





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

TO:

## TABLE OF CONTENTS

WHAT'S INSIDE

**Brain Injury** Cancer Cues

Tax Info

**Shopping Bus &** March Menu

Cued In

COVID Test Kits 8

#### **BRAIN INJURY**

#### nationaldaycalendar.com

When it comes to brain injuries, not a single injury or person is the same. Anyone can suffer from a brain injury. Each injury affects a person differently. Learning the signs of a concussion and when to seek medical attention can mean the difference between mild and severe injuries. Repeat injuries require additional attention.

PAGE: Two types of brain injuries are traumatic and non-traumatic. Traumatic brain injuries occur due to motor vehicle accidents, sports or recreational injuries, domestic violence, falls and other external forces. Causes of non-traumatic brain injuries begin internally due to disease, poisoning, a hereditary condition, lack of oxygen, stroke or other internal medical condition. One of the keys to recognizing a concussion and getting immediate treatment is identifying these symptoms:

H – headaches or vomiting

E – ears ringing

A – amnesia, altered consciousness or loss of consciousness

D – double vision and/or dizziness

S – something is wrong or not quite right

If you experience any of the above symptoms, seek medical attention.

## **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@SULLIVA NNY.US

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SULLIVANNY.US/

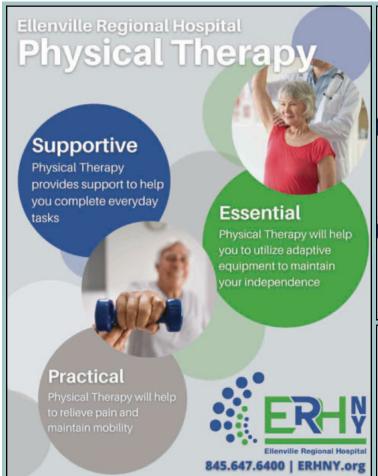
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Caring for someone with dementia? Call our Helpline anytime for support, with questions or to learn about programs near you.

ALZHEIMER'S \\\ \\ ASSOCIATION'

800.272.3900 alz.org/hudsonvalley



## **Cancer Screening Reminders**

## **8 Symptoms of Colorectal Cancer**

If you haven't scheduled your colonoscopy, do it! Early detection and treatments make a difference. Colorectal cancer screening should begin at age 45. Early screening is important because colorectal cancer often doesn't show symptoms in the early stages. Screening shouldn't be based on symptoms. When you do have symptoms, colorectal cancer tends to be more advanced. That's why it's important to follow screening guidelines. The following red flags indicate you should be checked out immediately, even if you've recently had a cancer screening such as a colonoscopy:

A change in bowel habits (diarrhea, constipation or change in the consistency of your stool) that lasts for

change in the consistency of your stool) that lasts for more than a few days.

An urge to have a bowel movement that's not relieved by

having one.
Rectal bleeding. Any bleeding you see, even if it's just one time, should not be ignored
Dark brown or black stool (which can indicate blood).
Cramping or belly pain.
Weakness and fatigue.

weakness and fatigue.
Unexplained weight loss. If you have colorectal cancer, your body releases certain hormones into your bloodstream that can lead to weight loss, even if you continue to eat normally.
Unexplained anemia.
Death rates from the disease have been slowly decreasing, year by year. The new guidelines to screen people starting at 45 are expected to bring down those deaths.

Source: AARP

#### **Kidney Disease**

1 in 3 Americans are at high risk for kidney disease because of diabetes, high blood pressure or family history of kidney failure. 30 million Americans already have kidney disease and many of them are not aware of it since and many of them are not aware of it since symptoms usually don't show until the disease has progressed. By the time they do, kidney disease can be deadly. Most people think it involves pain in the kidneys or blood in the urine. It starts gradually. Kidneys are crucial for 3 main reasons. They regulate water, they remove waste and regulate minerals and they produce hormones. Located in our lower back, these two hard-working organs also filter 200 liters of blood a day! Keeping our kidneys healthy is vital to a long and productive life. The relationship with our heart goes both ways when working with kidneys. When our kidneys don't work well, our heart needs to pump harder to increase blood flow through these small but important organs.

