



The Monthly



Hoot

OCTOBER

2022

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

TO:

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National Do Not Call Registry



Report Unwanted Calls



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The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls

You can **register** your home or mobile phone for **free**. After you register, **other types of organizations may still call you**, such as charities, political groups, debt collectors and surveys. To learn more, read our **FAQs**. If you received an unwanted call after your number was on the National Registry for 31 days, **report it to the FTC**.

Sellers and telemarketers:

Go to <https://telemarketing.donotcall.gov> to access the National Do Not Call Registry. the National Do Not Call Registry.

SULLIVAN COUNTY OFFICE FOR THE AGING

100 NORTH STREET PO BOX 5012 MONTICELLO, NY 12701

(845) 807-0241

MON - FRI: 8AM - 5PM

EMAIL US:

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National Caregivers Month

National Family Caregivers Month – celebrated each November -- is a time to recognize and honor family caregivers across the country. Celebrating Family Caregivers during National Family Caregivers Month enables all of us to:

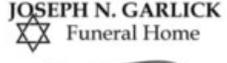
- Raise awareness of family caregiver issues
- Celebrate the efforts of family caregivers
- Educate family caregivers about self-identification
- Increase support for family caregivers

Caregiver Action Network is the organization that chooses how to celebrate National Family Caregivers Month annually and spearheads the celebration of NFC Month nationally. Each year, Caregiver Action Network makes materials available for general use, including the theme, a media kit, posters, sample proclamations, etc.

Caregiver Action Network (the National Family Caregivers Association) began promoting national recognition of family caregivers in 1994. President Clinton signed the first NFC Month Presidential Proclamation in 1997 and every president since has followed suit by issuing an annual proclamation recognizing and honoring family caregivers each November.

Each year, Caregiver Action Network makes materials available for general use, including the theme, a media kit, and coordinates with the Administration for Community Living and organizations across the field. The theme for 2022's National Family Caregivers Month is **"#CaregivingHappens."** During NFC Month 2022, the **#CaregivingHappens** Campaign will feature videos and images using text message conversations to show a caregiver's reality that often caregiving just happens. Caregiving happens when we are working, or on a date. Caregiving happens when we are trying to get out the door to the grocery store and it happens when we least expect it. Become a **#CaregivingHappens** Partner at no cost.

Sign up at CaregiverAction.org

 <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> 
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 <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>
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LONG-TERM CARE PLAN MONTH

Encourages seniors to take a look at their potential need for these services in the future. Long Term Care Planning explores the options available should the time arise when they may be needed. Long-term care includes services outside of medical care such as support for everyday living and basic personal care. Medical insurance does not usually cover these services, so advanced planning to cover the services is needed. Advance planning offers seniors more choices and decision-making opportunities.

BREAST CANCER AWARENESS MONTH

Self-breast exams should be done monthly so you become familiar with your breasts. If something were to change, you'd notice it right away. Look in the mirror for dimpling, swelling or redness: stand with your hands on your hips, then with your hands in the air, stand straight, then lean forward. Get a mammogram. Women over 40 (or mid to late thirties if breast cancer runs in the family because a woman's risk of breast cancer doubles) and people with an abnormality in the breast. For more info visit: <https://www.nationalbreastcancer.org/breast-cancer-awareness-month>

NATIONAL AUDIOLOGY AWARENESS MONTH

Hearing and listening is one of the senses we rely on the most... Which is why it's so important to protect the health of our hearing. Get your ears checked. 37.5 million people in the U.S. have some degree of hearing loss. Majority of people with hearing loss wait to seek treatment after noticing the issue for up to 7-10 years. By that time, hearing generally worsens dramatically.

NATIONAL DENTAL HYGIENE MONTH

Good breath, strong teeth and clean gums are all important parts of oral health. Brush every day, floss weekly and get regular checkups. Having a healthy mouth helps the rest of your body stay healthy, too. Practice good dental hygiene. Set up an appointment with your dentist and buy a new toothbrush!

NATIONAL FIRE PREVENTION MONTH

Make sure your heating source is in good condition. Whether it's a fireplace, wood stove, a furnace or electric heat, check the equipment before using or have them serviced. Don't store items near your heating source, they may ignite if they are too close. Make sure smoke detectors and carbon monoxide detectors are working. Place a fire detector on every level of the home and in the garage and test them monthly. Replace batteries annually. Get a fire extinguisher and make sure it's not outdated. Most fire extinguishers have an expiration date. It's also important to know how to use one. For proper use of a fire extinguisher, remember the word PASS to remember the steps:

Pull the pin.

Aim low at the base of the fire.

Squeeze the handle slowly.

Sweep the nozzle side to side.

