Rockland County
AGING

MOVING FORWARD

THE NEWSLETTER OF ROCKLAND COUNTY OFFICE FOR THE AGING

ED DAY, COUNTY EXECUTIVE

CHERYL DEAN WARD, DIRECTOR

JANUARY / FEBRUARY 2026

Coming Soon!

D.I.Y. ENERGY SAVINGS

Learn how to take simple D.I.Y. ("do-it-yourself") actions to reduce energy waste and save money on your utility bills.

In celebration of National Nutrition Month® 2026, we invite you to a presentation centered on the theme, "Discover the Power of Nutrition." The session will highlight the importance of making informed food choices and offer practical tips on developing healthy eating habits and incorporating physical activity into your daily routine.

SEEKING NOMINATIONS FOR 2026
SENIOR CITIZEN AWARDS

Each year the Rockland County Office for the Aging recognizes two older adults who share their time, effort and expertise as volunteers in our communities. The Advisory Council to the Office for the Aging is seeking your nominations for the 2026 awards.

See page 3 for details.

Meet the Rockland County Office for the Aging Programs & Events team! Pictured from left to right: Michele Burgevin, Program Assistant; Mary Ellen Distefano, Program Specialist; Gayle Pellegrinelli, Program Assistant. The Programs and Events Team designs and coordinates activities, workshops, and community events that promote wellness, social engagement, and lifelong learning for older adults. Their work helps foster connection, reduce isolation, and support the overall well-being of aging residents through meaningful and accessible programming.

Warm Wishes for 2026

As we welcome the new year, I send my warmest wishes to each of you in our wonderful community. May the coming months bring you good health, joyful moments, and meaningful connections. Your wisdom, strength, and spirit continue to inspire us all as we move forward together.

All the best,

Ed

Ed Day,
Rockland County Executive

News From the OFA!

Director Cheryl Ward

As we welcome 2026, I want to extend my warmest wishes for a joyful, healthy, and fulfilling new year to all older adults and their families in our community. The start of a new year is a time for reflection, renewal, and connection; at the Office for the Aging, we're here to support you every step of the way.

This year, we're excited to offer a wide variety of in-person programs designed to promote wellness, learning, and social engagement. From exercise classes and educational seminars to arts workshops and community events, our goal is to create opportunities for you to stay active, meet new people, and enjoy meaningful experiences.

We also recognize that weather and personal circumstances can sometimes make it difficult to attend in person. That's why we continue to offer virtual programming as a flexible alternative. These online options help reduce social isolation and ensure you can stay connected and engaged from the comfort of your home when needed.

In addition to our programs, we provide a range of support services including transportation coordination, caregiver resources, nutrition assistance, and benefits counseling. Our dedicated team is here to help you navigate challenges and access the services you need.

Let's make 2026 a year of connection, growth, and community. We invite you to explore all that we have to offer and look forward to seeing you, whether in person or online.

Cheryl Dean Ward

Director, Rockland County Office for the Aging

NEW YORK STATE

NY Connects

Your Link to Long Term Services and Supports

NY Connects is a service that provides information and assistance about long-term services and supports in Rockland County. This includes a child or an adult with a disability, an older adult, a family member or caregiver, a friend or neighbor, and helping professionals.

A NY CONNECTS SPECIALIST CAN BE REACHED BY PHONE AT 845-364-3444

OFA's Warm Wishes for Seniors Gift Drive

OFA staff delivering gifts at portable meal sites as part of our Warm Wishes for Seniors Gift DriveDrive

OFA staff at our Salvation Army meal distribution

County Executive Ed Day, OFA Director Cheryl Ward, volunteer drivers from the Sheriff's Office and OFA's RSVP program at our Salvation Army meal distribution

Dept of Consumer Protection's "Just Say No To Scams" Presentation at OFA

HIICAP

The Medicare Open Enrollment Period Has Ended

WHAT DOES THIS MEAN FOR YOU?

If you were unable to change your Medicare coverage during the Medicare Open Enrollment Period but now need to make a change, please contact HIICAP. We can review your situation to see if you qualify for any Special Enrollment Periods that may allow you to switch plans.

