PLAN FOR YOUR ELDER YEARS

In his book, “Be a Planner, Not a Gambler: What You Need to Know and Do to Prepare for the Elder Years,” nationally recognized elder care attorney Robert Abrams encourages Americans to become a “Nation of Planners.”

None of us know exactly how long we are going to live, how healthy we will be as we age, how long our money will last, or how events in the future may affect the meager planning we may have done as of now.

According to Abrams, “Given that by the year 2030, one out of every five Americans will be at least 65 years old, with a life expectancy of approximately 80 years of age, now is the time for Americans to become pragmatic planners rather than geriatric gamblers.” Abrams says according to his own professional experience, “Aging Americans must prepare in advance for the future. In doing so they will avoid legal and personal missteps that could lead to expensive and time-consuming litigation and heartache for themselves and the people they love.”

What type of planning is he suggesting? Abrams sites nine critical issues in the book that anyone age 50 and older should begin to deal with as early on as possible:

- Longevity: With increased longevity comes the need for individualized elder planning.
• Mental Incapacity: You must prepare Advanced Directives given the possibility of a period of mental incapacity.

• Health: The quality of your health directly affects your quality of life.

• Health Care: A catastrophic health event can devastate you financially and probably will if you do not have a plan to pay for healthcare in your elder years.

• Financial Consultation: Financial instability and uncertainty can be minimized by prudent planning and a realistic assessment of your unique circumstances.

• Families: There is no greater safety net than a loving family.

• Personal Safety: You may not be able to control how other people behave, but you can control how you do.

• Government: Maximize the rights and benefits you are entitled to receive from government programs.

• Mortality: An estate plan that provides protection for your loved ones and ensures your wishes are honored.

The good news is that the entire book is available online free of charge at www.elderornot.com/pdf/book.pdf

ASSESS YOURSELF

An easy way to find out how prepared you are for your elder years is the free Elder Preparedness Self-Assessment Tool (TEPSAT). The New York State Office for the Aging and the NY State Bar Association are encouraging anyone age 50 or older to take the 20 minute test that will measure how prepared you are and also email you an individualized report with valuable tools and resources that will help you prepare for further decision-making about your elder years. You can access the tool at: www.elderornot.com
Golden Age Singers

Are you a male over 60 years of age who loves to sing? The GOLDEN AGE SINGERS chorus is seeking new members. Rehearsals are Monday afternoons (1:30 PM) in Poughkeepsie. They perform an average of 3 times a month, usually on Thursday afternoons, in senior facilities/residences and at senior meetings. Experience is a plus, but not a requirement-just a love of singing.

For more information, call Ron Cole (845-462-1617) or Gretchen Gould(845-485-2563)

Pass On Passwords

In its annual Wealth and Worth study, released this week, U.S. Trust said 45 percent of the high-net-worth people it polled had not organized passwords and account information for their digital lives in a place where heirs or an executor would find them. (By contrast, the bank said that 87 percent knew the location of important documents and most had a will.)
Much has been written about how family members struggle to get access to the e-mail and social network accounts of loved ones who have died. They have sentimental value much the way photo albums and personal letters do. But far less attention has been paid to the logins, passwords and answers to security questions that will give access to an online financial life.

In an era when far fewer records are kept on paper, spouses and children may not even know that some accounts exist. Think of savings accounts that are only online, or a rollover retirement account that hasn't been touched in years.

"It's not only something that needs to be addressed with an individual dying," Chris Heilmann, chief fiduciary executive at U.S. Trust, said. "If an individual becomes incapacitated, people typically plan for someone to have a durable power of attorney so someone can step in and handle your affairs. But now you're finding the attorney has to deal with your digital issues. They have to access your computer; they have to pay bills for you."

### Supportive Services for Veteran Families

The goal of the Supportive Services for Veteran Families program is to promote housing stability among very low-income Veteran families who reside in or are transitioning to permanent housing.

