April is Parkinson's Awareness Month

The Parkinson’s Disease Support Group of the Mid-Hudson Valley has a variety of events planned for the upcoming month to help people learn more about its programs and services.

The group holds a free, open meeting on the fourth Friday of every month from 10 a.m. until noon at the Unitarian Fellowship, 67 S. Randolph Avenue, Poughkeepsie. Everyone is invited! In addition, the Beekman Library will host an educational exhibit throughout April and during the second week of the month, the Mid-Hudson Bridge lights will glow green and gold signifying strength and hope for those with Parkinson’s.

The month will culminate in the fifth annual “Walk Over Water” spanning the scenic Hudson River to promote Parkinson’s awareness. The event begins at 1 p.m. on Sunday, April 26 on the Poughkeepsie side of the Walkway Over The Hudson. There will be wheelchairs available for those who find they are not able to make the entire walk. For more info about the local group or to make a gift toward finding a cure, call (914) 475-2793 or visit them at www.midhudsonparkinsons.org.
**Country Jamboree**
The Bardavon is bringing back the Country Jamboree this Thursday at 2 p.m.

Seniors and their guests are invited to spend an afternoon revisiting the glory days of country music ($6 suggested donation). An outstanding cast, whose members have performed with some of the biggest names in country music, will take the stage playing the music of Hank Williams, Patsy Cline, Johnny Cash, Tammy Wynette, Willie Nelson, Loretta Lynn and more.

It’s like an evening at the Grand Ole Opry right here in Poughkeepsie! Call the Bardavon for info on bus transportation for groups of 10 or more. Purchase tickets at the Bardavon Box Office, 35 Market Street, Poughkeepsie or call (845) 473-2072.

**Brain Games**
The Dutchess County Office for the Aging’s Brain Games classes are a fun way to challenge your brain and socialize with other older adults.

Classes are held in 14 different locations throughout Dutchess County including the newly formed Brain Games class that meets every Thursday, 11:15 a.m.-12:30 p.m. at the Clinton Town Hall, 1215 Centre Road in Rhinebeck.

Classes are always looking for new members. For a complete list of classes, visit [www.co.dutchess.ny.us/CountyGov/Departments/Aging/braingame.pdf](http://www.co.dutchess.ny.us/CountyGov/Departments/Aging/braingame.pdf).

**Palliative Care Seminar**
The Pines at Poughkeepsie is hosting a free seminar focusing on palliative care.

Dr. Albert Riddle will present information on how palliative care differs from end-of-life care, how to avoid unnecessary hospitalizations and information regarding advanced directives.

Dr. Riddle has been in practice in long term care for more than 20 years and is the current medical director of outpatient services for the Ulster County Division of Hudson Valley Hospice.

The seminar will take place on Tuesday, April 7, from 3:30 to 5 p.m. at 100 Franklin Street in Poughkeepsie. Reserve your seat with Becky at (845) 454-4100, ext. 318.
Dutchess County Veterans FAVOR Card

In March 2011, the Dutchess County Clerk’s Office and Division of Veterans Services launched the Return the FAVOR (Find and Assist a Veteran of Record) Program.

A joint effort between the business community and county government was established to provide veterans with assistance in obtaining the services and benefits earned by them for their service.

Four years later, more than 3,500 veterans and 200 merchants and businesses have enrolled in the program. For more information, visit www.co.dutchess.ny.us/CountyGov/Departments/CountyClerk/24156_24391.htm.

April Events Open to the Public at The Fountains at Millbrook

The public is invited to enjoy the following educational and cultural offerings at The Fountains at Millbrook, 79 Flint Road. The events listed are free and open to the public with advance reservations to (845) 905-8630.

**ZviDance - Wednesday, April 1, 2 p.m.**
Presented by The Fountains at Millbrook and Kaatsbaan, ZviDance company offers a dance demonstration and lecture based on their upcoming performance of the critically acclaimed, “Surveillance,” which explores the omnipresence of technology in our lives from cell phones to surveillance cameras. Guest attendance is complimentary with reservations only. Call (845) 905-8630 to reserve your seat.

**The Loyalist Cause-America's First Civil War 1776 - Wednesday, April 15, 2 p.m.**
Join us for an American history lesson with Leon DiMartino, who will discuss supporters of the British Crown and what became of them after America defeated the British in 1776. Guest attendance is complimentary with reservations only. Call (845) 905-8630 to reserve your seat.

**History of Jewelry - Wednesday, April 22, 2 p.m.**
Joyce Heaton of Millbrook’s J.E. Heaton Jewelers will teach you how to be your own jewelry detective. Bring a personal piece of jewelry for help in dating and identifying real stones. Guest attendance is complimentary with reservations only. Call (845) 905-8630 to reserve your seat.
Birds of Prey Demonstration and Lecture - Wednesday, April 29, 2 p.m.
See a variety of owls, falcons and hawks up close and personal and learn about their habits from Brian Bradley. Guest attendance is complimentary with reservations only. Call (845) 905-8630 to reserve your seat.

Passover Themes and Customs

Lunch & Learn – with Rabbi Chaim Vogel, HVCC Jewish Learning Center, Hudson Valley Community Center
Wednesday, April 1, 11:30 a.m.-12:30 p.m.
Hudson Valley Community Center, 110 S. Grand Ave., Poughkeepsie
FREE (voluntary donation gratefully accepted)
Program and lunch afterward $5/person
Please call (845) 471-0430 for more information, lunch reservations and last-minute cancellations and schedule changes.