Have an escape plan. In the event of a house fire, do not try to salvage items before leaving the house. Personal effects can be replaced, but lives cannot. Keep valuable documents in a fireproof box for recovery later.

ORGANIZE YOUR MEDICAL INFORMATION MONTH

Keeping all of your medical information organized and in a safe place is important whether you have a complex medical history or not including copies of diagnostic tests and pathology reports, anything you've ever been diagnosed with, medications you've been prescribed and copies of medical bills and insurance claims.

Start a healthcare notebook with details of family medical history. Write down hospitals you've been to, doctors you've seen there and their contact information and what the reason was for being there. Do this for you, your spouse, or anyone else who's health you find yourself managing. Keep post-it notes handy so whenever you need to remember something, you can jot it down so you don't forget to add it to your healthcare notebook later. Dates of appointments can be written on a calendar.

TALK ABOUT PRESCRIPTIONS MONTH

We are all encouraged to stay informed about the medications we use. All medications come with a risk and can be extremely dangerous, even deadly if abused. We can do considerable damage to our bodies without meaning to.

One of the most dangerous kinds of medications is prescription medication. A public health emergency was declared in the U.S. due to the overuse and abuse of opioids in 2017. Because of the addictive nature of these painkillers, thousands of people became accidentally addicted after taking their recommended dosage.

Make sure you and your family are aware of your prescription. If you or someone you know think they may have a problem with painkillers, look for these symptoms: use of the drug for longer than it was intended, trouble cutting down on the use of painkillers, or abstaining from activities like sports or spending time with family.

TALK TO YOUR DOCTOR/PHARMACIST

Asking your doctor these simple questions will help ensure your safety and will allow the medication to do exactly what it's meant to do for you. How and when do I take it and for how long? What side effects can I expect and should I do anything about them? Will this medicine work safely with other medications I'm on? How should I store this medicine? Should I take this if addiction runs in my family/is this a prescription that people can become addicted to?

SHOPPING BUS SCHEDULE AND OCTOBER MENU 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3) Cheeseburger on a Bun Roasted Potatoes Side Salad Pickles Mandarin Oranges	4) ROUTE 3	5) Pepper Steak w/Peppers & Onions Egg Noodles Green Beans Wheat Bread Fruit Cocktail	6) ROUTE 4	7) Baked Herb Chicken Oven Roasted Potatoes Broccoli Dinner Roll (2) Applesauce
10) CLOSED COLUMBUS DAY 	11) ROUTE 5	12) Macaroni & Cheese Stewed Tomatoes Mixed Vegetables Dinner Roll Peaches	13) ROUTE 1	14) Chili Con Carne Brown Rice Buttered Peas Corn Muffin Pears
17) Sausage Sandwich Peppers & Onions Baked Beans Hoagie Roll Pineapple Rings	18) ROUTE 2	19) Unstuffed Cabbage Boiled Potatoes Peas & Carrots Rye Bread (2) Fresh Apple	20) ROUTE 3	21) Chicken Stew Brown Rice Broccoli Cauliflower Biscuit Applesauce
24) Beef & Broccoli Stir Fry Rice Oriental Vegetables Wheat Bread Mandarin Oranges	25) ROUTE 4	26) Chicken Cutlet & Gravy Savory Stuffing Green Beans Mashed Potatoes Dinner Roll Peaches	27) ROUTE 5	28) Pork Chops & Kraut German Potato Salad Diced Carrots Rye Bread (2) Fresh Orange
31) Breaded Fish Tartar Sauce Au Gratin Potatoes Cauliflower Wheat Bread (2) Fruit Cocktail				Milk served with all meals. Menu subject to change. We apologize in advance for any changes. For any questions, please call (845) 807-0841.

Route 1: October 13th

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

B. Town of Rockland- Livingston Manor & Roscoe.

Route 2: October 18th

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: October 4th, October 20th

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

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

Route 4: October 6th, October 25th

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

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

ROUTE 5: October 11th, October 27th

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

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



People should donate carefully after a disaster to avoid scams

After an emergency or disaster, people rally to help victims by donating money. Unfortunately, this can give criminals an opportunity to prey on them by soliciting donations for fake charities. Scammers may also pose as federal agencies to dupe disaster victims trying to get disaster relief. People should always be suspicious of unsolicited contact. Scammers often contact their possible victim by telephone, social media, email or in person. People donating to charity should make sure their money is going to a reputable organization. Thieves may pose as a representative of a charity to ask for money or private information from well-intentioned taxpayers.

