



# SPOTLIGHT ON SENIORS

A Publication of the Dutchess County Office for the Aging

Spring 2017

## You and Your Family Health History

How often do you get the opportunity to create something that your family will be able to use forever?

That's what creating a family health history can be for your loved ones. To describe it simply, it's a written record of a family's health. Think of a family tree, one that contains information about every family member's health. This can include details on how and where they grew up, a history of their medical conditions, and a note of any habits (such as smoking, for example) that could affect their health.

A family health history can come in handy to see if you or your descendents could be at risk of serious health conditions. Those could be common conditions like heart disease, diabetes or cancer, but could also be conditions with a genetic component like sickle cell anemia or Parkinson's disease.

With a family health history available, a health care professional can help estimate your family members' risk factors for

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



*Dear Friends,*

*Although summer is still months away, the Office for the Aging has been preparing for this year's series of Senior Picnics since last fall.*

*Check your mailbox this spring and early summer for a postcard reminder of the picnic that will be taking place in your part of Dutchess County. This year's picnic locations will be the same as they were in 2016, and they'll still be held on Wednesdays, but we plan to shift the date of one picnic from late July to late August. Check your postcards carefully when you receive them, and give us a call if you'd like to go.*

*We appreciate the hard work and support of the volunteers who help make these picnics happen. If you'd like to help your senior friends and neighbors enjoy their picnics to the fullest, we'd be delighted to have your help.*

*For more information on the Senior Picnics, call (845) 486-2555. I hope to see you this summer!*

*Best regards,*

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

Marcus J. Molinaro  
County Executive

**Todd N. Tancredi**  
Director



**Marcus J. Molinaro**  
County Executive



## NOMINATE A SENIOR OF THE YEAR

Nominations for the Dutchess County Seniors of the Year awards are being accepted through March 31st, in three categories: Male, Female and Couple of the Year. Nomination forms are available on the Office for the Aging website, by emailing [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov), by calling (845) 486-2555, or at our office. Winners will be honored at the Celebration of Aging, coming up Monday, May 22 at the Villa Borghese in Wappingers Falls.

## SEEKING CENTENARIANS AND MARATHON MARRIAGES

Following up on the previous news item, if you know any Dutchess County resident who will be 100 years old or older in 2017, or any married couple in Dutchess who will be celebrating a wedding anniversary of 70 years or more this year, we'd like to honor their milestones and share their life stories at the Celebration of Aging in May. Let us know about them by calling the Office for the Aging at (845) 486-2555. Whatever you can tell us about these remarkable seniors you know will be greatly appreciated.

## SPRING DOWNSIZING IDEAS

Spring cleaning can be a challenge for seniors, for the simple reason seniors have lived the longest and accumulated the most things. Sometimes the biggest difficulty is figuring out how to start deciding what stays and what goes, so here are a few recommendations to help you begin the spring-cleaning process:

**Clothing** - If your closets and drawers are overstuffed, it means the clothing you don't wear is crowding out what you do wear. A good general rule is to part with anything you haven't worn in the past 12 months, and either donate it to charity or sell it — online or at a yard sale.

**Gadgets and tech** - How long has it been since you used that waffle iron? As with clothing, if it's been 12 months, it could be time to pass those items along to future generations.

Old tube-style TV's, computer monitors and obsolete electronics are among the many items that can be safely disposed of at Dutchess County's household hazardous waste disposal days in June and October. Find out more at [www.dccra.org](http://www.dccra.org) or call (845) 463-6020.

**Furniture** - It's common to overfill a room with one piece of furniture too many. Help yourself decide by removing that one piece for a few weeks, and see if you miss it. If not, it can be donated.

**Holiday items** - That turkey-shaped gravy boat comes in handy on Thanksgiving, but if you're no longer hosting Thanksgiving dinners yourself, it's can be passed along to your family's new host.

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## ON THE ROAD

Staying connected to friends and loved ones through civic, social and house-of-worship groups is one of the main keys to successful aging. If you're an officer or member of one such group, the Office for the Aging has speakers available to give presentations on issues that will appeal to your friends and colleagues, wherever in Dutchess County they may gather.

Our outreach efforts include presentations on successful aging, Medicare issues, and services available through the Office for the Aging. We can also connect you to speakers from local organizations with expertise on issues including home safety, scam prevention, age discrimination and more.

Find out more by talking with the Office for the Aging's outreach coordinator, Brian Jones, at **(845) 486-2555** or [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov).

Feeling

**STRETCHED**

as a family caregiver?

Powerful Tools  
**FOR** Caregivers

Reduce stress • Improve self-confidence •  
 Balance your life • and lots more!

Our **FREE** 6-week course begins this spring!

## Limited-Income Seniors, You Can Lend a Hand

If you're 55 and older, with limited income, there are two ways you can help your Dutchess County neighbors while earning a stipend that's free of federal and state taxes, and does not affect your eligibility for government assistance programs, including HEAP, SNAP and Section 8.