Schedule a checkup and learn what symptoms to keep an eye out for to know if your kidneys are starting to fail or become infected. A basic blood or urine test can detect it.

Source: nationaldaycalendar.com



### **Simple Cremation:** \$995.00

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## BY PLACES SUCH AS:

- **WSJ-WALL STREET** JOURNAL
- THR-TIMES HERALD RECORD
- SPECTRUM NEWS

AARP FOUNDATION TAX-AIDE offers free tax preparation to anyone of any

age - especially if you are 50 or older

or can't afford paid tax preparation This service is by appointment only.

# OFRECE ŠĒRVICIOS DE

PROGRAMA VITA

CUANDO 2/9/23 Hasta 4/11/23

#### DONDE

MONTICELLO HIGH SCHOOL 39 BREAKEY AVE. MONTICELLO. NY 12701

INFORMACION DE CONTACTO (845) 794-8840 EXT. 10966 COSTO GRATIS

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16 años corrien do este programa

Su ingreso no puede ser no mas de \$60,000.00



Hemos sidos reconicidos por: WSJ-WALL STREET **JOURNAL** THR-TIMES HERALD RECORD SPECTRUM NEWS

## DON'T BE LATE. TAX DAY

Wednesday, April 18, 2023.

Preparation of tax returns for individuals and families, both Federal and NY State, varies by location, please see below for more information

For an appointment at the Comell Cooperative Extension office located at Ferndale Loomis Rd in Liberty, please call (845) 292-6180 - appointments on most Mondays and Wednesdays For an appointment at the Liberty Public Library, please call (845) 292-6070 - appointments available only for 2/6/2023 and 2/9/2023

For an appointment at the Sunshine Fall Free Library in Eldred, please call (845) 557-6258 appointments available only for 3/6/2023 and 3/20/2023

For an appointment at the Ethelbert B. Crawford Public Library in Monticello, please call (845) 794-4660 - appointments on most Tuesdays and Thursdays

For an appointment at the Mamakating Library in Wurtsboro, please call (845) 888-8004 appointments available only on 3/2/2023, 3/4/2023, and 3/7/2023

Sponsored by AARP and the IRS, with help from the Cornell Cooperative Extension Service of Sullivan County, The Sullivan County Retired and Senior Volunteer AmeriCorps Program, and the participating libraries.

Please note that certain complex tax situations, such as taxpayers who own rental property or operate complex businesses, are not within the authorized scope by AARP and therefore they cannot be prepared.



## STILL WORKING ON YOUR 2022 TAXES?

#### YOU WILL NEED:

Sign up for FREE TAX PREPARATION SOCIAL SECURITY CARD with an IRS certified volunteer.

State Tax Returns.

ALL TAX FORMS RECIEVED

A tax counselor will help prepare and e-file your Federal and NY

YOUR 2021 TAX RETURN

TO PICK UP A TAX RECORD **ENVELOPE AT THE LIBRARY** PRIOR TO YOUR APPOINTEMENT

## SATURDAY, MARCH 18TH

at the Livingston Manor Library

Sign up online, over the phone, or in-person at the library.

(i) livingstonmanorlibrary.org



Presented by the IRS, AARP, the Sullivan County Office for the Aging. and in Partnership with Cornell Cooperative Extension of Sullivan County.



