

Own Your Future!



Representatives from Social Security Administration and the Dutchess County Office for the Aging/NY Connects have scheduled an "Own Your Future" information session on planning for your personal financial goals. The session will be held on Tuesday, September 14th at the Pawling Library located at 11 Broad Street. It will begin at 6:30 PM.

Topics to be covered include: Social Security benefits, advanced directives, Long Term Care services offered by Dutchess NY Connects, Long Term Care Insurance and community resources to support independent living. Your questions will be welcome at the end of the program.

For more information or to make a reservation for "Own Your Future," please call the Dutchess County Office for the Aging at (845) 486-2555.



A Message from
County Executive
William R. Steinhaus

Dear Friends,

It was a real pleasure to meet and talk with so many of you at this summer's Senior Picnics. With the never ending changes to Medicare, many of you had questions about your insurance coverage and related concerns. Our Health Insurance Information, Counseling, and Assistance Program (HIICAP) can help you get answers. See page 3 of this publication for to schedule a free Health Insurance Check-up. Now is a great time to find out your options.

We're in the midst of our annual needs assessment survey. If you haven't already filled out a survey, you can answer the questions online at: www.dutchessny.gov/CountyGov/Departments/Aging/agfeedbackform.asp

Your participation in the survey will assist us to focus on programs to help meet your needs.

Sincerely,

William R. Steinhaus

William R. Steinhaus
Dutchess County Executive



OVERWEIGHT = MENTAL DECLINE

According to the Journals of Gerontology, being significantly overweight in middle age can increase your risk of cognitive (brain function) decline. Individuals with a higher BMI (Body Mass Index) are more likely to suffer significantly lower cognitive function as they age. Obesity also leads to other health issues such as heart disease, depression, and poor muscle tone.

OLDER DRIVER SAFETY GUIDE

The American Medical Association recently released a new Physician's Guide to Assessing and Counseling Older Drivers. The guide was developed in cooperation with the National Highway Safety Administration and includes topics such as screening, assessing functional abilities, conditions and medications that may impact driving and more. The brochure is available online at: www.ama-assn.org/go/olderdrivers.

RISKY DRINKING

More than one-third of drinkers age 60 and over consume amounts of alcohol that are excessive, or that may be potentially harmful in combination with certain diseases they may have or medications they may be taking. According to the study done by the University of California, 35% of participants were at risk due to drinking. Risk factors include: Consuming more than two drinks on most days; consuming one or two drinks on most days and they have certain illnesses such as gout, hepatitis or nausea; consuming one or two drinks on most days and they take select medications, such as antidepressants or sedatives.

SOUND THE ALARM

If your car has an alarm remote, you could keep it by your bedside at night and press it if you hear someone breaking into your home. Test it first to make sure it works from each room in your home. If you are feeling uneasy in a parking lot at night, again your car alarm is right at your fingertips.

CAREGIVER CONFERENCE

If you are taking care of an elderly relative, friend or spouse, mark Thursday, October 28th down on your calendar. That is the date of the annual Dutchess County Caregiver Conference which will be held this year at the Holiday Inn & Conference Center on Route 9 in Fishkill beginning at 9 AM.

THE LAW & YOU

The 5th annual Senior Law Day will take place on Tuesday, September 14th from 8:30 AM to 1PM at the Jewish Community Center, 110 Grand Avenue in Poughkeepsie. To register for this free event, or for more information, call 471-0430.

VOLUNTEERS NEEDED

Are you a senior with skills to share? Maybe you want to learn a new skill? If you have time to give, the Retired and Senior Volunteer Program can help you find the volunteer opportunity you're looking for. Learn more by calling Linda at 452-5104 x109. Volunteering, especially for seniors, has been proven to provide a variety of health benefits that will enrich and extend your life. RSVP also provides mileage reimbursement and insurance.

JEST FOR FUN

You know how important exercise is as we grow older. Here are a few suggestions. Start by standing outside and, with a five pound potato sack in each hand, extend your arms straight out to your sides and hold them there as long as you can. After a few weeks, move up to 10 pound potato sacks, then 50 pound potato sacks and finally, once you're able, lift a 100 pound potato sack in each hand and hold your arms straight out for more than a full minute! Next, start putting a few potatoes IN the sacks, but I would caution you not to overdo it at this level.

FREE Annual Health Insurance Check-Up



- Recent changes to Medigap plans may save you money and provide you with better benefits.
- HIICAP can help you make the most effective choices for 2011 prescription drug and/or medical coverage.
- 2011 Medicare Prescription Drug Plans will be available after mid October.