Scammers may set up bogus websites using names that sound like real charities. When a taxpayer searches for a charity online, they find the fake website or social media page, instead. Donors can use the Tax Exempt Organization Search to find or verify qualified charities. Donations to these real charities may be tax deductible. Taxpayers should always give by check or credit card to have a record of the donation. Donors shouldn't give out personal financial information to anyone who asks for money. This includes things like Social Security numbers, credit card information, bank account numbers, and passwords.

Disaster victims should know:

Scammers may claim to work for the IRS. The thieves say they can help victims file casualty loss claims and get tax refunds. Disaster victims can call the IRS disaster assistance line at 866-562-5227. IRS representatives will answer questions about tax relief or disaster-related tax issues.

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

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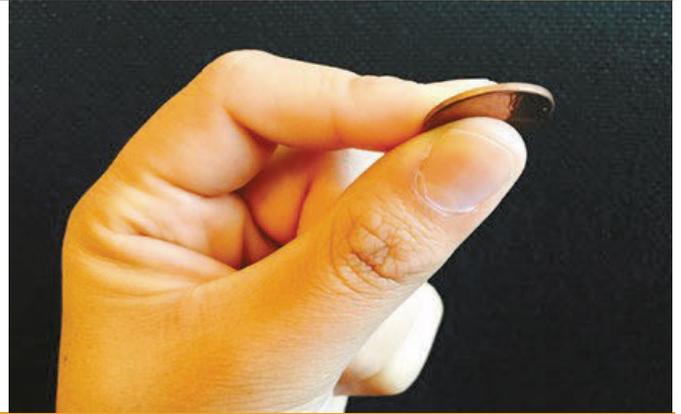
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PENNY PINCHER

Want to have fun on a budget? Then this page is for you with free to low cost activities. Let's get thrifty!

Books by Mail through the Sullivan Public Library Alliance. Call your local library for more information.

Adult Creative Crafters Liberty Library- Friday, October 21st 4:00 pm-5:00 pm



DIEHL HOMESTEAD FARM FALL FESTIVAL—OCTOBER 8 TH :00 PM-7:00 PM 93 DIEHL RD, CALLICOON
2022 SEASON CLOSING PANCAKE BREAKFAST -OCTOBER 23RD 9:00 AM-11:00 AM ROCK HILL FIREHOUSE
Fall Scarecrow Festival—October 9, 12:00pm-4:00 pm at Sullivan County Historical Society Museum in Hurleyville.

Adult Gaming Group at Ethelbert Crawford Library, Monticello, 10/14/22 10/21/22 & 10/28/22 1:00pm-4:00 pm. Spend your Friday afternoons at the library with other adults (21+) playing a game with friends, or make new friends while playing cards, Scrabble or other board games

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NOTICE OF PUBLIC HEARING

Each year the Sullivan County Office for the Aging is required to submit to New York State Office for the Aging an Area Plan outlining the actions to be taken in the next year in the Older Americans Act Programs and Community Services for the Elderly Programs administered by our office. We are now preparing the Area Plan for State fiscal year 2023 beginning April 1, 2023 and ending March 31, 2024.

In accordance with Federal guidelines, One Public Hearing will be held so that all interested parties can be heard on November 1st, 2022 at the Hurleyville Arts Performing Arts Centre, 219 Main Street, Hurleyville, NY 12747 from 2pm-5pm.

Following the Public Hearing, all comments will be reviewed by the Advisory Committee and staff of the Sullivan County Office for the Aging, thus permitting recommendations pertinent to the Plan to be incorporated into the Final Area Plan.

ALL THE LONELY PEOPLE

A FILM and DISCUSSION
with people developing resilience
over loneliness
and experts discovering solutions
to isolation



ALL THE LONELY PEOPLE

From creators of [Gen Silent](#)
including interviews with:

Julianne Holt-Lunstad, PhD
Professor of Psychology and Neuroscience, BYU

Carla Perissinotto MD MHS
Geriatrician, Social Isolation and Loneliness
Researcher

Michelle Lim, PhD
Scientific Chair, Ending Loneliness Together

Janet Morrison, OBE
Co-Founder, Campaign to End Loneliness

VIEW THE TRAILER:
allthelonelypeoplefilm.com

SYNOPSIS

All The Lonely People is a presentation centered around a documentary film followed by audience discussion.

It places a human face on the hidden epidemic of chronic loneliness and social isolation.

Built on hope, it shares the latest research and interventions for individuals and communities and leaves audiences feeling empowered and reconnected.

An event happening in your
community:

When:

November 1st, 2pm-5pm

Immediately following OFA Public Hearing

Where:



Hurleyville Performing
Arts Centre

219 Main St. Hurleyville, NY

Coffee & Refreshments will be served

Doors open at 1:30

Please Register at 845-807-0241 by October
24th

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