



Caring Hearts and Helping Hands

Volume 2 - No. 2 April/May/June 2023

Seniors Can Reap Benefits from Spending Time Outdoors

Courtesy of ELDER CARE ALLIANCE

Few pastimes restore the body and soul like spending time in nature. Research has confirmed that being outside does more than just lift your spirits; it also provides a boost for your physical and mental well-being. What are some of the benefits for seniors who take time to enjoy the great outdoors?

Improvements in Mental Health

Seniors who spend time outdoors may experience less depression and anxiety. Individuals who run, bike or walk in natural settings have a reduced risk of mental health problems compared to people who do their exercise inside.

Participating in nature walks with others is linked to more positive feelings and better mental health, along with lower levels of depression and stress. Seniors who are unable to exercise can benefit from getting outdoors by enjoying the change of scenery, smelling freshly cut grass and seeing beautiful, natural vistas.

Experts advise that seniors should try to spend time in natural areas like parks on a regular basis. The relaxation that nature provides can improve mood and increase overall feelings of happiness.

Abundant Energy

Being outside in nature makes you feel more alive



and provides a greater sense of energy and vitality, which can help make you more resilient to illness.

Spending time outdoors may boost your memory. One study found a 20-percent improvement in attention span and memory after spending just one hour in a natural environment. More time spent outdoors resulted in even greater gains in memory, and it may improve creativity as well.

Better Overall Health

Being outside can help increase levels of Vitamin D, which often is low among seniors. Low levels of this

important nutrient are linked to pain in muscles and bones, inflammation, higher risk of Type 1 diabetes and several types of cancer.

Getting sufficient Vitamin D can help reduce your risk of a number of physical ailments, including rheumatoid arthritis, multiple sclerosis and heart attack. By spending just 15 minutes outside in the sunshine each day, you help your body receive the recommended dose of Vitamin D.

Being outside may also improve your overall immunity by boosting your count of white blood cells, and the improvements may last for a week or more. In addition, time in nature may help you recover more quickly from an injury or illness.

Many Ways to Get Outside

If you enjoy aerobic exercise like walking, heading outdoors for your workout can provide additional benefits. Although, traditional exercise isn't the only way to spend more time outside.

Gardening is another great way to interact with nature and get some exercise at the same time. Consider creating a natural area with native species that can become routes for butterfly and bird migration. You might consider joining a group for nature-oriented activities like birdwatching.

No matter the activity, research tells us that simply being outside and enjoying nature can provide a variety of benefits for your energy, creativity, and mental and physical well-being.



Courtesy of Fellowship Square, AZ

Special Thanks for their
Permission to print this article:



<https://eldercarealliance.org/>

A Culture of Caring

Elder Care Alliance is an association of residential communities with one mission: to help older adults live a life of purpose and belonging rooted in holistic wellness.

As we Rejoice in the Spring and Summer Months

by Reb Sally Shore-Wittenberg

I am honored to be writing this piece for JFS Ulster's Spring edition on the first of the new Hebrew month of Nisan, just after the vernal equinox and two weeks before Passover. *Chodesh Tov* - may it be a good month for you and your loved ones!

The English months of April, May and June align approximately with the Hebrew months of *Nisan*, *Iyar* and *Sivan* as well as the spring season in the northern hemisphere. In fact, this new month is also called *the month of Aviv* - which means *Spring!*

It was in the month of Nisan that the people of Israel were redeemed from their Egyptian taskmasters through a series of miraculous signs and wonders, brought through the Red Sea dry shod, and brought for 50 days through the wilderness until they arrived at Mt. Sinai, site of the divine revelation and receiving of the Torah.

Through a series of holidays and traditional practices we are invited to make a similar journey each year.

Biblically obligated into observing and celebrating Passover, we begin with the annual rituals of removing leavened products from the house, participating in two Seders and eating matzah (unleavened bread) for eight days. The Seders themselves have a ritual format in which, according to Exodus 13:8, we are to "...tell our son **on that day** [Passover] saying, 'Because of this [enslavement] God acted for me when I came out of

Egypt" In the telling, we are also invited into our own immediacy of experience by later Sages, "In every generation a person must regard himself as though he personally had gone out of Egypt".

This requirement/request, that "a person must regard themselves as though they personally had gone out of Egypt", is an invitation over the 50 days. From the first of Nisan, through the month of Iyar and into the month of Sivan in which we

celebrate Shavuot and the gift of Torah, **we try to manifest through intention and practice, our own journey from redemption to liberation through personal growth.**

Redemption from slavery didn't magically turn our

ancestors into a truly "free" people. After 400 years they would understandably retain the posture and attitude of slaves, not yet able to accept responsibility for their own needs; food and water. Nor were they ready to accept the responsibilities that their G-d of redemption, YHWH, would be asking of them.

Seven weeks and a day later they arrived at Sinai, where G-d's self and the entirety of the Torah and Law were revealed. What happened during those 50 days? And what can be our journey in



the 50 days between Passover and Shavuot known as the Omer?

We are asked to count each of the 50 days in the evening, literally counting, according to a prescribed format in a ritual known as “counting the Omer”. Each week of the Omer is assigned a Divine trait ie: **lovingkindness, right boundedness, compassion, decisiveness, gratitude, connection, and mindful speech.** For some, this becomes a time to concentrate each week and cultivate greater skill or depth in that trait.

This is a worthwhile and fulfilling practice. If you are interested in learning more please don't hesitate to contact me.

The Omer ends the evening before Shavuot. After seven weeks of active spiritual practice, each person feels ready and willing to accept the Torah, again. We remember those words “*a person must regard themselves as though they personally had gone out of Egypt*” as we recall that every Israelite soul, past present and future, was at Sinai for the revelation and receiving the Torah. And so we prepare the night before (Leil) Shavuot, by learning Torah deep into the night - for some all night.

By the morning of Shavuot our journey is almost over. We celebrate by reading Torah, hearing special holiday tunes for the service and Scripture readings, and of course we eat! The special foods for Shavuot are dairy delights — especially cheesecake!

