



www.dutchessny.gov/aging

SPOTLIGHT ON SENIORS

A Publication of the Dutchess County Office for the Aging

Summer 2018

A New Home for the Office for the Aging

By this time in 2019, Office for the Aging headquarters and services for City of Poughkeepsie residents will have been consolidated in a new location, now under construction at 112 Delafield St., on the city's northern border with the Town of Poughkeepsie.

As it stands now, our facilities are not as efficient as they need to be, especially with Dutchess County's senior population expected to grow rapidly for at least the next 25 years. The Senior Friendship Center that serves the City of Poughkeepsie is in one area of the city, the central kitchen that prepares OFA home-delivered meals is in another part of the city, and OFA headquarters are in yet another part of the city - in a building that's older than many of the seniors we serve, with limited accessibility and parking.

The new facility will incorporate the Friendship Center, the central kitchen, and OFA headquarters - all in one building just a few seconds off Route 9.

(continued on page 7)



**A Message from
County Executive
Marcus J. Molinaro**

Dear Friends,

Most of us hope to be able to live out the entirety of our lives independently and with dignity, in our own homes. The most important way we can ensure that best possible outcome is to minimize the risk of injuring ourselves in a fall.

If you're over 60, ambulatory, and can problem-solve, then I highly recommend you sign up for the next series of Office for the Aging classes in "A Matter of Balance." Classes start in the fall, and registration is going on this summer.

The classes meet once a week for eight weeks, with the goals being to reduce your risk and fear of falling, to learn simple exercises to improve your balance, and to change your environment to eliminate risk factors for falls.

Classes take place in Dover, Fishkill, Rhinebeck, Wappinger, and the City and Town of Poughkeepsie. Sign up soon - you'll be glad you did.

Sincerely,

Todd N. Tancredi
Director

Marcus J. Molinaro
County Executive

2018

SUMMER NEWS

“VEG OUT” THIS SUMMER

A great way to get more vegetables and fruits into your diet is as simple as a trip to your local farmers market. There's a farmers market in every corner of Dutchess County, and many of them will accept SNAP (formerly called “food stamps”) as full payment. Qualifying low-income seniors can also explore obtaining coupons good for markets that participate the New York State Senior Farmers Market Nutrition Program. To find out more, contact the Office for the Aging using the information on the lower, right-hand corner of this page.

Farmers markets help ensure your dollar stays local and supports local farmers and, in turn, the local economy. You can find a countywide listing of farmers markets online at www.dutchesstourism.com. Click on “Places To Eat,” and on the drop down menu, you'll find the link to the farmers markets in Dutchess County that includes locations, days, times and other helpful information.

CAREGIVERS, SAVE THIS DATE

On Friday, November 16, join the Office for the Aging and dozens of service providers for the 14th annual **Dutchess County Conference on Caregiving**, taking place once again at the Grandview, 175 Rinaldi Blvd. in Poughkeepsie.

Caring for senior friends and family members can create isolation and stress, which in turn can lead to serious physical and/or mental challenges. The conference aims to help caregivers share strategies to cope and thrive.

The all-day event is free when you register in advance. Additional details to come in September!

ONE HAND WASHES THE OTHER (SO TO SPEAK)

If you injure an arm or a leg and aren't able to use it for an extended amount of time, there's a risk the muscles in the injured area will weaken. It turns out that exercising the same muscles on the uninjured limb can help the muscles in the injured area stay strong, even when they're not moving.

Scientists at the University of Saskatchewan in Canada immobilized the wrists of 16 students, asking half of them to exercise the opposite wrists while the other half went about their normal lives with no added exercise.

After a month, the students who had been exercising their opposite wrists were found to have retained nearly all the muscle size and strength in the wrists that had been immobilized, whereas the students who did not exercise their still-mobile wrists lost 20 percent of their wrist strength and three percent of wrist muscle mass.

Why does this happen? That, the scientists say, is a matter for further study.

SPOTLIGHT ON SENIORS

Marcus J. Molinaro - County Executive
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Available for free at libraries, senior centers and municipal buildings throughout Dutchess County.

Published in February, May/June, August and December, with a Medicare-focused edition in September.

To be added to or removed from our mailing list, call (845) 486-2544 or email bjones@dutchessny.gov.

