



Service, Support and Information
www.dutchessny.gov

SPOTLIGHT ON SENIORS

A Publication of the Dutchess County Office for the Aging

Winter 2014 - 2015

Home Delivered Meals

If you are recovering from a temporary or permanent disability that prevents you from cooking, you may be eligible for Home Delivered Meals from the Office for the Aging or one of the Meals on Wheels Programs that operate here in Dutchess County.

All of our meals are prepared by a professional chef and selected to meet the Recommended Daily Allowance for good nutrition by a Registered Dietician who is licensed by the American Dietetic Association. There is a suggested donation for the program.

The majority of the meals are delivered by volunteers, most of whom work once or twice a week delivering on a route that takes about one hour. Some of our locations are looking for volunteers to assist with deliveries. If you are interested in volunteering to deliver meals, call the Office for the Aging at (845) 486-2555.

Here in Dutchess County, several areas are served by a Meals on (continued on pg. 3)



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

Dear Friends,

I was delighted to see the Balance & Falls Prevention presentation at the Office for the Aging's Senior Seminars this fall was standing room only. Fall prevention is one of the many steps to successful aging!

It also tells me one of our new programs for 2015 is sure to be a big success. "A Matter of Balance" is an 8 week class that emphasizes practical strategies to reduce the fear of falling and increase activity levels. Participants learn to view falls and the fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

Volunteers are needed at this time not just to train to lead the classes, but also to help with clerical and other duties. Call the Office for the Aging at (845) 486-2555 for more information.

Sincerely,


Marcus J. Molinaro
Dutchess County Executive

Mary Kaye Dolan
Director



Marcus J. Molinaro
County Executive



KEEP THINKING

According to a new Scottish study, jobs requiring intellectually challenging tasks may help preserve thinking skills and memory as people age. The researchers compared IQ scores obtained around age 11 from more than 1,000 subjects with their memory and reasoning scores around age 70. The scientists found that those who had mentally stimulating jobs appeared to retain sharper thinking even years after retirement.

FIND YOUR SPECIAL PURPOSE

Having a sense of purpose in your life might help you live longer. A study from University College of London of more than 9,000 people averaging 65 years of age, found that those who professed to feeling worthwhile and having a sense of purpose in life were less likely to die during the more than eight years the researchers tracked them.

TAX HELP!

The AARP Tax-Aide program is a free service available to low and middle income senior citizens who need assistance filing their taxes. Trained volunteers provide this service each year between February 1st and April 15th. To locate a site near you, volunteer, or make an appointment, call 1-888-AARPNOW or visit their website:

www.aarp.org/taxaide.

VOLUNTEERING BENEFITS HEALTH

A new study led by researchers and Rotman Research Institute shows an association between volunteering and better overall health, fewer functional limitations, and greater longevity. Two to three hours a week seems to be the minimum to achieve the best results. There seems to be an added psychosocial benefit to volunteering, that of feeling appreciated and having a sense of purpose.

BONING UP ON BONE HEALTH

Older men are much less likely than women to receive osteoporosis screening and treatment after suffering a wrist fracture, a new study from Harvard Medical School reveals. While osteoporosis is widely regarded as a disease that affects older women, as many as one in four men older than 50 will break a bone due to osteoporosis, according to the researchers. In addition to calcium, regular physical exercise is one of the best ways to improve bone strength. The Office for the Aging's Senior Exercise Program is always looking for new members. Call 486-2555 for more information.

TAKE YOUR TEETH OUT

Seniors who wear their dentures when they sleep are at twice the risk for pneumonia, according to research by the Nihon University School of Dentistry. Sleeping with your dentures in was also found to increase the likelihood of tongue and denture plaque and gum inflammation.

JEST FOR FUN

The Senility Prayer: Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do like, and the eyesight to tell the difference!

Home Delivered Meals

(Continued from page 1)

(Continued from page 1) Wheels Program:

- Poughkeepsie 452-2245
- Hyde Park 229-5896
- Millbrook 677-3485
- Wappingers Falls 297-2800

For those who are able to cook but are not able to drive, Stop and Shop offers Peapod, a food delivery service where customers order online and their order is delivered. The fee is \$6.95 for orders over \$100 and \$9.95 for orders between \$50 and \$100. The company offers \$1 off the delivery fee if payment is made by automated checking account withdrawal, and another \$1 off certain delivery times, meaning that delivery can be as low as \$4.95. For more information on Peapod, visit www.Peapod.com. This service is not available in all areas of Dutchess County.