For 2026, some Medicare plans have been discontinued. If your plan was terminated, you may have until February 28, 2026, to enroll in new coverage.

If you begin 2026 enrolled in a Medicare Advantage Plan, you can change your coverage between January 1 and March 31, 2026. During this time, you may switch to another Advantage Plan or return to Original Medicare.

If you are enrolled in, or are eligible for, EPIC, you may qualify for a once-per-year Special Enrollment Period to change your Medicare plan.

The 2026 Medicare Part B monthly premium will be $202.90. The 2026 Part B annual deductible will be $283.

All Part D plans now offer payment options to help spread prescription drug costs over the year. For 2026, annual out-of-pocket prescription costs are capped at $2,100.

Income guidelines for Medicare Savings Programs and Medicaid will be updated in the new year. If you are having difficulty affording Medicare costs, please contact us to see if you may qualify for assistance.

For questions or more information on any of these programs, please contact HIICAP at 845-364-2118 or email Dana at thiesind@co.rockland.ny.us

SEEKING NOMINATIONS FOR 2026

SENIOR CITIZEN AWARDS

The Rockland County Office for the Aging, with the help of a selection committee comprised of members of its Advisory Council, recognizes two outstanding county seniors annually—one as Rockland's Senior of the Year and the other for the most Outstanding Contribution made by a Rockland Senior.

Those chosen will also represent Rockland as our County's nominees for the New York State Senior Citizen of the Year Award and for Outstanding Contribution by a Senior Citizen.

To be eligible, nominees:

- Must be 60 or over
- Must be a Rockland County resident
- Must have a record of interest in and service to older persons
- Must be sponsored by an individual or group, other than themselves
- May not be employed in the field of aging
- Must not have been a previous winner

Nomination forms are available from the Rockland County Office for the Aging at 845-364-2100 or on our website at www.rocklandcountyny.gov. Nomination forms must be submitted to the Office for the Aging no later than January 30th, 2026 so that we may forward nominees' credentials to the NYS Senate and Assembly Committees on Aging.

Please take the time to complete a nomination form and recommend a deserving person you may know.

NUTRITION

Setting Sustainable Nutrition Goals for the New Year

The beginning of a new year offers the chance to start fresh and create some new health habits. The key to this is to set some aspirational goals that are also achievable. Aiming to improve your nutrition is an excellent goal, getting the right nutrients from your diet can not only help to reduce your risk of disease but can also improve your overall wellbeing. We're hoping this article will help you to keep these habits up, not just through January but for the whole year.

Set Specific Goals

Instead of choosing a goal that's too broad like "be healthier" set one that is action based, for example " walk for 30 minutes a day" or "eat 30 plant foods a week". This will mean you'll know if you have made improvements even if you can't see changes straight away. When it comes to our health, every little change we make helps.

Prepare for Ups and Downs

Remember the road to our goals is rarely a straight one and you'll likely hit a few bumps in the road as well as wonderful highs. It's a good idea to recognize this may happen, so that if it does, you can acknowledge it and then move on. When a setback occurs, it's also a good idea to reflect on whether there is something you can do differently to prevent it happening again. Life can sometimes throw a spanner in the works so if you miss a step know that it's okay, adjust your approach and keep moving forward.

Keep a 'Small Wins' Journal

Usually when we do one thing well it spurs us on to continue doing what we are doing. It's great to keep a note of all your little achievements so you have evidence to look back on that shows you can do it! This could be in the form of a habit tracker either, making a note each time you hit your daily target, so that when you look back over a week or month you can be proud of all the times you choose to act in a way that will help you reach your goals.

Nutrition Goals and Meal Planning

Watch out for trends and fad diets that we often see in January, there's one every year be it juice cleanses or ultra-low fat foods. These diets often make extreme claims and focus on unbalanced nutrition, which can lead to nutrient deficiencies, low energy and potentially health issues.

Meal planning and prepping can be a game changer when it comes to maintaining a healthy diet. Plan a menu for the coming days and then make a shopping list to ensure you have everything you need and to avoid impulse buys.

Take Home Message

Whatever your health goal is, remember you are making the change for you, build up to bigger goals if needed, you can always start again or change the goal as you go.

