



Caring Hearts and Helping Hands



Volume 4 - No. 2

May 2026

Ever-Blooming Spring!

the beautiful Spring photographs of NY Writer

Jill Rachel Jacobs



Angel Eyes Hibiscus
Glorious Holyhock
Pink Suits the Hollyhock
The Proud Apricot Tulip
Seagulls in Flight
Home to Satin Island
Hail Queen Elizabeth Rose



Joyful Garden Tulip
 Bursting Sunflower
 The Calla Lillies are in Bloom
 Listen to the Mockingbird
 Field of Tulip Dreams
 A Bevy of Chilipeppers



Jill Rachel Jacobs

Ms. Jacobs is a New York-based writer whose publishing credits include:

The New York Times, Reuters, The New York Post, The Independent, The Washington Post, The Boston Globe, The Los Angeles Times, The San Francisco Chronicle, Newsday, The Chicago Sun Times, The Philadelphia Inquirer, The Huffington Post, Thrive Global, Organic Style, The Chicago Tribune, NPR's Marketplace and Morning Edition.

Additionally, Ms. Jacobs studied at the Berklee School of Music and is an accomplished musician and singer.

Jill can be contacted at: Jillian3335@gmail.com



Jewish Family Services of Ulster County

Dear Community Friends,

For 25 years JFS has provided essential programs and services to seniors, of all faiths, in our area.

As we celebrate 25 years of helping seniors throughout the Ulster County region, we acknowledge that your generous donations throughout the years have been a crucial part in our providing essential services. **Now, due to cuts in State funding, County funding and limited funding through The Claims Conference, we are in need of your support and generous giving more than ever.** Your generosity enables us to continue providing programs and services to seniors and their families – **of all faiths** – throughout the mid-Hudson Valley.

Our Mission is non-denominational:
We provide quality and compassionate social services and educational programs to senior citizens in Ulster County and the entire region.

Jewish Family Services of Ulster County provides essential and often life- saving services.

- **Counseling by licensed Social Workers**
- **Family-centered mental health services**
- **Bereavement Support Groups**
- **Care Giver Support Groups**
- **Alzheimer and Dementia Support.**
This population is increasing rapidly. A recent study showed that 15.6 percent of seniors in Ulster County, not in nursing homes, have Alzheimer's or dementia. The impact on them and their families can be devastating. We are helping them.
- **How to protect seniors from Financial, Emotional and Physical Exploitation.**
We guide victims as to where to turn for help if they become victims.

A Tradition of Caring
A Commitment To Service

Serving Mid-Hudson Valley Seniors of All Faiths

- **Holocaust Survivors:** In addition to our many other activities, we offer comprehensive assistance to Holocaust survivors, some of whom are still living here full-time, and some of whom are still coming up during the Summer months. As this population ages, the help they need increases exponentially. We provide arrangements for home care, case management and care plans, home visits and psychological services, in addition to things like emergency moving expenses, eyeglass and emergency dental expenses.

But funding for these services have become greatly compromised in the current environment . With out your support these programs could be gone. We need your support now.

Here are two ways to offer your tax-deductable donation:

Checks to:

**Jewish Family Services of Ulster
280 Wall Street, 2nd Floor
Kingston, NY 12401**

Or Online:



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

Thank you for helping us fund our important community works.

Sincerely,

Dena Crane

Dena Crane
President
JFS Ulster Board of Directors



Greetings from the Editor



Hello.

My name is Jonathan Dobin, editor of the JFS Ulster Newsletter.

I would love to hear any suggestions you may have – what you'd like to see our future newsletters. (*Submissions for the September edition should be sent to me no later than August 5th*).

Ideas:

- *Senior Citizen Success stories*
- *General Human-Interest Stories*
- *Testimonials about how JFS services have helped you or your loved one's life*
- *Your experiences with JFS Support Groups and other programs*
- *Places worth visiting, accessible to seniors, in the Ulster County/
Hudson Valley region*
- *Ulster County Civic Events*
- *Articles about Medical Initiatives*
- *Recipes, crafts, puzzles, etc. ...*

You can reach me at: Editor.JFSNewsletter@gmail.com and write:

"**Newsletter Suggestion**" in the Subject

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

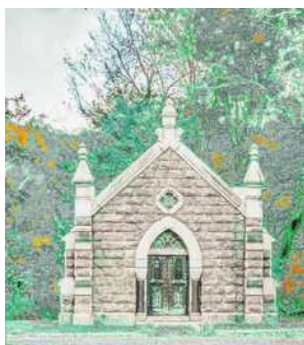
We look forward to serving you in the best way we can.

Sincerely,

Jonathan

If you wish to **UNSUBSCRIBE** - write "Unsubscribe in the subject" line.

- Our Pride -
the
**Hudson
Valley**



Go Take a Hike!

Accessible, Enjoyable Outdoor Activities
for Seniors in the Hudson Valley



Spring and Summer Enjoyment in the Hudson Valley When the weather turns mild, the Hudson Valley offers many ways for older adults, caregivers, and home-bound neighbors to enjoy the season. Spring and summer invite us outdoors, but they also offer chances to connect from home, stay curious, and take part in the life of the community. Even a small outing, a brief porch visit, or a view of the river can lift the spirit.

For seniors who are able to get out, the Hudson Valley is rich with gentle, beautiful places to visit. Accessible and easier-walking spots include areas such as Vanderbilt Mansion in Hyde Park, where paved roads lead to river views, and Kaaterskill Falls' upper trailhead, which offers an accessible viewing platform. Scenic Hudson also highlights beginner-friendly and mobility-friendly places such as Falling Waters Preserve and Black Creek Preserve, both of which include trails and resting spots that can make a short outing more manageable. These kinds of places are especially good for caregivers and family members looking for an easy day trip that does not require a long drive or strenuous walking.

Spring is a fine time for simple pleasures: enjoying blooming gardens, watching birds return, listening to live music outdoors, or attending local senior-center programs and community events. Many Hudson Valley communities publish seasonal senior activities and trip schedules, and some counties also offer summer picnic programs for older adults. For those who enjoy arts and culture, the region's spring and summer calendar often includes concerts, festivals, poetry walks, and local gatherings that bring people together in a relaxed setting. A caregiver might plan one outing a month, rather than several, so the experience feels pleasant instead of tiring.

For people who are home-bound, isolated, or recovering from illness, the season can still be enjoyed in meaningful ways. A sunny window, a fan, a bowl of

fresh fruit, and a few flowers from a local market can help bring the feeling of spring indoors. Senior organizations may want to share short newsletters, large-print activity sheets, phone tree check-ins, puzzle pages, or recorded music playlists so that home-bound members can take part from a distance. Even a brief phone call with a friend, a shared memory about past summers, or looking through old photographs can make the season feel more alive and connected.

Caregivers may find it helpful to choose activities that are flexible and low-pressure. Early morning outings are often cooler and less crowded, and indoor options such as museums, libraries, concerts, and community centers can provide a welcome break from heat and humidity. When planning summer fun for seniors, water, shade, seating, and accessible restrooms matter just as much as the destination itself. A successful outing is not the longest one, but the one that leaves people feeling refreshed and included.

The Hudson Valley's spring and summer seasons remind us that enjoyment does not have to be elaborate. A short walk, a scenic drive, a community picnic, a favorite song, or a call from a friend can all count as good use of the season. What matters most is making room for pleasure, connection, and a sense of belonging.