Hudson River Housing’s SSVF program will provide the following services as they relate to housing stability:

- Outreach Services
- Case Management Services
- Assistance obtaining VA benefits
- Assistance obtaining other public benefits and needed services within the community
- Limited financial assistance that is necessary to stabilize housing
- Housing counseling & assistance with housing searches
- Financial Planning as it relates to stabilizing housing

For further information or to arrange an eligibility screening appointment please contact (845) 454-5176. SSVF staff are also available to make community presentations and can make arrangements to meet with SSVF applicants at other locations when necessary.
MORE SENIOR NEWS ONLINE:

Race May Be Factor in Loss of Sense of Smell That Comes with Age
06/20/2013 02:00 PM EDT
Study found ability to smell faded more in blacks, Hispanics than whites
Source: HealthDay

Even 'Silent' Strokes Can Harm Memory, Thinking
06/19/2013 04:00 PM EDT
Study found many older patients showed signs of damage, even without full-blown stroke diagnosis
Source: HealthDay

Statins Plus Certain Antibiotics May Set Off Toxic Reaction
06/17/2013 05:00 PM EDT
Harmful effects in older patients include muscle, kidney damage, researchers say
Source: HealthDay

Health, Not Age, Affects Benefits of Implanted Heart Device
06/17/2013 04:00 PM EDT
Issue is important to growing number of elderly living with heart disease, researcher says
Source: HealthDay
IN THIS ISSUE:

- Register Today for Chronic Disease Help (7/19)
- The Importance of Balance As We Age (7/16)
- Successful Aging Presentation This Thursday (7/11) Last Chance to Register!
- Weight Loss Discussion (7/17)
- More Senior News Online

Golden Living . . . News for Senior Citizens

Mary Kaye Dolan-Anderson, Director
Dutchess County Office for the Aging

HELP FOR THE GROWING RANKS OF FAMILY CAREGIVERS

More and more people are finding themselves in the role of caring for an elderly parent or in-law according to a new study by the Pew Research Center and the California HealthCare Foundation. Between 2010 and 2012, the ranks of adults caring for a relative with a chronic condition jumped from 30% to 39%.

The task of family caregiving can be very complex and stressful, but there is help available for those who care for someone with a chronic condition such as diabetes, arthritis, cancer, high blood pressure, etc, as well as those with the condition. “Healthy Choices,” is a free six week wellness workshop that provides group support to help individuals of any age (and those who care for them) focus on managing their conditions. Each workshop is led by two trained peer leaders who facilitate interactive group discussion and activities.

The Office for the Aging is co-sponsoring two separate upcoming Healthy Choices programs with the Dutchess County Department of Health and Hudson River Community Health. The first will be held beginning with an open house on July 19th at Maplewood Senior Housing, 457 Maple Street in Poughkeepsie and then each Friday after that from 10:00 AM to 12:30 PM. The second series will begin September 13th and be held every Friday morning at 10:00 AM through October 25th at the Beacon Salvation Army, 372 Main Street. To register for either program, or for more information, call the Office for the Aging at 486-2555.

SENIOR BALANCE

The Office for the Aging also sponsors the monthly Caregiver Workshop series coordinated by Saint Francis Home Care. This month’s workshop will focus on the importance of balance as we age. It will be held on Tuesday, July 16th at 3 PM at Wingate Healthcare, 10 Hastings Drive in Beacon. This is a free presentation, however space is limited. Please reserve by calling (845) 483-5560. This program and the Chronic Disease Self Management program are funded in part by the U.S.
SUCCESSION TALK

As we age, many people dread what they consider to be the inevitable decline in health and memory, a loss of independence and the possibility that they will be a burden on their families or wind up in a nursing home or some other health care facility. The truth is, many of the negative aspects of aging can be avoided or delayed significantly. It is never too late (or too early) to start taking the steps to help you age more successfully. The Office for the Aging has gathered 12 overlapping strategies you can take to help you achieve this goal. You are invited to join us this Thursday, July 11th at 10 AM for a presentation on Successful Aging at the Office for the Aging, 27 High Street in Poughkeepsie. We would also be happy to come out and share this presentation with your group or organization. For more information, or to make reservations for the July 11th presentation, call the Office for the Aging at (845) 486-2555.