El comienzo de un nuevo año ofrece la oportunidad de empezar de nuevo y adoptar hábitos saludables. La clave está en establecer metas aspiracionales pero alcanzables. Mejorar la alimentación es un excelente objetivo: obtener los nutrientes adecuados de tu dieta no solo puede reducir el riesgo de enfermedades, sino también mejorar tu bienestar general. Queremos que estos hábitos se mantengan no solo en enero, sino a lo largo de todo el año.

Establece metas específicas

En lugar de elegir una meta demasiado amplia como "estar más saludable", opta por una que sea concreta y medible, por ejemplo: "caminar 30 minutos al día" o "consumir 30 alimentos de origen vegetal por semana". De esta manera, sabrás si estás progresando, incluso si no ves resultados de inmediato. Cada pequeño cambio cuenta.

Prepárate para altibajos

El camino hacia nuestras metas rara vez es lineal. Es normal tener altibajos. Reconocer esto desde el principio te permitirá adaptarte mejor si ocurre un contratiempo. Reflexiona sobre lo que puedes ajustar para seguir avanzando. Si fallas un día, no pasa nada—ajusta tu enfoque y continúa.

Lleva un diario de pequeños logros

Al anotar tus avances, por pequeños que sean, obtienes una fuente de motivación constante. Puedes usar una libreta o un rastreador de hábitos para marcar cada vez que alcanzas tu objetivo diario. Al revisar la semana o el mes, verás todas las veces que elegiste cuidar de ti y sentirás orgullo por ello.

Planificación de comidas y metas nutricionales

Evita las dietas extremas o de moda que suelen aparecer en enero, como los jugos detox o productos ultra bajos en grasa. Estas propuestas suelen ser desequilibradas y pueden causar deficiencias nutricionales, baja energía o problemas de salud. En su lugar, planificar las comidas y hacer una lista de compras puede ayudarte a mantener una dieta balanceada y evitar compras impulsivas.

Mensaje final

Cualquiera que sea tu objetivo de salud, recuerda que lo haces por ti. Si es necesario, empieza con metas pequeñas y ve ajustándolas en el camino. Siempre puedes volver a empezar y seguir creciendo.

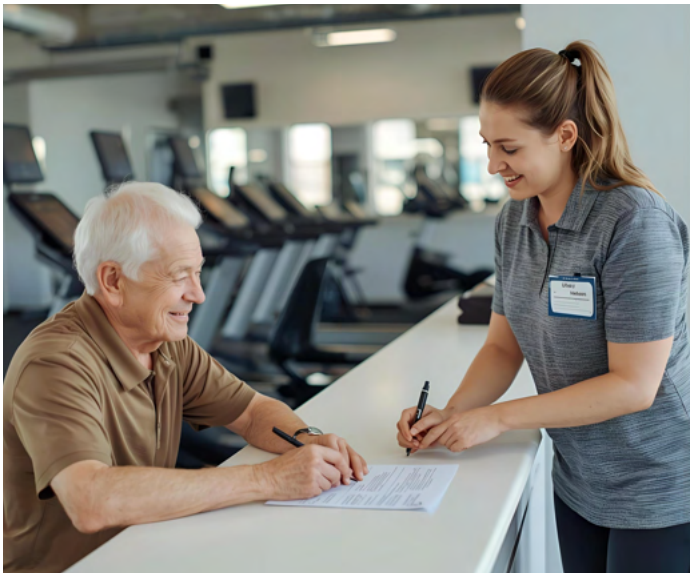
Reference: https://www.rhitrition.com/articles/setting-sustainable-nutrition-goals-for-the-new-year

- ROCKLAND COUNTY OFFICE OF CONSUMER PROTECTION -

Staying Active:

What to Know Before Signing a Gym Membership in New York

by Helena Smith, Consumer Protection Program Manager



Signing up for a gym membership is a great way to stay active and support your health, but it's important to understand the terms, fees, and consumer protections that apply in New York. In 2025, New York strengthened its laws governing health club contracts under General Business Law §624. Gyms must now accept cancellations through multiple methods including email, website, phone, mail, or in person. Consumers have three business days to cancel new memberships for a full refund, and approved refunds must be processed within 10 business days. Renewals can also be cancelled within three business days of taking effect, giving consumers more flexibility and easier exits from contracts that no longer fit their needs.

