



SPOTLIGHT ON SENIORS

A Publication of the Dutchess County Office for the Aging

Summer 2017

Beating Summer's Heat

Even if you think you're accustomed to summertime heat, it pays to prepare for it. Older people generally do not adapt to sudden changes in temperature as well as younger people, especially when the temperature climbs past 90 and high humidity comes along for the ride.

The medications you take may also affect your body's ability to maintain a constant temperature, also known as thermoregulation. Some chronic health conditions, especially thyroid disorders, can also interfere with thermoregulation.

Airconditioning is one obvious solution, but if you don't have A/C there are ways to get to cooler air. Look for air-conditioned places like libraries, movie theatres, malls, grocery stores, or any of our eight Senior Friendship Centers, where you'll find cool air along with plenty of companionship and nutritious meals, too.

For more on the Friendship Centers near you, call the Office for the Aging at (845) 486-2555 or go to

www.dutchessny.gov/aging



A Message from
County Executive
Marcus J. Molinaro

Dear Friends,

This is the 25th year of our Summer Senior Picnic program, and there are plenty of great reasons for you to participate in your local picnic, beyond the tasty and nutritious lunch that's served.

If you've got expired or unneeded medications at home, you can dispose of them safely by bringing them to any picnic, where they can be safely disposed of by the Dutchess County Sheriff's Department and Traffic Safety Board.

A listing of this summer's upcoming Senior Picnics is available on page 3 of this Spotlight. Special thanks to the sponsors whose support makes the picnics possible: EverCare at Home, Hamaspik Choice, ArchCare, Hudson Cadillac Buick GMC, Wingate Healthcare, The Pines at Poughkeepsie, Today's Options and Byron's Hudson Valley Hearing Aid Centers.

Many thanks also to the Dutchess County Department of Community and Family Health - Protective Services for Adults.

Sincerely,

A handwritten signature in blue ink that reads "Molinaro".





A LITTLE LIGHT SUMMER READING

You don't have to miss any of our weekly "Aging News" e-newsletters if you're away on vacation this summer. Just sign up for the Aging News by emailing bjones@dutchessny.gov or calling **(845) 486-2555**. For those of you who like to receive hard-copy versions of Office for the Aging correspondence, like the Spotlight on Seniors, call us and the next Spotlight will be in your mailbox this fall!

LOOKING TO GET ACTIVE?

Chances are the Office for the Aging's Senior Exercise Program has a location near you; there are over 50 classes all over the county, with over 1,000 seniors participating. The classes are led by trained volunteers, who are committed to the program and helping you keep yourself healthy.

Each class lasts an hour and is held twice a week. To receive the full benefit of the program, regular twice-a-week attendance is key.

You'll need two things to take part:

- an application from the Office for the Aging;
- your signed doctor's consent.

Forms are available from the Office for the Aging by calling **(845) 486-2555**.

If walking's more your speed, there's a Senior Walking Group in Poughkeepsie that steps off every Tuesday at 9:00 a.m. sharp from the Washington Street entrance to the Walkway Over the Hudson. Call the Office for the Aging to find out more.

SAVE THE DATE

Friday, November 17

**The 13th Annual
Dutchess County
Conference on Caregiving**

"Hats Off to Caregivers"

The Grandview

176 Rinaldi Boulevard, Poughkeepsie

Breakfast & Registration 8:30 AM

Open to all Caregivers | **Free Admission**

The Dutchess County Conference on Caregiving is presented by the Dutchess County Office for the Aging, the Alzheimer's Association (Hudson Valley chapter), the Parkinson's Disease Support Group of the Mid-Hudson Valley, Hamaspik Choice, Wingate Healthcare, Hudson Valley Hospice, Always There Home Care, Hudson Valley VA and Health Quest.

ALSO COMING THIS FALL...

...the Office for the Aging's annual **Senior Seminars**. We'll bring together experts in a dozen issues important to seniors, including but not limited to health and fitness, legal and financial issues, housing and long term care, scam prevention, dementia and Alzheimer's disease, and much more!

