



www.dutchessny.gov/aging

SPOTLIGHT ON SENIORS

A Publication of the Dutchess County Office for the Aging

Fall 2018

Seminar Season

Sometimes, more than one aging related issue will confront you at the same time. For example, you could have a question about Medicare and Medicaid, concerns about your hearing, and you're curious about the new technology at your local library but don't know where to begin with it.

Wouldn't it be great if you could get the answers to those questions all in one place, on one day?

As fortune would have it, the annual Office for the Aging Senior Seminars coming up on Thursday, November 1 will feature those topics and many others of interest to seniors, their families and their caregivers. We're planning a wide variety of seminars for you to choose from, with a combination of presentations and Q&A sessions planned. Light refreshments will be served at this free event.

For a complete schedule of the seminars that morning, see page 6 of this edition of the Spotlight on Seniors.



A Message from
County Executive
Marcus J. Molinaro

Dear Friends,

The 26th season of Office for the Aging Senior Picnics has been another tremendous success - but we couldn't get it done without help from all over Dutchess County.

Many thanks to the municipalities who worked with us to arrange the 12 picnics, as well as to the sponsors who supported all the picnics: Wingate Healthcare, The Pines at Poughkeepsie, EverCare At Home, Northwestern Mutual and Aetna.

Also key to the picnics' success were the Dutchess County Department of Community and Family Services - Protective Services for Adults, the Dutchess County Sheriff's Office and Traffic Safety Board, the Dutchess County Department of Public Works, and the dozens of volunteers who helped us set up chairs and tables, serve thousands of lunches, and clean up after the picnics were done.

We hope to see you all again in 2019!

Sincerely,

A handwritten signature in black ink, appearing to read "M. Molinaro".

Todd N. Tancredi
Director



Marcus J. Molinaro
County Executive

AUTUMN NEWS

THE GOLDEN GATHERING RETURNS SEPTEMBER 22

The always-popular Golden Gathering is back, again under the direction of State Senator Sue Serino, who chairs the Senate's Committee on Aging. Save the date of Saturday, September 22nd on your calendar for the event which will take place at Arlington High School, 1157 Route 55 in LaGrangeville from 9:30 a.m. until 12:30 p.m. The program will consist of health screenings, entertainment, refreshments, door prizes and various informational tables geared toward the interests and needs of area senior citizens. The Office for the Aging will be represented at the Golden Gathering as well.

All area seniors and their families are invited free of charge.

TAX SEASON VOLUNTEERS WANTED

AARP Foundation Tax-Aide and Dutchess County CASH Coalition is looking to expand its team of volunteers for the upcoming 2019 tax season. Tax-Aide, celebrating its 50th year, offers free in-person preparation and assistance to anyone, especially those 50 and older, who can't afford a tax preparation service.

A volunteer is not required to have mastery in tax preparation; just a familiarity with preparing personal tax returns. They will receive free training from AARP Tax-Aide alongside IRS Certification. The only requirements are familiarity with tax preparation software, basic computer

knowledge, and enjoyment working with others. The hours, days and location sites are flexible in order to best accommodate volunteers. Bilingual tax preparers are always needed and encouraged to apply.

For more information on joining AARP Foundation Tax-Aide Program and the Dutchess County CA\$H Coalition, or to receive more information on volunteering, please contact Linda Eddy at **(845)-475-7500** or leddy@dutchesscap.org.

IT'S EASY BEING GREEN

If you're trying to cut back on the amount of paper you get in the mail, you can find this *Spotlight on Seniors* and all other Office for the Aging publications at www.dutchessny.gov/aging. Email bjones@dutchessny.gov to make the switch!

SPOTLIGHT ON SENIORS

Marcus J. Molinaro - County Executive
Todd N. Tancredi - Director, Office for the Aging
Brian Jones - Editor, Spotlight on Seniors

Dutchess County Office for the Aging
27 High St., Poughkeepsie NY 12601
(845) 486-2555 / toll free (866) 486-2555
Email: ofa@dutchessny.gov
Web: www.dutchessny.gov/aging

Available for free at libraries, senior centers and municipal buildings throughout Dutchess County.

Distributed in February, May, September and December, with a Medicare-focused edition each autumn.

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

A Chance to Speak Up for Seniors

The Dutchess County Office for the Aging is holding our annual Senior Forum public hearings this fall, to help us understand your concerns and hear your feedback on our current services and future plans. Everyone is invited to attend.

