



Caring Hearts and Helping Hands

Volume 2 - No. 1 January 2023

Actionable & Healthy Resolutions for Seniors in 2023!

This year has taught us gratitude and how to give thanks for things we would generally take for granted. From friends and family to health, there is so much to be thankful for as we enter the year 2022. What's a better way to express thanks than by using our gratitude to guide our New Year's resolutions?

As you map out your 2022 New Year's resolutions, focus on attainable goals that boost your health and overall quality of life. While resolutions will vary from individual to individual, below are seven positive ways to refocus your energy in 2022.

1. Keep a Positive Mindset

Research shows that maintaining a positive mindset comes with a host of health benefits. According to the findings, positivity has been linked to a lower risk of memory loss, quicker recovery from illness, injury or disability, a lower risk of chronic disease, decreased feelings of loneliness and isolation, and an increased likelihood for seeking preventative care.

Positive thinking doesn't mean wearing rose-colored glasses all the time or ignoring difficult feelings. Rather, it means stressing less about the

things you cannot change, focusing on those you can, and, all the while, remembering what is good in life.

If you struggle to maintain a positive outlook with everything going on in the world, incorporate positive thinking exercises into your daily routine. Examples include making a gratitude list, practicing mindful breathing, and treating yourself as you would for a friend.

2. Commit to 10 Minutes of Exercise Daily

Staying active is not just the key to healthy aging, but also, it may be the key to a longer life. Though the research behind the positive effects of exercise on aging is extensive, the findings from a 30-year study effectively sum them up. Per the findings, incorporating an exercise regime of



Courtesy of Fellowship Square, AZ

walking, jogging, or cycling in seniors can drastically improve physiological characteristics such as blood pressure, resting heart rate,

maximum pumping capacity, and muscle mass. For some people, the improvements are so significant that baseline levels match those from their early 20s.

While you don't have to get up and run a marathon, you should dedicate a portion of your day to fitness. Just 10 minutes of swimming, walking, or yoga can make a huge difference in your health, happiness, and lifespan.

3. Make Better Dietary Choices

As you age, you will need to consume fewer calories but more nutrients. Your health care provider can help you make better food choices, but, ultimately, you should strive to eat at least five servings of fruits and vegetables per day. Choose whole grains over refined ones and lean meats over fatty options. Use healthier fats, such as olive or avocado oil, and cook with natural spices to reduce salt and fat intake.

4. Quit Smoking

It's never too late to quit smoking. Regardless of your current age, quitting now can reduce your risk of developing several health problems and improve your overall quality of life. For instance, individuals who quit smoking claim to have more energy, sleep better, and breathe easier.

5. Play With Your Grandkids

Though the reasons behind the phenomenon are multi-faceted, research shows that elderly individuals who spend more quality time with their grandchildren live longer and have better physical and mental health outcomes than those who do not. For instance, a 2016 study found that half of the grandparents who occasionally participated in their grandchildren's lives were alive five years post-study compared to individuals who had no involvement. Findings from a 2014 study showed that individuals who watched their grandchildren once a week scored higher on cognitive tests than those who never did.

6. Stimulate Your Mind

Regularly challenging your brain is one of the best ways to stay mentally sharp as you age. It's also one of the best ways to reduce your risk of memory loss or developing dementia. Simple things such as reading daily, doing crosswords, or joining a book club are great and fun ways to ensure your body's most important muscle receives an adequate workout.

7. Reach Out to Old Friends, and Make New Ones

Studies show that socially active older adults have better cognition, lower risks of disability and depression, and overall better health. Social media makes it easy to find and reach out to old friends, while elder living communities provide ample opportunity to make new ones.

Be intentional in your goal setting for 2022, if for no other reason than to make up for the time you lost in 2021. Use the aforementioned seven seniors' New Year's resolutions to guide you

Special Thanks to Caring Places Management for their kind permission to print this article:



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New Year! New Beginnings! from a Jewish Perspective

by Reb Sally
Shore-Wittenberg

Jewish New Year - 5783

I hope this finds you all healthy and staying warm. By the time you will be reading this newsletter, it will already be 2023. **Happy New Year 2023!**

When I was asked to write about new beginnings for the new secular year 2023, I was initially taken aback. The Jewish New Year, Rosh Hashanah - with its attendant rituals and

intentionality is already several months past. January 1st is not one of the set sacred times on the Jewish calendar.