Mawignack Preserves

Wheelchair-accessible trails:

Vanderbilt Mansion, Kaaterskill Falls upper trailhead; content unchanged and relevant):

<https://hikethehudsonvalley.com/wheelchair-accessible-trails-in-the-hudson-valley/>

Scenic Hudson easy/accessible hikes (Mawignack, Falling Waters, Black Creek preserves mobility-friendly with boardwalks/benches):

<https://www.scenichudson.org/viewfinder/easy-ways-and-accessible-places-to-start-hiking-in-the-hudson-valley/>

Vanderbilt Riverfront Trail details (paved loop to river):

<https://www.nps.gov/thin/gstodo/vanderbilt-riverfront-trail.htm>



Vanderbilt Riverfront Trail

Senior Programs and Events Dutchess County

OFA Summer Picnics 2026 (picnics starting late May 2026):

<https://www.dutchessny.gov/ofapicnics> and <https://www.dutchessny.gov/Departments/Aging/Docs/OFA-Aging-News-April-27-2026.pdf>

Croton-on-Hudson Spring 2026 Senior Programs

(programs/trips guide updated for Spring/Summer 2026):

<https://www.crotononhudson-ny.gov/seniors-adults-60/pages/spring-2026-programs-trips> and calendar <https://www.crotononhudson-ny.gov/node/3113/events/month/2026-01>

Spring/Summer Events in Hudson Valley 2026

(festivals, music, arts listings current):

<https://www.cidiot.com/blog/spring-and-summer-events-in-the-hudson-valley---2026/>

I Love NY Spring Activities (2026 blooms, festivals like lilac/tulip events):

<https://www.iloveny.com/blog/post/things-to-do-this-spring-in-new-york-state/>



A Tradition of Caring ...



A Commitment to Service.

Enhancing the quality of life for older adults of all faiths since 2000.



*Aging is not a disease - it's a process ...
Everybody's doing it!"*

- Sharon Murray-Cohen, JFS Executive Director

jfs.ulster@gmail.com
(845) 338-2980 www.jfsulster.org





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

- *Home-Based Therapeutic Services and Advocacy*
- *Support Groups for Caregivers*
- *Bereavement Support Groups*
- *Relief for Caregivers (REST Program)*
- *Compassionate Phone Calls*
- *Grocery Shopping Assistance*
- *Driving to Medical Appointments
(Neighbor to Neighbor)*
- *Holocaust Survivor Advocacy*
- *Yard/Home Maintenance 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



Groups and Respite

with Judith Bromley

Social Club at the Hub

Helping Dementia-Friendly Caregivers and Community throughout Ulster County

The Social Club at the Hub is a pilot program designed as an element of the plan foster dementia-friendly communities throughout Ulster County. We begin with a free lecture series on dementia for the host community. The lecture series engages the community on many levels as it encourages a review of local resources for seniors coupled with a willingness to develop programs that are needed.

The Social Club at the Hub is sponsored by Jewish Family Services' REST Program and is hosted by the Office for Aging.

Tuesdays: 10 am to 3 pm
at the HUB in Kingston

(Adjacent to the Office for Aging: 1091 Development Ct, Kingston, NY 12401)

We are also looking for additional sites to host social clubs once a week

The Club provides 5 hours of respite for caregivers by engaging their care partners in meaningful socialization, including:

Chair Exercises, Music, the Arts and a Variety of Cognitively Stimulating Games.

Lunch is provided.

Social club members need to be in mild-to-moderate cognitive decline but still be able to self-toilet to participate.

We are looking for active, engaged seniors in the community who want to volunteer in a flexible environment to join our member support team.

We are also looking for additional sites to host social clubs once a week.



Do you have:

- Any ideas to share?
- Any time to give in a flexible schedule - suited to your needs?
- Any caregiver concerns that you need some guidance for?

Kindly contact the program coordinator:

Judith Bromley MS, RN

(845) 559-5656

judithbromley417@gmail.com

Visit us to become inspired!

Support Groups

Each group will be conducted by Zoom.

Judith will confirm the number or the link once you have signed up for a meeting.



Caregiver Support Groups

Zoom Conference with 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



Bereavement Support Groups

Zoom Conference with Judith Bromley

- Every 2nd & 4th Thursday each Month @ 12:30 PM

Testimonials

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.

- Hannah

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. ... 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

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. 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*. - Jon

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





Loneliness and Social Isolation:

Tips for Staying Connected

Everyone needs social connections to survive and thrive.

But as people age, they often find themselves spending more time alone. Being alone may leave older adults more vulnerable to loneliness and social isolation, which can affect their health and well-being. Studies show that loneliness and social isolation are associated with higher risks for health problems such as heart disease, depression, and cognitive decline.

If you are in poor health, you may be more likely to be socially isolated or lonely. If you are socially isolated or feeling lonely, it can put your physical and mental health at risk. Adults who are lonely or socially isolated tend to be less healthy, have longer hospital stays, are readmitted to the hospital more often, and are more likely to die earlier than those with meaningful and supportive social connections.

What is the difference between loneliness and social isolation?

The number of older adults age 65 and older is growing, and many are socially isolated and regularly feel lonely.

Loneliness is the distressing feeling of being alone or separated. **Social isolation** is the lack of social contacts and having few people to interact with regularly. You can live alone and not feel lonely or socially isolated, and you can feel lonely while being with other people.

Older adults are at higher risk for social isolation and loneliness due to changes in health and social connections that can come with growing older, hearing, vision, and memory loss, disability, trouble getting around, and/or the loss of family and friends.

How can feeling lonely or being isolated affect older adults' health?

People who are socially isolated or lonely are more likely to be admitted to the emergency room or to a nursing home. Social isolation and loneliness also are associated with higher risks for:

- High Blood Pressure
- Heart Disease
- Obesity
- Weakened immune function
- Anxiety
- Depression
- Cognitive Decline
- Dementia - including
- Alzheimers disease
- Death

People who are lonely or socially isolated may get:

- too little exercise
- drink too much alcohol (**Those feelings of isolation can also contribute to overeating for some people)
- smoke, and
- sleep poorly, which can further increase the risk of serious health conditions

People who are lonely experience emotional pain.

Losing a sense of connection and community can change the way a person sees the world. Someone experiencing chronic loneliness may feel threatened and mistrustful of others.

Emotional pain can activate the same stress responses in the body as physical pain. When this goes on for a long time, it can lead to chronic inflammation (overactive or prolonged release of factors that can damage tissues) and reduced immunity (ability to fight off disease). This raises your risk of chronic diseases and can leave a person more vulnerable to some infectious diseases.

Social isolation and loneliness may also be bad for brain health.

These have been linked to poorer cognitive function and higher risk for dementia, including Alzheimer's disease.

Also, too little social activity and being alone often may make it more difficult to perform everyday tasks such as driving, paying bills, taking medicine, and cooking.

Do You Need help with social isolation or feeling lonely?

The Eldercare Locator connects the public to trustworthy local support resources for older adults and their families. This resource links those who need assistance with state and local agencies on aging, as well as community-based organizations.

The **Eldercare Locator** is also available via phone at 800-677-1116.
<https://eldercare.acl.gov>

Are you at risk for social isolation and loneliness?