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  website: http://www.dutchessny.gov/CountyGov/Departments/Aging/AGIndex.htm

JOIN THE OPEN DISCUSSION ON WEIGHT LOSS OPTIONS

FREE TO ALL: Bariatric Support Group meets Wednesday, July 17 from 3:30 - 5:00 p.m. Saint Francis Hospital, Poughkeepsie, NY. Call 845-431-8898 for more information.

MORE SENIOR NEWS ONLINE:

Two-Pronged Anxiety Treatment Aids Older Adults 06/27/2013 02:00 PM EDT
Antidepressant, talk therapy together outperform either approach alone, study finds
Source: HealthDay

Heart Failure Tied to Higher Cancer Risk 06/26/2013 01:35 PM EDT
People with heart failure are also more likely to be diagnosed with cancer, according to a new study that followed older adults with and without heart problems.
Source: Reuters Health

Shawn Achor: The Happy Secret
Golden Living . . . News for Senior Citizens

Mary Kaye Dolan-Anderson, Director

Dutchess County Office for the Aging

PRESCRIPTION DRUG ABUSE

When people think of prescription drug abuse, they often picture an addict scheming to acquire their drugs illegally or by forging a doctor’s prescription. A much more common scenario, especially in the senior population, is failing to properly take medication as prescribed by a doctor. In fact, the National Consumers League estimates that 125,000 deaths in the U.S. annually are linked to medication non-adherence.

Many factors play a role in poor medication adherence, everything from the high expense of the drug to concerns over potential side effects to the patient suddenly feeling they no longer need it. Some studies show that roughly half of all filled prescriptions are taken incorrectly, and about twenty percent are never even picked up from the pharmacy. According to the New England Healthcare Institute, the impact of all this non-adherence, in addition to the negative effects on the patient, is unnecessary medical costs that total over $300 billion a year.

The entire problem is not done purposely. A significant portion stems from inadvertent misuse by patients who find the instructions too complex or confusing, or just plain forget to take them. Be sure to ask your doctor any questions you may have regarding your prescription before leaving the office.
Many senior citizens are dealing with multiple medications, each with different dosage instructions. The Dutchess County Office for the Aging has free pill boxes available which make it easy to lay out your entire medication regimen for the week, so you don’t have to wonder whether you took your medication that day or not. Pill boxes can be picked up at our office at 27 High Street in Poughkeepsie during normal business hours.

**DROP YOUR DRUGS**

One of the other dangers involving seniors and prescription drugs is what to do with unwanted, unused or expired medications. Do not dispose of these drugs in the trash or flush them down the toilet. They can contaminate groundwater as well as lakes, rivers and streams.

Dutchess County now has several medication drop boxes that are available 24 hours a day, seven days a week:

- Dutchess County Sheriff’s Office, 150 N. Hamilton Street, Poughkeepsie
- East Fishkill Police Department, 2468 Route 52, Hopewell Junction
- Hyde Park Police Department, 3 Cardinal Road, Hyde Park

In addition, the Red Hook Police Department at 7467 S. Broadway can also accept medications between the hours of 8 AM and midnight.

Hazardous materials and needles are not accepted at these locations and medical providers are not allowed to take part in the program. Acceptable materials include unused prescription medications, medicated ointments, over the counter medicines and inhalers. Medicines deposited into the drop boxes should be wrapped or sealed in plastic bags.

Clean out your medicine cabinet now by taking advantage of these free, no questions asked, medication drop-off locations.
UNDERSTANDING SOCIAL SECURITY

Are you on SSD / SS1, Medicaid, or Medicare? Are you applying for any of these services? Are you on Social Security and working? Think you would like to return to work?

LEARN ALL THE FACTS

Attend one of these free benefit workshops

- 1st and 3rd Thursday of the month: understand SSD
- 2nd and 4th Thursday of the month: understanding SSI
- 1st Tuesday of the month: working and Medicaid Buy-in
- 4th Tuesday of the month: PASS Plan

Each of these workshops starts at 1:00 PM

Seating by appointment only. Call 845-452-3913 to reserve your seat

VOLUNTEERS NEEDED FOR BIKE & PEDESTRIAN PLAN

The Poughkeepsie-Dutchess County Transportation Council (PDCTC) is currently updating the Bicycle and Pedestrian Plan for Dutchess County. Currently, there is very little data about how many people walk and bicycle, and where. To address this, we are counting people walking and bicycling at various locations, four times a year. The counts follow the methodology developed by the National Bicycle and Pedestrian Documentation Project.