Shoprite From Home also allows you to place an order and pick it up or have it delivered. The fee is \$10 plus \$6.95 for the delivery. For orders over \$100, the \$10 fee is waived. It can be accessed through www.shoprite.com. The service area is limited.

Peck's Food Market (518-398-6622) delivers for a fee within Pine Plains only.

For a listing of companies who provide prepared home meals for delivery, call our office and ask for the Home Meal Delivery Brochure or find it on our website.

**From the
Director's Chair**

Mary Kaye Dolan
mdolan@dutchessny.gov



Dear Friends,

Please take a moment to nominate a senior citizen you know who deserves recognition as a Senior Citizen of the Year for 2015. You'll find a nomination form on the next page. Those selected will be honored at the Celebration of Aging in May.

If you live alone (or know someone who does), the winter season can be the most dangerous time of the year. The Office for the Aging brochure "Staying Safe at Home" outlines the many services available to homebound or frail seniors like Personal Emergency Response Systems (PERS), Telephone Reassurance Programs, Free Emergency Cell Phones, as well the "Are You Okay" program, an optional daily check on elderly residents we coordinate in association with the Dutchess County Sheriff's Office.

You can pick up a copy of the "Staying Safe at Home" brochure at our office located at 27 High Street in Poughkeepsie, download it from the county website, or call 486-2555 and we will mail a copy out to you. Any one of these services could be a life saver in an emergency.

Sincerely,

Mary Kaye Dolan, Director
Office for the Aging

DUTCHESS COUNTY SENIOR CITIZEN OF THE YEAR

2015 Nomination Form

Please use this form to nominate a senior citizen or senior citizen couple who you think deserve to be recognized as the year 2015 senior citizen(s) of the year!

Name of Nominee(s) _____

Address of Nominee(s) _____

Nominee's Phone Number _____

Your Name _____

Your Address _____

Your Phone Number _____

Please describe below why the person or couple you are nominating are deserving of the Dutchess County Senior Citizen of the Year Award. Be sure to include any volunteer and community activities, as well as information about their professional career and family. Use additional sheets as necessary. Clippings and other information are welcome but cannot be returned. Winners will be honored at the annual "Celebration of Aging" luncheon in May.



Karoline Flick & Norberto Dominguez

Crowned 2014 Duke & Duchess

Almost 500 seniors packed the Villa Borghese on October 20th for the 19th annual Dutchess County Senior Prom. This year's theme was "A 1960s Party!." The sold out event was co-sponsored for the 17th year by The Pines at Poughkeepsie.

Karoline Flick and Norberto Dominguez (pictured top left) of Wappinger were named the 2014 Duke & Duchess and will arrive at next year's prom in a chauffeured limousine courtesy of A Special Occasion Limousine of Poughkeepsie. The couple recently celebrated their 38th wedding anniversary.

A huge THANK YOU to our sponsors: CDPHP, Wingate Healthcare, Toll Brothers, TEG Federal Credit Union, Hudson Cadillac Buick GMC, Dutchess Center for Rehabilitation, Byron's Hudson Valley Hearing, Prime Health Choice, Zounds Hearing and VNSNY Choice Health Plans.

Plans are already being made for next year's 20th anniversary prom which will return to the original "Senior Prom" theme, and attendees will be asked to dress to impress!

Brain Games

Don't stay at home this winter - join one of the Office for the Aging's Brain Games classes and challenge your brain on a regular basis! There are 13 classes around the county and new members are always welcome. Stop by the class near you, or call 486-2555 for more information.