Certain factors may increase your risk of social isolation and loneliness.

These include:

- Loss of mobility
- Vision, or hearing problems
- Psychological or cognitive challenges
- Feeling a lack of purpose
- Financial struggles
- Living alone
- Lack of transportation
- Inability to leave home without help
- A major life change, such as the death of a family member or retirement
- Separation from friends or family
- Lack of social support
- Caring for a loved one who is unwell
- Living in a rural, unsafe, or hard-to-reach neighborhood
- Experiencing discrimination based on age, racial or ethnic background, or sexual orientation
- Language barriers

Loneliness, social isolation, and hearing loss

People with hearing loss may find it hard to have conversations with friends and family. Older people who can't hear well may become depressed or withdrawn from others because they feel frustrated or embarrassed about not understanding what is being said. Sometimes,

confused, unresponsive, or uncooperative when the reality is that they don't hear well. Difficulties communicating with others can lead to less interaction with people, social isolation, and higher rates of loneliness.

Hearing problems that are ignored or untreated can get worse. If you think you might have a hearing problem, talk with a doctor. Hearing aids, therapy, certain medicines, digital telephones and surgery are some of the treatments that can help.

How can you talk with your doctor about loneliness and social isolation?

If you are feeling isolated or lonely a lot of the time, you may want to tell your doctor or another health care professional.

Talking about your health with your doctor means sharing information about how you feel physically, emotionally, and mentally. Describing your symptoms and concerns can help your doctor identify the problem.

For example, let your doctor know about any major changes or stresses in your life, such as a divorce or the death of a loved one. A doctor who knows about your losses is better able to understand how you are feeling.

Be open and honest with your doctor about your health habits and what's happening in your life. It will help them to understand your medical conditions and emotional health more fully and recommend the best treatment options for you. Learn more about talking with your doctor.

How can you stay connected with friends and family?

There are things you can do to help protect yourself or a loved one from the negative effects of loneliness and social isolation. First, it's important to take care of yourself. To help manage stress and stay as mentally and physically healthy as possible, try exercising, eating healthy, getting enough sleep (7 to 9 hours), and pursuing activities you enjoy.

Second, it's important to stay active and connect with others. People who engage in



meaningful, productive activities they enjoy with others feel a sense of purpose and tend to live longer. For example, helping others through volunteering helps you feel less lonely and

allows you to have a

sense of mission and purpose in life, which is linked to better health. Studies show activities like these may help boost your mood and improve your well-being and cognitive function.

Here are some other ideas to help you stay connected.

- Find an activity that you enjoy, restart an old hobby, or take a class to learn something new. You might have fun and meet people with similar interests.
- Schedule time each day to stay in touch with family, friends, and neighbors in person, by email, social media, voice call, or text.

Talk with people you trust and share your feelings. Suggest an activity to help nurture and strengthen existing relationships.

Sending letters or cards is another good way to keep up friendships.

- Use communication technologies such as video chat or smart speakers to help keep you engaged and connected.
- If you're not tech-savvy, sign up for a class at your local public library or community center to help you learn how to use email or social media.
- Consider adopting a pet if you are able to care for one. Animals can be a source of comfort and may also lower stress and blood pressure.
- Stay physically active. Find ways to exercise with others, such as joining a walking club or working out with a friend. Adults should aim for at least 150 minutes (2 1/2 hours) of moderate-intensity activity each week.
- Introduce yourself to your neighbors.
- Find a faith-based organization where you can deepen your spirituality and engage with others in activities and events.
- Check out resources and programs at your local social service agencies, community and senior centers, and public libraries.
- Join a cause and get involved in your community.

Tips For staying connected if you are living alone with dementia

If you or a loved one has dementia and lives alone, family members, friends, or other caregivers may be able to help in different ways.

- **Identify a person you trust, such as a neighbor**, who can visit regularly in-person or via a video call and be an emergency contact.
- **Learn about home- and community-based support and services** from social service agencies, local nonprofits, and Area Agencies on Aging.
- **Stay connected with family and friends** through video chats, email, and social media. If you're not tech savvy, ask for help to learn.
- **Talk with others who share common interests.** Try a support group online or in person. Maybe your community has a memory café you can visit — a safe place to enjoy activities and socialize for people living with memory loss and their families and caregivers.

For more information about loneliness and social isolation

NIA Alzheimer's and related Dementias Education and Referral (ADEAR) Center
(800) 438-4380,

<https://www.nia.nih.gov/about/alzheimers-and-dementia/about-adear-center>

www.nia.nih.gov/alzheimers



To read the full article with references online:

<https://www.nia.nih.gov/health/loneliness-and-social-isolation/loneliness-and-social-isolation-tips-staying-connected>



Where Mathematics and Beauty Unite

some of the wondrous artworks of

George "Yiorgos" Tsugranes



1. Andros Island - 2025
Gel inks, 11 x 15 in.



2. Silk - 2025
Gel inks, 11 x 15 in.



3. Genesis - 2024
Gel inks 11 x 15 in.



4. Aperture - 2024
Gel inks 11 x 15 in



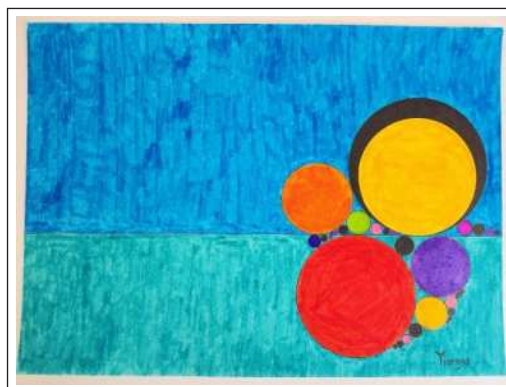
5. Assembly 2 - 2025
Gel inks 11 x 15 in.



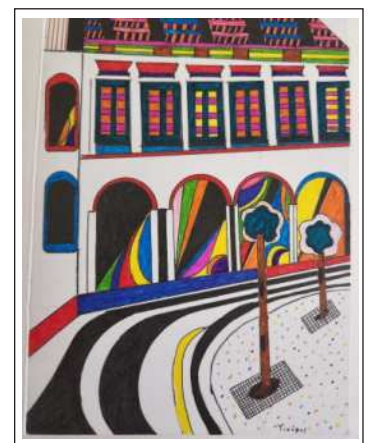
6. Corners - 2025
Gel inks 6 x 6 in.



7. Origami - 2026
Gel inks 11 x 15 in.



8. Blue Velvet - 2023
Water color pens 11 x 15 in.



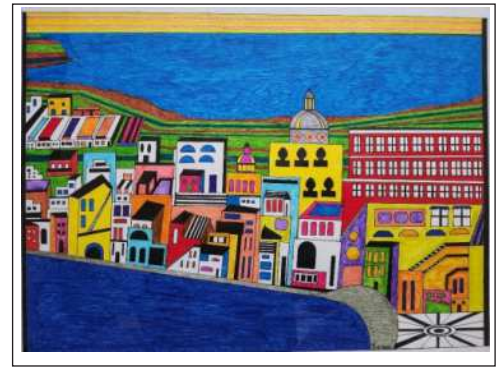
9. Patras - 2024
Gel inks 5 x 7 in.