The Foster Grandparent Program is looking for men and women with limited incomes, who can serve between 15 and 35 hours a week in an academic setting in their community. Volunteers will work in schools, day care centers and Head Start centers. An hourly stipend is included, along with a transportation allowance and volunteers' insurance.

If you're interested in becoming a foster grandparent, call Elizabeth Magier (pronounced "major") at **(914) 592-5600**, extension 107.

There's a second program that might also interest you. The New York State Office for People with Developmental Disabilities (OPWDD) is in search of qualified Dutchess County and Hudson Valley residents to volunteer in its Senior Companionship Program. In this case, volunteering enables companions to earn a tax-free stipend of approximately \$175-400 per month.

To be eligible, you need to meet four requirements set by the state:

- be at least 55 years of age;
- have limited (low) income;
- enjoy working with people;
- be available at least 15 hours per week.

Senior companions would work in a home, day habilitation or other venue, not as staff or program aides, but as people willing to offer support and friendship to adults with developmental disabilities.

For more information, call **(845) 947-6198**.

To reiterate: Both stipends are free from federal and state taxes and do not affect your eligibility for other forms of government assistance.

# 2016 BY THE NUMBERS

In conjunction with our community partners and volunteers, the Office for the Aging provided a wide variety of services to the older adults of Dutchess County during 2016:

Overall Service	13,000+ individual seniors served
Home Delivered Meals	118,775 meals delivered to 1,036 homebound clients
Congregate Meals	39,477 meals at 8 Senior Friendship Centers and 12 picnics
Nutrition Education	60 presentations, 2 healthy cooking demos and 36 articles
Nursing/Case Management	1,818 field visits to community based long-term care clients
Legal Services	592 hours of legal service to 130 clients
Home Care	25,070 hours of home care to 368 non-Medicaid clients
Reception	35,805 phone calls and 2,985 walk-ins assisted
Health Insurance	1,453 counseling sessions for 2,316 clients
PERS Units	320 Emergency Response Units to non-Medicaid clients
HEAP	746 Home Energy Assistance applications processed
Intake	5,429 intakes received
Caregiver Support	1,084 units of workshops, training and support to caregivers
Transportation	10,589 units of transportation for medical appts, shopping, etc.
Outreach Events	131 community outreach events on a variety of topics
Senior Picnics (summer)	12 senior picnics held throughout the county
Volunteers	41,546 hours of service provided by our 334 volunteers
Senior Prom (October)	346 people attended
Celebration of Aging (May)	290 people attended
Senior Seminar Day (Nov.)	300 people attended
Caregiver Conference (Nov.)	138 people attended
Website	538,434 hits
Prescription Drug Collection	217.6 pounds of outdated medication collected at senior picnics



*County Executive Marcus Molinaro and Office for the Aging Director Todd Tancredi, with Andrew and Anna Fishburn - married 73 years in 2016!*

# The Celebration of Aging

**Monday, May 22nd**  
**12 p.m.**

**Villa Borghese, 70 Widmer Road, Wappingers Falls**

**featuring a delicious hot lunch buffet**

**Reserve by April 21 for just \$25 per person**

**Guests over the age of 100 and their guest are free!**

**Couples married 70 years or more are free too!**

**Presentation of the 2017 Senior Citizens of the Year!**  
**Recognition of Dutchess County Centenarians!**  
**Recognition of couples married for 70+ years!**

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**RESERVE MY SEAT!**

Please reserve my seat for the 2017 Celebration of Aging on Monday, May 22nd, 12 noon at the Villa Borghese in Wappinger. Enclosed please find my check made out to the Office for the Aging. Tickets are \$25 if paid by April 21st and \$40 after.

Please print.

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Email (if any) \_\_\_\_\_

Please reserve \_\_\_\_\_ seats at \$25 each (\$40 if received after April 21st)

Mail form and check to: Office for the Aging, 27 High Street, Poughkeepsie, 12601

*We regret that Dutchess County is unable to provide refunds.*

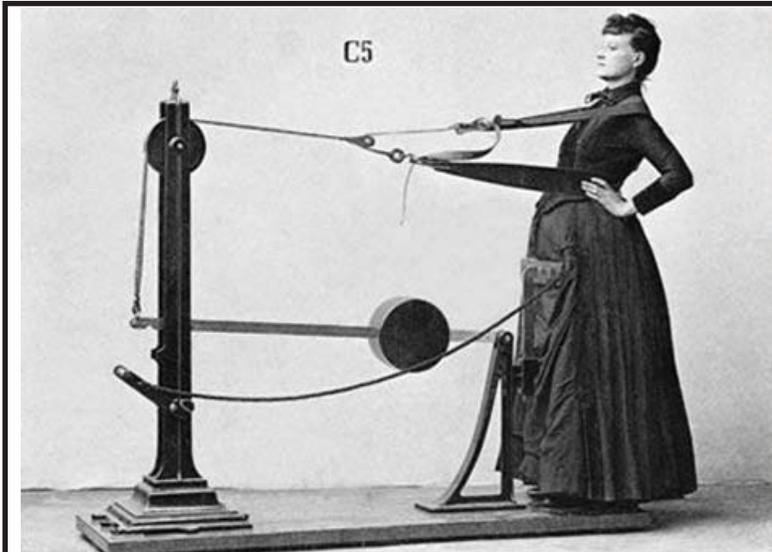
# Country & Western Day at the Senior Friendship Center

Tuesday, March 21 - 10 a.m. - 2 p.m.