And then I thought about new beginnings within the context of where we are seasonally (winter),

Jewishly (3 months -winter into spring) and secularly (January 1 - the New Year), and started to see an alignment or a way to draw the three threads together.

I will begin from afar, with a learning from my voice teacher, Richard Slade. It turns out (who knew?) that to make a pleasing note come out of one's mouth is more than just opening up and singing. To make a full sound requires three preliminary steps; a deep breath, creating an open shape in the mouth, and thinking the note... then one sings.

And so it is with new beginnings. Yes, we are accustomed to thinking about the New Year as a time for new beginnings/New Years' resolutions – I will go to the gym, eat better, spend less time on YouTube, be in bed by 10 and so many other good intentions. So often though, our New Years' resolution making comes as a **reaction** to holiday over-doing and guilt rather than a thoughtful process

of responding to where we are and where we might like to be. Gym membership statistics lay bare the uncomfortable truth about those New Years intentions, they are largely forgotten or canceled by mid-February.

What if we were to bring the thoughtfulness of the three preliminary steps before singing, and re-see them through the

Jewish Mindfulness lens and Calendar, and a guide to setting of our intention/resolution?

The winter/early spring months of the Jewish calendar, *Kislev*, *Tevet*, and *Shevat*, point our way to the process.

Kislev (roughly December) is a time of dreams. In the darkness of the time between December 1 and January 15 we are invited to look within, at our dreams, both old and new. It is also the month of Chanukah in which we bring increasing light into the darkness. This is a time for creatively thinking into



the future while not yet thinking about if it is possible or how it might be achieved. Just bringing the light.

Step 1: Set aside dream time for yourself 10 minutes a day as a time for taking a deep breath; dreaming, sitting, meditating, and opening to our heart/soul desires. And journal what comes up in that time.

Tevet is the time for quiet, almost invisible growth. In the Land of Israel, the sap begins to run and the roots drink thirstily from the winter rains. Now we begin to look at the dreams in terms of what is possible given the circumstances and constraints of life as we live it. Is it realistic resolve to to run the marathon this year? Would doing an app exercise program like “Couch Potato to 5K” be a more achievable goal? How much time and energy do you have? Is cleaning a small corner of the house a few times a week more likely to happen than “organizing my life”? We respect our dreams and yearnings, we research ways to prepare and nourish our heart/mind/body to come closer, closer.

Step 2: What is possible? What is realistic? What were the dreams and yearning that arose in your time sitting? How would you like to be in the world? In Step 2 we take time to acknowledge and respect the creativity of our heart and soul, and to consider, research, ask for help in how to come closer to the growth to which we aspire. **What tools are needed;** stronger body, stronger more focused attention...?

Shevat is the month of budding fruit trees in the Land of Israel, a time for tentative new growth, out in the air of the world. Combining what we yearn for and what is possible and we will set our resolution in words. While it is praiseworthy to set an intention and carry it through, it can be helpful to have a friends or two be both witness and “with”ness to what it is you are resolving.

Step 3: Make your intention real in your mind, and say/write/tell others in words what you are

thinking about resolving to do, and see how that feels.

Finally, get out there and sing the song of your heart and soul. Be ready to grow into a more authentic and realized human. After preparing you will be ready to make a new beginning, a new becoming, stepping towards a future “you” that has been dreamed into, thoughtfully considered, and resolved.

May the year 2023 bring us incrementally closer to the hearts/bodies and souls we dream of becoming. - *Reb Sally*



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.

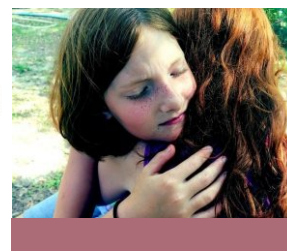
While enrolled in the rabbinic track at the Academy for Jewish religion, Sally completed several units of Clinical Pastoral Education at JTS and worked as a chaplain in Hospice and with Holocaust survivors through the SelfHelp program.