The Senior Seminars are generally scheduled in early November, so watch the Spotlight on Seniors and the weekly Golden Living column in the Poughkeepsie Journal (and on their website) to find out more!

SUMMER SENIOR PICNICS

Celebrating 25 years!

Come to the Senior Picnic that corresponds with your hometown. The picnics began in late May, which is why you might not see your community listed. Please update your address with the Board of Elections if you were not mailed an invitation.

Because space is limited, **a reservation and proof of residency are required at all picnics.** Call (845) 486-2555 to make your reservation.

June 28 - Recreation Park
95 Robinson Lane
(Town of Wappinger and Village of Wappingers Falls residents only)

July 12 - Fran Mark Park
337 Clinton Hollow Road
(Towns of Hyde Park and Clinton only)

July 19 - Memorial Park
298 Fishkill Avenue
(Beacon residents only)

August 2 - Cady Field
1554 Main Street
(Pleasant Valley residents only)

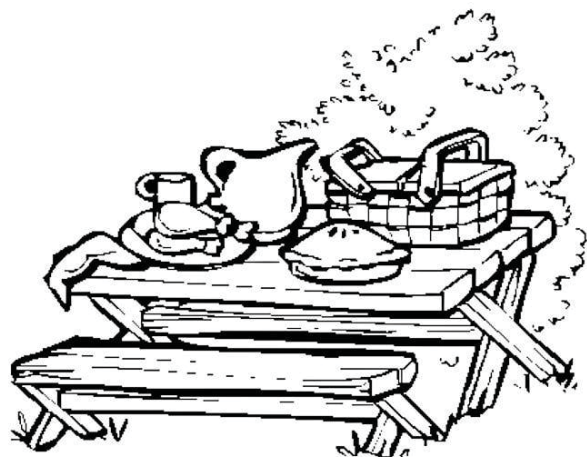
August 9 - Bowdoin Park
85 Sheafe Road
(Town of Poughkeepsie residents only)

August 16 - Freedom Park
198 Skidmore Road, LaGrange
(LaGrange and Beekman residents only)

August 23 - East Fishkill Recreation Park
330 Route 376 (East Fishkill residents only)

August 30 - Waryas Park
75 N. Water Street
(City of Poughkeepsie residents only)

*To attend a picnic, you must have a reservation and proof of residency. **Seating is limited.***



The 2017 Celebration of Aging!

More than 300 people turned out to mark Older Americans Month on May 22nd at Villa Borghese in Wappingers Falls, as the Office for the Aging held the 19th annual Celebration of Aging luncheon. During the ceremony, County Executive Marcus J. Molinaro presented Dutchess County Senior Citizen of the Year Awards to **Jane Cole Geisler** of Verbank, **John Thomas** of Hyde Park and **Carol and Nick Annas** of Red Hook. The residents of **Castle Court at Concord Village** of Poughkeepsie were honored with a Senior Achievement Award. You'll see a few pictures taken at the luncheon on the next page, and you can visit the Office for the Aging website (below) for more details on all of the honorees.

Four couples attended the event to mark 70 or more years of marriage: **Louise and Otto Tatar** of Rhinebeck (71 years), **May and Andrew Ambrosio** of Stanford (72 years), **Anna and Andrew Fishburn** of Wappingers Falls (74 years), and **Lossie and Sam Lee of Fishkill** (77 years).

Special recognition was given to seven Dutchess County centenarians in attendance: **Elizabeth Browne** (100), **Dottie Hoff** (100), **Martha Mercer** (100), **Esther Paskey** (100), **Bea Lacativa** of Millbrook (101), **Mary Summa** of Dover (101); and **Connie Caccoma** of Poughkeepsie (102). 113-year-old Vera Van Wagner of Rhinebeck was not at the Celebration but was honored a few days later; at the time this newsletter went to print, Vera was verified as the oldest person in both Dutchess County and New York state, the third-oldest in the United States, and the 25th-oldest in the world.