Understanding the Fine Print

Many problems arise from membership details that are buried in contract. Gyms may advertise attractive introductory rates but add fees for personal training, specialized classes, towels, lockers, or digital upgrades. These extras can raise the overall cost far beyond the basic membership price. Auto-renewal clauses and long-term contracts may also lead to unexpected charges, particularly if prices increase after the initial term. Always ask which services are included, whether annual or processing fees apply, and how often rates may change. Request a written copy of the contract and review the cancellation, refund, and freeze policies carefully. If a salesperson makes verbal promises, ask that those be added directly to the contract.

Smart Options for Seniors

Rockland County seniors have several opportunities to save on fitness costs. Many gyms offer senior discounts, special daytime rates, or simplified membership packages. These options are not always advertised, so be sure to ask. Additionally, seniors should check their Medicare Advantage benefits for programs such as SilverSneakers and Silver&Fit, which often provide free or low-cost access to participating gyms, group fitness classes, and online workouts. These programs also offer classes tailored to older adults, including balance, stretching, chair exercises, and low-impact strength training. Confirming eligibility and participating gyms in your area can help you choose a cost-effective and convenient fitness option.

Community-Based Fitness Alternatives

Beyond commercial gyms, many affordable fitness choices exist throughout Rockland County. Senior centers, YMCAs, and municipal recreation departments frequently offer low-cost exercise classes, walking clubs, and access to fitness equipment. These community settings often provide smaller class sizes, personalized attention, and instructors trained in senior fitness and safety. Exploring these programs before committing to a traditional gym may help you find a supportive environment that encourages long-term physical activity.

If Problems Arise

If you experience difficulty cancelling a membership or obtaining a refund, keep detailed records of all communications. Note dates, staff names, emails, and screenshots. New York's updated law is designed to prevent gyms from creating unnecessary cancellation barriers, so consumers should feel confident asserting their rights. If a gym does not follow the law, assistance is available through local consumer protection agencies or the New York State Attorney General's Office.

When in Doubt, Reach Out

If you believe you've been overcharged for a gym membership, have questions about cancelling, or need help understanding your rights under New York's Health Club Services Law (General Business Law Article 30, §624), contact the Rockland County Office of Consumer Protection:

Phone: (845) 364-3901
Email: CPLCAL@co.rockland.ny.us
Facebook: @RocklandCountyConsumerProtection

We're here to help ensure you receive fair treatment and understand the protections available to you.

Challenges Faced by Caregivers of People With Dementia

by Raghunath M. Mehta, M.D.

Caring for a person with dementia is incredibly demanding and presents a wide range of challenges that can significantly impact the caregiver's life. These challenges affect emotional, physical, social, and financial domains. There are close to 7 million Americans suffering from Alzheimer's disease. In 80% to 90% of cases, family members serve as the primary caregivers, making family care the main source of support.

Emotional and Psychological Strain

The emotional toll is often cited as one of the most profound difficulties:

Grief and Loss: Caregivers often experience a deep, chronic sense of loss as the person with dementia gradually loses cognitive abilities, memory, and personality—a process sometimes called "ambiguous loss." This is an invisible loss, with serious uncertainty regarding the future.

High Stress and Anxiety: There is constant worry about the future, the progression of the disease, and the person's safety (e.g., wandering, falls). This can lead to persistent anxiety and sleeplessness.

Depression and Psychological Morbidity: The chronic stress, isolation, and burden place caregivers at significantly higher risk of developing depression and other forms of psychological distress. Caregivers are known to become clinically depressed in 25% to 40% of cases.

Feelings of Guilt, Anger, and Frustration: It is common to feel frustrated or angry about the person's unpredictable behaviors, which can in turn lead to feelings of guilt about those emotions.

Burnout: The relentless nature of caregiving, often with little or no break, can lead to emotional and physical exhaustion, making it difficult to complete daily tasks or maintain a positive outlook.