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



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



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.

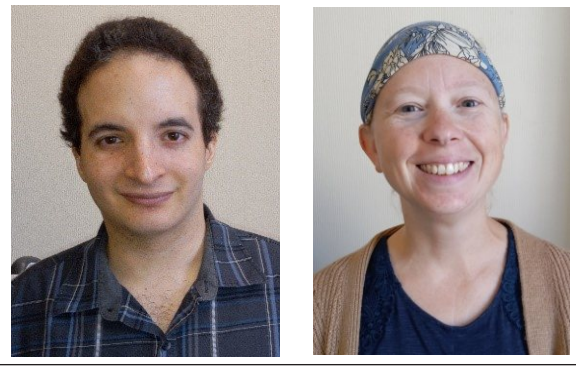
Lady T.

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.

- S



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

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

(845) 338-2980



SPOTLIGHT ON

SARAH KIERAN

Assistant E-MDT Hudson Valley Hub Coordinator and Home-Based Service Coordinator

Sarah began working as the Assistant E-MDT Coordinator at JFS Ulster in August of this year and has quickly learned so much about the history and initiatives of the organization, as well as having worked with so many amazing community agencies and their members as well as colleagues and fellow coordinators. She is also the Homebased Coordinator and helps to connect those in our community to Clinical Social Workers who are able to engage in the home and community - as well as telehealth. Sarah finds both positions to be rewarding and is constantly learning and growing in the short time she's been with JFS.

Ms. Kieran earned her Associates in Liberal Arts and Sciences from Ulster County Community College/SUNY Ulster, her Bachelors' of Social Work from Marist College, and her Masters of Social Work from University of Albany. She grew up in Northern New Jersey but has been coming up to the Adirondacks, Catskills, and Shawangunk mountains since early childhood, ultimately moving to Ulster County in 2006. In addition, she has worked with various groups and populations and communities within the Hudson Valley and enjoys working directly *with* the community as well as *for* the community. Her entire family is very involved with environmental conservation and love to be in the great outdoors. She very much looks forward to continuing and expanding her work with JFS as well as helping to reach as many community members through JFS.

Regarding the Hombased Program at JFS:

This program is made up of Clinical Social Workers and Masters Level Interns who come into the home, in-person, or via telehealth to support seniors in the community with various struggles such as loss, medical struggles, relational struggles, access to

services, grief, anxiety, depression, and just needing to have someone to talk to. Our Social Workers are knowledgeable and sensitive to struggles that seniors, in particular, face as part of the aging process itself. JFS is continuing to grow and is actively reaching out to recruit Clinical Social Workers to work per diem with the elder community in their homes and via Telehealth. Mental health support is in such dire need in all communities. The ongoing COVID Pandemic has only exacerbated that need coupled with the decline of providers and access to those services. Jewish Family Services of Ulster County's goal is to try to fill that gap.

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 Sarah with your feedback, as she is always eager to speak to you and assist.

Sarah Kieran LMSW She/Her
Assistant E-MDT Coordinator &
Homebased Services Coordinator
Email: skieran@jfsulster.org

Office Hours: Monday - Thursday : 9am - 2:00pm

Office Phone: 845-338-2980

Office Fax: 845-331-4875

Mobile Phone: 845-219-5183

Web Page: jfsulster.org



The Stigma and Pain leading to **Elder Suicide**

by Nora Strano and Rich Morris

Seniors can sometimes find themselves facing new and overwhelming challenges. Coping with loneliness, isolation and despair can lead some to consider ending their lives. Although Seniors represent about 16% of the population, they represent about 18% of the completed suicides in America (according to the National Institute of Mental Health). Research suggests that recent loss of a spouse, child or close friend, diagnosis of a serious physical illness, changing family relationships, retirement, or financial problems can put a person at risk of substance abuse, depression, and anxiety. It can have a profound impact on a person's ability to cope.

Social isolation, especially among those who are homebound or find travel difficult, can contribute to a sense of helplessness and hopelessness. The risk increases with advancing age.