The Office for the Aging knows of at least 60 centenarians living in Dutchess County at this time, including at least two over the age of 110! Centenarians are the fastest growing segment of the American population. If you were born in 1917 or earlier, you were alive for the United States entering World War I, and the awarding of literature's first Pulitzer Prizes. Some of the famous people who were born 100 years ago include President John F. Kennedy, singers Ella Fitzgerald, Lena Horne and Dean Martin, Yankees shortstop and broadcaster Phil Rizzuto. Some living legends born in 1917 are still with us including architect I.M. Pei, and voice-acting superstar June Foray.

Please support the sponsors who support the Celebration of Aging: Wingate Healthcare, Hudson Cadillac Buick GMC, Medicare Resource Group, Fidelis Care, the Pines at Poughkeepsie, EverCare, Ulster Savings Bank and MVP Healthcare.

We are also very grateful for a donation in memory of Marge and Ed Hogan.

We're already working on the 2018 Celebration, so watch the Spotlight on Seniors, the weekly Golden Living column in the Poughkeepsie Journal, and our weekly Aging News emails. You can sign up for the Aging News by calling (845) 486-2555 or emailing bjones@dutchessny.gov.

The Picture Page



Nick and Carol Annas of Red Hook were named Senior Couple of the Year.



Residents of Castle Court at Concord Village in Poughkeepsie, winners of the Senior Achievement Award.



102-year old Connie Caccoma is joined by County Executive Marc Molinaro.



Jane Cole Geisler of Verbank was named the female Senior Citizen of the Year.



John Thomas of Hyde Park (left) was named male Senior Citizen of the Year.



Anna and Andrew Fishburn of Wappingers Falls are celebrating 74 years of marriage this year!

Know a Dutchess County resident turning 100 or more in 2018, or who will be celebrating 70 or more years of marriage? Let us know: (845) 486-2555

Sign Up For “A Matter of Balance”

In Dutchess County, falls account for more than half of emergency room visits each year. The risk increases with age, so the Office for the Aging, with key assistance from Health Quest, wants to help you prevent falls with our award-winning, evidence-based “A Matter of Balance” program, which helps you anticipate falls. By the time you complete the eight-session class, you’ll know that falls are not an inevitable part of the aging process.

“A Matter of Balance” is an educational/instructional program consisting of lectures, demonstrations, group discussion and exercise. The exercises are basic and address flexibility, strength and balance, and comprise approximately 20 percent of the total program.

Those most likely to benefit from “A Matter of Balance” include older adults who are: concerned about falls; have sustained a fall in the past; restrict activities because of concerns about falling; are interested in improving flexibility, balance and strength; and are age 60, ambulatory and able to problem solve.

“A Matter of Balance” classes have been scheduled to begin this autumn in the Town and City of Poughkeepsie, Dover Plains, Fishkill, Pleasant Valley, Rhinebeck and Wappingers Falls.

Seniors interested in classes must fill out an application. Applications are available at www.dutchessny.gov/aging or by calling the Office for the Aging at (845)486-2555. Space is limited to 14 participants per eight session class.

SENIOR FRIENDSHIP CENTERS

Beacon - 838-4871 • East Fishkill - 226-3605
 Millerton - (518) 789-3081 • Pawling - 855-9308
 City of Poughkeepsie - 275-2661
 Rhinebeck - 758-0571 • South Amenia - 373-4305
 Tri-Town (Towns of Poughkeepsie,
 Pleasant Valley & LaGrange) - 486-6363

A woman went to her doctor's office, where she was seen by a new doctor. After a few minutes in the exam room she burst out, screaming as she ran down the hall.

*Comedy
Corner*

An older doctor stopped her and asked what the problem was, and she told him her story. After listening, he had her sit down and told her to go relax in another room.

The older doctor marched down hallway to the back where the first doctor was and demanded, “What’s the matter with you? Mrs. Terry is 81 years old, she has four grown children and nine grandchildren, and you told her she was pregnant?”