Call the
Dutchess County Office for the Aging's
**Health Insurance
Information Counseling
and Assistance Program (HIICAP)**
(845) 486-2555 or
1 (800) 701-0501
to schedule your free
Annual Health Insurance Check-Up

From the Director's Chair



JOHN A. BEALE

EMAIL:

JBEALE@CO.DUTCHESS.NY.US

Dear Friends,

The Office for the Aging will be holding a series of Public Hearings to help us understand your concerns and hear your opinions and feedback on our current services. Please plan to join us at the Public Hearing closest to you:

Tuesday, September 21 11:00 AM
Tri-Town Senior Friendship Center
American Legion Hall
1302 Overlook Rd., Poughkeepsie

Monday, September 27 11:00 AM
Beacon Senior Friendship Center
1 Forrestal Heights, Beacon

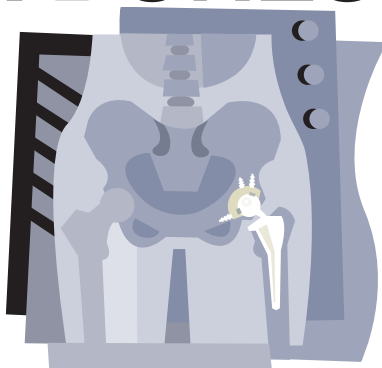
Wednesday, September 29 11:30 AM
Millerton Senior Friendship Center
Village Hall Community Room
Simmons St. & Dutchess Avenue

If you are unable to attend one of the Public Hearings, you can mail written comments to the Dutchess County Office for the Aging, 27 High Street, Poughkeepsie, NY 12601. You can also email your comments to me directly at the email address listed above.

Sincerely,

John A. Beale, Director
Dutchess County Office for the Aging

FEED YOUR BONES FOR FREE!



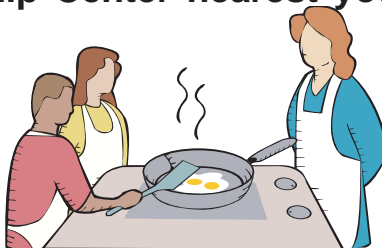
The Wellness Institute will be presenting a series of FREE Nutrition Talk & Food Tastings at several of the Dutchess County Office for the Aging's Senior Friendship Centers during the month of September. This special program will feature a cooking demonstration featuring fresh foods that are good for bone health. You'll also learn the latest news and information regarding the degenerative bone disease osteoporosis, and participants will have the opportunity to sign up for an osteoporosis screening at a future date.

**Monday, September 13 11:00 AM East Fishkill Senior Friendship Center
Community Center
890 Route 82, Hopewell Junction
226-3605**

**Tuesday, September 14 11:00 AM South Amenia Senior Friendship Center
First Presbyterian Church
229 South Amenia Road
373-4305**

**Tuesday, September 28 11:00 AM Tri-Town Senior Friendship Center
American Legion Hall
1302 Overlook Road, Poughkeepsie
486-6363**

**Seating is limited. Reservations are required.
Call the Senior Friendship Center nearest you to make a reservation.**

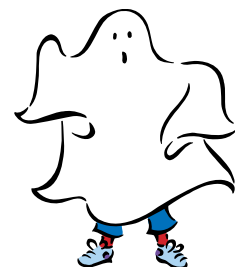


THE SENIOR PROM



HALLOWEEN PARTY!

Prizes for best costume!



Monday, November 1, 2010

12 noon - 4 PM at the Villa Borghese
on Widmer Road in Wappinger



Full Buffet Lunch! Dancing!
Crowning of the 2010 Duke & Duchess



Discounted \$17 seats before October 1st only!!

(\$25 per person if payment received after October 1st)

People wishing to sit together **MUST** send their payment in together!

Name _____

Address _____

Daytime Phone _____

Please reserve ___ seat(s) at \$25 each (\$250 for a table of ten).

People wishing to sit together **MUST** send their checks in together.

We must have the names of everyone you are paying for.

Please clearly print their first and last names on the back of this form.

*Mail your check made out to The Dutchess County Office for the Aging, 27 High Street, Poughkeepsie 12601. For more information call: 486-2555. Sorry, no refunds. Tickets will not be issued; your name will be at the door. **Discounted \$17 seats are only available for payments received before October 1st or when we sell out.***

This event does sell-out. Please be sure to mail your payment early!