Sometimes, only those around the person have any idea that the person has considered suicide.

It is important to discuss the risk with family members and those surrounding the senior especially their caretakers.

Some of the warning signs of suicide are:

- Drastic changes in behavior, including eating and sleeping habits

- Withdrawing from friends and previously enjoyable activities like hobbies, sports, and sex
- Social isolation
- Feelings of loss of sense of purpose and independence
- Preparing for death by making a will or other final arrangements, including giving away prized possessions
- Preoccupation with death and dying in conversations
- Losing interest in personal appearance
- Alcohol or medication abuse
- Daring and risky behavior

JFS offers psychotherapy services for Seniors who are homebound. Licensed Clinical Social Workers are available to reach out to the senior and to offer support and encouragement.

For more information, **contact JFS at 845-338-2980** and ask for the Homebased Counseling Coordinator, Sarah Kieran.

If you or someone you know has been contemplating suicide, please call one of the numbers below at any time:

National Suicide Prevention Lifeline:
800-273-8255

Family of Woodstock - call 24/7 or text to
845-679-2485

Nora Strano and Rich Morris, are both retired social workers and supporters of JFS of Ulster County.



How To Make New Friends After 60

Loneliness seems to be endemic to growing older. [A 2018 survey by the AARP](#) found that 35% of people over age 45 called themselves lonely. When the survey was first conducted in 2010, that percentage was the same, but now that the population has grown, it means 5 million more people today consider themselves lonely, a total of about 48 million people.

That loneliness persists for many. Of these lonely people, 41% say they've been isolated for six years or more, while 31% have been lonely for one to five years, and 26% for up to a year.

There are many ways to feel less lonely, but there seems to be no substitute for the real companionship of friends. As we get older, our friends and family move around, and health challenges can make it more difficult to go out, see old friends, and make new ones. Add to that is the uncertainty of how to make more friends.

Here is a look at the benefits of friends as you age and how to make new friends when you're older.

Why You Should Make Friends as You Get Older

Studies have shown a strong link between maintaining social connections and having better overall mental and physical health, as well as a more positive outlook on life.

Here's what you miss by not having friends, and what you gain.

5 Negative Effects of Not Having Friends

1. Elevated risk of heart disease – People who suffer from loneliness or social isolation are 29% more likely to develop coronary heart disease and 32% more likely to have a stroke than those who

were socially engaged, according to a study by the [National Institutes of Health](#).

2. Higher cognitive decline and risk of dementia – According to a study published by the [Journal of Neurology, Neurosurgery & Psychology](#), feelings of loneliness in seniors increased their risk of dementia by more than 60%.
3. Increased risk of death – Older adults who reported feeling lonely had a 45% increase in risk of death, along with a 59% higher risk of mental and physical decline, according to another study from [the NIH](#).
4. More long-term illness – Seniors who live alone experience conditions such as arthritis, chronic lung disease, depression and impaired mobility at higher rates than those with strong social support, according to the [World Health Organization](#).
5. Vulnerability to abuse and scams – Isolated seniors experience abuse and are victims of scams at higher rates than seniors with friends and support around them, according to [the NIH](#).

5 Positive Effects of Having Friends

1. Better mental health – [Psychology Today](#) says friendly interactions can boost feelings of well-being and decrease feelings of depression, which can be common especially among senior citizens.
2. Decreased risk for dementia – [The NIH](#) says staying socially connected can help slow cognitive decline, and lessen many of the effects and symptoms of dementia.
3. Improved physical health – [The National Institute on Aging](#) says socially active adults have lower levels of an inflammatory factor associated with several age-related conditions, including Alzheimer's disease, cardiovascular disease, osteoporosis and rheumatoid arthritis, along with

some forms of cancer.

4. Increased longevity – Seniors with more social support tend to live longer than those who are more isolated, the [Psychology Today](#) article reports. [Harvard Health](#) says social connections are as vital for longevity as getting enough sleep, eating well and quitting smoking.
5. Stronger sense of purpose and belonging – Developing strong relationships with others has been shown to boost self esteem, increase feelings of fulfillment and build lasting bonds. That in turn can positively affect other positive health behaviors, such as being more active, eating well and quitting bad habits, like smoking, according to [the NIH](#).