We will have made our ancestors' journey from redemption to liberation and made our own. Mindfully taking on improvement of traits, noticing and appreciating the passage of each day, we are liberated. We are freer of the tightness of spirit that holds us back from being the loving kind, compassionate and more just people our souls long for us to become.

May your Pesach/Passover be sweet and meaningful, may your Omer be a time of growth and refinement, and may we all arrive at Shavuot ready to learn and live Torah with enthusiasm and connection with the divine.

Reb Sally kerhonksonrabbi@gmail.com



Reb Sally Shore-Wittenberg has been the spiritual Leader of the Kerhonkson Synagogue in Ulster County NY since 2012, leading services there in a contemplative and meditative style. She loves Kerhonkson; the community and general area, and feels physically and spiritually at home among the solid rock face of the Shawangunk Mountains and the memories of the many Jews that summered there.

Based in lower Westchester County, Sally has been learning and teaching Jewish topics in communities since 2010. Of special interest have been Mussar, Jewish Mindfulness Meditation, Wise Aging, and Hasidic thought.

While enrolled in the rabbinic track at the Academy for Jewish religion, Sally completed several units of Clinical Pastoral Education at JTS and worked as a chaplain in Hospice and with Holocaust survivors through the SelfHelp program.

Happily married for 40 years, Sally & Bruce are the parents of four sons, two perfect granddaughters and two perfect grandsons.



Kerhonkson Synagogue
26 Minnewaska Trail
Kerhonkson, NY 12446



Serving the
Mid-Hudson Valley's
Elder-Communities
of All Faiths

- *Elder-Abuse Advocacy (E-MDT)*
- *Home Visits and Advocacy*
- *Home-Based Social Work*
- *Support Groups for Caregivers*
- *Bereavement Support Groups*
- *Relief for Caregivers*
- *Compassionate Phone Calls*
- *Grocery Shopping Assistance*
- *Driving to Medical Appointments*
- *Yard Maintenance Program Assistance*



JEWISH FAMILY SERVICES OF ULSTER COUNTY

280 WALL STREET, 2ND FL. ♦ KINGSTON, NY 12401
PHONE: (845) 338-2980 ♦ FAX: (845) 331-4875
JFS.ULSTER@GMAIL.COM ♦ WWW.JFSULSTER.ORG

★ ★ Alerts ★ ★



Center on Budget and Policy Priorities

cbpp.org

As Congress works through federal budget proposals and prepares to reauthorize the Supplemental Nutrition Assistance Program (SNAP) in the pending farm bill, some prominent proposals from House Republicans would harm SNAP participants by taking food away from people who can't show every month that they meet or are exempt from new work requirements.

One bill, from House Agriculture Committee member Dusty Johnson and more than 20 other House Republicans, would dramatically expand SNAP's already harsh work requirements, putting more than 10 million people — including millions of children — in states nationwide at risk of losing at least some of their food benefits.

That includes about 6 million people who would potentially be newly subject to the time limit and at risk of losing SNAP, and about 4

million children who live in families that could have their SNAP benefits reduced, harming the entire household.

Our new paper includes the number of people at risk of losing SNAP benefits in each state.

A very significant number of people would likely lose benefits because they are out of work or working insufficient hours, the state failed to screen them for an exemption they should have qualified for, or they were unable to navigate the verification system to prove they are working.

READ THE REPORT:

copy and paste the following internet address into your browser bar:

<https://www.cbpp.org/research/food-assistance/families-older-people-in-every-state-at-risk-under-proposed-snap-rule-that>

JFS accepts Medicare and Medicaid and has a sliding scale for self pay. Our goal is to reach as many people as possible, please reach out to discuss.


Contact Jewish Family Services of Ulster County 845-338-2980 to set up an intake.

If you are struggling with mental health the **24-7 Hotline** is available, **call 988 or Text HELLO to 741741**

Veterans call 1-800-273-8255 and Press 1 to talk to someone or send a text message to 838255 to connect with a VA responder

If you need immediate help dial 911

Please feel free to contact us with your feedback, as we are always eager to speak to you and assist.



Help your loved one feel less isolated, depressed or anxious in the Spring & Summer Months.

by Judith Bromley, RN

Isolation comes from the Latin root “insula” meaning “island.” We understand it to mean being separate from others either physically or emotionally. It is a separation, a withdrawal, segregation from others expressed as loneliness, depression and anxiety. As people age, senses dim and attention span diminishes. **There is a tendency to withdraw from activities and from others due to declining health either physical or mental.** *“I cannot hear you”* so conversation is stressful. *“I cannot see you”* so I begin to feel fearful of you. *“I cannot smell”* so food loses its taste. *“I cannot stand or walk as I once could”* so activities are difficult. *“I cannot remember the days or dates or what happened but a few minutes ago”* so I am embarrassed. **Then there was the Pandemic which required actual medical isolation from one another.** *“I have not quite recovered from my fear of catching a disease so how can I go out?”*. *“You don't want me to drive any more”* Homes once nestled into nature now become seriously far away from the community. **We say: “No man is an island” but we allow our seniors to isolate. How do we help our family members, friends and neighbors to connect with the community again? Gently and slowly and at their own pace.** We begin by visiting and developing trust.

- Reading a favorite book or looking at a photo album or listening to music inside.
- Try putting up a bird feeder to direct the person's attention to the outside.
- Then we can suggest sitting on the porch.
- Help the person notice what is happening in the wider environment such as a squirrel or neighbor or the songs of the birds. Follow

this with sitting outside away from the house.

- Suggest a “Ride to Nowhere”. This Ride to Nowhere is a favorite of a caregiver of a person with Parkinsons. Her husband enjoys riding but rarely talks. She will ask him what direction to go in and he will point. She says it is very restful for them both.
- They pack a lunch or snack. She notes that you need to be aware of location of bathrooms in your travels if you are planning to be out for more than an hour
- Sitting by a river or stream is very peaceful.
- Short walks on paved surfaces like the Ashokan Reservoir <https://www.dec.ny.gov/outdoor/101552.html> or
- the Walkway over the Hudson <https://walkway.org/> are good choices as they have beautiful views, convenient benches and Porta-potties.
- Watch the world saunter by as you sit together on a bench.
- Historic houses in our area such as the Vanderbilt Museum <https://www.npca.org> have lovely walks and bathroom facilities.
- The Hudson Valley has a number of Labyrinths that can be visited and walked through <https://fairstreetreformedchurch.org/?page>



Our Support Groups & How they Work

with Judith Bromley

A group could be described as a company, collection or an association of a number of people or things that are located close together or are considered or classed together.