BE PREPARED



Last year many people were caught off guard when winter storms knocked out power to thousands of Dutchess County Homes. This checklist will help you be prepared should this winter be just as nasty:

-Have a portable radio with fresh batteries ready.



-Keep your cell phone charged up. Have a list of emergency numbers preprogrammed into your phone. You may want a battery operated clock as well.

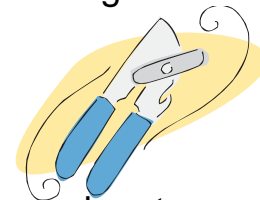
-Have at least one flashlight with fresh batteries.



-A first aid kit.

-At least a gallon of water per person for 7 days.

-A 2 week supply of food that can be eaten without heating or refrigeration. A non-electric can opener will come in handy!



-Cash money (your ATM may not work if the power is out).

-Be sure you have enough personal items on hand for a two week outage. Soap, shampoo, toothpaste, toilet paper, denture needs, etc.

-Keep at least a two week supply of your daily medications on hand at all times.

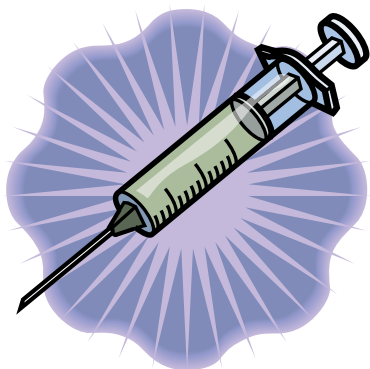
-Large trash bags may come in handy if your pick-up service is suspended.

-Warm clothing and footwear. Blankets, or sleeping bags, hats and gloves!

-Operate a generator only OUTSIDE of your house with plenty of ventilation.

For more emergency preparedness tips, check out: www.dutchessny.gov

FLU CLINICS 2010



The 2010 Dutchess County Flu Clinics will be in full swing this fall. The schedule has not been released as of the deadline for this publication, but adults over the age of 50 can call the Dutchess County Department of Health Flu Hotline at 486-3435 or visit their website to find out the location nearest them:

[www.co.dutchess.ny.us/CountyGov/
Departments/Health/HDfluscheds.htm](http://www.co.dutchess.ny.us/CountyGov/Departments/Health/HDfluscheds.htm)

The flu vaccine is your best protection against getting the flu. You may experience some soreness, redness or swelling, but there is very little risk of any serious side effects.

If you have any questions regarding the flu, visit the Health Department's flu question and answer section at the web site listed above.

OFFICE FOR THE AGING SERVICES

(845) 486-2555 or toll free at (866) 486-2555

Senior Friendship Centers

Home Delivered Meals

Nutrition Education

Senior Citizen Picnics

Caregiver Support

Home Care, Case Management

Nursing Home Ombudsman

Nursing Home Information

Benefit & Entitlement Counseling

Information, Referral & Advocacy

Health Insurance Counseling & Assistance

Reverse Mortgage Counseling

Tax Assistance

Legal Assistance

Housing Information

Home Energy Assistance

Senior ID Cards

Dial-A-Ride

Medical Transportation

Physical & Mental Fitness Programs

Grandparents Raising Grandchildren Help

**Visit our website today for more
information about any of our
programs or services!**

[www.dutchessny.gov/CountyGov/
Departments/Agging/AGIndex.htm](http://www.dutchessny.gov/CountyGov/Departments/Agging/AGIndex.htm)



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

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Medicare Orientation

You can receive a basic overview of Medicare at one of the seminars below for people approaching the age of 65, caregivers, and anyone who would like a better understanding of how Medicare works:

Tuesday, Sept 7 5:30PM - 8PM
 Starr Library, 68 W. Market Street, Rhinebeck

Wednesday, Sept. 15 10:00AM - 12PM
 Poughkeepsie Galleria Community Room, Route 9, Poughkeepsie

Monday, Sept. 27 12:00PM - 2PM
 The Fountains at Millbrook, 59 Flint Road

Wednesday, October 20 10:00AM - 12PM
 Poughkeepsie Galleria Community Room, Route 9, Poughkeepsie

There is no cost for any of these seminars, but space is limited. Please call (845) 486-2555 to make a reservation or visit the Office for the Aging website for more Medicare Orientation dates and locations on the calendar of events page at: www.dutchessny.gov

For more information
 about the

**Dutchess County
 Office for the Aging**

Visit us online or call

(845) 486-2555

or **(866) 486-2555**



Service, Support and Information
www.dutchessny.gov