Every senior has their own set of wants and needs, so retirement communities offer differing levels of care, services, and amenities. Read Senior Lifestyle's eBook for a detailed look at what retirement communities provide.

10 Ways to Make Friends When You're Older

There are a number of simple ways to make friends as you age. Here are a few.

1. Attend religious services

Whether in person or online, going to a church, mosque or synagogue is a great way to find like-minded individuals. Religion can be a connecting force, and today's places of worship are offering online opportunities and discussion groups. If you're not religious, but are spiritual, you can find similar groups.

2. Connect with activity groups

Activity groups around the country center on common interests. Many are for older adults seeking community and friendship. Check community centers, churches and senior centers around you. Online, look into [AARP communities](#), [Facebook Groups](#) etc.

3. Enroll in continuing education

Continuing education and lifelong learning courses can connect people, and keep minds sharp and engaged. Classes can be academic, like history or languages, or just activity-based, such as music and sewing.

4. Extend social invitations

Invite a friend to join you for coffee or lunch. Also, accept when you're invited out, too. Then turn it around again by inviting them to lunch or coffee. You'll quickly find your schedule filled with friendship.

5. Go on a date

Friendship doesn't have to stop at 50, and neither does romance. Dating can be done in person or online, for a deeper connection or just companionship. Some dating sites, including [OurTime](#) and [SilverSingles](#), specialize in people over age 50.

6. Join support groups

Life brings changes, and support groups can be a great way to feel comforted as you navigate these challenges. These groups can help seniors understand their feelings of loneliness and regain a sense of purpose.

7. Starting exercising

Taking an exercise class or joining a fitness group can be a great way for older adults to get active, and become part of a dynamic community. Options can range from senior dance classes to walking clubs, water aerobics sessions to yoga meetups.

8. Strike up a conversation

Introducing yourself to a stranger can feel awkward or intrusive, but asking questions can help break the ice. What's that coffee drink you're ordering? How's that book you're reading? Listen and share in return, and you might just make a new friend.

9. Take a trip

Taking a year off to travel before retirement – a “gap year” – is a recent senior phenomenon. One of the biggest benefits of traveling is the social environment. Traveling is always a way to meet new people and bond over the shared experience of the trip.

10. Volunteer or get a part-time job

Giving back can be a fulfilling and empowering activity for older adults, plus it's an easy, convenient way to meet like-minded new people. Service organizations always need volunteers, as do hospitals, schools and the like. If you still want to work, a part-time gig can keep your skills sharp and provide you with another important social outlet.

Many thanks to Senior Lifestyle for permission to reprint this article.



<https://www.seniorlifestyle.com/>

Benefits: What's New in 2023

- Medicare Part B premium goes down to **\$164.90/month**. (Savings of \$5.20/month) (**AUTOMATIC**)
- Social Security cost of living adjustment **increases monthly benefit by 8.7%** (**AUTOMATIC**)
- **Insulin capped at \$35/month** per prescription for Medicare enrollees (**Should be AUTOMATIC – talk to your pharmacist**)

MEDICAID INCOME LIMIT AND ASSET INCREASES	
2022	2023*
<ul style="list-style-type: none"> • Current Income: \$954/month individual, \$1,387/month couple • Current assets: \$16,800 individual, \$24,600 couple 	<ul style="list-style-type: none"> • Estimated Income: \$1,563/month individual, \$2,106/month couple • Estimated assets: \$28,134 individual, \$37,908 couple
<i>Protection from benefit reductions for current enrollees until at least April 2023.</i>	

MEDICARE SAVINGS PROGRAM (MSP) INCOME LIMIT INCREASES (NO ASSET TEST)	
2022 Income Limits	2023 Estimated Income Limits*
<ul style="list-style-type: none"> • \$1,549/month/individual • \$2,080/month/couple 	<ul style="list-style-type: none"> • \$2,107/month/individual • \$2,839/month/couple
<i>In 2023, Minimum Savings \$164.90/mo. – no Part B premium deducted from Social Security check. These increases are effective January 1, 2023—call anytime to apply</i>	

