly review and update Advance Directives to ensure they reflect the individual's current preferences. Discussing these preferences with family members, healthcare providers, and the appointed healthcare proxy can help ensure everyone understands and respects the individual's choices regarding their medical care. Forms and information can be found at https://www.health.ny.gov/community/advance_care_planning/ or call Hospice of Orange & Sullivan Counties at (845) 561-6111 or visit us at www.hospiceoforange.com.



Who
Will Decide
When I Can't?

Let Your
Wishes
Be Known
Get an Advanced Directive

ADVANCE DIRECTIVES

- _____ DO NOT RESUSCITATE
- _____ DURABLE POWER OF ATTORNEY FOR HEALTHCARE
- _____ LIVING WILL
- _____ HEALTHCARE PROXY



**WHAT DO I WANT
MY LOVED ONES TO KNOW?**
It's a Conversation You Need to Have and We Can Help.



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Sullivan County Office for the Aging, Monticello, NY

06-5379

10 Ways to Love Your Brain

The Alzheimer's Association has growing evidence that indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body. Start now. It's never too late or too early to incorporate healthy habits!

1. Break a sweat! Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

2. Hit the books! Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

3. Butt out! Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

4. Follow your heart! Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

5. Heads up! Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

6. Fuel up right! Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.

7. Catch some Zzz's! Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

8. Take care of your mental health! Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

9. Buddy up! Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community — if you love animals, consider volunteering at a local shelter. Or, just share activities with friends and family.

10. Stump yourself! Challenge and activate your mind. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.

Want to learn more about steps you can take to keep your brain healthy? Visit us at alz.org or call the Alzheimer's Association's 24/7 Helpline at 800.272.3900.



SULLIVAN COUNTY DEPARTMENT OF PUBLIC HEALTH

FREE RABIES CLINIC

FOR DOGS, CATS, AND FERRETS

Public Health
Sullivan County
Department of Public Health

Wednesday, October 11, 2023 6:00-7:30 PM
Town of Thompson Monticello Firehouse
23 Richardson Ave.
Monticello, NY

- 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 of ALL animals is optional. To pre-register, visit: <https://tinyurl.com/y575p83z>

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.

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



WORD SCRAMBLE—1940'S Vintage Candy

- TRESIMAS _____
- ONCEC _____
- TAUZNG _____
- ZOBAKOA _____
- SCHEKULC _____
- RITHSUK FYAFT _____
- ODST _____

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DIFFICULTY: ★☆☆☆☆

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

HALLOWEEN
CEMETERY
CANDY
MASK
BAT
BONES
AFTERLIFE
EYEBALLS
MONSTER
SCARECROW

WITCH
PUMPKINS
TRICKS
SCARY
BLACK
BOO
APPARITION
GHOUL
LANTERN
ZOMBIE

GHOST
CARVING
TREATS
SPOOKY
CAT
BROOM
CAPE
BOGEYMAN
MOON
WICKED

HAUNTED
COSTUMES
GOBLIN
SPIDER
CAULDRON
CACKLE
DARKNESS
FRIGHTFUL
OCTOBER
WEREWOLF

TRIVIA

What year was "Monster Mash" released?

RIDDLES

- What part of the chicken has the most feathers?
- What occurs once in a minute, twice in a moment, and never in 1,000 years?
- What is taken before you can get it?

BRAINTEASER

You walk across a bridge and you see a boat full of people, yet there isn't a single person on board. How is that possible?



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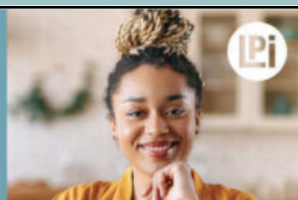
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ANNUAL PUBLIC HEARING & SENIOR RESOURCE FAIR

**WEDNESDAY,
OCTOBER 25, 2023
10AM-2PM**

10:00AM

**Office for the Aging Annual Public Hearing
Legislative Hearing Room 2nd floor**

10:00AM-2:00PM

**Senior Resource Fair
1st floor Lobby**

Refreshments will be available!
Please contact us at 845-807-0243 to notify us of any special accommodation requests.

**SULLIVAN COUNTY
GOVERNMENT CENTER
100 NORTH STREET
MONTICELLO, NY 12701**



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SATURDAY
OCTOBER 7TH
12:00-4:00PM

(845) 439-5440

LIVINGSTONMANORLIBRARY@RCLS.ORG



Livingston Manor: Then and Now

Join Fred Fries for a presentation on the history of Livingston Manor, at the Presbyterian Church.

**Thursday, October 19th
5:30pm**

Livingston Manor Presbyterian Church: 538 Old Route 17

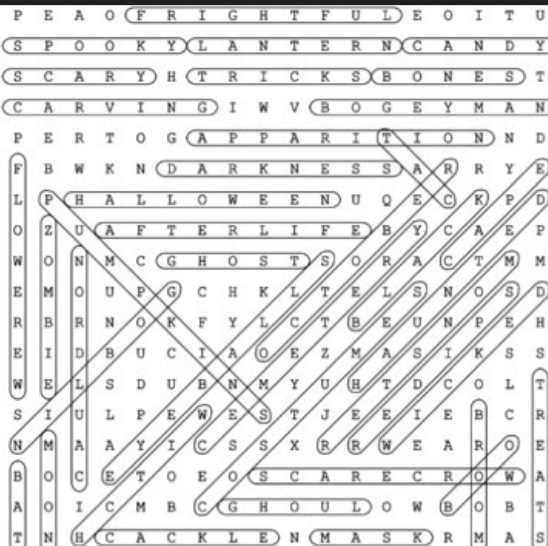
How to Sign Up:

livingstonmanorlibrary.org/programs/signup

livingstonmanorlibrary@rcls.org

(845) 439-5440

ANSWER KEY



Answer to Sudoku

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

WORD SCRAMBLE: 1. SMARTIES
2. NECCO 3. ZAGNUT 4. BAZOOKA
5. CHUCKLES 6. TURKISH TAFFY
7. DOTS

TRIVIA: 1962

RIDDLE: 1. The outside.
2. The letter "m"
3. Your picture

BRAINTEASER:

All the people on the boat are married