10. Mediterranean Island 2022
Gel inks and watercolor pens 11 x 15 in.



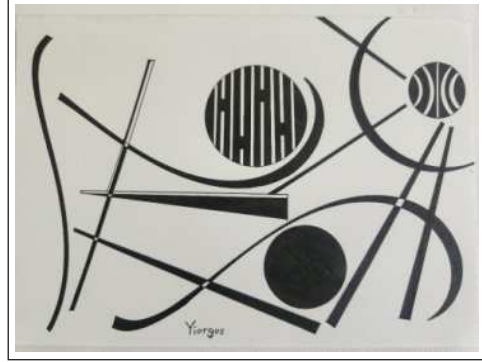
11. Autumn Montage - 2025
Gel inks 11 x 15 in.



12. Island Paradise - 2022
Gel inks and watercolor pens 18 x 24 in



13. Avocado - 2023
Gel inks 11 x 15 in.



14. Deconstruction - 2025
Gel inks 7.25 x 10 in.



15. Silk 2 - 2026
Gel inks 11 x 15 in.



16. Swept Away - 2025
Gel inks and watercolor pens 18 x 24 in.



17. Holiday - 2026
Gel inks 18 x 24 in.



18. Strata - 2025
Gel inks 11x 15 in.

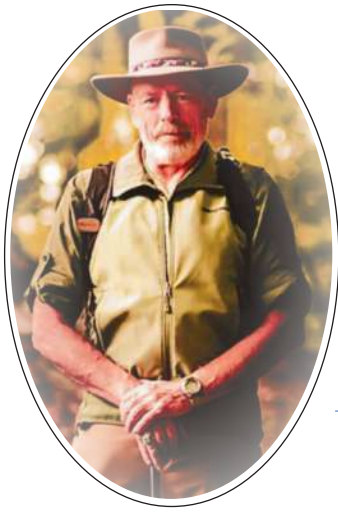
Yiorgos (George Tsugranes) grew up in Washington Heights, the son of Greek immigrants. He retired in 2018 from his professions as a floral designer and a middle school math teacher, and has been creating visual art ever since. His work has been presented in New York City by ChocNYC and Kuro Kirin, and his pieces are found in a number of private collections.

From his years as a floral designer, Yiorgos has brought with him an appreciation of color and organic, mathematically-based forms. His years as a middle school math teacher led him to observe the omnipresence of geometry in the world around us. George has shaped a unique style that is instantly recognizable and widely appreciated. He works in pure abstraction and his self-invented genre the “Geometrical Landscape.”

When not at his desk creating stirring images, he enjoys playing classical and jazz music at the piano, traveling to Europe, and taking long walks with his wife and Labrador retriever. Yiorgos's art can be experienced as playful or cerebral, exciting and life-affirming.

Yiorgos can be contacted for commissions/inquiries: email: passatempo67@yahoo.com **or phone:** (212) 731-4298

Visit Yiorgos on Instagram: <https://www.instagram.com/yiorgosart/>

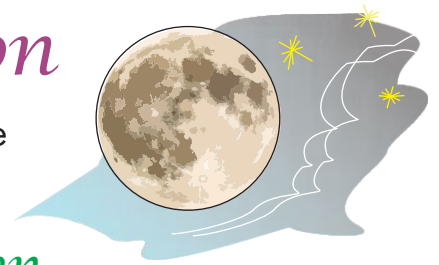


The Flower Moon

Exploring the Riches of Springtime
in Ulster County
with

“Ranger” Dave Holden

Woodstock, Trail Master



The Lady has
doffed her snowy mantle,

exchanging it for her verdant Cloak of Life! What an amazing season spring is! Like most local springs, it seems as if it takes forever to actually happen. The truth is that spring in the Northeast is a time of great (albeit painstakingly slow) transition, and, impatient humans have a tendency to forget that it is only a step towards summer - not the beginning of summer itself. The hallmark of the Spring in Waghkonk (the original Algonquin name for Woodstock as found on the oldest maps) can be a repetitive, sometimes extreme, oscillation in temperature; ranging from 20 degrees above average to 20 degrees below average - sometimes from one day to the next. The amount of rainfall here can vary greatly, as well, from too much, leading to extreme flooding, to barely enough rainfall for the plants to leaf out. Rain is also important here at this time to discourage brush fires, which is a great danger while the woods are wide open to the drying effects of the now higher-angle bright spring sunshine. One danger in early spring is that the leaf-litter left from last year, previously buried by snow, is very dry now and, therefore, highly flammable. This is why New York State bans outdoor burning at this time, which is when many brush fires do occur.

GREEN LIGHT IN THE WOODS

So wonderful is the bright, nitrogen-rich green light that suffuses our world at this time. It's as if nature has given the “green light” to growth and life. Indeed, everything in our forest is growing, jumping up, leaves unfolding, delicate wildflower-petals opening. So many of our Spring Ephemerals are doing their thing as we speak - some of them are done already (Dutchmen's Breeches, Red Trillium and Trout Lilies). Interesting how the Trilliums

are found more in some places (Bearsville, Lewis Hollow, for instance) and rarely in others (Comeau). I assume it's because of variations in soils. The Canada Mayflowers (Wild Lily-of-the-Valley) are carpeting our forest floor (above right) with their glorious, tiny little white fireworks-like



Another beautiful gift of Spring!

flowers. Commingling with them is Hay-scented Fern (yes, it smells like hay if you bruise it), Ground-cedar and Tree-wort (both of which are Lycopodiums which run on long runners just under the leaf-litter). Partridgeberries are pretty now, with their bright red berries on show and the Jack-in-the-Pulpits - both Green- and Brown- are just now jumping up. As soon as the forest canopy fully leafs out all of these delicate little beauties will be mostly done for this year, seeds safely sown to await next spring. These are one major reason we should always stay on trail - our heavy feet can damage these sensitive plants even out of season. The Ephemerals come and go so quickly - if you blink...they're gone (hence the term).

VERDANCY IN FIELD AND MEADOW

Once the woods quietly succumb to its newfound cool darkness, the flower-action shifts to our more open spaces. The fields and meadows are already getting pretty with Bluets, Coltsfoot, Dandelions, Violets, both White and, well...Violet! Flitting about them are some early Comptons Tortoiseshells, Gypsy Moths (now called Spongey Moths), Mourning Cloak butterflies, Sulphurs, Whites and a couple of early



Wintergreen with fruit and Canada Mayflowers (Wild Lily-of-the-Valley) about to unfurl



Brown Jack-in-the-pulpit

Yellow Swallowtails. At least there are some Bumble Bees (usually Ground Bees) and Honey Bees out there (hopefully, with more to follow) with more and more Paper Wasps showing up. On the pesky side of the insect-spectrum are the Non-biting (but very annoying) Midges. Our flowering trees - Apples,

Cherries, Crabapples, Dogwoods and Shadbush - flowered for so long in the dryness of April, but are now dropping their petals. As the Bee Balm, Goldenrod (not an allergen), Milkweed and Ragweed (the real culprit), and all the other plants of the open, sunny areas grow, more and more butterflies will hatch from their chrysalises, nectaring on them all. Most notable will be the ancient symbiotic relationship between the Monarch butterflies and their Milkweed. The Monarchs have already started their epic journey from the Oyamel Fir forests high in the mountains of Michoacán, Mexico and are on their way here to their ancestral summer fields and meadows. Always something to look forward to and hopefully their numbers will be increasing (see www.journeynorth.org for information on all the migrators).