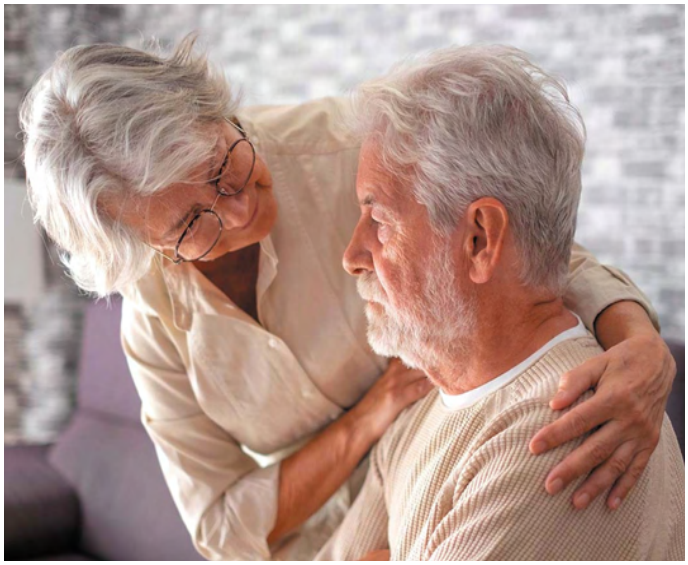
Physical Health and Daily Tasks

The physical demands of caregiving increase as the disease progresses:

Physical Exhaustion and Neglect: Providing hands-on care for an extended time often leads to chronic fatigue, sleep deprivation (especially if the person is awake at night), and neglect of one's own health, diet, and exercise.

Managing Challenging Behaviors: Dementia causes changes in communication, behavior, and personality. Caregivers must cope with:

- Repetitive questions or talking
- Agitation, anxiety, and sometimes verbal or physical aggression
- Wandering or getting lost
- Incontinence and loss of mobility, requiring more hands-on assistance with bathing, dressing, and toileting
- Sundowning, which can be especially challenging



Increased Risk of Illness: Chronic stress weakens the immune system, making caregivers more susceptible to physical illnesses such as high blood pressure, diabetes, and heart disease.

Social and Financial Difficulties

Caregiving responsibilities can isolate the caregiver and strain financial resources:

Social Isolation: The demanding, round-the-clock nature of care often makes it very difficult to maintain a social life, see friends, or participate in activities that once provided enjoyment. Caregivers may feel like "prisoners" in their own homes.

Loss of Personal Time: There is often a struggle to balance caregiving with other responsibilities such as work, family, and personal needs, leading to a loss of identity outside the caregiving role.

Financial Strain: Dementia care can be very expensive. Caregivers may face:

- Reduced income due to cutting back on work or leaving their job entirely
- High costs for long-term care, home modifications, medical supplies, and related services
- Managing Practical and Legal Affairs: Caregivers are often left to manage all of the person's finances, housing, taxes, and dealings with medical and legal institutions.
- Navigating the Healthcare System: It can be confusing and frustrating to coordinate appointments, medications, and communication with multiple healthcare providers.

The primary goal for caregivers is to find ways to balance the necessary care for their loved one with critical self-care, in order to avoid isolation, depression, and burnout.

Help Shape the County You Love!

Join the Rockland County Office for the Aging's Advisory Council

The Advisory Council plays a key role in guiding the work of the Office for the Aging by offering feedback, sharing ideas, and helping to shape policies and programs that benefit older adults in our community. Members serve in a voluntary, advisory capacity and have the opportunity to make a meaningful difference in the lives of others. We are currently seeking two new members to join the Council, and we welcome anyone interested in making an impact to reach out.

For more information, please email:
distefam@co.rockland.ny.us

Worried About Your Memory?
The MERI Program Can Help!

by Andrew Orefice and Chelsea Reichert, Memory Education and Research Initiative (MERI)

Do you ever walk into a room and forget why you're there? Or misplace your phone for the third time in a day? We all experience these moments but it can be helpful to check in on how your memory and thinking skills are doing.

