

# Division of Community Resources Monthly Report

## August 2025

### Office for the Aging June 2025 Monthly Report

#### Monthly Accomplishments

##### OFA Director:

- Sullivan Volunteers Advisory Council moving forward with recognition event planning.
- Monthly Hoot direct subscribers over 900.
- Presented at Public Health all-staff meeting regarding OFA programs.
- Attended Administrative Oversight Committee Q2 meeting.
- Met with APS staff regarding ongoing collaborative cases.
- Attended Aging Concerns Unite Us (ACUU) at Albany Desmond-annual conference for Aging Professionals in NY.
- Case Managers and Aging Services Specialists provided 14 home visits for assessments, reassessments, application assistance and follow up visits.
- 24 applications for SNAP, Medicaid, Medicare Savings Program and Temporary Assistance assisted with or completed.

##### Sullivan Volunteers:

- Facilitated Volunteer Driver Training Class on June 5<sup>th</sup>.
- Mailed invitations and continued to work on the plans for our annual Volunteer Appreciation luncheon
- Volunteers provided 49 rides for medical appointments.
- 1,416 hours volunteered in June with a value of \$52,803.00 according to IndependentSector.org

##### Nutrition:

	Units:	Clients:	Contributions:
Homebound:	2,378	115	\$1,316.60
Congregate served at sites:	597	86	\$678.75
<b>TOTALS:</b>	<b>2,975</b>	<b>201</b>	<b>\$2,995.35</b>

- Great success with 3-month series of Public Health Department's Spring Fitness program at our Nutrition sites. There were 49 participants, all were asked to complete a survey and if interest remains, a Fall program will be planned.
- Farmers Market coupons booklets due in early July, distribution at Farmer's Markets, Senior Housing, Congregate Sites and Senior Clubs and Centers planned.

##### Transportation:

- 137 SCT (Sullivan County Transportation) Medical Trips
- 191 SCT Shopping Trips
- 49 Sullivan Volunteers Medical Trips
- 4 Medical Transports by OFA staff
- 63 Congregate Nutrition Site Transportation

##### HEAP:

- No applications received for June.
- 20 HEAP info letters sent to DSS on behalf of HEAP clients.

**Legal referrals:** 4 individuals/families received legal assistance through Rural Law Center of NY.

### **Caregiver Resource Center (CRC)**

**Information & Assistance calls:**

May: 21

June: 26

### **FREE JULY WORKSHOPS!**

#### **Legal & Financial Planning for Caregivers: What You Need to Know**

**Tuesday, July 15, 2025 from 11:00 AM - 12:00 PM**

Things happen when we least expect it, such as the illness or sudden death of a loved one. Having certain legal and financial documents in order can give caregivers and family members peace of mind and reduce the stress that comes with worrying about the future. Come and find out what you need to know and how to prepare for the future.

Representatives from the Rourke Law office in Liberty who specialize in elder law and estate planning will be our guest speakers.

#### **10 Warning Signs of Alzheimer's and Dementia**

**July 28 from 10:30 – 11:30 at the CCE Extension building**

Alzheimer's disease is not a normal part of aging. Join us to learn 10 warning signs of Alzheimer's and Dementia; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

#### **Healthy Living for Your Brain and Body**

**All workshops below are on a Wednesday from 11-12pm at each location noted**

- July 9, 2025, at the Jeffersonville Public Library
- July 16, 2025, at the Delaware Free Public Library
- July 30, 2025, at the Tusten-Cochecton Public Library

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices to keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Register for any of the above workshops on our events page at [www.sullivanccce.org/events](http://www.sullivanccce.org/events) or call 845-292-6180 x 122 / or email: [sullivanccrc@cornell.edu](mailto:sullivanccrc@cornell.edu)

#### **SUPPORT GROUPS:**

**Caregiver Café Support Group (In person):**

1<sup>st</sup> Monday at 10am at CCE Sullivan

**Held May 5, June 2, up next: July 7**

**Virtual Caregiver Support Group (zoom):**

Scheduled 3<sup>rd</sup> Wednesday each month 6-7pm

**Held May 21, June 18, up next: July 16**

**Parkinson's Support group**

3<sup>rd</sup> Wednesday each month April through November from 4-5:30 at CCE Sullivan

**Held May 14, June 11, up next: July 16**

**Caregiver Support Group for Families of Veterans**

Held at ATI at 309 E. Broadway, Monticello

New dates and times for this meeting will be revised and announced soon.