MORE SPRING FAUNA

Our first Tree Frogs are out now and will entertain us for the season and will be joined by Cicadas, Crickets and Katydid shortly. The egg-masses of Spotted Salamander (white) and Woodfrogs (light green) will be hatching into tadpoles soon. If you wonder why they incessantly dart back and forth, ducking under submerged branch and leaf in their vernal pools - they have good reason! They are prime food for many others, including (but not limited to) Great Blue Herons and Raccoons. This is why their egg-masses are so large - because only a few will survive to hide under the leaf-litter come next winter. In the meadows the Deer Mice, Jumping Mice, Meadow Voles and Moles will revel in their protection under the new-grown ground-cover at the base of the burgeoning Bee Balm, Goldenrod, Milkweed and Ragweed, giving them some protection from the hawkish knife and the deep-prying eyes (and ears) of owls. The extremely sensitive noses of our wild canids - Eastern Coyote and Grey- and Red Foxes - tells these creatures that the mice are there, but it will be harder for them to be rooted out. Remember - you can pick

up a birds egg and put it back in the nest, *but do not touch a newborn fawn*. Birds have no sense of smell, so their parents won't smell your scent on the egg. Whereas, since the fawn was born scentless you could imbue it with your scent if you do touch or move it, possibly causing its mother to reject it. Black Bears are out now, roaming the valley looking for food (am seeing bear-sign every day), at least until the Blueberries and Huckleberries fruit up in the hills. Some will have cubs, of which Momma Bear will be very protective - one more reason to keep Fido close to hand. Spring Turkey Hunting has started, so please wear orange and stay on the trail.

CYCLES

Seasons come, seasons go. Mother Earth keeps spinning out the days and nights of our lives as she makes her year-long sojourn around Father Sun. Things grow, things die. We get older, new life is born. Summer changes to Fall, Fall morphs into Winter, back to Spring and then Summer again. Winter, the time for introspection and reflection, teaches us about inward growth, which, in turn prepares us for the new world of external growth we call Spring. Perhaps we are like the new, fresh buds, about to unfold into another Summer - turning a new leaf in our lives.

Thank you,

“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

woodstocknytrails.com

 **Dave Holden** on Facebook

 [@rangerdaveholden@Instagram](https://www.instagram.com/rangerdaveholden)



My Days Have Been So Wondrous Free

Celebrating FRANCIS HOPKINSON:
Signer of Declaration of Independence. Designer of our American Flag,
First Native-Born American Composer, Chairman of the Navy Board

In this seminal year of 2026, as we celebrate our Nation's 250th Anniversary, it was a perfect moment to reflect on one of our Founding Fathers, who is not too often cited.

Francis Hopkinson (1737–1791) was one of the most versatile and engaging figures of early American history—a man whose influence reached across politics, music, literature, and design. Though born in Philadelphia, he represented New Jersey in the Continental Congress and signed the Declaration of Independence as a delegate of that state, securing his place among the nation's founders.

Hopkinson's path to prominence was shaped early by a close connection to Benjamin Franklin. Franklin had been a friend of Hopkinson's father and became a mentor to the young man after his father's death. That relationship endured throughout Hopkinson's life, providing both guidance and inspiration. Like Franklin, Hopkinson combined intellectual curiosity with public service, becoming a lawyer, judge, writer, and inventive thinker deeply involved in the political life of his time.

In 1773, Hopkinson moved to Bordentown, New Jersey, where he entered local politics and practiced law. As tensions with Great Britain intensified, his loyalties shifted firmly toward the patriot cause. He wrote widely circulated pamphlets and satires supporting American independence, often under pseudonyms. On June 22, 1776, he took his seat in the Second Continental Congress, and within weeks signed the Declaration of Independence.

Hopkinson's service to the new nation extended well beyond that historic moment. From 1776 to 1778, he served as Chairman of the Navy Board in

Philadelphia, helping to administer the Continental Navy during the Revolutionary War. He later held several important posts, including Treasurer of the Continental Loan Office and Judge of the Admiralty Court of Pennsylvania, a position he retained until his death.

He also played a significant role in the early identity of the United States. Hopkinson is widely credited with designing the first American flag, as well as contributing to the design of the Great Seal and other national symbols. Although recognition for the flag design came much later, his artistic vision helped shape the visual language of the new republic.

Alongside his political achievements, Hopkinson was an accomplished and enthusiastic musician. He performed publicly as early as his 1757 graduation from the College of Philadelphia and continued composing throughout his life. He wrote songs, instrumental works, and satirical pieces, and even served for a time as a church organist. His



Contrary to popular lore, Hopkinson, in fact, designed our first American flag.

musical interests extended internationally; during travels in England and Ireland, he attended performances and corresponded about music with keen interest.

Hopkinson is generally considered the first native-born American composer of music - his song "My Days Have Been So Wondrous Free". Music also formed a very significant connection between Hopkinson and George Washington. " Both Washington and Hopkinson corresponded about musical matters, and Hopkinson composed several pieces for and about Washington. Specifically, among many other works, a dedicated collection of 8 songs for voice, harpsichord or forte piano – published in Philadelphia, 1788. These works reflect the important role music played in 18th-century American life—not only as entertainment,

massive parade representing dozens of trades and professions.

Francis Hopkinson died in 1791 at the age of just 53. Yet in that relatively short life, he left a remarkable legacy—as a signer of the Declaration of Independence, a trusted public servant, a creative artist, and a friend to some of the most influential figures of his era. His story reminds us that the founding of the United States was shaped not only by political leadership, but also by imagination, artistry, and a deep commitment to culture.

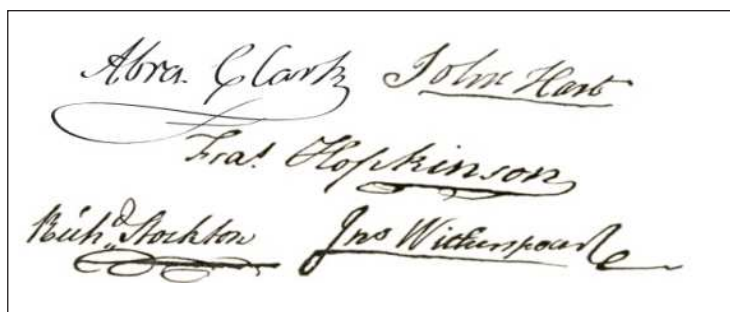
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This article was compiled from multiple historical sources and edited for clarity and length.



At age 22, Hopkinson penned "My Days Have Been So Wondrous Free," considered the first song created by a native American composer.

but, as a means of fostering morale, diplomacy, and shared cultural identity during a time of war and nation-building.