That's where the Memory Education and Research Initiative (MERI) program comes in. The MERI program was started in 2003 by Dr. Nunzio Pomara at the Nathan Kline Institute (NKI) in partnership with Rockland County Department of Mental Health. The MERI offers an annual memory and cognitive evaluation for older adults in Rockland County and nearby communities, at no cost. Over the past 20 years, more than 1,600 people have taken part!

During a 3- to 4-hour initial visit, participants meet with the MERI team for a comprehensive evaluation that includes cognitive test battery, a clinical review of medical history, medications, and an interview with Dr. Pomara, a Geriatric Psychiatrist, who evaluates factors that can contribute to memory impairment like depression, anxiety, and stress.

What do you get for participating? Each person receives a report with results and recommendations. If any concerns show up, we will provide guidance for a complete diagnosis. We also connect individuals with local resources, such as the Office for the Aging or the Alzheimer's Association and discuss clinical trial opportunities for those who are interested.

The MERI program welcomes:

- Adults with minor or chronic memory concerns.
- Adults who want to establish a baseline for cognition
- People with a family history of dementia or other known risk factors
- Anyone interested in contributing to the science of healthy brain aging

To learn more or schedule your free evaluation, call (845) 398-6533 or visit https://nkigeriprogram.wixsite.com/nki-geriprogram

Rockland County Health Matters
HEALTH

Start the Year Strong: Protect Both Your Home & Heart

January Is Radon Action Month and February Is Heart Month – Learn How to Protect Your Health in Both!

January: Radon Action Month

Radon is a naturally occurring radioactive gas that you can't see, smell, or taste. It can build up in your home and get into the air you breathe, potentially causing lung cancer. It forms naturally underground in soil beneath your home and can seep into the home's foundation.

Rockland County's Healthy Neighborhoods Program offers home visits to identify and discuss health and safety issues in the home for eligible residents, including seniors, low-income, and at-risk families. The HNP can also conduct home radon testing to help you get a better picture of your indoor air quality.

Protect your home and health by:

- Testing your home for radon
- Encouraging family and friends to do the same

For more information, email the Healthy Neighborhoods Program to learn more about radon test kits and resources: HealthyNeighborhoods@co.rockland.ny.us.

February: American Heart Month

As we age, the risk of heart disease increases. Walking is a great way to keep your body moving and your heart healthy! The American Heart Association suggests daily walks to keep you physically fit and to reduce the risk of serious heart disease. A regular walking program can also improve cholesterol levels, lower blood pressure, improve mental and emotional health, increase energy and stamina, and prevent weight gain.

Walking not only promotes heart health but can also make you physically stronger to prevent falls. Tai Chi is another great practice that can keep your body and mind strong! Programs to stay active are offered right here in Rockland County!

Winter Safety

Cold weather and snow are a part of winter, but don't let that stop you from enjoying the new year! Here are some ways to stay safe and healthy this winter!

- **Dress in layers** - wear a hat, gloves, and sturdy shoes while outside.
- **Avoid icy walkways** - sprinkle salt, sand, or ask a neighbor/family/friend for assistance.
- **Check heating systems and smoke/CO detectors** - contact the Healthy Neighborhoods Program for assistance at healthyneighborhoods@co.rockland.ny.us.
- **Bundle up indoors** - set your thermostat to at least 68° for a comfortable temperature and to keep heating costs low.

Rockland County Health Matters
HEALTH

New Year, Healthier You

As we begin a new year, it's the perfect time to recommit to your health! Staying healthy doesn't have to mean making big changes - small, steady steps can make a real difference in how you feel each day.

Taking care of your physical and mental health is essential for healthy aging. Even small changes in your daily routine can help you live a longer and healthier life. For more information on steps to take for healthy aging, visit www.nia.nih.gov-/healthy-aging

Here are a few tips to help boost your health:

Get moving - take a brisk walk, take a yoga class, or work out at a gym.

Eat healthy - adding more green leafy vegetables to your diet is associated with slower cognitive decline.

Manage stress - help manage stress through meditation techniques, physical activity, and engaging in activities you enjoy.

Go to the doctor regularly - visit the doctor at least once a year or possibly more frequently, depending on your health.

Connect with family and friends - staying connected with others may help boost your mood and improve your overall well-being.

Get a good night's sleep - there are many things you can do to help you sleep better, such as following a regular sleep schedule.