SUMMER SENIOR PICNICS

Come to the Office for the Aging 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 13 - Lions Club Pavilion
82 Beach Road, Pine Plains
(North East/Millerton, Pine Plains,
Stanford and Washington/Millbrook
residents)

June 20 - Memorial Park
1 Katherine Lane, Tivoli
(Milan, Red Hook and Rhinebeck
residents)

June 27 - Recreation Park
95 Robinson Lane
(Town of Wappinger and Village of
Wappingers Falls residents)

July 11 - FDR Library (Lawn)
(NEW LOCATION FOR 2018)
4079 Route 9, Hyde Park
(Towns of Hyde Park and Clinton)

July 18 - Memorial Park
298 Fishkill Avenue
(Beacon residents)

July 25 - Cady Field
1554 Main Street
(Pleasant Valley residents)

August 1 - Bowdoin Park
85 Sheafe Road
(Town of Poughkeepsie residents)

August 15 - Freedom Park
198 Skidmore Road, LaGrange
(LaGrange and Beekman
residents)

**August 22 - East Fishkill
Recreation Park**
330 Route 376 (East Fishkill
residents)

August 29 - Stitzel Field
(NEW LOCATION FOR 2018)
10-14 Lincoln Ave.
(City of Poughkeepsie residents)

*To attend a picnic, you must make
a reservation in advance and bring
proof of residency to the picnic.
Seating is limited.*

No picnics are scheduled for July 4
and August 8.

The 2018 Celebration of Aging!

More than 300 people turned out to mark Older Americans Month on May 21st at Villa Borghese in Wappingers Falls, as the Office for the Aging held the 20th annual Celebration of Aging luncheon. During the ceremony, County Executive Marcus J. Molinaro presented Dutchess County Senior Citizen of the Year Awards to Patricia Malin of Pleasant Valley, Ron Seeley of Hyde Park, and Barbara and Ronald Nolan of Pleasant Valley. Joy Godin of Wingdale and Jack Fenton of Hyde Park were honored with Senior Achievement Awards. 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.

Seven couples attended the event to mark 70 or more years of marriage: **Anneliese and Fred Schmid** of Hopewell Junction (70 years), **Angelina and Fred Grippi** of Millbrook (70 years), **Anita and Ed "Skip" Lester** of Millbrook (72 years), **Dorothy and Tom Schiesel** of Wappingers Falls (72 years), **Anita and Berthold Schauer** of Hopewell Junction (72 years), **Anna and Andrew Fishburn** of Wappingers Falls (75 years), and **Lossie and Sam Lee of Fishkill** (78 years).

Special recognition was given to nine Dutchess County centenarians in attendance: **Myra Gokey** (100) of Fishkill, **Annette Babb** (100) of Wappingers Falls, **Helen Dubraski** (100) of Poughkeepsie, **Margaret Rutledge** (100) and **Jaye Meyer** (100) of Millbrook, (101), **Martha Mercer** (101) of Poughkeepsie, **Stuart Vidal** (101) of Poughkeepsie, **Mary Summa** of Dover (102). and **Idella Warga** (103) of Poughkeepsie.

The Office for the Aging knows of approximately 60 centenarians living in Dutchess County at this time, including at least one over the age of 110; Sixta Tulia Aguinaga de Posada of LaGrangeville celebrated her 111th birthday in April. At the time this newsletter went to print, Tulia was verified as the oldest person in Dutchess County and second-oldest in New York State, 27th-oldest in the United States and 97th oldest in the world.

If you were born in 1918 or earlier, you experienced the end of World War I and the beginning of a worldwide influenza epidemic. The Boston Red Sox won the World Series and didn't win it again for 86 years.

Please support the sponsors who make the Celebration of Aging possible: Wingate Healthcare, Medicare Resource Group, the Pines at Poughkeepsie, and EverCare At Home. We are also most grateful for a generous donation in memory of Marge and Ed Hogan.

We're already working on the 2019 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



Wappingers Falls residents Anna and Andrew Fishburn, married 75 years, with NY State Senator Sue Serino and County Executive Marcus Molinaro.



Hyde Park resident Jack Fenton (r) received a Senior Achievement Award for his work with Meals on Wheels of Hyde Park and many other groups.



2018 Senior Couple of the Year, Ronald and Barbara Nolan of Hyde Park, with County Legislator Will Truitt (l) and County Executive Molinaro.



At 103, Idella Warga of Poughkeepsie was the oldest centenarian at the Celebration of Aging.



It was the first Celebration of Aging for Anita and Ed "Skip" Lester of Millbrook, celebrating their 70th wedding anniversary this year. We hope they'll be back for more next year, along with all the other honorees!