Put on your finest bib and tucker (that's cowboy-speak for western wear) and come set a spell at the Office for the Aging's Senior Friendship Centers, which have scheduled their annual Country and Western Day for Tuesday, March 21st. No campfires necessary, buckaroos!

The Friendship Centers' biscuit-shooters (cooks) will be serving up barbecued ribs, baked beans, cornbread and more, and we'll be playing both kinds of music for you: that'd be both country AND western.

Whether you've got a 10-gallon Stetson or a trucker's cap, wear it along with blue jeans, western shirts, chaps, and other western wear. You'll find Senior Friendship Centers in Beacon, East Fishkill, Millerton, Pawling, the City and Town of Poughkeepsie, Rhinebeck and South Amenia. Call **(845) 486-2555** or visit **dutchessny.gov** for the phone number of the centers nearest to you, but call quick because space is limited, pardner!



**SENIOR EXERCISE  
1917**



**Senior Exercise, 2017**

*The Office for the Aging's Senior Exercise Program  
50 locations, in every community in Dutchess County  
Call (845) 486-2555 to find out more!*

# You and Your Family Health History

*(continued from front page)*

certain diseases, and recommend actions that could reduce the risk of contracting such diseases in the future. For example, if both you and a child of yours have type 2 diabetes, that information will be helpful in encouraging any future grandchildren to take the lifestyle steps necessary to reduce their risk of also developing diabetes.

If you have a disease, it does not necessarily mean that your children and grandchildren will also contract it. Their chances of getting the disease could be greater, but the ultimate causes of many diseases lie in a combination of lifestyle, environmental and genetic factors.

Among the many diseases that run in families are arthritis, asthma, birth defects, certain cancers, dementia and/or Alzheimer's disease, depression, diabetes, heart disease, high blood pressure, high cholesterol, pregnancy losses and stroke.

If you think you are at higher risk for a disease based on your family history, ask your health care provider for advice, especially since many diseases like breast and colon cancer are much more easily treatable when caught early.

Your first step in creating a family health history will be to speak with your "first degree" family members — your parents, brothers, sisters and children — to see if any patterns of disease emerge.

A printable version of a family history chart is available from the US Surgeon General's office at this link:

<http://go.usa.gov/x8MAU>

**From the  
Director's Chair**

Todd Tancredi  
ttancredi@dutchessny.gov



*Friends,*

*Many senior homeowners who want to remain in their own homes will think of investing in senior-friendly upgrades. If you fit that description, we recommend some precautions before any money changes hands.*

*The licensing of various types of contractors (general, heating, plumbing, electrical, etc.) occurs at the municipal level. Contact your municipality for more information.*

*Get estimates from more than one contractor, when possible. Never pay cash, and never pay the full amount until your job is done. Get everything in writing — a contract with a payment schedule and benchmarks for work completed.*

*One sure sign of a scam attempt is the "contractor" who tells you they "happen to be in the neighborhood." Get their license plate number and report them to law enforcement.*

*If your utility company offers energy audits, they generally do so via your utility bill, and not through door-to-door solicitation. If a person comes to your home claiming to represent a utility company, check to confirm they're who they say they are.*

*Central Hudson: (845) 452-2700*

*[(800) 527-2714 outside 845 area code]*

*NYSEG: (800) 572-1111*

*Todd N. Tancredi, Director  
Dutchess County Office for the Aging*



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

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**RETURN SERVICE REQUESTED**

**TO:**

### **Medicare Website Orientation and Medicare 101**

We offer a basic overview of Medicare.gov for people approaching the age of 65, caregivers, and anyone who would like a better understanding of how Medicare works. All classes will take place 9:30-11:30 a.m. at the Adriaance Library in the City of Poughkeepsie (93 Market St.), on the fourth Wednesday of every month:

*February 22, March 22, April 26, May 24, June 28*

Our "Medicare 101" classes will be held on the third Wednesday of each month from 10 a.m.-noon at the community room at the Poughkeepsie Galleria:

*March 15, April 19, May 17, June 21, July 19*

"Medicare 101" classes will also be held on the fourth Monday of each month at 4 p.m. at the Center for Healthy Aging, 6527 Springbrook Ave. (Route 9) in Rhinebeck:

*February 27, March 27, April 24, May 22, June 26*

There is no charge for any of these orientation sessions, 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 or call

(845) 486-2555

or (866) 486-2555



[www.dutchessny.gov](http://www.dutchessny.gov)