

Dutchess County Office for the Aging's

AGING NEWS

For the week of October 21st

(Note: If your office, senior residence, or house of worship would like some copies of the fall 2019 OFA Spotlight on Seniors and/or our 2019-20 Medicare Spotlight to have available in a common area, please contact bjones@dutchessny.gov or call (845) 486-2544. Supplies are limited.)

Golden Living . . . News for Seniors, Their Families and Caregivers

Todd N. Tancredi, Director

Dutchess County Office for the Aging

The season for the Home Energy Assistance Program (HEAP), which provides a one-time payment to the heating fuel supplier for households who meet eligibility requirements, officially opens on Tuesday, November 12th.

Benefit amounts for the 2019-20 season are unchanged from last winter: Depending on income, the benefit amount for most senior citizens who heat their homes with oil, kerosene or propane is \$700. If you heat with wood, pellets, coal or corn heating types, the amount is \$550. Utilities like Central Hudson and NYSEG, which serve Dutchess County, have a benefit amount this year of \$375.

Households that do not pay for heat directly, but instead make undesignated payments for the heat in the form of rent, may be eligible for a heat-included benefit. Depending on income, this payment can range from \$30 to \$35; payment can go to the household or the utility.

If you received HEAP this past season, you should have already received an application by mail from New York State. Some application packets may have mistakenly directed you to return the application to our former address at 27 High St. in Poughkeepsie – but our offices moved in early 2019 to 114 Delafield St. in Poughkeepsie, just east of Route 9 near Marist College.

If you have not received an application, but meet the eligibility requirements listed below, call the Office for the Aging at (845) 486-2555. New applicants must complete a HEAP application and interview, and provide proof of each household member's identity (including valid Social Security number), proof

of residence, a fuel and/or utility bill if you pay for heat or proof that you pay rent that includes heat, and verification of all household members' income.

Eligibility is updated annually and based on monthly income and household size. For single-person households, monthly income should not exceed \$2,494. Two-person households have an income cut-off of \$3,262, and the cut-off increases with household size to \$7,086 for a household of 11; cut-offs increase by \$553 per person beyond 11. If your household's income is just above these maximums, you might still be eligible because your Medicare Part B and Part D premiums can be deducted from income.

Once your HEAP application is processed, you will receive a HEAP Notice of Eligibility by mail. Keep this notice in a safe place. If you have an emergency, do not wait until you are out of heating fuel or your gas/electric service is terminated to request assistance. Your utility company is not required to restore your service, even if you are eligible for a HEAP benefit. Emergency HEAP does not open until January 2, 2020, and there will be no emergency benefits available before that date.

Subscribe to the “Aging News” and other alerts from Dutchess County government by joining the county’s Dutchess Delivery service at www.dutchessny.gov/DutchessDelivery.

Golden Living is prepared by the Dutchess County Office for the Aging, 114 Delafield Street, Poughkeepsie, New York 12601, telephone (845) 486-2555, email: ofa@dutchessny.gov website: www.dutchessny.gov/aging

Office for the Aging events schedule

To find out more, see the events calendar at www.dutchessny.gov/aging

or call (845) 486-2555 (unless a different number is indicated)

(All events subject to change)

Mon 10/21, 12 noon – 4 p.m. – The Office for the Aging Senior Prom

SOLD OUT

Tue 10/22, 6 – 7:30 p.m. – Medicare 101 On The Road

With OFA Aging Information Services Specialist Maggie Kwet

Red Hook Community Center, 59 Fisk St.

Thu 10/24, 6:30 – 8 p.m. – Medicare 101 On The Road

With OFA Aging Information Services Specialist Maggie Kwet

North East Community Center, 51 S. Center St., Millerton

Sat 11/2, 9:00 a.m. – 12:30 p.m. – OFA at Thriving in Rhinebeck

(A showcase of services and resources for older adults and caregivers)

With OFA Outreach Coordinator Brian Jones

Rhinebeck High School, 45 North Park Rd.

(845) 379-1114 or www.rhinebeckathome.org for information

Thu 11/7, 9:00 a.m. – 12:45 p.m. – OFA Senior Seminars

New Hackensack Reformed Church, 1380 NY 376, Wappinger

Speaker schedule in the fall Spotlight on Seniors, on page 6, at this link:

<https://www.dutchessny.gov/Departments/Aging/Docs/NewSpotlightFall2019.pdf>

Seating is limited; reservations at (845) 486-2555

Wed 11/20, 11:00 a.m. – Senior Pedestrian Safety

With Emily Dozier, Dutchess County Senior Planner

and Aisha Phillips, Dutchess County Senior Public Health Educator

OFA Poughkeepsie Friendship Center, 114 Delafield St.

Seating is limited; (845) 486-2564 to RSVP

LONG TERM CARE OMBUDSMAN PROGRAM NEEDS VOLUNTEERS

Dutchess, Columbia, Greene, Orange, Sullivan, and Ulster Counties are looking for volunteers interested in training to become a Certified Volunteer New York State Long Term Care Ombudsman.

The Ombudsman Program is an effective advocate and resource for older adults and persons with disabilities who live in nursing homes, assisted living and other licensed adult care homes in New York State. Ombudsmen help residents understand and exercise their rights to good care in an environment that promotes and protects their dignity and quality of life.

The Ombudsman Program advocates for residents by investigating and

resolving complaints made by or on behalf of residents; promoting the development of resident and family councils; and informing government agencies, providers and the general public about issues and concerns impacting residents of long-term care facilities.