So the groups that are offered by Jewish Family Services, and are groups of persons unique and yet related through the experiences of life that they find themselves passing through.

Support has many meanings: a foundation, a framework, sustenance, and maintenance to list but a few.

People who join our groups find a place where they can feel free to express themselves to others who understand how hard it is to pass through the stages of life that include caregiving, witnessing the death process and the aftermath of losing a loved one. Being able to talk about the journey, receive validation, feedback and suggestions sustains them.

People find resources here and have the possibility of engaging with one another on many levels outside of the group if so desired, as we encourage networking.

We create a very flexible set of circumstances so we can serve as many people as possible. These groups are free of charge and there is no obligation to attend any certain number of them. We understand that not everyone can be on time and it may only be able to attend a certain portion of a group. Groups begin with a

brief breathing exercise to help all participants focus and relax. Then a gentle reminder about the importance of confidentiality. Then each participant has a minimum of 5 minutes of uninterrupted time to share whatever they want the group to know about themselves and their journey. The group then gives supportive feedback.

The facilitator keeps time and is available after the group for any special concerns or issues that require more professional resources.

Judith is a Masters prepared psychiatric nurse with more than 30 years of experience in the field. She has been a professional staff developer as well as an adjunct professor of nursing at the Associates and Bachelor's levels. She developed and directed a women-to-women mentoring program currently known as Raising Hope.

In 2019, she became director of the REST Companion Program through Jewish Family Services. The REST Program trains volunteers to become in-home companions for elderly persons. The mission of the program is to restore dignity to elders who are isolated in the community and reconnect them with meaningful relationships that honor their stories and the richness of their lives. We are in the process of recruiting volunteers as well as interviewing new participants.

Judith is a consultant for the Office of Aging, Jewish Family Services and Catskill Neighbors. She facilitates caregiver groups and a grief group. These groups are currently via zoom and open to all.

SUPPORT GROUPS

Each group will be conducted by Telephone or Zoom.
The Group Leader will provide you with the number or the link
once you have signed up for a meeting.



Caregiver Support Groups

Zoom Conference - Judith Bromley

Every 1st and 3rd Monday each month
9:30- 11 a.m.

Every 2nd and 4th Monday each month
12:30 PM- 2:00 pm

Telephone conference - Donna Weintraub

1st Thursday each month
2 PM



Bereavement Support Groups

Telephone Conference - Donna Weintraub

Every 1st & 3rd Monday each Month
4:30 PM

Zoom Conference - Judith Bromley

Every 2nd & 4th Thursday each Month
1:00 PM

Contact: Judith Bromley MS, RN
1-845-559-5656
judithbromley417@gmail.com



SUPPORT GROUPS TESTIMONIALS

There are so many things that our parents and communities prep us for as we are growing up. Caregiving is not particularly one of those items. Occasionally we have the opportunity to see others do caregiving but generally it is from afar, perhaps watching a caregiver or nurse helping as we are coming and going during our day to day routines.

It wasn't until 6 years ago that I became a caregiver. This time to my post-stroke husband. The experience has been nothing like child-rearing which was my only personal experience caregiving.

It was a shock to me at how ill-prepared I was for the task and how alone I felt while my family and friends were all still immersed in their careers. Where do you turn first? How do you learn the skills that you need? And how do you help your care receiver, not with the medical issues, but with social issues that are day to day.

I joined the JFS Caregivers Support Group at the urging of a friend. It has been life changing for me. Not only have I learned to negotiate the difficult medical and social paths, I have bonded with an amazing collection of empathetic and strong individuals who help celebrate the victories, and lift me up when I feel defeated.

Though we meet biweekly, I am so grateful for this group and our facilitator everyday.

Sincerely,
Hannah Scarpati

I have been attending the Bereavement Support Group with Judith Bromley for about 8 months, since the passing of my beloved life-partner in December of 2020. His loss, and the grief that followed, has ushered in perhaps the darkest period of my life. I felt as if I was dying alive and helpless and hopeless. However, the sharings of others at the Zoom meetings enabled me to see how much in common I had with others' losses, even though the circumstances may have been different. After a while I began to find ways to see I had inner strength and resources that I had forgotten I had - and have since learned to live with the grief while putting one foot in front of the other and finding new joys in friendships and the daily, necessary tasks of life. I am so grateful to Judith and all the participants who attend the Bereavement Support Group.

- Jay

I first met Judith Bromley in the caregiver group that she was leading back in 2017. My husband was in a nursing home, and her support and wisdom in leading this community group was

Just knowing that a group of strangers come together as caregivers to support, listen, share and uplift one another is very inspirational for me. I've found a voice with fellow caregivers. While our situations are all very different, our empathy and dedication to purpose are lightning rods to help us as we journey forward.

Kathleen Furman

My JFS support group has been like a lifeline to me. Our group has developed a strong caring bond among the members and it is a wonderful feeling to have such a safe place to speak twice a month while going through this awful process of watching someone disappear.

Sara

Our caregivers' group has saved my sanity for years. The guidance and knowledge of our facilitator along with the support of women in similar situations is invaluable. It provides time for exchanging resources, comfort, close listening and tears. And love.

Lady T.

instrumental for me, in getting support and guidance. When he was able to come home in 2020, and was able to pass in our home, in 2021, I was able to benefit again from joining the Grief group that she was offering. The way she makes sure that each person is given the space to report and reflect on this personal grief journey, and holds the container space with respect and compassion for each person, is again a great benefit to me at this time. Thank you for supporting her to provide this care for the community - all the participants who attend the Bereavement Support Group.