The next set of counts will be on July 16-18 (Tuesday, Wednesday or Thursday) from 5-7pm and Saturday, July 20th from 12-2pm. We also plan to repeat the counts in September 2013.

We are looking for volunteers to help conduct these counts. Particular areas of need include Pleasant Valley, Millbrook, Millerton, Village of Fishkill, City of Beacon, locations along the Harlem Valley Rail Trail and Dutchess Rail Trail, or other high-use areas.
The PDCTC provides the count forms and training for volunteers. The count forms are easy to use but require some explanation to ensure that they are used consistently. Counters can team up in groups of two if they prefer.

If you are interested in participating in this project, please contact Emily Dozier, Senior Planner with the PDCTC at edozier@dutchessny.gov or (845) 486-3600.

**Household Hazardous Materials Disposal**

The Household Hazardous Materials Disposal and Electronics Recycling events provide a safe, environmentally conscious way to dispose of materials no longer needed or used. Residents have the opportunity to safely dispose of any product containers marked “warning,” “hazardous,” “flammable,” “poisonous,” or “corrosive,” as well as responsibly recycle old electronics such as computer monitors, printers or other electronic materials.

As part of all Household Hazardous Materials Disposal events, Covanta, LLC, which operates DCRRA’s waste-to-energy facility, sponsors the Mercury Collection Program. Anyone who turns a household item that contains mercury, such thermometers or fluorescent light bulbs, will receive a $5 Home Depot gift card in the mail along with a ‘Thank You’ letter from Covanta. Mercury can easily be released into the atmosphere as a colorless, odorless vapor and can contaminate water sources and local fish.

There will be three more collection events in 2013 at a variety of locations throughout the county. The collection events are partially funded by the New York State Department of Environmental Conservation.

- **Saturday, September 7th**  Cornell Cooperative Extension (Millbrook)
- **Saturday, October 5th**  Town of Rhinebeck Highway Department
- **Saturday, November 2nd**  Dutchess County Resource Recovery Agency*

*Event will also feature safe medication disposal from 8am to 10am.

See below for a complete list of accepted materials.
Dutchess County Resource Recovery Agency’s  
2013 Household Waste Disposal Days

**Materials that WILL be accepted:**

Product containers marked with words: "Warning", “Hazardous", "Flammable", "Poisonous", or "Corrosive"

Photo chemicals, non latex driveway sealer, pool chemicals, creosote, kerosene, flammable liquids, metal polish, turpentine, stains, varnishes, strippers, thinners, gasoline/oil mixture, brake fluid, auto fluids, pesticides, herbicides, fungicides, chemical fertilizers, adhesives, resins, solvents, oil & lead based paints (no latex!), mercury containing devices, button cell batteries for watches & hearing aids, lithium & sealed lead acid batteries, compact fluorescent lights and fluorescent tubes, and small non-Freon appliances (such as humidifiers, toasters, irons, and electric heaters.)

**Electronic Equipment Collection**

Computer Monitors, Central Processing Units (CPU's), Modems, CRT's, Terminals, Laptops, Keyboards, Mouses, Fax Machines, Printers, Scanners, Copiers, Typewriters, TV's, VCR's, DVD Players, CD Players, Tape Players, Radios, Stereo Equipment, Cables, Answering Machines, Telephones & Video Game Systems.

Bins will also be available at the DCRRA location only to dispose of junk mail, white paper, magazines, newspaper and commingled bottles & cans. There is no fee charged and no registration needed for these bins.