Wednesday, September 26th
11 a.m.

Beacon Senior Friendship Center
1 Forrestal Heights, Beacon

Thursday, September 27th
11 a.m.

Red Hook Senior Friendship Center
59 Fisk St., Red Hook

If you are unable to attend the Senior Forums, you can mail written comments to the Dutchess County Office for the Aging, 27 High Street, Poughkeepsie, NY 12601.

You can also email your comments to ofa@dutchessny.gov.

Ombudsman Training

If you're looking for a way to volunteer on behalf of Hudson Valley seniors living in long-term care facilities, the Hudson Valley Long Term Care Ombudsman Program (www.hudsonvalleyltcop.org) will hold free training sessions beginning October 17.

The program assists residents living in nursing homes, assisted living, adult homes, and family type homes in Dutchess, Ulster, Orange, Sullivan, Greene, and Columbia counties, helping assure their rights are upheld.

For more information, call the ombudsman program at (845) 229-4680 or email gloria@hudsonvalleyltcop.org.

From the
Director's Chair



Todd N. Tancredi
ttancredi@dutchessny.gov

Dear Friends,

One of the Office for the Aging's most popular programs is also one of its most essential for seniors who would like to continue living happily and independently for as long as possible.

If you're concerned about falling and injuring yourself, or if you've fallen before and would like to prevent future injuries, then please look into signing up for our "A Matter of Balance" program, supported by Health Quest.

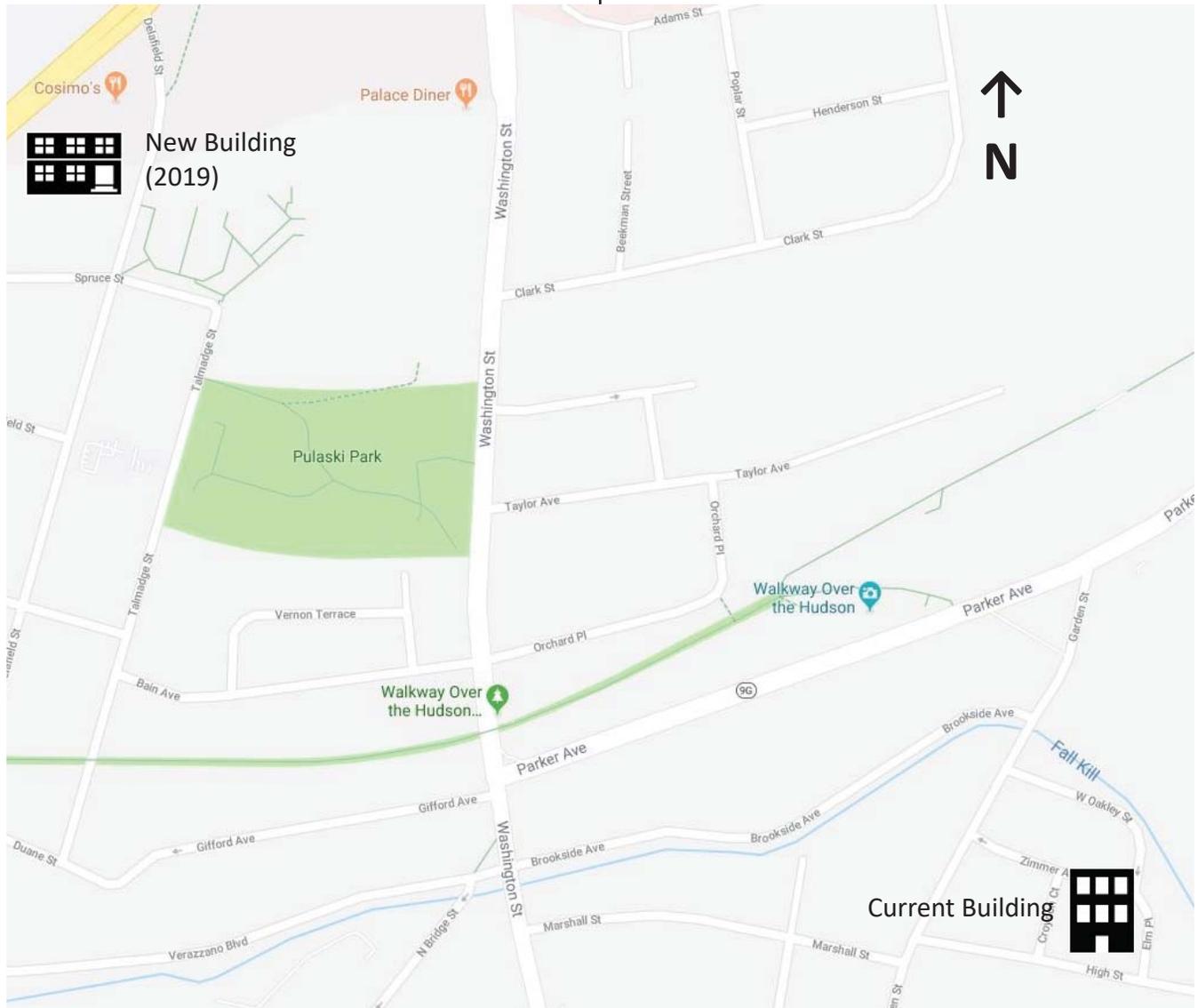
"A Matter of Balance" is aimed at getting you to increase your level of physical and mental activity, while also managing falls and reducing the risk of falls. It's a once-a-week commitment that lasts eight weeks, and the program is held at several locations countywide in the spring, fall, and sometimes in the summer when there's enough demand.