- MH

I feel very safe to speak openly about my experience with members in the grief group. Everyone has been very kind and participated in active listening and acceptance. They are a very supportive group of people who understand and relate to the various pains and experiences that we go through in life after the passing of a loved one. It means a lot to be seen, heard, and understood.

- J



The E-MDT Corner

With Nick Morris &
Sarah Kieran

Greetings! We'd like to introduce our Enhanced Multi-Disciplinary Team Program (E-MDT). Our mission is to work together with professionals from a varied number of organization and government branches in five counties: Ulster, Orange, Dutchess, Sullivan and Rockland. We help to investigate, prosecute, intervene and provide assistance to elderly victims of financial and physical abuse or neglect.

Our team consists of the following agencies:

- **Adult Protective Services**
- **Office for the Aging**
- **Law Enforcement**
- **District Attorney's Office**
- **Department of Social Services**
- **Financial Institutions**

Contact Us:

Nick Morris: (for Ulster, Orange and Dutchess Counties)
NMorris@jfsulster.org (845) 338-2980

Sarah Kieran: (for Rockland and Sullivan Counties)
skieran@jfsulster.org (845) 338-2980 or cell: (845) 219-5183



SPOTLIGHT ON E-MDT SPRING 2023

by Sarah Kieran, LMSW

There is so much exciting happenings in the E-MDT program. We have been working hard to build relationships with the Hudson Valley Hub, which encompasses Sullivan, Rockland, Orange, Dutchess, and Ulster counties. I have the opportunity to focus on Sullivan and Rockland county while also supporting Orange, Dutchess and Ulster, I've been taking every opportunity presented to engage in-person with those communities and those working within those communities. It has been a highlight to learn more about the different areas in our state while advocating for the safety of seniors and the elderly.

Over the last few months, I have been connecting with and strengthening the Sullivan County team. I am forever grateful to Department of Social Services, Office for the Aging, Office for Human Rights, and so many others for not only welcoming me into their county and team, but also helping me to be informed of the challenges, barriers, and most importantly, the strengths of the community. It is a privilege to work with and being a part of this amazing team.

I've had the pleasure of engaging in trainings and conferences in Rockland and getting to know the Rockland Team members; going to those communities and meeting the professionals – as well as community members - seeing the various communities. Again, Office for the Aging, Department of Social Services, Jewish Family Services, and the District Attorney's office, among so many others, have not only been welcoming, but extremely supportive of the E-MDT mission.

As a Social Worker, I have always had the distinctive pleasure of seeing humanity at their best, when having to deal with the worst. The professionals in

Office for the Aging and Adult Protective services in all the counties are an attestation to that. The Hudson Valley Hub also has so many agencies run through the state and local governments as well as not-for-profits that work daily to help to lift our community members, support, and provide resources. While my position as an E-MDT Coordinator has little interaction with community members directly, I have seen how much these social workers, case workers, lawyers, counselors, investigators, law enforcement, support workers and others, have dedicated their lives to helping others, often during their most vulnerable times.

We are excited for many upcoming conferences, training sessions, outreach events, and public engagement activities in the Hudson Valley *and throughout the State* to continue to bring resources to our teams. I am also personally very excited to begin strengthening our relationships with Ulster, Orange, and Dutchess counties over the next several months. We live in an amazingly diverse, beautiful, and supportive area that has the benefit of amazing professionals who not only advocate for elderly victims - but truly care.

To find out more about the E-MDT Program, also visit our website: [JFSUlster.org](https://www.jfsulster.org)

or visit the NY State E-MDT website:

<https://www.nysemtdt.org/>



NYS Enhanced Multidisciplinary Team Initiative

Parent & Child Cooking Classes



Ellenville Senior High School
H.S. Cafeteria

Wednesdays 6 - 7pm

April 12, 19, 26 / May 3, 10

Join Cornell Cooperative Extension's
EFNEP Family Wellness Program for a free 7-week
series of cooking workshops.

Sponsored by Ellenville Regional Hospital!

Families will work together to learn how to make healthy, low-cost meals: **ages 8 and up!**

Families who participate in 6 or more lessons,
graduate and receive a ***Certificate of Completion***,

**Childcare provided
and Dinner prepared!**

For resource - limited,
SNAP/WIC - eligible families

Attendance at 6+ lessons
required to Graduate.

To register, contact Mary Brimmer, EFNEP
Nutrician Educator at mmb335@cornell.edu
Call: 845 340-3990 x 326 or visit:
ulster.cce.cornell.edu





Parents Helping Parents

Support with Children or Other Family Members
with Mental Health or Developmental Differences

When:

Last Friday of the Month
6 - 7:15 PM

Where:

Kingston Pop-Up Shop & Café
10 Cedar Street Kingston

Why:

For Parents to give
and get Support

For More Info:

dvalea168@gmail.com



With support from the
ULSTER COUNTY
DEPARTMENT of MENTAL HEALTH

Yom HaShoa

Holocaust Remembrance Day Event



Sunday, April 16th 2-4pm

All are welcome to attend the Yom HaShoah Event of Remembrance and are invited to share a piece of writing, poetry, video, music etc., though this is not mandatory.

After all participants have shared, a discussion will be facilitated by **Kate Selzo** and **Judith Bromley**.

Refreshments will be served.

Location:

Kerhonkson Synagogue
26 Minnewaska Trail
Kerhonkson, NY 12446



If you are interested
please contact:

Kate Selzo at
kvolkselzo@jfsulster.org

or call
(845) 338-2980 to register



Elder Empowerment Council



Creator: Ljupco | Credit: Getty Images/iStockphoto

Elder Empowerment Council of Ulster County,
working to enrich the lives of Seniors,
is presenting information on combating:
Isolation, Elder Abuse, and Fraud

Thursday, June 15, 2023
1:30 - 3:30pm

Check with **Ulster County Office for the Aging** (845) 340-3456,
Jewish Family Services (845) 338-2980, Adult Protective Services,
or your Local Libraries and Senior Centers for times and how to attend.