**Materials that will NOT be accepted:**

Ammunition or explosives, asbestos products, latex driveway sealer & latex paint, motor oil, car batteries, antifreeze, broken glass, building or construction debris, tires, furniture, medical waste/medicines, propane or other flammable gas cylinders, radioactive materials, scrap metal, metal drums or empty containers, dehumidifiers, and air conditioners.
NEED FOR VOLUNTEER DRIVERS IN BEACON

The Office for the Aging is looking for volunteer drivers for the Home Delivered Meals program in Beacon. Drivers volunteer to deliver meals Monday through Thursday just before the noontime hour. Most drivers deliver one or two days a week on a route that takes one hour or less. Meals are delivered from the Beacon Senior Friendship Center located at the Forrestal Heights apartment complex. In addition to providing clients with a hot, nutritious, midday meal, volunteer drivers also provide much needed socialization for the frail, homebound elderly of the Beacon area. If you think you may be able to help deliver meals in Beacon, call the Retired Senior Volunteer program at 452-5104 x101

MORE SENIOR NEWS ONLINE:

Unable to Cope, Unwilling to Accept Aid - NYTimes.com
By JUDITH GRAHAM
Self-neglect accounts for a substantial portion of all elder abuse, experts say, but only recently have the medical causes been examined.

Tick-Borne Illness Babesiosis a Hazard for Seniors: FDA
07/02/2013 12:00 PM EDT
Risk highest in certain East Coast states
IN THIS ISSUE:

- Upcoming Senior Picnics
- Register Early for the Senior Prom
- Mental Health Resource
- Medicare Workshops in Rhinebeck
- More Aging News Online

Golden Living . . . News for Senior Citizens

Mary Kaye Dolan-Anderson, Director
Dutchess County Office for the Aging

SENIOR PICNIC RESERVATIONS

The Dutchess County Office for the Aging Senior Picnic Program kicked off last month and has already served almost 1,500 residents age 60 and over in 9 different municipalities. Listed below are the remaining picnics for 2013. Seniors from these locations are invited to come out and enjoy a free chicken barbecue and learn more about the programs and services offered by the Office for the Aging. Lunch is served at 12 noon, but you're welcome to arrive before then. Reservations and proof of residency are required. There is a $4 charge for anyone 59 or younger or non-resident guests. Here is the upcoming schedule:

**July 24  Beacon**

Memorial Park, 298 Fishkill Avenue

**August 1  City of Poughkeepsie**

Waryas Park, 75 N. Water Street, Poughkeepsie

**August 7 City of Poughkeepsie**

Bowdoin Park, 85 Sheafe Rd, Poughkeepsie

**August 14  Dover, Pawling, Amenia, & Unionvale**

Boyce Park, 6423 Route 55, Dover
August 21  LaGrange, East Fishkill & Beekman

Freedom Park, 198 Skidmore Rd., LaGrange

August 28 Fishkill

Sarah Taylor Park, Old Main Street

The Senior Picnic Program is presented with help from the participating municipalities and sponsored by Wingate Healthcare, Toll Brothers Home Builders, the Capital District Physicians Health Plan (CDPHP), Hudson Cadillac Buick GMC, Digestive Disease Center, and the Dutchess County Department of Social Services – Protective Services to Adults. To make a reservation for a picnic, or for sponsorship information call 486-2555.

SENIOR PROM EARLY REGISTRATION

Mark your calendar for the annual 18th annual Dutchess County Senior Prom to be held on Monday, October 7th from 12 noon – 4 PM at the Villa Borghese in Wappinger. The Prom is once again co-hosted by the Pines at Poughkeepsie. The theme this year is a "A Mardi Gras Party!" Attendees are encouraged to dress in Mardi Gras colors of purple, gold & green and wear a mask. The full Bob Martinson Band will provide the entertainment. In addition to the same sponsors helping to support our picnic program, sponsors for the Senior Prom include TEG Federal Credit Union and DRA Imaging.

Early-bird registration is available for $20 for those whose payment is received before September 7th. After 9/7, the charge is $25. Those who wish to sit together should send their payment in together. Please be sure to include the names of everyone you are paying for and send your check to: Dutchess County Office for the Aging, 27 High Street, Poughkeepsie, NY 12601. The prom is a sell-out every year, so you are encouraged to get your reservations in early.

