

Dutchess County Office for the Aging's

AGING NEWS

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***Golden Living . . . News for Senior Citizens
Dutchess County Office for the Aging***

SEARCH FOR 100 YEAR OLDS

Do you know a Dutchess County resident who will be turning 100 or older anytime this year, or a couple celebrating 70 or more years of marriage? If so, please call our office at (845) 486-2555 and let us know. We would like to send them a personal invitation to our annual Celebration of Aging luncheon which is held each May, Older Americans Month. All honorees and their guest are admitted free. Last year, 23 centenarians ranging in age from 100 to an incredible 111 were able to join us at this truly inspiring event.

Also honored at the Celebration of Aging are the Dutchess County Senior Citizens of the Year. Awards are given out in the categories of Senior Male, Senior

Female and Senior Couple. Generally these are residents over the age of 60 who make a difference in our community through volunteerism, civic engagement, etc. If you know of a senior citizen who deserves this very special recognition, please fill out a nomination form which you can obtain from our office or on Page 6 of the winter edition of the *Spotlight on Seniors* newsletter, found on our website:

<http://www.co.dutchess.ny.us/CountyGov/Departments/Aging/soswinter20152016.pdf>

COULD YOU SAVE ON MEDICARE?

If you're single, and your monthly gross income is less than about \$1,345, you may be eligible for the Medicare Savings Program which will pay your Medicare Part B premium. Depending upon your income level, you may also be eligible for other benefits, like help paying your Part D benefits. Married couples with a monthly gross income of less than about \$1,813 are also eligible for the MSP. If you make more than these income limits, but pay for health insurance, you may still qualify.

Most people automatically receive Medicare Part A (hospital coverage) at age 65 or older, at no cost. The premium for Medicare Part B (outpatient care) costs \$104.90 monthly and is automatically deducted from your Social Security

check. If you are eligible for the Medicare Savings Program, you will no longer have to pay the Part B premium. Your Part B premium may be higher if you are new to Medicare in 2016, or have an income-adjusted premium due to a higher income. There is no cost of living increase to Social Security this year.

The Office for the Aging has Community Service Workers who can help you determine if you are eligible for the Medicare Savings Program or other benefit programs like Medicaid and Food Stamps (SNAP). Call (845) 486-2555 for more information.

HOME REPAIR AVAILABLE

Rebuilding Together Dutchess County (RTDC) is accepting applications for its home repair and accessibility modification programs. These services are provided at no cost to qualified homeowners and focus on ensuring individuals can live independently in safe, warm, dry and healthy homes.

The deadline for applications to be considered for Fall Rebuilding Day in October is March 31. Income-qualified Dutchess County homeowners, especially those who are elderly, living with a disability, military veterans or parents with school aged children, are encouraged to apply. To receive an application, or to find out how you can help support RTDC's home repair program, visit www.rebuildingtogetherdutchess.org or call 845-454-7310.

Golden Living is prepared by the Dutchess County Office for the Aging, 27 High Street, Poughkeepsie, New York 12601, telephone 486-2555, email:

aging@ Dutchessny.gov website:

<http://www.dutchessny.gov/CountyGov/Departments/Aging/AGIndex.htm>

U.S. NAVY BAND – FREE CONCERT!

The U.S. Navy Concert Band will be performing a free concert at the Mid Hudson Civic Center on Friday, March 4th at 7 PM. Tickets are required for this event. Please call 454-5800 for more information.

Dutchess County Recommends Flu Vaccination for Residents

While this winter season hasn't brought the usual snow and cold, peak influenza (flu) season is right around the corner. With a notable increase in flu cases reported statewide, the Dutchess County Department of Behavioral & Community Health reminds individuals of the importance of vaccination.

"We are seeing an increase in flu cases both nation-wide and throughout New York State," said Commissioner Henry M. Kurban, MD, MBA, MPH, FACPM. "It is important for everyone six months of age and older to be vaccinated against the flu, especially those who are pregnant or at higher risk for complications." Dr. Kurban noted that to prevent transmission of illness to those who cannot be vaccinated, vaccination is recommended for close contacts such as caregivers and family members of infants less than six months of age. "We are fortunate to have vaccines to defend and protect our bodies against the flu virus," said Kurban.

Flu vaccination is readily available throughout the region including healthcare providers, pharmacies, and health centers. To find out more about the flu, or to find a convenient flu vaccination location, visit www.dutchessny.gov/Flu.

VALENTINE'S DAY BRUNCH

St. John's Lutheran Church, 55 Wilbur Blvd in Poughkeepsie, is holding a Valentine's Day Brunch on February 14th from 11 AM – 1 PM to benefit "The Gathering Place," a new worship respite care center. There is no charge for the

brunch, just a free-will donation. The brunch will be prepared by a CIA trained chef. Call the church office at 452-1550 to sign up.