Or you may contact **Sarah Kieran**, LMSW (She/Her)
Assistant EMDT Coordinator and Homebased Services Coordinator
Email: skieran@jfsulster.org Mobile Phone: (845) 219-5183
(at Jewish Family Services of Ulster County)

NY STATEWIDE SENIOR ACTION COUNCIL PRESENTS:

HOT FUN IN THE SUMMERTIME

Six Fun Ideas for Seniors to do this Summer



PERUSE THE LOCAL FARMER'S MARKET

Bring a recycled bag to purchase healthy fruits, veggies and snacks from local farmers. Check out the honey, flowers and pastries too!

PUT UP A LEMONADE STAND

Purchase some juicy lemons and berries to make flavored lemonades for your neighbors and friends



to enjoy on a warm day. Grab those raspberries, strawberries and blueberries that you purchased from the farmers market and Stir it Up!

PACK UP A PICNIC

Go to your local Park for a picnic! Pack a bag full of your favorite summer



eats, fruits and snacks. Bring an outdoor folding chair, a blanket and a portable speaker with your favorite music - and enjoy the Summer breeze!

TOUR YOUR OWN TOWN

Put on some comfy shoes and act like a tourist! Spend some time touring the city and hitting some sites you may haven't seen in years or seen before. Take a tour, check out the Hudson River Maritime Museum, The Saugerties Light House or Overlook Mountain.



GRAB THE GRANDKIDS

And go on a neighborhood nature hike. Explore the neighborhood and all that it has to offer. Check out the trees, leaves, flowers and animals along your way. Take pictures and document your finds.

Collect leaves, flowers, rocks and other findings.



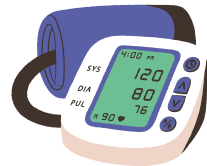
CHECK OUT A LOCAL HEALTH FAIR

See what your town has to offer for Seniors.

Have a blood pressure screening, participate in a fitness demonstration, check out the

healthy food samples. **And remember it is ok**

to take information from the tables, but don't give your personal information to anyone.



WE WISH YOU A HEALTHY AND SAFE SUMMER!

StateWide staff is always available for presentations, tabling events, and individual help to the community.

For more information, visit our website nysenior.org or call our toll-free Helpline at **1-800-333-4374**.



STATE WIDE

New York StateWide Senior Action Council, Inc

275 State Street, Albany, NY 12210

(800) 333-4374 - Fax: (518) 436-7642

Meet Our Interns



KATE SELZO

Hello! My name is Kate Selzo and I am a second year clinical MSW intern, currently enrolled at the University at Albany, and currently serving at JFS. As a member of the JFS team, I provide therapeutic visits to clients and their families under the Home-Based Program, while also co-facilitating three support groups, all of which are overseen by Judith Bromley. My responsibilities extend to administrative duties such as processing referrals, conducting intakes, and undertaking more substantial tasks like grant writing.

I have very much enjoyed my time working with the aging population and their caregivers and feel well-prepared to effectively apply population-specific interventions. Ultimately every challenge I have faced, while interning at JFS, has presented me with the opportunity to become a stronger, more trauma informed and culturally competent social worker; which will only benefit me as I work towards my career goals. While I am open to working with diverse populations, my ultimate goal is to establish a drop-in center in Midtown Kingston, targeting teenagers. My vision for the center includes providing 24/7 services – including counseling, skill building groups, coping skills groups, laundry facilities, and on-site showers at no cost to the youth.

SAMANTHAN STALZER

Hi everyone! My name is Samantha Stalzer, and I am a current MSW student at SUNY Albany. I am currently an intern for Jewish Family Services and enjoying my time there. I absolutely love helping people any way that I can. I currently assist with the Compassionate Calls Program, Home-Based Program and recently joined two support group. My goal is to gain as much insight and knowledge as possible during my time here at JFS. I aim to finish my MSW degree and, ultimately, become a licensed Social Worker



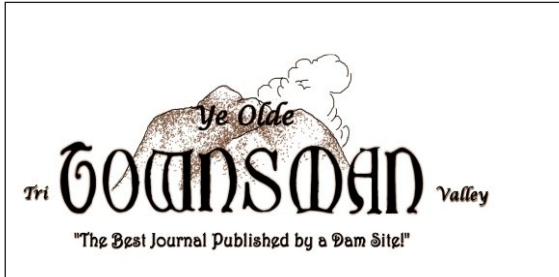
EMMA JUNEAU

Hi everyone! My name is Emma Juneau. I am a first year student pursuing a Master of Social Work degree at SUNY Albany, and have been interning at Jewish Family Services since September. At JFS I have been able to provide individual clients with emotional support, connection to resources, and



assistance with daily tasks like grocery shopping, as well as participating in our Caregiver Support Groups. I love being able to connect with the same people each week. This will be invaluable experience as I move into a career in clinical social work, as will the guidance I have received from Sharon and Sarah. I am grateful to everyone at JFS, especially our clients, for letting us into their lives.

Voices speak throughout our Counties: Notable Newsletters with varying perspectives



thetownsman.com

little rural one-room schoolhouses. There was a need to consolidate and build a new school – Tri-Valley Central School. In order to create a way for staff and students to communicate and get local information, Dr. Carl Messinger, a minister of the local Methodist Church, Rev. Irving Marsland, Jr., the newly chosen supervising school principal, Gene Ross and three teachers, Inez Gridley, Mrs. Mabel Jocelyn and Fred Cryers came together and decided that a community newspaper could provide a bulletin board with information to keep the community informed. It was through their industry that the Townsman was born. Three-hundred people subscribed - and businessmen supported with advertising. The group gathered on Tuesday nights and production began each week. All material was typed on a manual typewriter and all advertising was hand drawn and hand lettered. The original format was 4 sheets of legal paper, mimeographed copied and stapled together; folded and hand addressed and individually stamped.

Email: tvtownsman@yahoo.com **Phone:** (845) 985-0501

Kingston Wire is a digital publication covering the dynamic city of Kingston, New York. We are non-partisan, totally independent, and owned and operated by people who live here. Kingston Wire covers all of Kingston - its many constituencies, cultures and communities. We write about the people, news and events of Kingston with timely, insightful stories, produced by a team of veteran journalists with over 40 years of experience covering the city.