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
MENTAL HEALTH RESOURCE

The Federal government has introduced a new resource for people struggling with mental illness. Mentalhealth.gov is a new website providing consumer-friendly content. At the website, you can find information about the signs of mental health problems, how individuals can seek help, and how communities can host conversations on mental health. The website's social media channels will connect people to the latest information on the national mental health conversation. You can also share your story for others to learn from your experience. The website also includes videos featuring first-person narratives of individuals who have recovered from or managed mental health problems, or supported a friend or loved one struggling with these issues.

MEDICARE WORKSHOPS IN RHINEBECK

Office for the Aging HIICAP Volunteer Nina Lynch will be conducting Medicare Orientation workshops at the Center for Healthy Aging in Rhinebeck, located at Northern Dutchess Hospital. They will be held from 4pm-5:30p on the following dates (which are all on the 3rd Monday of the month): Monday, August 19th, Monday, September 16th, Monday, October 21, and Monday, November 18. Call 486-2555 to register.

MORE AGING NEWS ONLINE:

Today's 90-Somethings Seem Sharper Than Predecessors
07/11/2013 09:00 AM EDT
Danish study compared mental abilities of seniors born in 1905 and 1915
Source: HealthDay

Alzheimer’s Tied to Less Cancer, and Vice Versa
07/10/2013 04:09 PM EDT
People with Alzheimer's disease have a lower risk of cancer than other elderly adults, a new Italian study suggests.
Source: Reuters Health

Disability Often Goes Hand-In-Hand with Old Age
07/08/2013 04:00 PM EDT
Study findings should serve as wake-up call for U.S. and its aging population, experts say
Source: HealthDay
Healthy Weights for Healthy Older Adults
07/12/2013 07:32 AM EDT
Source: Academy of Nutrition and Dietetics

Eating Fruits and Vegetables Tied to Longer Life
07/11/2013 08:05 AM EDT
Eating fewer than five servings of fruit and vegetables each day is linked with a higher chance of dying early, according to a large study from Sweden.
Source: Reuters Health

Alternatives for Back Pain Relief - NYTimes.com
By GRETCHE RENOLDS
How do you solve back pain? Don’t ask your doctor.
IN THIS ISSUE:

- More Senior Scams
- Free Law Clinic (7/29)
- Senior Walk/Run (8/31)
- Volunteers Needed in Beacon
- County Clerk Warns of Homeowner Scam
- Rail Trail Bridge Being Installed – Road Closures
- Poetry Writing Workshop (8/1)
- Senior Prom Early Registration Going On Now
- More Senior News Online

Golden Living . . . News for Senior Citizens

Mary Kaye Dolan-Anderson, Director

Dutchess County Office for the Aging

MORE SENIOR SCAMS

Scams continue to plague the senior population right here in Dutchess County. One of the latest is an automated call offering seniors a free prepaid emergency alert system. Once you agree to the free system, they ask for your credit card or bank information and charge you a monthly fee for the monitoring service. Other versions of this scam include telling seniors they will “update” or replace their current equipment, but are actually switching their service to a new company and charging them additional fees.

Another popular scam targeting seniors in our area has a utility worker (cable, phone, electric company, etc.) coming to the front door to distract the owner while their partner enters the house through the back door or window and steals whatever valuables they can find.

Some of the scams going on right now include winning a lottery (where they need to pay the taxes up front), receiving a call from someone posing as a grandchild in dire financial need while visiting a foreign country (who begs them to wire them money and not tell mom & dad), or a caller from an alleged credit card company who wants to confirm a charge on your account and asks for information regarding the account that allows them access.
Seniors and their caregivers need to be wary of any offer that sounds too good to be true, is high pressure or confusing in any way. If you suspect you have been the victim of a scam, don’t be embarrassed. Contact your local police authority as soon as possible.

FREE LAW CLINIC

There will be a free law clinic covering the areas like Housing, Social Security, Education, Elder Law, Disability Rights, Veterans Issues, Foreclosure, Domestic Violence and others at the Italian Center, 227 Mill Street in Poughkeepsie tonight, Monday, July 29th from 5:30 PM to 7:30 PM. This event is open to everyone and is presented by Legal Services of the Hudson Valley and Senator Terry Gipson.

