



SPOTLIGHT ON SENIORS

A Publication of the Dutchess County Office for the Aging

Winter 2017-2018

Staying Safe: A Winter Priority

A sudden fall can mean disaster for even the healthiest, most independent senior, so keep safety at the top of your mind this winter, especially if you or a senior you know live alone.

The Office for the Aging has a brochure called "Staying Safe at Home" which outlines information about valuable services such as Personal Emergency Response Units, Telephone Reassurance Programs and a program called "Are You Okay?" that can check daily on you or a loved one. It's a joint function of the Office for the Aging and the Dutchess County Sheriff's Office.

Download a copy of the brochure from the county website (www.dutchessny.gov/aging), call **(845) 486-2555** to have a copy mailed to you, or pick up a copy at the Office for the Aging or any of our Senior Friendship Centers.

To further reduce the likelihood of falls, we strongly suggest taking our award-winning "A Matter of Balance" classes, supported by Health Quest, which get underway countywide in the late winter and early spring. Participants learn to view falls and the fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce risk factors for falls, and exercise to increase strength and balance.

The classes fill up quickly, so reserve your space soon by calling the Office for the Aging at the number above.

Todd N. Tancredi
Director



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

Friends,

One of my greatest inspirations every year is taking part in the Office for the Aging's Celebration of Aging, which will be held again in May 2018.

For over 20 years, we've honored Dutchess County seniors whose efforts on behalf of our community inspire future generations to service. We also honor county residents aged 100 or more and couples married 70 years or more, whose lives demonstrate what's possible for all of us.

Chances are there's a Dutchess County senior you know who's worthy of being honored at the Celebration of Aging. Please take a moment to nominate them as a Senior Citizen of the Year for 2018. You'll find a nomination form right here in the Spotlight, on Page 4. Those selected will be honored at the Celebration of Aging, and we hope you'll be there to join them.

If somebody you know in Dutchess County is turning 100 or more in 2018, or celebrating a marriage of 70 years or more, we'd love to honor them. You can find out more by getting in touch with the Office for the Aging at (845) 486-2555.

Sincerely,

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

Marcus J. Molinaro
County Executive

WINTER HEADLINES

2018 TAX PREP VOLUNTEERS WANTED

The Hudson Valley CA\$H Coalition and AARP Foundation Tax-Aide are in need of volunteers from Dutchess County to serve as tax preparers for the 2018 tax season. Volunteers have an opportunity to increase their talents while helping low and moderate-income neighbors receive free, reliable tax assistance and secure all the refunds and credits available to them. If you have prepared personal income taxes in the past, and are looking for a rewarding way to use these skills, consider volunteering with the coalition. Free training will be provided with IRS certification.

Tax-Aide also needs volunteers in other areas of expertise, including IT support, client facilitator, program promotion and marketing.

For more information, contact Linda Eddy at **(845) 475-7500** or leddy@dutchesscap.org.

OFFICE FOR THE AGING 2017-18 WORLD TOUR (OF DUTCHESS COUNTY)

We don't have musical instruments, roadies, a fog machine or a light show, but the Office for the Aging has free presentations available year-round for the benefit of senior groups, civic and social organizations, houses of worship and other adult groups.

Our aim is to make sure every Dutchess County senior, and their families and caregivers are aware of all the Office for the Aging has to offer. That means we take to the roads of Dutchess, even in the winter, to bring our message to you.

Our most popular presentation is "Successful Aging," the steps seniors can take to live happily and independently for as long as possible. We also have presentations available on Office for the Aging services, caregiving, nutrition and housing issues, and popular topics like Medicare and Medicaid.

All your group needs to provide is a

venue that's open to the public, a place to plug in our presentation equipment, and a snow date in case winter weather makes it too tough for presenters and guests to travel safely.

For more information on "Successful Aging" and other Office for the Aging presentation, contact our Outreach Coordinator, Brian Jones, at **(845) 486-2555** or bjones@dutchessny.gov.

GET BALANCED IN 2018

The Office for the Aging, with sponsorship help from Health Quest, is once again offering an award-winning, evidence based program called "A Matter of Balance," specifically designed to help seniors reduce their fear of falling while increasing their activity levels. The eight-session classes begin in February or March 2018, depending on location.

"A Matter of Balance" is the class for you if you're concerned about falls; have fallen in the past and wish to prevent a recurrence; restrict activities because of concerns about falling; and are interested in improving flexibility, balance and strength.

Participants must be age 60 or older and be able to problem solve. Classes will be held at seven locations throughout Dutchess County; see Page 7 for more information.

Call **(845) 486-2555** for more information about joining a class. You can also call if you are interested in training to become a volunteer leader. Every class needs two co-leaders who teach the program. Volunteer leaders are provided training, which would include participation in one of the classes, as well as additional training.