Our aim with Kingston Wire is to preserve local journalism at a time when many Kingston-based media outlets have shuttered publications, outsourced newsrooms or greatly diminished their coverage. We are dedicated to covering Kingston in a fair, objective manner with honest and accountable reporting. Local journalism is crucial for a community to understand and govern itself. An informed community is an empowered community. Our team is the most valuable asset we have. The collective sum of the individual differences, life experiences, knowledge, inventiveness, innovation, self-expression, unique capabilities and talent that our employees invest in their work represents a significant part of not only our culture, but our reputation and company's achievement as well.



<https://kingstonwire.com/>

Shawangunk Journal - Kingston Wire - Mid Hudson News - HudsonValleyOne - Manor Ink



NewsAtomic Publications
<https://newsatomic.com/>

NewsAtomic is an innovative way to read the news and support the news gatherers of your community. Conceived, built and tended to by the Shawangunk Journal — a local newspaper in New York's Hudson Valley — NewsAtomic makes available to you all of the journalism the newspaper prints each week. But that's not all. NewsAtomic is open to all locally grown publishers, small and not-so-small, to provide readers a comprehensive experience of what's going on where they live.

On the "Home" screen of NewsAtomic you will find a selection of the most recent posts. Touching a post opens the Reader, where you can read the post, and view the next similar post by swiping left. In the Reader posts are ordered by date and grouped by type. For example, if you click on a news story, you can read the next news story by swiping left. Swiping right takes you to the previous story.



<https://hudsonvalleyone.com/>

**Hudson Valley One: Newspapers
and online news and blogs.**

Catskill Mountainkeeper's mission is to protect our region's forests and wild lands; safeguard air and water; nurture healthy, equitable, and sustainable communities; empower environmental justice communities; and accelerate the transition to a 100% clean and just energy future in New York State and beyond.

Established in 2006, Catskill Mountainkeeper is the strongest advocate for the Catskill region. Working with a network of concerned citizens and strategic partners, Mountainkeeper's programs protect and promote our region's extraordinary natural heritage, while promoting smart development that supports local communities and grows our economy in a sustainable way.



<https://www.catskillmountainkeeper.org/>



Life Returns to the Hudson/Catskill Region

with

“Ranger” Dave Holden Woodstock Trail Master

LIFE RETURNS

Waghkonk Notes

As Spring returns to the Catskills, life itself flows back into the land, much the same as the sap returns to the tree-trunk - in fits and starts - ebbing and flowing in that great seasonal tide. First, a reddish haze appears in the hardwoods, little dark-red bud-caps protecting new life. Once they fall off, red dots sprinkled on the ground, then a light-green haze gradually sweeps up the mountain valleys, buds bursting forth, green grasses jumping up to the new sun. Vernal rains wash away all but the memories of the winter past, leaving only vestigial grey-white piles hidden from the high angle of light under north-facing ledges, gradually leaching their precious liquid into the land, like secret whales of winter joyfully beaching themselves in sacrifice to the new season.

FAUNA

There is nothing subtle about the return of animal-life to our region, all taking advantage of an early spring. From the raucous calls of Canada Geese as they teem overhead on their way to the far north and the strident busyness of the Redwing Blackbirds and Robins, Spring announces itself with noisy abandon.

Commensurate with the increase in bird-life will always be an increase in insect-life as the two life-forms are inextricably bound together for untold millennia as

predator and prey. Indeed, there has been an outburst of every form of insect, including Compton Tortoise Shell and Mourning Cloak butterflies, and myriad moth-species haunting light-



bulbs large and small. Enjoy the relative bug-free early spring while you can, though recent rains have led to the first hatching of Non-

Biting (but very annoying) Midges. More and more migrating birds make their way up the Hudson Valley flyway, following ancestral routes deeply etched in avian DNA and guided by starlight and the earth's magnetic field. Numerous species of Hawks and Herons hunt their way northward, stopping to feed along their way, hawks looking for the hapless small rodent, herons hunting newly awakened Woodfrogs, Spotted Salamanders and Spring-peepers (part of the reason for the sudden burgeoning of these phibians is to insure against over-predation) - and any small fish they can find. I saw two Great Blue Herons circling and circling, for all the world like they were looking for a nesting-place. The amazing Woodcock -our little Timberdoodle - has returned to our fields, it's plaintive "peent" resonating far and wide. For some local Bald Eagles this is the time for nesting and the eagle-couples will be seen taking turns feeding the new, rapidly-growing hatchlings. Now is when local eagles are most protective of their nest, so this is a good time to give these wonderful creatures some space.

FLORA

As the world "greens up" around us, we know Spring is here. Fields and lawns are rapidly becoming brightly verdant. Ajuga, Crocuses, Daffodils, Ferns, Spring Beauties, Wild Chives, many species of wild grasses, all are awake with life now. Every day more plants pop out from little (or not so little) buds, soon to become flower or



leaf. With mild days and cool nights, the sap is flowing well in all the hardwoods, most notably Maples. The first of the Spring Ephemerals, Canada Mayflower (Wild Lily-of-the-Valley), and Trout-lily, are starting their seasonal march. For now, just the leaves of the Mayflower (photo below left) are poking up through the leaf-litter, but in May they will sprout their delicate little crown of white. Many square miles - literally - of our forest floor will soon be covered by these little beauties. Trout-lily leaves resemble (somewhat) a trout's speckled skin and always come up around the beginning of trout-



season. Soon, they will present their own yellow, bell-like flowers for our approval. Another fleeting aspect of a Catskills spring is the bright blush of our native flowering spring

shrubs - Crabapple, Dogwood, Spicebush, Shadbush, Wild Cherry and others, interspersed throughout the soon-to-be- leafed-out understory, adding temporary color to our otherwise wan early spring woods.