If you have an interest in Senior Law Issues, be sure mark your calendar for September 17, the date for the annual Senior Law Day which this year will focus on Elder Abuse issues. Complete details on the event will be announced shortly.

SENIORS STILL RUNNING

The 7th annual Mamas & Papas Run/Walk for seniors 60 years & older will be held on Saturday, August 31st in Mesier Park in the Village of Wappingers Falls. Registration begins at 7:15 AM and discounted $5 registration is available in advance at www.mhrrc.org. Call 297-7950 for more information.

VOLUNTEERS NEEDED

Volunteer drivers are needed for the Home Delivered Meals program in Beacon. Most drivers deliver one or two days a week in the late morning on a route that takes one hour or less. Meals are delivered from the Beacon Senior Friendship Center located at the Forrestal Heights apartment complex. If you think you may be able to help, call the Retired Senior Volunteer program at 452-5104 x101

Dutchess County Clerk Kendall Again Urges County Residents to be Aware of Letters Being Sent to Homeowners

Dutchess County Clerk Bradford Kendall is again urging Dutchess County residents to be aware of private companies that are again mailing letters to county residents informing them, that for fees ranging from $59.50 to $83, the company can retrieve a certified copy of their deed and mail it back to them. On these land record retrieval web pages, the companies state that they will obtain a copy of the deed from the County Clerk’s office.
“This is nothing more than an opportunity and a quick way to make money off of the hardworking residents of Dutchess County,” Clerk Kendall stated.

Certain land record retrieval companies claim that obtaining one’s land record can be a tedious process. "Not so", says Clerk Kendall. He stated, "Obtaining a copy of one’s land record is easy and fast. Either visit our office directly at 22 Market Street and a copy of your deed or any document that we house and is available to the public, will be presented to you immediately upon order, or order a copy on line using our webpage www.dutchessny.gov ."

Clerk Kendall continued, “There is no reason a Dutchess County resident would need to reach out to a third party to obtain a certified copy of their deed or any document from my office. We routinely provide a certified copy of a person’s deed for a fee of $6.00. Anyone who receives this type of letter from any record retrieval company, and has questions about their deed or any other legal document may contact County Clerk Kendall at 845-486-2195.

**Massive Dutchess Rail Trail Bridge to be Installed Over Next Several Days Lane and road closures to occur on Route 55 and Old Manchester Road**

The Dutchess Rail Trail will get a big “lift” toward completion this weekend. Dutchess County Department of Public Works Engineering Division, in conjunction with the New York State Department of Transportation, has announced the trusses and girders that will create the Dutchess Rail Trail bridge over New York State Route 55, Wappinger Creek and Old Manchester Road are being assembled and lifted into place over the next few days. The assembly and lift schedule will cause lane and road closures at various times during that time and motorists are asked to schedule their travel in this area accordingly to avoid delays. The complete schedule is listed below.

“This is the moment so many people have been waiting for,” said Dutchess County Executive Marcus J. Molinaro. “Getting these bridge components lifted into place is a major milestone in this long journey. Thousands of people have enjoyed the completed sections of the trail and we look forward to the full Dutchess Rail Trail, including the connection to the Walkway Over the Hudson, to be complete and open for use later this fall.”

The massive bridge will be 700 feet in length and will consist of weathered steel trusses that will span over six lanes of traffic over Route 55 and over Old Manchester Road, connected by steel plate girders over the Wappinger Creek. The trusses are longer versions of the ones used for the Dutchess Rail Trail road crossings at Titusville Road in LaGrange, Maloney Road in Wappinger and Route 376 in East Fishkill.
Once the bridge is in place, crews will spend several weeks forming and pouring concrete decking that will create the walking surface over the bridge. Additionally, fencing and railing will need to be installed along the bridge.

The bridge is being funded by the NYS Department of Transportation. The estimated cost to construct and install the bridge is approximately $3.1 million.

**Roadway/lane closure schedule:**

**Monday, July 29** - The right lane of Route 55 eastbound will be closed from 5am to 6pm as steel plate girders are installed over the field.