Know a Dutchess County resident turning 100 or more in 2019, or who will celebrate 70 or more years of marriage then? Let us know: call (845) 486-2555, or email bjones@dutchessny.gov

We hope to see you all at the 2019 Celebration of Aging, taking place on Monday, May 20!

New Medicare Cards Come To New York “After June”

We hope you read the front-page item in the previous Spotlight on Seniors about the new Medicare cards being mailed to every Medicare recipient in the nation this year and next. It's a massive undertaking, with over 60 million cards being mailed out in seven “waves.”

The Centers for Medicare and Medicaid Services (CMS) has scheduled new cards to be mailed to residents of New York (and the New England states) in the fourth wave, at an undefined date some time after June of this year and before the end of next year.

Why the new cards after more than 50 years? Protection of your identity is the main reason. The cards used since Medicare's inception have included your Social Security number, a vulnerability that has been exploited by scammers.

But the scammers don't give up so easily; they just change tactics. Already they're trying to claim that you need to pay for your new card (you don't) or that you need to give them your Social Security number to get the new card (you don't).

If your card hasn't arrived yet, this would be a great time to be sure that your address is correct in CMS's records.

If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.

Your health care providers and health plans approved by Medicare know Medicare is replacing the old card, and are ready to accept your new card when you need care.

Once the new Medicare card arrives, you can destroy the old card. If you're in a Medicare Advantage plan, like an HMO or PPO, hang on to the card from that plan as well.

Because the new Medicare card will not include a Social Security number, you can carry it with you - something that was not recommended for the old cards.

Full nationwide distribution of the new cards is expected by April 2019.



Staff Spotlight

Kyle Corkins

Kyle Corkins has served with the Office for the Aging since 2015, previously as a Community Services Worker and presently as HEAP Examiner, coordinating services related to the Home Energy Assistance Program for low-income seniors across the county.

The increased cost of heating a home during the coldest months of the year can be a particularly heavy burden to those of limited means. The Home Energy Assistance Program (HEAP) can provide one or more credits towards heating costs to ameliorate this burden, to ensure that seniors are not left in the untenable position of being unable to afford heat in the middle of a harsh New York winter. This last winter season, over 800 seniors were able to receive financial assistance from HEAP and HEAP-related benefits through the Office for the Aging.

During the summer months, Kyle also oversees the HEAP Cooling Assistance Program, which can provide fans or air conditioning units to some low-income seniors with medical conditions impacted by the hot weather. In addition, those experiencing issue with their furnace or other heating equipment may be eligible to receive assistance through the Heating Equipment Repair and Replacement (HERR) or Clean and Tune programs.

All seniors are also screened for possible eligibility for additional financial assistance programs, such as the Supplemental Nutrition Assistance Program (SNAP) and Medicaid, and can be referred for assistance applying for these benefits if desired.



New OFA Facilities in 2019

(continued from front page)

If you're curious about what the new OFA facilities will look like, above is an artist's depiction of the new building. If you stop in Poughkeepsie to take a look at the construction site, you'll see a completed building next door at 110 Delafield St. (behind Cosimo's) that looks very much like our future facility.

The building will consist of three stories, built into a hillside. The main entrance to the building will be on the second floor, and will feature a ground-level entrance to the Friendship Center and OFA reception areas. The central OFA kitchen and nutrition department will be on the first floor, with a ground-level entrance in the rear of the building for delivery vehicles. Offices for OFA staff and meeting rooms for seniors requiring meeting space will be on the second and third floors of the new building.

We expect to move into our new home early in 2019, and hope to see you there!



Office for the Aging

SENIOR EXERCISE PROGRAM

Dozens of classes
throughout Dutchess
County!

Senior exercise class
volunteer leaders
also wanted!

For more information on joining or leading an exercise class, contact the Office for the Aging:

(845) 486-2555 or toll free (866) 486-2555
email: ofa@dutchessny.gov

A physician's written permission is required to participate in classes.



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

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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 18, August 15, September 19, October 17
10 AM - 12 noon - Poughkeepsie Galleria Community Room, Route 9

Mondays: June 25, July 23, August 27, September 24, October 22
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 27, July 25, August 22, September 26, October 24
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 online at
www.dutchessny.gov/aging

email

ofa@dutchessny.gov

call

(845) 486-2555
or **(866) 486-2555**

or mail

**Dutchess County
Office for the Aging
27 High St
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We're open 9 a.m. to 5 p.m.,
Monday through Friday.