The program is funded in part by the U.S. Administration on Aging, the New York State Office for the Aging and Dutchess County Government. Please keep in mind almost all classes take place during daytime hours.

Stepping ^{Up} for Our Seniors

The Office for the Aging could not do all we do for Dutchess County's seniors and caregivers without the help of hundreds of volunteers. The New York State Office for the Aging estimated in 2016, volunteers' work with seniors was worth an estimated \$109 million annually in Dutchess County alone - a figure that will only grow as baby boomers (those born between 1946 and 1964) continue to enter their retirement years.

Volunteering is demonstrably beneficial not only to the recipients of support, but also for those who offer their help. Regular volunteering is linked in multiple studies to health benefits like lowered blood pressure and mortality rates. One study of seniors who volunteered in elementary schools to help kids with reading and writing found an improvement in seniors' mobility and a decrease in their memory loss.

This winter, one opportunity to discover ways to volunteer will take place on Martin Luther King Jr. , Monday, January 15, 2018. The holiday has become one of two National Days of Service, along with September 11th. Take a look at www.nationalservice.gov to find out more about how you can help. We also publish weekly listings of local volunteering opportunities in our "Golden Living" newsletter, which appears in the Poughkeepsie Journal and can also be emailed to you (see below for how to sign up).

Here in Dutchess County, we're always eager to have help in our Home Delivered Meals program, at our Senior Picnics in the summer, leading and assisting classes in our Senior Exercise and Brain Games programs, and pitching in at Senior Friendship Centers all over the county. We also partner with volunteer organizations around the county.

To find out more about helping your senior friends and neighbors in Dutchess County, regardless of whether you yourself are a senior, contact Outreach Coordinator Brian Jones at bjones@dutchessny.gov or (845) 486-2555.

From the
Director's Chair

Todd Tancredi
ttancredi@dutchessny.gov



Dear Friends,

For lots of seniors, staying engaged with the community can be a challenge, especially if they're newly retired with more time on their hands than they're accustomed to.

If you're in this situation and don't quite know how to fill your spare hours in a meaningful way, the Office for the Aging can put you in touch with volunteering opportunities within our office, along with many local organizations involved in volunteering for seniors and volunteering by seniors - or both. The skills you developed during your working years may come in handy once again during retirement.

You'll find ways to start your volunteering journey in the column immediately to the left, and the Office for the Aging will be here any time you have questions about how to help your fellow Dutchess residents. It's great for the community, and it's great for you.

Sincerely,

A handwritten signature in black ink that reads "Todd N. Tancredi". The signature is written in a cursive, slightly slanted style.

Todd Tancredi, Director
Office for the Aging

DUTCHESS COUNTY SENIOR CITIZEN OF THE YEAR

2018 Nomination Form

Please use this form to nominate a senior citizen or senior citizen couple who you think deserve to be recognized as the 2018 Senior Citizen(s) of the Year!

Name of Nominee(s) _____

Address of Nominee(s) _____

Nominee's Phone Number _____ Email (if any) _____

Your Name _____

Your Address _____

Your Phone Number _____ Email (if any) _____

Please describe below why the person or couple you are nominating deserve 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.

Mail completed form to:

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

Nominations must be received no later than Friday, March 30, 2018.



2017 SENIOR PROM *“School Days”*



2017 Senior Prom Duke and Duchess
Paul Ostachowsky and Dale Valera
with OFA director Todd Tancredi (left)

Many thanks to our co-host, The Pines at Poughkeepsie, along with prom sponsors MidHudson Regional Hospital, EverCare At Home, MVP Health Care, and Wingate Healthcare.

Senior Winter Activities

There's no need to let winter weather slow you down. In fact, continued mental and physical activity are the primary keys to successful aging.

Staying active can be as simple as moving your outdoor activities indoors - like going for a walk at the mall instead of outside. This could be a great option if you have balance issues.

Many seniors enjoy staying active outdoors during the winter. When heading outside on these cold days, be sure to make safety and health top priorities. Wear layers of clothing, keep your hands and feet warm, and wear sturdy skid-resistant footwear. Add a hat to prevent body heat from escaping.

Always bring a buddy when you go outside, to ensure help is close at hand if you encounter trouble.

If the winter weather is really nasty and you find yourself stuck at home, here are a few more ideas:

- Do the daily crossword/Sudoku
- Reorganize the junk drawer
- Call a friend or family member, or catch up with them on social media
- Journaling or scrapbooking
- Start some seeds for the garden
- Exercise
- Try a new recipe
- Schedule doctor appointments
- Get paperwork ready for tax season
- Make baked goods for friends

(continued ↗)

Comedy
Corner

Mary was surprised by her 8-year-old grandson one morning when he got coffee for her while she was still in bed.