WATCH WHERE (AND HOW) YOU STEP

This is a particularly sensitive time for many of these small plants like the Spring Ephemerals. After having been protected by snow and ice, they are almost exposed, barely hiding just under the surface. If we wear the wrong shoes on the trails right now, and avoid mud-puddles, we can cause unnecessary damage both to these delicate little beauties (a number of which are struggling back from being Endangered/Threatened) and to the trail itself. By not walking down the middle of the path, we make it wider, so - PLEASE! - wear the right boots and stay on the trails, even if it means walking in the mud. Thank you



WATER IS LIFE

Hopefully, this season will be a little wetter than last year. We came perilously close to brush-and forest-fires and hopefully can avoid them entirely this

season. Have a great early Spring everyone. It's a beautiful, if frustrating, season because it sometimes seems to take forever as it makes up its mind whether it wants to be warm or cold, like someone tentatively dipping their toe into ice-cold water. Part of this is just our expectations after a long - and weird - winter. It's almost like Spring is getting us ready (ever so gradually) for Summer.

Thanks. Take Care, "Ranger" Dave Holden



"Ranger" David Holden is a New York State DEC Licensed Hiking Guide and has many years experience on Woodstock trails, old and new.


His love of nature and living off the land was fostered by his father, Hu Holden, from whom he learned at an early age to appreciate natural living and nature in its fullest sense.


He will show you beautiful places in Woodstock that regular trail hikers miss.

You can reach Dave in many ways:

(845) 594-4863

woodstocktrails@gmail.com

 Woodstock Trails on Facebook

 rangerdaveholden on Instagram

@rangerdaveholden

www.woodstocknytrails.com



Gina's Vegetarian Kitchen

With Gina Valente

Melt-in-your-Mouth Date "Truffles"

These delectable bites are simple to make, gluten-free, and sure to please your guests. Enjoy!



Prep time: 15 minutes

Refrigerator time: 1 hour

Serves: 4 snacks or 2 desserts

Put in a food processor:

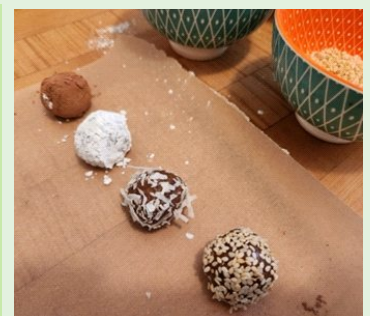
- 8 large pitted dates
- 1 Tablespoon Tahiti
- 1 teaspoon maple syrup
- 1/4 teaspoon vanilla

Process on high until a smooth ball forms.



Put 1/4 cup each of several of your favorite toppings in separate small bowls. I used powdered sugar, cocoa, coconut flakes, and sesame seeds. You could also try finely chopped nuts, granola, or colored sprinkles.

- Form 12 bite-sized balls of the dough between your palms.
- Roll each in a topping. Place them in a covered container and refrigerate for at least 1 hour.
- Plate and serve.





Volunteer and Employment Opportunities

Make a difference in an aging neighbor's life this year ... their independence can depend on YOU!

Help our team of professionals with:

- Home Visits and Advocacy
- Compassionate Phone Calls
- Relief for Caregivers
- Grocery Shopping Driving/Assistance
- Yard Maintenance (ask for Dennis)
- Drivers for Medical Appointments
- Fingerprinting

If you're interested in any of these capacities, contact:

JFS: (845) 338-2980

Yard Maintenance Program for Vulnerable Senior\$ at No Cost

Are you or do you know a senior, 60 years and above in the Ulster County region who is fiscally and physically in need of help in maintaining their yard, grounds or home?



**Worker\$ - \$18 per hour
and Volunteer\$ needed!**



grass cutting
weed-wacking
hedge trimming

brush & debris clearing
leaf raking
snow removal (as available)

**Program
Recipient
of
\$50,000
Foundation
Grant**

Contact:

Dennis Williams

Phone: (845) 532-7709

drwsr123@outlook.com

**Interested worker\$ and volunteer\$
late teen and older**



Yard Maintenance Program

Success Stories



I am a retired disabled Senior and can no longer do the yard work that needs to be done like mowing and hedge trimming. My worker at Office for the Aging told me about a program offered by Jewish Family Services called the Yard Maintenance Program. I contacted them and sthey made arrangements to come to my home to do some yard work. They mowed, used a weed wacker where needed and trimmed my Forsythia bush with a hedge trimmer. I am very happy with the results. I would highly recommend this service.

- Barry

The Yard Maintenance Program and the staff are wonderful; kind, intelligent, considerate, and I have deep appreciation. I realized my prayers for "God's goodness in the land of the living have been answered by charity from a number of people. And each night I pray for blessings for you all. Thank you for another blessing."

- Ms. I



Before



After



Before



After



Before



After



Before



After

Grocery Shopping Assistance

Volunteers Needed. Can You Help?



“As a graduate intern at Jewish Family Services of Ulster County, I have had the opportunity to participate in the Grocery Shopping Assistance program with local seniors. The experience is immensely rewarding and has a direct and immediate impact on seniors in our community. The need for shoppers is robust, but we do not

have the volunteer base to meet this demand for services. As a volunteer shopper, you make an immediate impact on those in our community and support a core mission of JFS to keep seniors living healthy and independent.” Nicholas Bona, JFS Intern

For more information:

Contact JFS at: (845) 338-2980

Drivers to Medical Appointments

Volunteers Needed. Neighbor-to-Neighbor



Are you a licensed driver, insured, vaccinated and in good standing - who would like to assist seniors in getting to their necessary medical appointments? For more information on how to be part of our Neighbor-to-Neighbor Team:

Contact JFS at: (845) 338-2980

Job Opportunity

Help Office, Civil and Law Enforcement
Agencies by Fingerprinting:

Become a Certified Fingerprinter

State-of-the-art computerized, ink-free methods



\$15 per hour

**Flexible hours/
schedule**

Contact :

Juniper Damon - (845) 338-2980

jfs.ulster@gmail.com

Jewish Family Services of Ulster
is an equal opportunity employer



Job Opportunity

P/T Social Worker for Home-Based Family Support Program

Summary

JFS provides in-home social work services for older adults, of all faiths, in the community who could not otherwise access more traditional office-based mental health services.