EXTRA HELP WITH PART D COSTS	
APPLY THROUGH SOCIAL SECURITY	APPLY THROUGH NYS LOCAL DSS WITH MSP
2022 & BEYOND: 150% Federal Poverty Level	2023: 186% Federal Poverty Level*
<ul style="list-style-type: none"> • \$20,385 annual income/individual, plus asset limit \$15,510 • \$27,465 annual income/couple plus asset limit \$30,950 	<ul style="list-style-type: none"> • Estimated: \$25,284 annual income/individual • Estimated: \$34,068 annual income/couple • NO asset test
<i>In 2023, Extra Help pays Part D premium assistance of up to \$38.90/month and lowers cost of covered drugs.</i>	

*The income estimates for 2023 are projected amounts that are subject to change. The income guidelines are based on the Federal poverty rates which have not yet been announced for 2023

Medicare, Medicare Fraud and Patient's Rights Helpline 800-333-4374



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 Jason)
- Drivers for Medical Appointments
- Fingerprinting
- Accounting/Bookkeeping Services

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:

JASON (845) 705-0025

jfarina@jfsulster.org

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



Yard Maintenance Program

Success Stories

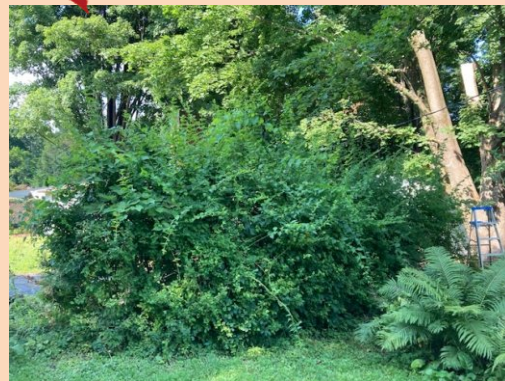


I am a retired disabled Senior and can no longer do the yard work that needs to be done like mowing and hedge trimming. My worker at Office for the Aging told me about a program offered by Jewish Family Services called the Yard Maintenance Program. I contacted them and spoke to Jason who made arrangements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

- Barry

The Yard Maintenance Program and Jason 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 and Jason. 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 :

Sharon - (845) 338-2980

s.murraycohen@att.net

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
- 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.



Spring Ahead in Ulster County

with

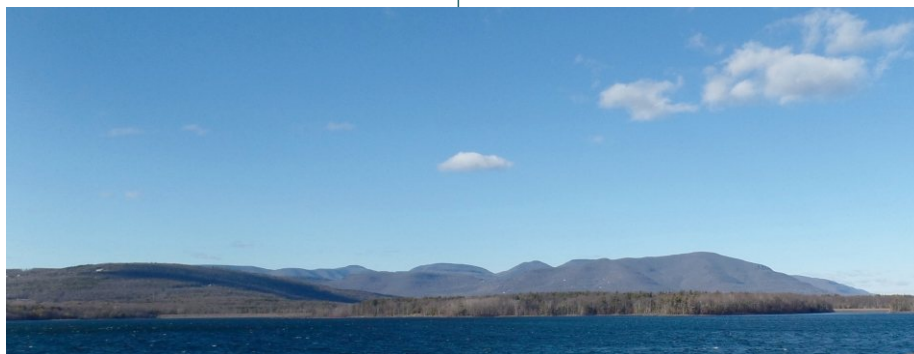
“Ranger” Dave Holden

Woodstock Trail Master

DAYS LENGTHEN

As the winter progresses and our days gradually get longer, the sometimes as winter light is trying fitfully to penetrate and warm us down here in Waghkonk. It has been somewhat of a "roller-coaster" of a season, as we've gone back and forth from mild to cold numerous times, never really dipping down long enough to get any real snow (yet). As February comes to an end, though, the clues of an early Spring are all around us: grasses are successfully

penetrating the earth; Wild Chives are all over the place and the ferns are having a nice season (the ones that haven't been displaced by the invasive Japanese Stilt-grass, that is). I've seen trees and shrubs budding and heard of Snow Drops coming up already. It is evidently a record early season for the maple-sugarers, buckets out already, as well as their spider-web of plastic sugaring-lines running through the sugar bush. Also, we're seeing Black Vultures already, another sure sign. What's next - early Wood Frogs and Spring Peepers?