She drank what was the worst cup of coffee in her life. When she got to the bottom there were three of those little green army men in the cup. She said, "Sweetheart, what are the army men doing in my coffee?"

Her grandson said, "Nana, it says on TV - 'The best part of waking up is soldiers in your cup!'"

- Call the Office for the Aging for volunteering ideas
- Read books
- Take online classes
- Two words: HOT CHOCOLATE

For that last one, there's a recipe on the next page.

The Office for the Aging can help you stay active, too. Our eight Senior Friendship Centers operate year-round to ensure seniors can stay active. They offer companionship at a time of year when it's all too easy for seniors to become isolated. Contact information for each senior center is printed below. Keep it handy, in case inclement weather breaks out and you're wondering whether or not your neighborhood Friendship Center is open. We also provide inclement-weather closing information to most Hudson Valley radio stations - it's just like being back in school!

SENIOR FRIENDSHIP CENTERS

Beacon - 838-4871 • East Fishkill - 226-3605
 Millerton - (518) 789-3081 • Pawling - 855-9308
 City of Poughkeepsie - 275-2661
 Rhinebeck - 758-0571 • South Amenia - 373-4305
 Tri-Town (Towns of Poughkeepsie,
 Pleasant Valley & LaGrange) - 486-6363

“Vi Pratar Ditt Språk”

What in the world does that headline say?
Simple: It says “We speak your language” in Swedish.

It means that the Office for the Aging is prepared to serve Dutchess County’s seniors regardless of what language they’re most comfortable speaking.

Any page on www.dutchessny.gov can be translated into dozens of languages from around the world - everything from Afrikaans and Albanian to Yiddish and Zulu.

When a senior calls the Office for the Aging and needs assistance in their most familiar language, we have Language Line services available.

Additionally, our website is capable of converting its text into audio for the visually impaired. There’s also a feature that allows users to increase the size of the text (fonts) on the website; a “magnifying glass” feature that lets users see specific parts of the website more clearly; and even a feature that allows you to change the website’s color scheme to whatever’s most suitable for your eyes.

Find out more about Office for the Aging’s commitment to accessibility at **(845) 486-2555**, and check out our website to explore the features mentioned here.



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

Now accepting reservations for late winter/spring 2018 classes in Dover Plains, Fishkill, Pleasant Valley, City of Poughkeepsie, Town of Poughkeepsie, Rhinebeck and Wappingers Falls

For more information, call (845) 486-2555.

Supported by Health Quest.

Heart-Healthy Hot Chocolate

For those who want a comforting and steaming drink to help fend off the chill of winter, this recipe offers a luxurious cup of hot chocolate with a consistency similar to heavy cream, yet it is still heart-healthy and sugar-free.

The secret ingredient is corn starch.

It’s both “heart-warming and heart-healthy,” according to Penny Kris-Etherton, Ph.D., R.D., a nutrition professor at Penn State University and volunteer for the American Heart Association’s Nutrition Committee. “You’re treating yourself with a very luscious, satisfying beverage.”

Heart-Healthy Hot Chocolate

- 2 cups low-fat or fat-free milk
- 1 tablespoon corn starch
- 1 tablespoon unsweetened cocoa powder
- 3-4 tablespoons water

Step 1: Mix corn starch, cocoa powder and water together. Do this in small steps to help avoid lumps. Keep adding water until it becomes a thick liquid.

Step 2: Heat milk on high until it is steaming. Stir constantly. Stir in the liquid corn starch-cocoa mixture.

Step 3: Continue stirring the milk until the liquid thickens to preference.

Step 4: Serve immediately.

Source: American Heart Association, via Office for the Aging Nutrition Coordinator Nimesh Bhargava

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

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CURRENT RESIDENT OR

TO:

A “HEAP” OF HEATING COST HELP

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.

HEAP benefit levels are based on household size, with maximum monthly gross incomes ranging from \$2,318 for a one-person household and \$3,031 for a two-person household, to \$6,733 for an 11-person household.

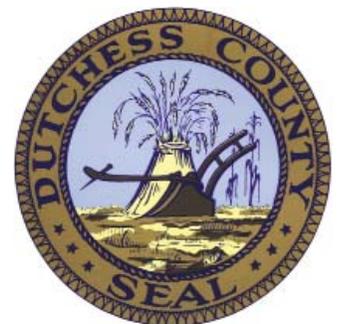
If you meet these requirements and would like to apply, please call 845-486-2555. There are some restrictions and you will need a face-to-face or phone interview, at which time your documents can be reviewed.

For more information
about the
Dutchess County
Office for the Aging,
visit us online

email ofa@dutchessny.gov

call
(845) 486-2555

or toll-free
(866) 486-2555



www.dutchessny.gov/aging