Ironically, restricting activities because of a fear of falling can make falls more likely, as muscles weaken from lack of use - so sign up for "A Matter of Balance" soon!

Sincerely,

Todd N. Tancredi, Director
Office for the Aging

Where to Look for Us in 2019



Construction on new Office for the Aging facilities on the north side of the City of Poughkeepsie is moving along on schedule, with our move into the new building set for early 2019.

The new OFA building will include our main offices, the central kitchen where we prepare hundreds of weekday meals for homebound seniors, and the Senior Friendship Center that serves seniors in the City of Poughkeepsie and neighboring communities.

Our new building doesn't have an official street address yet, but following a map of the city to 112 Delafield St. will bring you to the site of our future home.

We expect to be able to offer a wider array of activities and services for seniors at the new facility, which will also be much easier

to reach from Route 9. Additionally, there will be accessibility improvements at the new OFA facility.

More to come in the winter 2018-19 issue of *Spotlight on Seniors* - stay tuned!

OFA Senior Friendship Centers

Locations in Beacon, East Fishkill, Millerton, Pawling, Red Hook, South Amenia, and the City and Town of Poughkeepsie

Companionship • Games • Shopping • Exercise • Parties • Movies • Guest Speakers...and lots more!

Call (845) 486-2555 for registration info

The Senior Prom

“The Big Game”

(Dress like you’re going to - or participating in - your favorite sporting event!)

Monday, October 15th

Noon - 4 PM

Villa Borghese, 70 Widmer Rd., Wappingers Falls

Featuring the music of the full Bob Martinson Band

Co-hosted by The Pines at Poughkeepsie

Sponsored by:

Wingate Healthcare, EverCare At Home, Northwestern Mutual, Empire Blue Cross/Blue Shield. and the Dutchess County Department of Community and Family Services.

Full Buffet Lunch! Dancing! Prizes!

\$20 per person if paid by September 28; \$30 per person after September 28

Name(s) _____

Address _____

Phone _____ Email (if any) _____

Please reserve _____ seats together at \$30 each (\$20 each before 9/28)
People wishing to sit together MUST send their checks in together (each table seats 10). We MUST have the names of everyone you are paying for. Mail your check along with this form to: Office for the Aging, 27 High Street, Poughkeepsie, NY 12601. Sorry, no refunds. Tickets will not be issued; your name will be at the door.

Senior Seminars

Thursday, November 1

New Hackensack Reformed Church Classrooms

1580 Route 376, Wappingers Falls, just south of the Hudson Valley Regional Airport

*** Space is limited *** Advance registration is required ***

Call (845) 486-2555 to register for any of the seminars

9:30 a.m. PARKINSON'S DISEASE - Learn more about the disease that affects hundreds of Dutchess County seniors. Presented by the Parkinson's Disease Support Group of the Mid-Hudson Valley.

LIBRARIES - Libraries can be much more than what they used to be! From books to streaming content, libraries engage patrons in many ways. With Poughkeepsie Public Library Director Tom Lawrence.