## 🎉 SHOPPING BUS SCHEDULE AND MARCH MENU 2023 🦠



Monday	Tuesday	Wednesday	Thursday	Friday
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.		1) Cheeseburger on a Bun Roasted Potatoes Side Salad Pickles Mandarin Oranges	ROUTE 4	3) Cheese Tortellini w/Sauce Buttered Peas Corn Whole Wheat Bread Pears
6) Unstuffed Cabbage Boiled Potatoes Peas & Carrots Rye Bread (2) Fruit Cocktail	ROUTE 5	8) Chicken A La King Egg Noodles Carrots Side Salad Whole Wheat Bread Fresh Apple	9) ROUTE 1	10) Macaroni & Cheese Stewed Tomatoes Cauliflower Dinner Roll Peaches
13) Chicken & Broccoli Brown Rice Oriental Vegetables Whole Wheat Bread Applesauce	ROUTE 2	15) Beef Stroganoff Egg Noodles Peas Cauliflower Rye Bread Fresh Orange	ROUTE 3	17) Ravioli Marinara Tossed Salad Broccoli Italian Bread (1) Pineapple Rings
20) BBQ Chicken Breast On a Bun Scalloped Potatoes Corn Pears	ROUTE 4	22) Sausage Sandwich Peppers & Onions Baked Beans Tossed Salad Hoagie Roll Fruit Cocktail	ROUTE 5	24) Vegetarian Chili Brown Rice Buttered Peas Corn Muffin (1) Fresh Apple
27) Meatballs Marinara Spaghetti Broccoli Tossed Salad Dinner Roll Mandarin Oranges	ROUTE 1	29) Roast Pork Loin Gravy Au Gratin Potatoes Corn Dinner Rolls (2) Pears	ROUTE 2	31) Breaded Fish Tartar Sauce Mashed Potatoes Peas & Carrots Whole Wheat Bread2 Sliced Peaches

Route 1: March 9<sup>th</sup>, March 28<sup>th</sup>

**A. Town of Fallsburg**- Woodridge, Mountaindale & South Fallsburg.

**B. Town of Rockland**- Livingston Manor & Roscoe.

Route 2: March 14<sup>th</sup>, March 30<sup>th</sup>

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: March 16

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

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

Route 4: March 2<sup>nd</sup>, March 21<sup>st</sup>

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

Route 5: March 7<sup>th</sup>, March 23<sup>rd</sup>
A. Town of Delaware- Fremont, Callicoon, Hankins, Jeffersonville, etc.
B. Liberty Village & Fallsburg- Liberty Village Apts., Hurleyville, Loch Sheldrake & Kiamesha Lake.



### **Nutrition News**

## **Libby Training**



Libby is a FREE app that gives access to thousands of ebooks, audiobooks, and magazines through your mobile device, anytime anywhere.



The library will answer your questions at this helpful in-person training session.

All you will need is your library card and a phone, tablet, or Kindle (Kindle users will need their Amazon account password).

> Monday, March 6th 10:30-11:00am





#### MUNCH A PLACES

Welcome Back! Do you miss your friends? WE MISS YOU!

Congregate meals coming soon to a nutrition site near you! Call 807-0244 to make a reservation for lunch. Transportation available.



## **FUN FOOD TRIVIA**

- 1. What is the only fruit with seeds on the outside?
- 2. What is the only food that can never go bad?
- 3. What country invented the first french fries?

Answers: J. Strawberry 2. Honey 3. Belgium



Who will you trust to protect your family's future?

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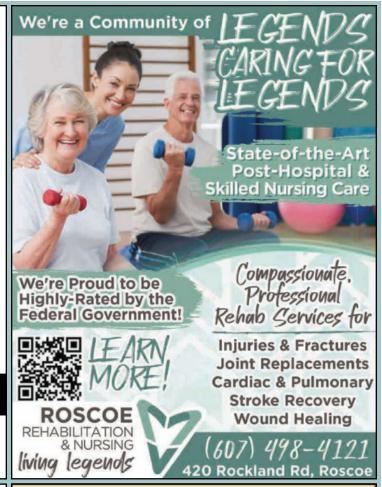
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# You may want to hang on to that COVID-19 test kit

The FDA extended expiration dates for many brands of COVID-19 self-tests.

- Check the FDA website and find the brand of your test kit to see if its expiration date was extended.
- When you test, start with the kit showing it will expire first.





Find the list at fda.gov

Search for "at home" and click on the first item

