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Golden Living . . . News for Senior Citizens

Mary Kaye Dolan-Anderson, Director

Dutchess County Office for the Aging

SEARCH FOR CENTENARIANS IS ON

Do you know a Dutchess County resident who will be turning 100 or older anytime this year or celebrating 70 or more years of marriage? If so, please call our office at 486-2555 and let us know. We would like to send them a personal invitation to our annual Celebration of Aging luncheon which is held each May, Older Americans Month. Also honored at the event are the Dutchess County Senior Citizens of the Year. We are currently aware of over 60 Dutchess County Centenarians ranging in age from 100 to 108

Bessie Friedman celebrated her 103rd Birthday last week!

NUTRITION FOR THE HEART

In conjunction with American Heart Month, the Office for the Aging’s Nutrition Director Patricia Brown, a Registered Dietician, is offering a talk on how nutrition affects your heart at the East Fishkill Senior Friendship Center on Thursday, February 28th. There is no charge for the program which will begin at 11:15 AM. The Center is located at the East Fishkill Community Center, 890 Route 82 in Hopewell Junction. Participants are welcome to stay after the lecture for a heart healthy lunch, but lunch reservations are required. There is a suggested $3 lunch donation for those ages 60 and over and a $4 charge for those under the age of 60. Call 226-3605 for reservations. For more information on heart health, visit the American Heart Association website at www.heart.org
or call them at 1-800-AHA-USA1. They are currently signing up participants for their annual Heart Walk at Vassar College in Poughkeepsie on March 16th.

**FRIENDS OF SENIORS ST. PATRICK’S DAY DANCE**

The 4th Annual St. Patrick’s Day Dance sponsored by the Friends of Seniors will be held at the Poughkeepsie Elks Lodge on Monday, March 11 from 12PM – 4PM. A traditional meal of Corned Beef and Cabbage will be served and music will be provided by the Bob Martinson Band. The Elks Lodge is located at 29 Overocker Road in Poughkeepsie.

To register for the event, mail a tax-deductible check made out to Friends of Seniors to 42 Catharine Street, Second Floor, Poughkeepsie, NY 12601-2529. Reserved tables for ten are $250, and full payment for all guests must be sent in together. For more information, call 485-1277. Proceeds from the dance will benefit the Friends of Seniors, a non-profit agency that provides a variety of transportation services as well as telephone reassurance and respite services to the homebound elderly of Dutchess County.

**SPRING NEWSLETTER**

The spring edition of the Office for the Aging’s Spotlight on Seniors newsletter is out now. Find it here:

Golden Living is prepared by the Dutchess County Office for the Aging, 27 High Street, Poughkeepsie, New York 12601, telephone 486-2555, email: agingservices@dutchessny.gov <mailto:agingservices@dutchessny.gov> website: http://www.dutchessny.gov/CountyGov/Departments/Aging/AGIndex.htm
Helping Adults Navigate the Medicare Website

Ever wonder how you can sort out key Medicare facts from fiction? Navigating the Medicare Website is a very practical workshop offered free of charge on Wednesday, February 27 and Wednesday, March 27, from 9:30 – 11:30 am at Adriance Memorial Library. This hands-on training session helps participants better understand the Medicare website and how to find information about Medicare Prescription Drug Plans and Medicare Advantage Plans. Other websites will also be introduced where for participants to explore and learn more about Medicare. The workshop is led by volunteers and staff from the Health Insurance Information Counseling and Assistance Program (HICAP) at Dutchess County Division of Aging Services.

Pre-registration is requested at (845)485-3445 X 3381 or www.poklib.org
Adriance Memorial Library is at 93 Market Street in Poughkeepsie.

For those approaching the age of 65, the monthly Medicare workshop will be held in the Poughkeepsie Galleria Community Room on 2/20 from 10 Am – 12 noon. Call 486-2555 for reservations.

OMBUDSMAN TRAINING

The Hudson Valley Long Term Care Ombudsman Program is seeking volunteers who can contribute 2-4 hours per week to help identify and resolve the concerns of residents living in local nursing and adult homes. Volunteers receive 36 hours of free training and will become NYS Office for the Aging Certified Advocates.

The next training is scheduled for March. For more information, contact Hands On! The Hudson Valley at 229-4680 x105 or email: kimhohv@gmail.com

Molinaro to Discuss Economic Development at Special DCRCOC Event on February 21st

Dutchess County Executive Marcus J. Molinaro will share highlights from the 2013 State of the County Address at a special “Cocktails and Conversation” event hosted by the Dutchess County Regional Chamber of Commerce (DCRCOC) on Thursday, February 21st at 5pm at the Villa Borghese in the Town of Wappinger. This event is complimentary and open to the public.

County Executive Molinaro will discuss and answer questions about his vision for restructuring the County’s economic development apparatus to provide more effective job creation and economic development services.

Complimentary hors d’oeuvres will be provided. This event is made possible by DCRCOC’s sponsors: Antalek & Moore Insurance Agency, People’s United Bank, and Bright Horizons at Poughkeepsie.
For more information about the event, including registration, visit the Chamber’s website at [www.dcrcoc.org](http://www.dcrcoc.org). DCRCOC members can register online. Non-members can register by calling DCRCOC at 845-454-1700 ext. 1000. Registration is required.

The Villa Borghese is located at 70 Widmer Road in the Town of Wappinger.

**More Senior News Online:**

*Psychiatric Drugs Tied to Falls in the Elderly*
02/08/2013 02:44 PM EST
Seniors taking psychiatric drugs may be at extra high risk for falling, new Dutch research suggests.
Source: Reuters Health

*Older Motorcyclists More Likely to Be Seriously Hurt in Crashes*
02/06/2013 07:00 PM EST
Number of bikers over age 65 is climbing, as well
Source: HealthDay

*End-of-Life Care Often Still Hectic, Aggressive*
02/05/2013 04:30 PM EST
Fewer elderly Americans are dying in acute care hospitals than were a decade ago, according to a new study of where Medicare beneficiaries spend their final months of life.
Source: Reuters Health

*For Older Women, Mammograms Every 2 Years Found as Good as Annual Test*
02/05/2013 12:00 PM EST
Study detects no differences in late-stage cancer diagnoses with 2-year interval
Source: HealthDay

*Health Tip: Seeing Behind the Wheel*
02/15/2013 07:00 AM EST
Don't use outdated glasses
Source: HealthDay

*‘Watch And Wait’ Approach Often Best for Older Patients with Kidney Cancer*
02/12/2013 07:00 PM EST
Study finds small tumors often grow so slowly as to pose little threat, so surgery may not be needed
Source: HealthDay
Thousands, and possibly millions, of Medicare beneficiaries with chronic health problems can now continue to be covered for physical therapy because of an action by Congress and a recent court settlement.