CENTRAL HUDSON AND SENIORS - A discussion of the many services available to senior citizen Central Hudson customers, including senior protections, life support programs and much more.

10:30 a.m. MEDICARE Q&A - Office for the Aging Information Services Specialist Maggie Kwet helps you navigate the sometimes-challenging landscape of Medicare.

CAN YOU HEAR ME? - Hearing loss can have devastating effects on all aspects of your life. Presented by professionals from Access Hearing.

FUNERALS AND YOUR RIGHTS - Every consumer has the right to a meaningful, dignified and affordable farewell. With the Funeral Consumers Alliance of the Hudson Valley.

11:30 a.m. EXERCISE AND BALANCE - Find out more about the Office for the Aging's Senior Exercise and "A Matter of Balance" programs, both of which are vital to seniors looking to continue living independently.

SENIORS AND THE LAW - Always a popular topic, this year's speaker is private attorney Paul Weinberger, with whom The Office for the Aging contracts to provide legal assistance to seniors who might otherwise be unable to afford it.

A "HEAP" OF HELP FOR THE WINTER - Cold weather will be here before you know it, and it can be a trying time for low-income seniors. Your questions about New York's Home Energy Assistance Program (HEAP) will be answered by Office for the Aging staff.

*** Space is limited *** Advance registration is required ***

Winter Home Energy Issues

Dutchess County is served by two public utility companies, with Central Hudson Gas & Electric covering most of western and central Dutchess and New York State Electric and Gas (NYSEG) covering the eastern portion of the county. Regardless of who provides your service, you have specific rights, both as a senior citizen and as a consumer.

With winter coming, both utilities are making local seniors aware of services available to them, both to seniors who are utility customers themselves as well as to seniors who live in the household of a customer.

Contact your local utility if you or any member of your household fits any of the following categories:

- age 62 or over;
- blind;
- disabled

When you contact your utility under any of these circumstances, your account will be marked so that you'll receive every relevant consumer protection available under New York state law.

The contact information for both utilities is at the end of this article.

If you or any member of your household requires life support equipment operated by utility-provided electricity, get in touch with your utility so they'll be able to make extra effort to restore your power as soon as possible during both planned outages and unplanned outages caused by storms or damage to utility poles and lines. Each utility maintains an online outage map depicting where outages are located, along with estimated restoration times when available.

For information about a senior's eligibility for the state's Home Energy Assistance Program (HEAP), contact the Office for the Aging at **(845) 486-2555** or ofa@dutchessny.gov.

For more information, here's how to reach the utilities:

Central Hudson

www.cenhud.com

(845) 452-2700

(800) 527-2714 (outside 845 area code)

TDD/TTY: 711

New York State Electric & Gas (NYSEG)

www.nyseg.org

(800) 572-1111

TDD/TTY: 711

SAVE THE DATE

14th Annual Conference on Caregiving

"Caregiving - A Highwire Act"

Friday, November 16, 2018

- *Juggling to Protect Assets*
- *Walking the Medicare/Medicaid Tightrope*
- *A Side Show: Navigating the Healthcare System*

The Grandview

176 Rinaldi Blvd., Poughkeepsie

Organized by Always There Home Care, Alzheimer's Association (Hudson Valley chapter), Dutchess County Office for the Aging, Health Quest, Parkinson's Disease Support Group of the Mid Hudson Valley, Hudson Valley Hospice, Hudson Valley VA, and Wingate Healthcare

Registration begins October 15th

For more information, call

(845) 486-2555

or email

srushton@dutchessny.gov



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

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Medicare 101

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. The programs take place at the Poughkeepsie Galleria Community Room from 10 a.m. - 12 noon on the following Wednesdays:

October 17th • November 21st • December 19th • January 16th (2019)

Additionally, there will be 90-minute sessions at the Center for Healthy Aging at Northern Dutchess Hospital in Rhinebeck at 4 p.m. on the following Mondays:

October 1st • October 22nd • November 26th

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. Join them at the Adriance Memorial Library, 93 Market St., Poughkeepsie at 9:30 a.m. on:

September 26th • October 24th • November 28th • December 26th •
January 23rd (2019)

Space is limited at these free sessions; call (845) 486-2555 to make a reservation.

For more information
about the
Dutchess County
Office for the Aging

call **(845) 486-2555**
toll free **(866) 486-2555**

email:
ofa@dutchessny.gov

or visit

www.dutchessny.gov/aging