The new doctor continued to write on her clipboard, and without looking up said,

“Does she still have the hiccups?”

USA PARTY

Tuesday, September 12

It’s a day for the red, white and blue at your nearby Senior Friendship Centers, so make your reservations today because space at the parties fills up quickly!

Military uniforms or other dress of the 1940’s era are welcome, because big band music will be the soundtrack of the day. There is a suggested donation of \$3 for lunch if you are 60 or older and a \$4 charge for those under the age of 60. **Reservations are required by September 5.**

For more information or a reservation, call the Senior Friendship Center nearest you. Their phone numbers are just to the left; all numbers are in the 845 area code unless otherwise noted.

OFA Staff Spotlight



Stephanie Perri

Stephanie Perri has 22 years experience serving the senior population in Dutchess County. She has a BS in Social Work, and is a Certified Case Manager. She is the current Case Supervisor for the case management department at the Office for the Aging. Her experience in the community over these years has provided her with knowledge of various agencies and organizations that provide a range of assistance to families and their needs.

In addition to working with seniors in our agency, Stephanie has case managed the Care at Home waiver program, a program serving medically complex children and their families. She also oversees the personal care services for the adult Foster Family program. Her work involves advocating for clients of all ages.

The case management department of the OFA functions to provide a comprehensive assessment of seniors, collaborating with the senior, their families and caregivers to plan, implement, coordinate, and monitor various services to help them remain supported in the community and reach their optimum level of self management and functional capacity.



Nimesh Bhargava

Nimesh Bhargava joined the Office for the Aging early this year as Nutrition Coordinator. He heads up the OFA's extensive Home Delivered Meals operation that provides hot, nutritionally sound midday meals, five days a week, for over 500 qualifying seniors throughout Dutchess County who have difficulty preparing meals on their own. For weekends, holidays, and weather emergencies, the Home Delivered Meals program also provides frozen and/or shelf-stable meals.

Nimesh also coordinates the meals served at our eight Senior Friendship Centers, which are listed on Page 6 of this Spotlight.

This time of year, Nimesh is also busy coordinating the annual Senior Picnic program where county residents over the age of 60 can enjoy nutritious lunches, companionship, live music from Bob Martinson, and information from the Office for the Aging along with non-profit organizations, and sponsors who help underwrite the program. Many elected officials also visit Senior Picnics, giving seniors the chance to voice their concerns directly with decision-makers in local government.

For more information on the Senior Picnics, turn to Page 3.

2017 OFFICE FOR THE AGING SENIOR PROM

Monday, October 16, 2017 - Villa Borghese, Wappingers Falls

This year's theme is "School Days". Dress up in your favorite high school or college gear from whatever era suits you! Reservation forms will be in the fall Spotlight on Seniors!



Dutchess County Office for the Aging
27 High Street, Poughkeepsie, NY 12601

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TO:

Medicare 101 (Orientation)

This program is a basic overview of Medicare for people approaching the age of 65, caregivers, and anyone who would like a better understanding of how Medicare works. Topics include Supplemental Insurances, Prescription Drug Plans, EPIC, Medicare Advantage Plans, and more.

Wednesdays: July 19, August 16, September 20, October 18
10 AM - 12 noon - Poughkeepsie Galleria Community Room, Route 9

Mondays: June 26, July 24, August 28, September 25, October 23
4 PM - 6 PM - Center for Healthy Living, 6529 Springbrook Ave., Rhinebeck

Navigating Medicare

If you have a little computer knowledge, our Health Insurance volunteers can teach you how to navigate the Medicare website and learn about other associated programs to help you make more informed choices.

Wednesdays: June 28, July 26, August 23, September 27, October 25
9:30 AM - 11:30 AM - Adriance Library, 93 Market Street, Poughkeepsie

There is no cost for any of these seminars, but space is limited. Please call (845) 486-2555 to make a reservation.

For more information
about the
Dutchess County
Office for the Aging,
visit us at

www.dutchessny.gov

or call (845) 486-2555

or (866) 486-2555