The 5 signers of the Declaration of Independence from New Jersey: A. Clark, J. Hart, F. Hopkinson, R. Stockton and Rev. J. Witherspoon

Hopkinson remained active in public and cultural life after the Revolution. Although he did not attend the Constitutional Convention, he was a member of Pennsylvania's convention that ratified the Constitution. He also helped organize and celebrate the new nation's achievements, co-chairing the committee responsible for Philadelphia's grand Fourth of July celebration in 1788, complete with a





Jonathan's Spicy Chicken Noodle Dish

A rich, low-carb Konjac noodle dish with roasted chicken, mushrooms, tomatoes, corn and string beans – all tossed in a spicy Korean-style sauce. (Can use regular pasta if freezing.)

prep time: approx. 25 minutes (makes 3–5 servings)
Cook time: approx. 35 minutes

Utensils:

- 1 large non-stick frying pan with lid
- 1 cooking timer
- 4–5 bowls or storage containers (about 2 cups each)
- Colander
- Wooden stirring spoon

Ingredients:

- 1.5 cups olive oil
- 1 cup DanSoony Korean Ramen spice mix
- 2 tbsp soy sauce
- 3 tbsp hot/sweet BBQ sauce
- 2 tbsp hot pepper flakes
- 4 tbsp Hot Chili spice (McCormick's)



- 4 tbsp onion flakes
- 3 tbsp garlic powder
- 1 tbsp Italian seasoning
- 1/3 cup cornstarch
- Roasted chicken (with skins, if desired): 2 thighs + 2 drumsticks, or equivalent
- 1 dozen medium mushrooms
- 2 medium tomatoes, diced
- 2 servings Konjac low-carb noodles (can substitute regular, cooked pasta if preferred)
- 1 can cut string beans in water; 1 can sweet corn in water

Steps:

1. Pour 1/2 cup olive oil into the frying pan.
2. Stir in the DanSoony Korean Ramen spice mix.
3. Add the shredded roasted chicken, mushrooms, and tomatoes; stir to combine.
4. Sprinkle in the onion flakes, garlic powder, Italian seasoning, and hot pepper flakes; stir evenly.
5. Cover the pan and cook on high heat for 7 minutes, stirring occasionally.
6. Drain the corn and string beans in a colander, then fold them into the mixture. Add McCormick's.
7. Cover and cook on medium heat for 5 minutes.
8. Open the 2 servings of Konjac noodles and drain them thoroughly in a colander. (Note: if using traditional pasta, cook before hand to be ready for this step).
9. Fold the noodles into the mixture.
10. Add the soy sauce.
11. Cover and simmer on medium-low heat for several minutes, stirring occasionally.
12. Fold in the BBQ sauce and stir gently but

thoroughly.

13. In a small cup, mix the cornstarch with a dash each of hot pepper, garlic salt, onion flakes, and Italian seasoning, plus 1/4 cup warm water. Stir until smooth.
14. Pour this slurry into the pan and stir gently to combine.
15. Cover and let simmer on low heat for 6 minutes, until the sauce thickens slightly.

To serve:

- Serve hot.
- The stew can be refrigerated and stored for later use.

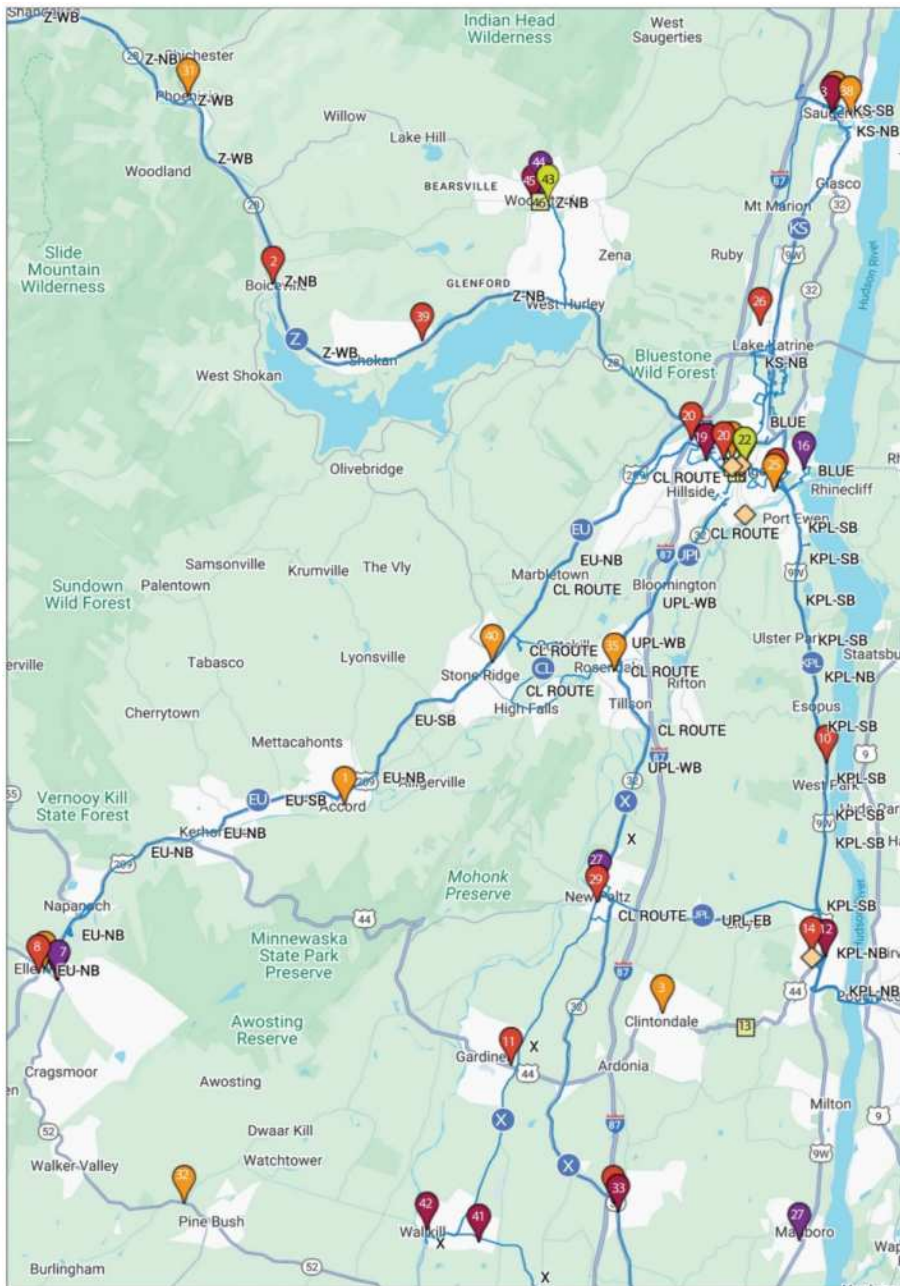


Note:

Konjac noodles are mostly water and do not freeze or defrost well. If you plan to freeze this dish, it's best to use traditional wheat pastas.

ULSTER COUNTY Food Pantries & Meal Programs

accessible by Ulster County Area Transit (UCAT)



Map data © 2026 Google

More info:

<https://www.ulstercorps.org> (845) 481-0331
<https://www.familyofwoodstockinc.org> (845) 679-2485
 UCAT: <https://ucat.ulstercountyny.gov> (845) 340-3333

UCAT Shopping Bus:

Seniors aged 60 or older can register at Rideucat.com
 or call (845) 334-8120



Developed & maintained by
 UlsterCorps & Family of Woodstock
 with support from the Community
 Foundations of the Hudson Valley's
 Farm Fresh Food Initiative.