Weekly schedules can be flexible. Certification training is free and taking place this month. For more information, call (845) 229-4680 x104 or email diane@ltccc.org.

RSVP's FALL UPDATE

As OFA Senior Picnic season is behind us, we want to thank you for supporting our Retired & Senior Volunteer Program (RSVP) of Dutchess County Raffle.

This year, RSVP's \$1,000 Grand Prize winner was Hannah Knapp. Additionally, Robert Mortensen won the Foam & Wash Oil Change Plus Coupon Book, valued at \$100. Debra Muellerleile won the \$150 Friendly Honda Car Detailing gift certificate. David Bates won the \$150 Hudson Valley Concierge Service gift certificate, Jean Pizzola won the \$50 Adams Fairacre Farms gift certificate and Angelo Carbillano won the \$80 gift certificate to Plated Italian American Bistro.

RSVP engages volunteers in activities that will make a difference in our communities meeting the needs of nonprofits and the people they serve. RSVP works extensively with the Office for the Aging to provide volunteer services to seniors, and has member organizations throughout Dutchess County who are always looking for volunteers. Call JoAnn Hickman at 845-452-5401 x101 or email rsvp@dutchesscap.org for more information.

MILLBROOK SILVER THREADS LUNCHEON (Sat 10/26; reservation deadline Mon 10/21)

The Women's Guild of St. Joseph's Church invites all Millbrook-area seniors to a luncheon to be held on Saturday, October 26th at noon in the parish hall. Reservations are required, and must be made by Monday, October 21st. RSVP by contacting Judy Yarochowicz at (845) 677-5778.

Menu includes garden salad, chicken in mushroom sauce, buttered rice with parsley, mixed vegetables, soft rolls, butter, apple crisp, cider, coffee and tea.

ADVANCED CARE PLANNING EVENT IN PAWLING (10/22)

What does “advanced care planning” mean in terms of health decisions, and what are the forms I need to know about? What is the difference between a Living Will and a MOLST form? Do I need a DNR and a Health Care Proxy? Laura Palermo from Hudson Valley Hospice will review and explain these forms and answer any questions you may have about them.

At the Pawling Free Library (11 Broad St.) on Tuesday, October 22nd, from 6-7 p.m. Registration is required for all programs. Call the Pawling Library at 845-855-3444 to register, or send an email to Donald at adult@pawlinglibrary.org.

“OPTIMISTIC AGING” COVERS COVERED BRIDGES (Thu 10/24)

The Clinton Community Library (1215 Centre Rd., Rhinebeck) is hosting a lunch-and-learn event as part of their Optimistic Aging programming, on Thursday, October 24th, discussing “The Great Covered Bridges of the United States and China.” This talk will draw upon old images, principally paintings and photographs, that illustrate and contrast covered bridges seen today with those of centuries past.

Registration for lunch at 12:30 p.m. is required. All are welcome to join the group for dessert and lecture at 1:00 p.m.

Trained in geography and history at Stetson University and the University of Pittsburgh, Ronald Knapp has been carrying out research on the cultural and historical geography of China's countryside since 1965 and more recently in the United States. He is the author, editor, or contributor of more than 20 books concerning China and Southeast Asia, several of which have been translated into Chinese and Japanese, as well as two books dealing with the United States.

Funding for this and other Optimistic Aging programs is provided by the Northeast Dutchess Fund of the Berkshire Taconic Community Foundation.

Other aging news online:

Walking is good for you, but walking slowly may be a sign of trouble to come:

<https://www.independent.co.uk/news/science/walking-slowly-aging-brain-body-sick-later-study-a9151976.html>

The risk of breast cancer for men is 1 in 1000 as opposed to 1 in 8 for women, but the National Cancer Institute estimates that breast cancer will cause the deaths of 500 men this year:

https://www.medpagetoday.com/blogs/celebritydiagnosis/82782?xid=nl_popmed_2019-10-17&eun=g1261622d0r&utm_source=Sailthru&utm_medium=email&utm_campaign=PopMedicine_101719&utm_term=NL_Gen_Int_PopMedicine_Active

Overuse of urine tests for seniors sometimes result in overprescribing of antibiotics: <https://www.nytimes.com/2019/10/14/health/urine-tests-elderly.html>

If you're watching what you eat, great. If you're exercising, also great...BUT new research, at least on mice, indicates that combining calorie restriction with exercise runs the risk of being too much of a good thing:

<https://www.medicalnewstoday.com/articles/326344.php>

The Museum of Modern Art in NYC reopens on October 21st after four months of renovations. One thing that remains from the previous version of MoMA is their program aimed at keeping art accessible to people with dementia:

<https://www.moma.org/visit/accessibility/meetme/>

This week in senior birthdays:

10/21: Yankees pitcher and Baseball Hall-of-Famer Whitey Ford (91)

10/22: Actress/singer Catherine Deneuve (76)

10/23: Golfer Chi-Chi Rodriguez (84)

10/24: Musician/songwriter Bill Wyman (83)

10/25: Actress Marion Ross (91)

10/26: Oldest living silent-film star Diana Cary (101)

10/27: Actor/comedian John Cleese (80)

And a Bad Joke to get you warmed up for Halloween:

Q: Why didn't the witch fly on her broom when she was in a bad mood?

A: She was afraid she'd fly off the handle.