WHY WAGHKONK?

These musings originated with the Comeau Newsletter that I wrote for many years when I was “anger”Dave, taking care of the trails at Comeau. Several years back I decided that I needed to branch out and write about my nature observations of the whole of Woodstock and I decided to call it Waghkonk Notes, Waghkonk being the oldest known name for Woodstock. It is found on early 18th- and 19th-century maps of the area. Noted author, dear friend and former Town Historian, Alf Evers,

believed it was the earliest name for the town.

FAUNA & FLORA

Overlook, our holy mountain, is looking over us, a mostly silent witness to our wintry travail. I say “mostly”because there is never total silence outdoors in our part of the world. Even if for just a short while you

were able to walk deep enough into the woods to separate yourself, Overlook, our holy mountain, is looking over us, a mostly silent witness to our wintry travail. I say

“ostly”because there is never total silence outdoors in our part of the world. Even if for just a short while you were able to walk deep enough into the woods to separate yourself.

Overlook, our holy mountain, is looking over us, a mostly silent witness to our wintry travail. I say “ostly”because there is never total silence outdoors in our part of the world. Even if for just a short while you were able to walk deep enough into the woods to separate yourself, n include carrion and road-kill. I think the eagle’ backup plan is the Hudson, which rarely freezes solid, allowing them to fish for young-of-the-year fish of numerous species.

SNOWLESS IN PARADISE

I'm really conflicted about the lack of snow. On one hand it makes my backwoods explorations a whole lot

easier, not having to either don snowshoes or slog through the snow. On the other hand I have four fingers and a thumb...er, I mean, on the other hand we normally (if there really is a "normal" anymore, weather-wise), or historically, rely on gradually melting snowpack in our area to charge the water-table. In all the other recent mild winters we received plenty of rain in the spring, keeping us from drought and fires. One year, though ('99? '00?), was snowless and continued into drought and many fires further south. With the - literally - tons of tinder-dry underbrush we have in the woods now we face the specter of crown-fires destroying homes and many acres of prime Catskills forest. Hopefully, the spring rains will



be in on schedule.

WINTER WANES

As the winter wanes and a seemingly-early Spring approaches, perhaps it is time for us to reflect on the many things this season has brought us. After all, it is an important time for people to slow down a bit and think about the lessons learned from last year and think on how we can apply that new knowledge to the cycle to come. I think winter is a time for inner reflection, of short days and long nights for reading and studying - to think, think, think. It helps ready us for summer, the season of long days and short nights, of outward growth, the time to do, do, do.

GREEN TO COME

A freakish spring thunderstorm (in February!) is raging as I write, thunder crashing, lightning flashing, a warm wind whipping branches and rain against the windows - and I only feel good about it, which at first seems unusual but then I realize it may be because this is not like a winter storm and its perils of icy travel, snowed-in driveways and roads and cold-weather poweroutages (the absolute worst kind). The Sawkill is roaring in a major flood, brown water sweeping the last of last week's ice-floes down to the Hudson. With any luck, now that the ground is thawed, our water-table should get recharged, giving us all hope for the green season to come. Be patient, though. I consider Spring the most frustrating season because it truly seems like it takes forever, which I think is because we know what's ahead and anticipate it's

lively wonders. And, yes, we could well get more winter between now and then. You know what, though? This is all part of a northeast spring as the two seasons meet, then dance, eventually parting company.

Have a safe season. Watch for remnants of ice on the hilltop trails (always bring traction devices) and plan for winter while hoping for spring (always have a light, dress in layers, wear waterproof boots).

Thanks to all. Take Care,



"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

Savory Holiday Roast with Rice

This rich, savory loaf will satisfy your guests whether vegetarian or not. The rice pilaf adds festive color and flavor. Serve with steamed french beans, if desired.