KEY:

	Food Pantry - Morning Hours
	Food Pantry - Midday Hours
	Food Pantry - Evening Hours
	Food Pantry - Open All Day
	Food Pantry - By Appointment
	Soup / Community Kitchen
	Meals Delivered to homebound

- 1 ACCORD**
 Town of Rochester Food Pantry
 (845) 626-7501
 15 Tobacco Rd, Accord
 Hours: Wed. 3:30-5:30pm, Fri. 10am-12pm
- 2 BOICEVILLE**
 Reservoir Food Pantry
 (845) 663-3353 • 4073 Rte 28, Boiceville
 Hours: Mon 12-4pm
- 3 CLINTONDALE**
 Clintondale Church Community Cupboard
 845-450-9069
 302 Crescent Avenue, Clintondale
 Monthly by lottery/appointment
- 4 ELLENVILLE**
 Community Action
 (845) 338-8750 • 2 Clinton Ave, Ellenville
 Hours: Mon-Fri 8am-4pm
 Mass Distribution 2nd Fridays 12pm
 Farm Stand 2nd & 4th Thursdays 10am
 Mobile Pantry (845) 338-8750x105
- 5** Ellenville St. Paul A.M.E. Zion Church
 (914) 619-7755 • 156 Center St, Ellenville
 Hours: Even numbered Saturdays 1-3pm
- 6** Ellenville United Methodist Church
 Food Pantry
 (845) 647-7094 • 85 Canal St, Ellenville
 Th 9:15-10:30am, Sun 11:30am-12:30pm
- 7** Family of Ellenville Food Pantry
 (845) 647-2443 • 221 Canal St, Ellenville
 Hours: M,T,Th,F 9am-4pm, W 10am-5pm
- 8** St. Mary's & St. Andrew's Roman Catholic
 Church Food Pantry
 (845)647-6080 • 137 S Main St, Ellenville
 Hours: Thurs 10am-2pm
- 9** Ulster Heights Methodist Church Food Pantry
 (845) 647-4327
 1264 Ulster Heights Rd, Ellenville
 Hours: 3rd Wed 3-6pm
- 10 ESOPUS/PORT EWEN**
 Ascension Holy Trinity Food Pantry
 (845) 834-6014 • 1585 Route 9W, West Park
 1st & 3rd Sunday of each month, 12:30-2pm
- 11 GARDINER**
 Helping Hands Food Pantry
 (845) 564-1153 • 2221 Route 44-55, Gardiner
 Hours: Thurs 11am - 12:30pm
- 12 HIGHLAND**
 Ascension Holy Trinity Food Pantry
 (845) 834-6014 • 21 Lower Grand St, Highland
 Sat 10am-12pm, 3rd Wed of month, 6-8pm

ULSTER COUNTY - Food Pantries & Meal Programs (continued)

HIGHLAND (cont.)

13 Family Outreach Food Pantry, Delivered Meals
(845) 214-8790 • 529 Rt 44/55; Highland
Hours: 2nd&4th Wed of month 12:30-4:30pm

14 St. Augustine Parish Food Pantry
(845) 691-7673 • 35 Philips Ave, Highland
Hours: 1st & 3rd Sat of each month, 9-11am

KINGSTON

15 Catholic Charities Food Pantry
(845) 340-9170 • 6 Adams St, Kingston
Hours: Tue & Fri 10am-3pm

16 Community Action
(845) 338-8750 • 70 Lindsley Ave, Kingston
Hours: Mon-Fri 8am-4pm
Mass Distribution 2nd Fridays 12pm
Farm Stand 2nd & 4th Thursdays 10am

17 Heavenbound Food Pantry
(845) 616-3211 • 100 Lucas Ave, Kingston
Hours: 1st & 3rd Th 11am-1pm,
2d & 4th Thurs 4:30-6:30 pm

18 Kingston Emergency Food Collaborative
888 316-0879 • Monthly grocery delivery on
the second or fourth Wednesday

19 People's Place Food Pantry, Clothing
(845) 338-4030 • 17 St James St, Kingston
Hours: M-F 10am-1pm, Wed 5-7pm
People's Place Community Cafe
777 Broadway, Kingston
Hours: M-F 8am-1pm
Hot dinner served the last Wednesday of each
month, from 5-6:30pm
Farm Stand Tuesdays 8:30-10:30am April-Oct

20 Pointe of Praise Family Life Center
Food Pantry
(845) 339-4615 • 243 Hurley Ave, Kingston
Hours: Sat 10am-12:30pm

21 St James Happy to Help Food Pantry
(845) 331-3030 • 35 Pearl Street, Kingston
Hours: 3 Sundays a month, 10:30am-2pm
(call for schedule)

22 Salvation Army of Ulster County Food Pantry
(845) 331-1803 • 35 Cedar St, Kingston
Pantry Hours: M-F 9:30am-12pm & 1-2:30pm
Red Shield Lunchbox: M-F 12-1pm

23 Seasoned Gives
(845) 377-5233 • 31 Clinton Ave Kingston
For delivery by appointment

24 Tilda's Kitchen & Market
(845) 663-2286 • 630 Broadway, Kingston
M-Th 9am-4pm, F 9am-10pm, Sat 10am-3pm
Free breakfast & lunch every last Tuesday
Free soup & produce M-F until 4pm

KINGSTON (cont.)

25 Trinity Lutheran Church Food Pantry
(845) 338-2954 • 72 Spring St, Kingston
Hours: T-Th 9am - 1pm

26 LAKE KATRINE
Bread of Life Food Pantry
(844) KINGSFIRE ext #3
865 Neighborhood Rd, Lake Katrine
Hours: Sun 12:30-2pm,
1st & 3rd Fri 12-2pm

MARLBORO

27 Saint Mary's Church Food Pantry
(845) 236-4340 • 71 Grand St, Marlboro
Hours: Wed 10am-1pm; as of 6/1/24 2nd &
4th Wed of month 10am-1pm
Serving only residents of Marlboro & Milton

NEW PALTZ

28 Family of New Paltz Food Pantry
(845) 255- 8801
51 North Chestnut St, New Paltz
Hours: M-Th 10am-5pm, Fri 10am-4pm

29 New Paltz Free Fresh Food
1st Sundays of the month, 1-3pm:
Reformed Church of NP, 92 Huguenot St
2nd Sundays of the month, 1-3pm:
Redeemer Lutheran Church, 90 Rte 32 South
3rd Sundays of the month, 1-3pm:
St Andrew's Episcopal Church, 163 Main St
4th Sundays of the month, 1-3pm:
United Methodist Church, 1 Grove St
5th Sundays of the month, 1-3pm:
NP Friends Meeting, 8 N. Mannheim Blvd

30 Saint Joseph's Catholic Church Food Pantry
(845) 255-5635
34 S Chestnut St, New Paltz
Hours: Mon, Tue, Wed & Fri, 11am - 12pm