Participate in activities and hobbies - Look for activities that support your well-being, such as visiting a museum, trying a new restaurant, or volunteering at a school or library.

STAY UP-TO-DATE ON IMPORTANT INFORMATION FROM THE HEALTH DEPARTMENT!
Facebook: www.facebook.com/rockhealth • Twitter: www.twitter.com/rockhealth • Instagram: www.instagram.com/rocklandhealth • Website: www.RocklandCountyNY.gov

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MEALS on WHEELS ROCKLAND

PORTABLE MEALS PROGRAM

ROCKLAND COUNTY OFFICE FOR THE AGING

5 frozen meals a week with 6 pick-up locations!

There is a new Portable Meals Program available for Rockland Seniors courtesy of Rockland County Office for The Aging

WHAT YOU WILL RECEIVE:

- Five frozen meals, easily reheated in the microwave or oven, paired with additional supplementary food to provide one-third of your daily dietary needs.
- Nutritional Counseling will be available.

ELIGIBILITY CRITERIA INCLUDES: Age 60 or over, Rockland County Resident, Complete registration form (only once per year), Identification verifying DOB and residency, Signature required when picking up the meals, Managed Long Term Care (MLTC) participants not eligible

CONTACT: MEALS ON WHEELS 845.624.6325
-or- OFFICE FOR THE AGING 845.364.2110

This program has been funded in whole or in part by grants from the New York State Office for the Aging (NYSOFA), and/ or the Administration on Aging (AOA), and/ or Administration for Community Living, and the Rockland County Office for the Aging. Nothing herein is intended, nor should be construed, as an endorsement by the State of New York.

Nip Depression in the Bud

by Mary Damiano, Today's Caregiver

When was the last time you had a really good laugh?

While caregivers are defined as the people taking care of those needing help, they sometimes overlook the fact that caregiving responsibilities can take a toll on their own health.

In addition to physical ailments, caregivers are at risk for depression. Depression can strike anyone, at any age. Caregivers need to be especially aware of depression because of the great load they carry. Many caregivers work at a full-time job and take care of a family in addition to their caregiving responsibilities. They often sacrifice their own health, well-being and social life in order to do everything that needs to be done.

One common denominator among caregivers is the desire and the belief that they must do everything themselves. Often, caregivers do not ask for help, opting instead to inadvertently play the part of the martyr. This leads the caregiver to become overwhelmed and an overwhelmed person is fertile ground for depression to dig in and take root.

The great strain caregivers face on a daily basis can lead to depression. One way to stop depression before it strikes is to be aware of the warning signs. According to the Administration on Aging, here are some red flags that depression might be creeping in:

- Sad, discouraged mood
- Persistent pessimism about the present, future and the past
- Loss of interest in work, hobbies, social life and sex
- Difficulty in making decisions
- Lack of energy and feeling slowed down
- Restlessness and irritability
- Loss of appetite and loss of weight
- Disturbed sleep, especially early morning waking
- Depressive, gloomy or desolate dreams
- Suicidal thoughts

If you feel yourself exhibiting these behaviors, do not discount them. They should be taken as seriously as you might treat a fever that won't go away or a persistent cough.

Following are some expert tips on what caregivers in particular can do to stop depression before it gets out of control.

© 9nong /@123rf

- **Talk regularly with family, friends, or mental health professionals**— it is very important that you do not isolate yourself. Join a local support group, or find one online. Share your feelings so they don't build up and escalate into problems.
- **Set limits**— this can be hard for caregivers, because they are used to taking on everything that needs to be done. It's okay to say no to taking on more than you can handle.
- **Eat nutritiously, exercise regularly and get enough sleep**— this can be difficult because of the irregular schedules caregivers must keep. But think of it this way: your body and mind are machines, and they must be properly maintained in order to function at their best. Nutritious food, exercise and sleep are the things that fuel these machines. Just as you would not let your car run out of gas, don't let your body run out of its fuel.
- **Let go of unrealistic expectations**— caregivers often have unrealistic expectations of themselves, and therefore push themselves to meet these goals. Accept the fact that you can't do everything. Ask for and accept help, from friends, family and local agencies. Whatever you do, don't be a martyr.
- **Keep a sense of humor**— we all know that laughter is the best medicine, so go ahead and take a few spoonfuls daily. Relax with a funny movie or TV show. Put on a comedy tape to listen to while you do your chores. Find the humor in everyday things.