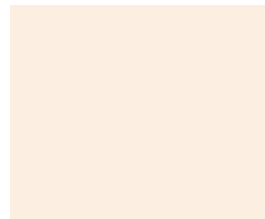
Prep time: 20 minutes

Cook time: 1 hour

Serves: 6

Ingredients for the loaf:

- 10 button mushrooms
- 2 medium red onions
- 4 cloves garlic
- 2 eggs
- 1 cup or more breadcrumbs
- 2 packages "turkey" ground vegetarian turkey (or real turkey)
- Salt, pepper and spices to taste such as rosemary, sage and thyme and basil



For the glaze:

- ¼ cup honey
- ¼ cup mustard



Instructions:

- Preheat oven to 350
- Line one large or two small loafpans with parchment paper
- Chop mushrooms, onions, and garlic into small pieces
- Mix together in a large bowl with the turkey, eggs and enough breadcrumbs to bind all together
- Add spices and combine well
- Spread evenly into loafpan/s
- Bake for 30 minutes and then mix the honey and mustard and spread on top
- Bake for another 30 minutes until well-browned.
- Let cool slightly before cutting.

Holiday rice pilaf

Prep time: 10 minutes

Cook time: 20 minutes

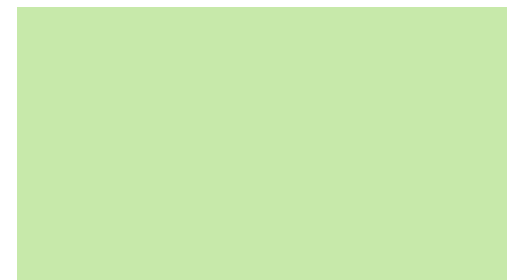
Serves: 8

Ingredients:

- 2 cups brown rice
- 4 cups vegetable stock
- 2 T olive oil
- 1 red onion, chopped
- ½ cup hazelnuts, chopped
- ½ cup dried unsweetened cranberries

Process:

- Heat olive oil on medium heat in large pan that has a secure cover.
- Add onion and cook for 3 minutes until transparent.
- Add hazelnuts and cook another 2 minutes until toasted.
- Add rice and stir to lightly toast.
- Add vegetable stock; bring to a boil.
- Cover and simmer on low heat for about 15 minutes or until all liquid has been absorbed
- Add cranberries; stir to combine.
- Serve.





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

NEIGHBOR TO NEIGHBOR

(Scheduling for Medical Transportation)

(845) 443-8837

LEGAL SERVICES OF THE HUDSON VALLEY

(845) 331-9373

<http://www.lshv.org/>

ULSTER COUNTY SHERIFF'S OFFICE

(845) 338-3640

<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>

E-MDT HUDSON VALLEY HUB

(Regarding Elder Financial/ Physical Abuse or Neglect)

c/o JFS Ulster

(845) 338-2980 – ask for Nick or Jason

<https://jfsulster.org/e-mdt>

OFFICE FOR THE AGING, ULSTER COUNTY

(845) 340-3456 or Toll Free at 1-877-914-3456

Fax: 845-340-3583

<https://ulstercountyny.gov/aging>

ADULT PROTECTIVE SERVICES ULSTER COUNTY:

(844)-697-3505 between 8:30 a.m. and 8 p.m 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>

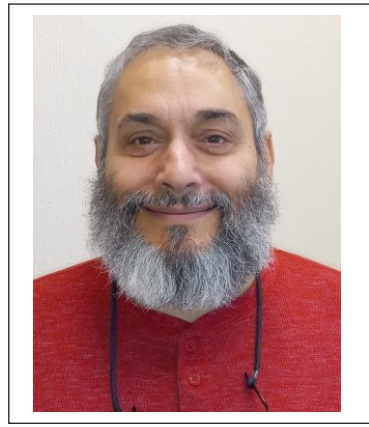
NEW YORK STATE POLICE

(845) 338-1702

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

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 JFS 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*
- *Recommended Local Spiritual Outlets or gatherings*
- *Recipes ...*

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.*