February Events Open to the Public in Millbrook

The Fountains at Millbrook, 79 Flint Rd, offers the following events, free of charge and open to the public with advanced reservations to 845-905-8000.

Baking for Sweethearts

February 11, 2016

2:00 PM – 3:00 PM in the Bistro

Bring a friend, a neighbor or your sweetheart and enjoy this baking demonstration by The Fountains' own Chef Lukas. Sample tasty baked goods just in time for Valentine's Day in the community's Bistro.

The Duchess and the Deadly Garden

February 11, 2016

3:00 PM – 4:00 PM in the Auditorium

Cornell Cooperative Extension Master Gardner Volunteer, Donna Croshier, will deliver a fascinating presentation on "The Duchess and the Deadly Garden," the story of the 14-acre garden created with the help of the Duchess of Northumberland, which includes a small section of 100 toxic plants. Donna will guide participants on a virtual journey behind the locked gates of the Poison Garden, the third most popular and unique garden in all of England!

Let Me Call You Sweetheart

February 14, 2016

3:00 PM – 4:00 PM in the Auditorium

Sweeten your Valentine's Day with a musical performance by Peter Muir, presenting love songs from the Ragtime era. Muir is a gifted musician who started his professional musical life at age eight as a chorister in Westminster Abbey.

Hidden Treasures of the Catskills

February 17, 2016

2:00 PM – 3:00 PM in the Auditorium

Join Tony Musso, author of the "Hidden Treasures of the Hudson Valley" series, as he discusses his new book "Hidden Treasures of the Catskills". Learn about the many sight and gateway destinations of the present and past in the Catskills

region. Musso's work offers locations and suggestions for day trips. His book will be available for purchase after the program

Romeo et Julliet

February 23, 2016

3:00 PM – 4:00 PM in the Allen Lounge

Since the early 18th century, composers have been inspired by Shakespeare's "Romeo and Juliet," the world's most beloved love story. Professor Jeffrey Engle will present Prokofiev's ballet as well as explore the rest of the "Romeo" canon including operas, songs, incidental music, symphonies and overtures in this romantic, classical music lecture.

Call 845-905-8000 to reserve your seat to any of these events.

ALZHEIMER'S EVENTS IN DUTCHESS COUNTY

Effective Communications Strategies

An educational program by the Alzheimer's Association.

2:30-4 p.m., Thursday, February 11

Alzheimer's Association office

2 Jefferson Plaza, Suite 103, Poughkeepsie, NY 12601

As people with Alzheimer's disease and other forms of dementia progress, the ability to use words is lost. This educational program by the Alzheimer's Association looks at how communication takes place when someone has Alzheimer's. The program offers strategies for decoding the verbal and behavioral messages delivered by someone with dementia and identifying ways to help you connect and communicate at each stage of the disease. Space is limited; preregistration is required. Call 800.272.3900 to RSVP or with questions.

Understanding and responding to dementia-related behavior

2:30-4 p.m., Thursday, February 25

Alzheimer's Association office

2 Jefferson Plaza, Suite 103

Poughkeepsie

Learn to decode behavioral messages, identify common behavior triggers and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease. Space is limited; RSVP is required. Call 1.800.272.3900 with questions or to RSVP.

The Basics: Memory loss, dementia and Alzheimer's disease

6-7 p.m. Wednesday, March 23

The Elmendorph Inn

7562 Route 9, Red Hook, NY 12571

A free educational program with information on detection, causes and risk factors, stages of the disease, treatment and more. Call 1.800.272.3900 with questions or to RSVP.

Zumba Gold & DXF – FREE CLASS

ZUMBA GOLD -(BEGINNERS & SENIORS) & DXF, Dance Xross Fitnes

With Linda Thomas

Saturday, February 20, 2016

12:30 PM

Poughkeepsie Plaza

2600 South Rd Ste 30

Poughkeepsie, NY

Once again it's time to demonstrate Zumba Gold and DXF, Dance Cross Fitness! Special guest appearance of DXF "creator", Drew Andrews.

All part of a FREE Health Fair at the Poughkeepsie Plaza Mall from 11 AM – 3 PM on February 20th.

MORE AGING NEWS ONLINE:

Eating fish may benefit older adults at risk for dementia

Reuters -

(Reuters Health) - For older people, the brain-protecting benefits of eating fish outweigh any potential harms from mercury, according to a small U.S.

Women are more prone to heart problems

Mirror Daily -

(Mirror Daily, United States) - According to the latest studies women are more prone to heart problems than men are. This is why February is now officially the national heart problems awareness month.

ALZHEIMER'S NEWSLETTER:

http://act.alz.org/site/MessageViewer?autologin=true&em_id=206136.0&dlv_id=233872&utm_campaign=enews-2016-02-08&utm_medium=email&WT.mc_id=enews2016_02_08&utm_source=enews-aff-118