## **EXERCISE OPPORTUNITIES FOR SENIORS at CCE Sullivan:**

**Bone Builders** (Osteoporosis prevention).

Next series weekly on **Thursdays from September 18 – November 20 from 11-12pm.**

**Tai Chi for Arthritis & Falls Prevention** – *there's time to register, class is filling up fast.*

Next series weekly on **Tuesdays from September 9 – October 28, from 10-11am.**

### **(WISE) -Wellness Initiative for Senior Education**

We are currently holding this series for a group of seniors at Golden Park Apartments in Liberty.

The class is full and will be meeting weekly on Thursdays from June 26 to July 31.

This is a 6-week evidence-based program with a different wellness topic each week to enhance awareness of senior health and well-being.

The WISE program is a collaboration between the Caregiver Resource Center and SALT at CCE Sullivan through Community & Economic Vitality, and is supported in part by grant funding from New York State, Department of Health and Human Services (HHS), and Substance Abuse and Mental Health Services Administration (SAMHSA)

**Alzheimer's Association workshop series: The Empowered Caregiver** will be offered in person by the Caregiver Resource Center to interested community groups on request in the summer and fall 2025. Call us if your organization or community group would like a presentation, we will come to you!

The Empowering Caregiver Series is available as a series of workshops or individual topics:

Workshop topics in the series include:

- Building Foundations of Caregiving
- Supporting Independence
- Communicating Effectively
- Responding to dementia-related behaviors
- Exploring Care and support services.

### **NY Connects:**

- 133 served

### **HIICAP (Health Insurance Information Counseling Assistance Program):**

- 35 clients served in June

### **PERS (Personal Emergency Response System):**

- 25 clients currently receive PERS through CSE, EISEP & IIIE funding.

### **EISEP (Expanded In Home Services for Elderly Program):**

Casefiles open as of 6/30/25	30
Casefiles closed	2
Waitlist	15
Hours Authorized for the month of June	1820.30
Actual hours provided in June	1,349.75

**Sullivan County Youth Bureau:**

- Attended Emergency Services Youth Academy meeting.
- Attended budget training.
- Attended Association of NYS Youth Bureaus (ANYSYB) monthly meeting.
- Attended MOU signing at SUNY Sullivan for Today's Students Tomorrow's Teachers.
- Scanning project of archived documentation for Youth Bureau completed.  
Facilitated Youth Bureau Advisory Committee Meeting. Allotments were approved by the board as a whole and sent onto the Legislature.
- Youth Bureau funding was approved by the Legislature. Contracts are in process.
- Youth Bureau Facebook posts led to 1,427 views, 0 reaches and 23 interactions in June..  
Views are how many times people looked at the post, reaches mean how many times it was shared and interactions are the amount of likes or reactions.

**Community Assistance Center (CAC)**

- ✓ Through our partnership with the Hudson Valley Food Bank, we average 20 food pantries who attend our monthly food distributions at the Transportation building.
- ✓ There are three (3) food distribution days per month.
- ✓ Support HV Food Bank monthly mobile pantry efforts in town of Freemont.
- ✓ The team continues to provide referral and assistance to callers looking information and/or resources.
- ✓ The CAC has seen an increase in requests for emergency food assistance deliveries as well as connections to community resources.

**Transportation****Sullivan County Transportation Department:**

<b>Month 2025</b>	<b>Veterans Medical Centers</b>	<b>Veterans In-County Medical</b>	<b>Senior Medicals</b>	<b>Shopping Buses</b>	<b>Seniors to Congregate Sites</b>	<b>Meals Delivered</b>
January	40	31	101	160	32	467
February	37	20	89	132	26	497
March	41	35	121	177	53	618
April	48	32	123	182	60	641
May	39	16	116	187	41	583
June	39	26	137	190	44	604
July						
August						
September						
October						
November						
December						

## Move Sullivan Public Transit:

<b>Move Sullivan 2025</b>	<b>Average Daily Ridership</b>	<b>Monthly Ridership</b>	<b>Monthly Paratransit</b>
January	480 (21 days)	10,073	245
February	521 (18 days)	9,381	272
March	557 (21 days)	11,686	292
<b>1<sup>st</sup> Quarter Totals</b>		<b>31,140</b>	<b>809</b>
April	599 (22 days)	13,176	365
May	558 (21 days)	11,715	332
June	587 (21 days)	12,319	285
<b>2<sup>nd</sup> Quarter Totals</b>		<b>37,210</b>	<b>982</b>
July			
August			
September			
<b>3<sup>rd</sup> Quarter Totals</b>			
October			
November			
December			
<b>4<sup>th</sup> Quarter Totals</b>			
<b>Annual Totals</b>			