**Tuesday, July 30** - CR 49 (Old Manchester Road) southbound lane will be closed as needed from 5am to 6pm for installation of the girders over the Wappinger Creek. Flaggers will be used as needed. There will be two full closures of the road for approximately 30 minutes each while beams are lifted into a place. Motorists will be redirected as necessary by flag crews.

**Wednesday, July 31** - CR 49 (Old Manchester) will be closed from 5am to 6pm for installation of the truss over the roadway. A signed detour will be in place to guide motorist around the closure. Motorists traveling between from CR 44 (Red Oaks Mill Road) toward CR 49 should be aware that there will be no access to Route 55. Only local traffic (those who live on the road) should be utilizing the roadway.

Dutchess Rail Trail users should be aware the trail parking lot at Old Manchester Road is closed until Thursday, August 1 as it will be used as a staging area for construction equipment.

**Poetry Writing Workshop—The Art of Ekphrasis**

What is ‘ekphrasis’? Good question! While Merriam-Webster says it is a literary description of, or commentary on, a visual work of art, the library says it is a great reason to visit the art gallery! Join us on Thursday, August 1, 6-9 pm at Vassar College’s Frances Lehman Loeb Art Center for a Poetry Writing Workshop – The Art of Ekphrasis.

Meet in the lobby of the Frances Lehman Loeb Art Center at 6 pm and enjoy a guided writing workshop focused on depicting a work of art in the Collection. Examples of ekphrasis are: “Ode on a Grecian Urn” by John Keats and "Museum Guard" by David Hernandez (2003). Participants will be invited to share their writing with the group at the end of the evening.
The workshop will be held at the Frances Lehman Loeb Art Center, Vassar College, Raymond Avenue in Poughkeepsie. To register or for further information, see www.poklib.org or call 845-485-3445 x 3702.

SENIOR PROM EARLY REGISTRATION

Mark your calendar for the annual 18th annual Dutchess County Senior Prom to be held on Monday, October 7th from 12 noon – 4 PM at the Villa Borghese in Wappinger. The Prom is once again co-hosted by the Pines at Poughkeepsie. The theme this year is a “A Mardi Gras Party!” Attendees are encouraged to dress in Mardi Gras colors of purple, gold & green and wear a mask. The full Bob Martinson Band will provide the entertainment.

Sponsors for the Senior Prom include TEG Federal Credit Union, DRA Imaging, Wingate Healthcare, CDPHP, Toll Brothers, Hudson Cadillac Buick GMC and the Digestive Disease Center of the Hudson Valley.

Early-bird registration is available for $20 for those whose payment is received before September 7th. After 9/7, the charge is $25. Those who wish to sit together should send their payment in together. Please be sure to include the names of everyone you are paying for and send your check to: Dutchess County Office for the Aging, 27 High Street, Poughkeepsie, NY 12601. The prom is a sell-out every year, so you are encouraged to get your reservations in early.

MORE SENIOR NEWS ONLINE:

Too Little Vitamin D May Hasten Disability as You Age
07/17/2013 02:00 PM EDT
Stair-climbing, other everyday tasks were harder for those with deficiency, researchers found
Source: HealthDay

For Some, Mild Slips of Memory May Be Very Early Alzheimer's
07/17/2013 01:28 PM EDT
For years, doctors have dismissed patients' worries about mild slips of memory as a normal part of aging. Now, as the focus in Alzheimer's research moves toward early diagnosis, researchers are looking for ways to tell whether some of these "senior moments" are an early sign of the disease.
Source: Reuters Health

No Benefit to Community-Wide Dementia Screening
07/17/2013 09:00 AM EDT
But worrisome symptoms could merit a visit to the doctor, experts say
Source: HealthDay
Diabetes Drug May Protect the Brain
07/15/2013 09:00 AM EDT
Study found patients taking metformin were 20 percent less likely to develop dementia
Source: HealthDay

Putting Off Retirement May Help Stave Off Alzheimer's
07/15/2013 09:00 AM EDT
Study looked at self-employed workers in France
Source: HealthDay

A Novel Way to Document End-of-Life Preferences - NYTimes.com
By PAULA SPAN
Researchers have stumbled on a way to persuade patients to plan for end-of-life care: convince their doctors to ask about it.