- In-home supportive counseling and psychotherapy
- Assessment and referral
- Educational/support groups for caregivers and those grieving (currently online due to pandemic)

Job Responsibilities

- Make regular (weekly or bi-weekly) home visits to a minimum of 4-5 clients (elders and/or caregivers) participating in Home Based Family Support Program
- Conduct assessments of the clients' level of functioning and need for community services or interventions, which includes use of assessment surveys
- Provide information and referral about community resources and programs that will meet needs of clients or enhance quality of life
- Follow Task-Centered model of intervention utilizing goal setting, intervention strategies and evaluation
- Be available to meet with agency/program director for regularly scheduled supervision · Complete required paperwork in a timely manner.

Due to COVID-19, this position is currently operating on a hybrid schedule of in person and remote work.

Qualifications

- Current Licensed Clinical Social Worker (LCSW) through the New York State Department of Education
- Also Seeking LMHC, and LMFT candidates
- Strong interpersonal and relationship-building skills

\$45 per hour
Regular hours/Per Diem



Contact :
Sarah - (845) 338-2980
HomeBased@JFSUlster.org

Jewish Family Services of Ulster is an equal opportunity employer

We will not discriminate and will take affirmative action measures to ensure against discrimination in employment, recruitment, advertisements for employment, compensation, termination, upgrading, promotions, and other conditions of employment against any employee or job applicant on the basis of race, color, gender, national origin, age, religion, creed, disability, veteran's status, sexual orientation, gender identity or gender expression.



The Caring Contacts Corner

Helpful Numbers for you:

JEWISH FAMILY SERVICES OF ULSTER COUNTY (JFS Ulster)

(845) 338-2980

(845) 331-4875 (FAX)

jfs.ulster@gmail.com

JfsUlster.org

911 - Universal Emergency Phone Number

988 - National Suicide Prevention Hotline

211- Essential Community Services

National Domestic Violence Hotline

(800) 799-7233

ULSTER COUNTY SHERIFF'S OFFICE

(845) 338-9373

<https://ulstercountyny.gov/sheriff/>

CHILDREN & FAMILY SERVICES OF ULSTER

(845) 334-5400

<https://ulstercountyny.gov/social-services/children-and-family-services>

PEOPLE'S PLACE

(Food Pantry and Distribution)

(845) 338-4030

<https://www.peoplesplace.org>

CITY OF KINGSTON POLICE DEPARTMENT

(845) 331-1671

<https://www.kingston-ny.gov/police>

NEW YORK STATE POLICE

(845) 338-1702

<https://www.troopers.ny.gov>

E-MDT HUDSON VALLEY HUB:

(Regarding Elder Financial/Physical Abuse or Neglect)

Nick Morris: *(for Ulster, Orange and Dutchess Counties)* NMorris@jfsulster.org

(845) 338-2980

Sarah Kieran: *(for Rockland and Sullivan Counties)* skieran@jfsulster.org

(845) 338-2980 or cell: (845) 219-5183

OFFICE FOR THE AGING, ULSTER CTY.

(845) 340-3456 or TOLL FREE at
1-877 914-3456

<https://ulstercountyny.gov/aging>

ADULT PROTECTIVE SERVICE ULSTER COUNTY

(844) 697-3505 between 8:30am and 8pm
to report abuse

<https://ocfs.ny.gov/programs/adult-svcs/aps/>

FAMILY OF WOODSTOCK

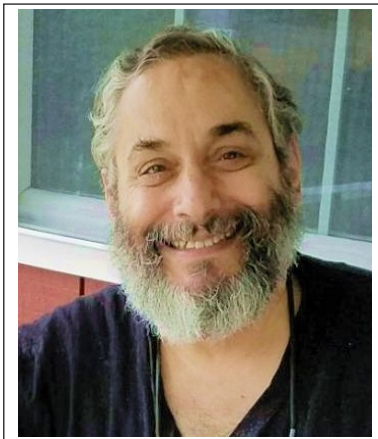
(845) 679-2485

<https://www.familyofwoodstockinc.org>

ULSTER COUNTY GOVERNMENT WEBSITE

<https://ulstercountyny.gov/arp>





Greetings

from the

Editor



Hello! My name is Jonathan Dobin, editor of the quarterly JFS Newsletter.

I would love to hear any suggestions you may have about what you'd like to see in our future Newsletters.

- *Senior Citizen Success stories*
- *General Human-Interest Stories*
- *Testimonials about how JFS services have impacted and helped your/ a loved one's life*
- *Your experiences with JFS Support Groups and other programs*
- *Places worth visiting, accessible to seniors, in the Ulster County area*
- *Ulster County Civic events*
- *Recommended Local Businesses*
- *Articles about Medical Initiatives*
- *Recipes ...*

Please let me know

Contact me at: Editor.JFSNewsletter@gmail.com

Please let me know of others who might like to be on our mailing list.

Also, if you wish to **UNSUBSCRIBE** - write me with that in the "Subject" line

We look forward to reflecting you, our community and serving you in the best way we can.

Sincerely,

Jonathan



When You Donate to JFS ...

*Your gift directly
supports our mission.*

Visit our website to securely donate through
JfsUlster.org (and click “Donate”)



or copy and paste this direct link into your browser:

<https://secure.qgiv.com/for/jfsouc>

Any contribution is appreciated and welcome.

Or you may choose to donate in a more structured way:

Friend: 1-time or monthly contribution of \$10; or a yearly contribution of \$120

Supporter: 1 time or monthly contribution of \$50; or a yearly contribution of \$600

Advocate: 1 time or monthly contribution of \$175; or a yearly contribution of \$2,100

Ally: 1 time contribution or monthly contribution of \$200; or a yearly contribution of \$2,400

Protector: 1 time contribution or monthly contribution of \$300; or a yearly contribution of \$3,600

Benefactor: 1 time contribution of \$5,000 or more; or a yearly contribution of \$5000 or more

*As a donor, we will list your name on our website and newsletter,
only if you give us permission to do so.*