Use Your Musical Gifts to Make Someone Smile!

We're looking for volunteer musicians to bring joy and connection to our community through music!

Music Makers

No experience required! Whether you're a seasoned performer or simply love to strum, hum, or tap a tune, you can help create moments of joy—one note at a time.

RSVP
ROCKLAND SENIOR VOLUNTEER PROGRAM

Call Rockland County Office for the Aging to join!

(845) 364-2112

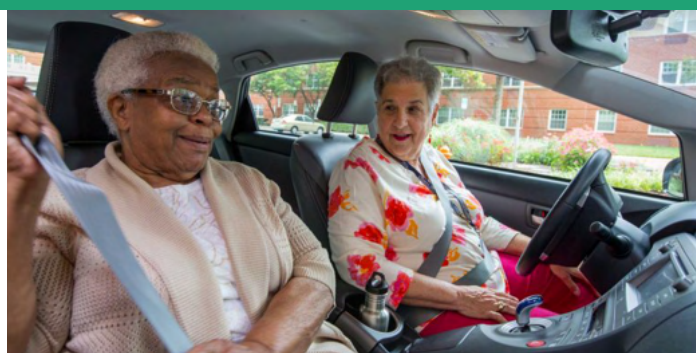
RSVP@co.rockland.ny.us

Services are funded by the County of Rockland.

ROCKLAND COUNTY OFFICE FOR THE AGING

RSVP Independence Project DRIVERS NEEDED!

- **RSVP Independence Project** drivers have a strong interest in forming one-on-one relationships by providing assistance to clients.
- One or two hours a month is all that is needed to be of help.
- For volunteers' peace of mind, we provide supplemental auto, accident, and liability insurance. Mileage reimbursement is also offered.
- Volunteer drivers of any age with a valid driver's license may apply.



RSVP Rockland Senior Volunteer Program
Rockland County Office for the Aging
50 Sanatorium Road, Building F
Pomona, NY 10970-3547
OFA@co.rockland.ny.us

Volunteer for the **RSVP Independence Project** today by calling: **(845) 364-2733**

This program is provided by the Rockland County Office for the Aging and is funded, in whole or in part by the County of Rockland, the New York State Office for the Aging (NYSOFA), and/or the Administration for Community Living.

Rockland County
AGING

OFA Office Hours

The Office for the Aging has partnered with **Legal Services of the Hudson Valley** and **Rockland Jewish Family Service** to provide our county's older adults with free consultations during office hours at our location.

Legal Services of the Hudson Valley
Protecting Rights Promoting Justice

Legal Services of the Hudson Valley has office hours for Rockland residents, 60 and over, at the Office for the Aging on the **first Friday of the month from 10 a.m. to 1 p.m.**

Legal Services of the Hudson Valley provides comprehensive civil legal services to low-income individuals and families, at no cost. Their mission and commitment are to protect rights, promote justice, and ensure equal access to legal assistance for all. They can be reached at **845-476-3831** for information and to schedule an appointment.

Please call the Office for the Aging for assistance at **845-364-2110**.

rjfs
Rockland Jewish Family Service
Care for the Entire Community

Rockland Jewish Family Service has office hours for Rockland residents at the Office for the Aging every **fourth Wednesday of the month from 1 p.m. to 3 p.m.**

RJFS offers a range of supportive services for older adults and their caregivers, including assessment, case management, and home care for Holocaust survivors. Additional services include counseling and caregiver support for adults over 60, assistance with government benefit applications, and specialized case management and guidance for individuals living with Alzheimer's disease and their families.

To schedule an appointment, RJFS can be reached at **845-354-2121**. Call the Office for the Aging for additional information at **845-364-2110.**

These programs are provided by the Rockland County Office for the Aging and are funded, in whole or in part, by grants from the New York State Office for the Aging (NYSOFA), and/or the Administration for Community Living.