Arlington Library - Poughkeepsie
Wednesdays: 1:30—3:00 pm

Berkeley Square Community Room
Thursdays: 6:30pm-7:30pm

Castle Court at Concord Village
Twice a month on Tuesdays: 10:45 am

Howland Library - Beacon
Thursdays: 10 am-11 am

Hyde Park Elementary School
Mondays: 11:30 am to 12:30 pm

Hudson Valley Community Center
Wednesdays: 1:00 pm to 2:00 pm
Lunch & Learn, 11:30 am—1 pm

LaGrange Town Hall
Fridays: 10am to 11am

Pleasant Valley Town Hall
Tuesday: 10:30 am—12 noon
Mah Jongg Thursdays 10:30 am

Red Hook Town Hall
Thursdays: 12:00pm—1:00 pm

Starr Library - Rhinebeck
Thursdays: 1:00—2:00 pm

Stanford Free Library
Thursdays: 10:45am to 12:00pm

Starr Library - Rhinebeck
Thursdays: 1:00 pm to 2:00 pm

Grinnell Library - Wappinger Falls
Thursdays: 2:00pm-3:30pm

Lower the Pressure



Here's another reason to start that exercise program you've been putting off. Aerobic exercise leading to strong heart fitness can delay a man's onset of age-related high blood pressure by nearly a decade, a new study from the University of South Carolina suggests.

Blood pressure naturally increases as people grow older as their arteries become stiffer with age. But men with strong cardio-fitness don't start drifting toward high blood pressure until their mid-50s. On the other hand, largely sedentary men usually experience the early signs of high blood pressure in their mid-40s.

Men received this benefit regardless of how much body fat they had, indicating fitness may trump some of the bad effects of being overweight, the researchers said.

Exercise makes a person's heart stronger, which helps it more efficiently pump blood through arteries even if the vessels have become stiff. Exercise can also improve elimination of sodium from the body, and high levels of sodium are a risk factor for high blood pressure.

While men who start working out as boys and teenagers will receive the most benefit, older men can still use exercise to help control their blood pressure. It's never too late to start, but always the earlier the better. Although the study focused on men, follow-up research is expected to find the same fitness benefits for women.

-Health Day News

Spotlight on the Staff



*Dutchess County Office for the Aging's
Community Service Worker Theresa Zoller
assists a senior citizen with their questions.*

For more than a quarter of a century, Theresa Zoller has been assisting senior citizens in Dutchess County apply for a variety of benefits in her role as a Community Service Worker at the Office for the Aging.

Theresa came to the Office for the Aging from the Department of Mental Hygiene and spends much of her day either on the phone or making home visits to homebound seniors. She assists low-income residents apply for Medicaid, food stamps (SNAP), EPIC prescription drug coverage, HEAP - a heating fuel benefit, as well as answering questions and assisting clients with health insurance issues.

Theresa says, "There is such great satisfaction assisting people who do not know where else to turn. On so many occasions, I have contact with someone who cannot make ends meet, and with the help provided through the Office for the Aging I can watch their tremendous burden be lifted."

If you think you may be eligible for any of these programs, you must first call the Intake Unit at (845) 486-2555.

Stay Safe This Winter

- * Be VERY careful - avoid slipping on ice.
- * Dress appropriately for the cold weather.
- * Watch for the signs of seasonal depression.
- * Be sure your car is ready for winter.
- * Prepare ahead for power outages.
- * Have someone check on you regularly.
- * Protect your pet as well as yourself.
- * Winterize your home for bad weather.

These are just a few tips to help you get through the winter months safely. Read more on our web site under "Be Prepared."



Looking for a Speaker?

The Office for the Aging offers a popular, free presentation on the steps you can take to achieve the highest quality of life as you age called "Successful Aging."

We also have speakers available who can talk about our services as well as popular topics like Medicare.

Presentations are available to any adult groups in Dutchess County. For more information, or to schedule a presentation, call (845) 486-2555.



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

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HELP WITH HEATING COSTS

The Dutchess County Office for the Aging offers a Home Energy Assistance Program (HEAP) funded through the Dutchess County Department of Community and Family Services to provide assistance with home energy needs for low income, older individuals and families. Services include financial assistance with fuel bills, and emergency financial assistance for fuel/utility terminations. HEAP is an income eligibility program. Most people who qualify have already been sent the application information. The monthly income limits are as follows:

Single Person Household - \$2,194

Two Person Household - \$2,869

If you meet these requirements and would like to apply, please call 845-486-2555. There are some restrictions and you will need a face to face or phone interview at which time your documents can be reviewed.

For more information

about the

Dutchess County

Office for the Aging

Visit us online or call

(845) 486-2555

or (866) 486-2555



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