PHOENICIA

31 Phoenicia UMC Food Pantry
(845) 688-7680 • 29 Church St, Phoenicia
Hours: Thurs 10am -12pm

PINE BUSH

32 Pine Bush Ecumenical Food Pantry
(845)744-3390
Rte 52 & New Prospect Rd
Hours: Wed 10am-12pm; Thurs 5-7pm

PLATTEKILL

33 New Day Tabernacle Church Food Pantry
(845) 566-4441 • 38 Fire House Rd, Plattekill
Hours: Sat 10am-12pm; Wed 6-7pm

34 Plattekill Food Pantry
(845) 564-4972 • 1250 Route 32, Plattekill
Hours: 1st & 3rd Wed of the month, 4-6pm

ROSENDALE

35 Rosendale Food Pantry
(845) 205-2822 • 45 James St, Rosendale
Hours: Mon 9am-1pm, Sat 10am-1pm

SAUGERTIES

36 God Given Bread Food Pantry
(845) 246-8322 • 100 Market St, Saugerties
Hours: Tues & Wed 10-11:45am

37 Saugerties Area Council of Churches
Food Pantry (845) 246-6885
44 Livingston St, Saugerties
Hours: Tuesdays 7-8pm

38 St. John the Evangelist Food Pantry
(845) 247-3454 • 25 Cedar St, Saugerties
First Saturday of each month, 10-11:30am
Serving residents of the Town of Saugerties

SHOKAN

39 Windows of Heaven Food Pantry
(845) 901-4817 • 19 Dubois Rd, Shokan
Open Fridays 10am-12pm

STONE RIDGE

40 Rondout Valley Food Pantry
(845) 687-4013 • 3775 Main St, Stone Ridge
Hours: Tue & Thu 9am - 11am
For delivery by appointment

WALLKILL

41 His Love Unveiled Food Pantry
(845) 895-3006 • 2393 Route 300, Wallkill
Hours: 2nd and 4th weeks of the month
Tues 12-1:30pm & Thu 6:30-7:30pm

42 Wallkill Reformed Church Food Pantry
(845) 895-2181 • 45 Bridge Street, Wallkill
Hours: Thu 6-7:30pm, Fri 11am—1 pm

WOODSTOCK

43 Daily Bread Soup Kitchen
(845) 679-2336 • 26 Mill Hill Rd, Woodstock
Hours: Mon, Wed, Fri 4-5 pm

44 Family of Woodstock Food Pantry
(845) 679-2485 • 16 Rock City Rd, Woodstock
Hours: Sun - Sat 9:30am - 9:30pm

45 Good Neighbor Food Pantry
(845) 417-5535 • 89 Tinker St, Woodstock
Hours: Wed, Thu, Fri, Sat 11am-3pm

46 Woodstock Area Meals on Wheels
(845) 679-4656 • 16 Tinker St, Woodstock
Meals delivered M-F 11am-12pm

Community Fridges:
Highland Public Library, 14 Elting Place, Highland
Beyond 4 Walls, 14 Van Buren St, Kingston
Clinton Ave Church, 122 Clinton Ave, Kingston
Wilbur Free Fridge, 587 Abeel St, Kingston
Esopus Community Fridge, 165 Bway, Port Ewen

CONCERNED ABOUT THE MISTREATMENT OF AN OLDER ADULT?

Elder Abuse Helpline for Concerned Persons



Support and assistance for family, friends, neighbors in the lives of mistreated older adults



Concerned Persons live anywhere in the world



The mistreated older adult they care about lives in New York State



1 in 10

older adults are mistreated in the U.S.



73M

adults have had personal knowledge of a victim



44M

became involved in helping



Free • Confidential
No Judgment • No Expectation

844-746-6905

In an Emergency, Dial 911

 **Weill Cornell Medicine**
Geriatrics & Palliative Medicine

 **NYC ELDER ABUSE CENTER**
Professionals serving older adults

 **Lifespan**
CELEBRATING 50 YEARS! 1971-2021

Elder Abuse Helpline for Concerned Persons | 844-746-6905 | www.nyceac.org

Home & Yard Maintenance Program for Vulnerable Seniors 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?



**Workers - \$18 per hour
and Volunteers needed!**



grass cutting **brush & debris clearing**
weed-wacking **leaf raking**
hedge trimming **snow removal** (as available)

Past Recipient
of
Foundation
Grants

Register thru JFS Office:

Phone: (845) 338-2980

Interested workers and volunteers
late teen and older



JFS Ulster

If you notice any of these signs in yourself or someone else. Take action.

Note: This list is for information only and not a substitute for a consultation with a qualified medical professional.

1. MEMORY LOSS THAT DISRUPTS DAILY LIFE

Example: Forgetting recently learned information.

2. CHALLENGES IN PLANNING OR SOLVING PROBLEMS

Example: Having trouble keeping track of monthly bills.

3. DIFFICULTY COMPLETING FAMILIAR TASKS

Example: Difficulty organizing a grocery list.

4. CONFUSION WITH TIME OR PLACE

Example: Losing track of dates, seasons and the passage of time.

5. TROUBLE UNDERSTANDING VISUAL IMAGES and SPACIAL RELATIONSHIPS

Example: Problems judging distance, which may cause trouble with driving

6. NEW PROBLEMS WITH TIME OR PLACE

Example: Calling everyday objects by the wrong name.

7. MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS

Example: Leaving keys in unusual places and having no idea how they got there.

8. DECREASED OR POOR JUDGMENT

Example: Making bad decisions when dealing with money.

9. WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES

Example: Losing interest in a favorite hobby.

10. CHANGES IN MOOD OR PERSONALITY

Example: Becoming easily upset when out of one's comfort zone.

WHAT'S NEXT?

If you're concerned that you or someone you know is displaying any of these signs, take action:

Talk to someone you trust. It can be helpful to confide in a friend or family member. For tips on how to have a conversation, visit alz.org/memoryconcerns.

See a doctor.

Get a full medical evaluation to determine if it's Alzheimer's or something else. Early diagnosis gives you a chance to plan for the future, access support services and explore treatment options. To learn more about the diagnostic process, visit alz.org/evaluatememory.

Get support and information.

Call the Alzheimer's Association 24/7 Helpline ([800 272-3900](tel:8002723900)) or visit alz.org/10signs.



YOUR LOCAL CHAPTER:

ALZHEIMER'S ASSOCIATION HUDSON VALLEY

2649 South Rd Ste 101,
Poughkeepsie, NY 12601
(800) 272-3900 www.alz.org/hudsonvalley

Wanted for Per Diem Independent Contract Work

- Licensed Clinical Social Workers
- Licensed Mental Health Counselors
- Licensed Marriage and Family Therapists

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 License through NY State Department of Education in good standing
- Graduate degree from an accredited College or University
- Malpractice Insurance
- Computer Literacy

\$45 per client session
Regular hours/Per Diem

Contact :
(845) 338-2980

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.

Volunteer for

Grocery Shopping Assistance

“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, former JFS Intern*



For more information

Contact JFS at: (845) 336-2980



Jewish Family Services of Ulster is an equal opportunity employer

BECOME A CERTIFIED FINGER PRINTER

Help Office, Civil and Law Enforcement Agencies by

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



\$15.50 - \$16 per hour

(as of January 2026)

Flexible hours / schedule

CONTACT :

JFS Ulster - (845) 338-2980

jfs.ulster@gmail.com



Ulster County Contacts:

Helpful numbers for you

Jewish Family Service of Ulster County

(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>

JEWISH FEDERATION - ULSTER COUNTY

(845) 338-8131

<https://www.ucjf.org>

ULSTER COUNTY GOVERNMENT WEBSITE

<https://ulstercountyny.gov/arp>

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>

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>





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