Learn a Foreign Language!
Introducing Rosetta Stone® Library Solution

Thanks to a grant from Family Dollar Literacy Foundation and the American Library Assoc., patrons of the Poughkeepsie Public Library District now have a new option for learning a foreign language; access to Rosetta Stone® Library Solution from EBSCO Info Services. Whether patrons are looking to learn a new language, further their ESL learning as non-native English speakers, or brush up on a language for business or vacation travel, Rosetta Stone Library Solution is the perfect solution.

Rosetta Stone Library Solution offers libraries and their patrons the proven immersion method that schools and businesses have trusted over the last 20 years. The award-winning interactive approach has been used by millions of learners around the world and now is accessible in the library--or anywhere, anytime.

This digital resource includes 30 languages to meet a range of cultural interests. Learning is structured around core lessons to build reading, writing, speaking and listening skills and also includes focused activities to refine grammar, vocabulary, pronunciation and more. Patrons can also take advantage of available mobile apps that enable learners to reinforce their language learning wherever they may be.
Contact Poughkeepsie Public Library District at (845) 485-3445, ext. 3702 or visit www.poklib.org to learn more about accessing Rosetta Stone Library Solution at the library, from home or on the go. To learn more about Rosetta Stone Library Solution itself, please visit www.ebscohost.com/public/rosetta-stone.

Learn It, Grow It, Eat It! Vegetable Gardening for Beginners

Spring really is here! If gardening is on your mind, be at Adriance Memorial Library on Tuesdays in April, from 6:30 to 8:30 p.m. for a great vegetable patch series.

Dutchess County’s Cornell Extension Master Gardeners present step-by-step instructions for successful vegetable gardening for beginners. Attend all four two-hour classes and you could be harvesting your first salad in June and still be eating fresh veggies from your own garden in November. Some seeds or plants will be provided (for sale) each week.

The series covers the following:

- **April 7 - Getting started**: Choosing a location, drawing a garden plan, finding, selecting and growing seeds vs. plants, preparing the soil, weeding, mulching, fertilizing and watering

- **April 14 - First planting, cool season veggies**: Peas, lettuces, arugula, spinach, carrots, radishes, onions and leeks, beets, chard, broccoli kale and kohlrabi

- **April 21 - Veggies that need the heat**: Tomatoes, peppers, beans, squash, cucumbers and time for review with a Q&A session

- **April 28 Herbs**: Where and how to grow these 12 easy herbs: sage, thyme, chives, mint, oregano, parsley, tarragon, cilantro, basil, dill, lavender and rosemary

The Vegetable Gardening Series meets in the Charwat Meeting Room at Adriance Memorial Library, 93 Market Street in Poughkeepsie.

To register, contact Nancy Halas at nh26@cornell.edu or (845) 677-8223, ext.115.
Walk for Heart Health on National Walking Day, April 1

Adults are spending more time at work than ever before and an unfortunate side effect is that as a nation we are becoming more inactive. Physical inactivity doubles the risk of heart disease. The good news is, it is a problem you can fix by taking part in the American Heart Association’s National Walking Day on April 1.

On National Walking Day, the first Wednesday of April, Americans are encouraged to lace up their sneakers and take at least 30 minutes out of their day to get up and walk. And it’s no April Fools' joke that by simply walking 30 minutes most days of the week, you can help prevent heart disease and stroke. Walking has many health benefits, which makes National Walking Day the ideal time to kick-start your physical activity routine. Adults should get at least 150 minutes of physical activity per week, while kids should get 60 minutes of physical activity a day. Physical activity can relieve depression, improve your memory and lower your blood pressure. Visit www.heart.org/gettinghealthy for free resources.

Seniors can start walking as part of the Office for the Aging’s Senior Walking Groups on Tuesday, April 7 at 9 a.m. at the Washington Street entrance to the Walkway Over the Hudson. Look for the walking group’s volunteer leader Monica holding a clipboard and get ready to start walking every Tuesday morning!

The American Heart Association is also hosting an online chat on their Support Network, April 1, from 10 a.m. to 7 p.m. Topics include physical activity - cardiac rehab, stroke rehab, walking, jogging, yoga, swimming and much more. Medical professionals will participate and answer questions related to physical activity and recovery. Learn more at http://supportnetwork.heart.org/home.

Ten Reasons To Walk: Research has shown that the benefits of walking and moderate physical activity for at least 30 minutes a day can help:

1. Reduce the risk of coronary heart disease
2. Improve blood pressure and blood sugar levels
3. Improve blood cholesterol levels
4. Reduce stroke risk
5. Reduce stress and clear your mind
6. Maintain body weight and lower the risk of obesity
7. Reduce the risk of osteoporosis
8. Reduce the risk of breast and colon cancer
9. Reduce the risk of non-insulin dependent (type 2) diabetes
10. Feel better and improve your mood.

Learn more at www.startwalkingnow.org.
A Sense of Purpose May Benefit Your Brain
03/19/15 – HealthDay - Seniors with a positive mental state less likely to have cerebral tissue damage

Diet Soda and Your Waistline - 03/19/15 - HealthDay - 🍹

Researchers Develop Screening for Early Memory Troubles
03/18/15 – HealthDay - Higher scores on test may indicate need for further evaluation

Early Scans for Back Pain May Do Little to Help Seniors
03/17/15 – HealthDay – Research: no difference in outcomes, even when more money spent on treatments

Some Older Heart Patients Might Benefit from Aggressive Treatments
03/16/15 – HealthDay - Those who suffered milder type of heart attack or unstable chest pain did worse if only given medication

Golden Living is prepared by the Dutchess County Office for the Aging
27 High Street, Poughkeepsie, NY 12601
(845) 486-2555
agingservices@dutchessny.gov
Flashback: Test Pilots circa 1945