

# SPOTLIGHT ON SENIORS

A Publication of the Dutchess County Office for the Aging

SUMMER 2010

## USO PARTY! Sept. 16th



If you love the Big Band music of the WWII era, you'll want to head to your nearest Dutchess County Senior Friendship Centers this September!

Our annual USO Party will be held on Thursday, September 16 from 10 AM to 2 PM. Lunch will include stuffed chicken breast, mashed potato, green beans, cookies and more! Military uniforms and other dress from the swing era is encouraged but not required.

The suggested donation for lunch is \$3.00 for seniors; those under the age of 60 are charged \$4.00.

Make your reservations early by calling the Dutchess County Senior Friendship Center near you. To find your nearest center, call our office at 486-2555 or visit our website: [www.dutchessny.gov](http://www.dutchessny.gov).

Come out and make some new friends and reminisce with great music!



A Message from  
County Executive  
William R. Steinhaus

*Dear Friends,*

*This summer, Dutchess County is conducting a study to determine the needs of our older residents and what's important to you. You may find a copy of the survey included in this issue of the Spotlight on Seniors, or you may be asked to fill one out at a Senior Picnic. If you have not yet received a copy and would like to participate, please call the Office for the Aging at 486-2555.*

*Your responses will greatly benefit all seniors, so please take a few moments to fill out the form completely and accurately. We'll be using the results to help us design and offer programs and services to meet your needs.*

*Please return your survey to the Office for the Aging before September 30, 2010 to be included in the final tabulation. I look forward to learning more about what is important to you.*

*Sincerely,*

*William R. Steinhaus*

**William R. Steinhaus**  
Dutchess County Executive



### SENIOR NEWS VIA EMAIL

If you would like to receive the latest senior news, including the *Spotlight on Seniors* and senior event alerts via email, just send your name and email address to: [ofa@co.dutchess.ny.us](mailto:ofa@co.dutchess.ny.us) You'll start receiving regular emails within a week.

### YOU COULD WIN \$1,000!

The Retired and Senior Volunteer Program is holding their annual summer raffle and this year's Grand prize is \$1,000. There will be dozens of other prizes as well. For tickets or more information about the raffle or becoming a volunteer, call RSVP at 452-5104 x109.

### BACK TO SCHOOL

Most of the local colleges allow seniors to audit courses without charge as long as the course is not full. Seniors are responsible for program fees and must meet prerequisites. For information on all of the Higher Education opportunities available for seniors, call 486-2555 or visit our website.

### THE BIG ONE

Taking your vitamin D supplement with the largest meal of the day may boost its absorption substantially, according to a new study. Researchers from the Cleveland Clinic showed a 50% increase in blood levels of the vitamin when it was taken with the largest meal of the day as opposed to taking it on an empty stomach or with a light meal.

### LONG TERM CARE NEEDS?

Dutchess NY Connects, is the long term care services division of the Dutchess County Office for the Aging. They provide information, referral, assessment, and case management for people who need help to remain at home, or who are thinking about or require residential health care facility services or other alternative living assistance. They provide an unbiased assessment of a client's total needs and can help to arrange for the provision of home care, and long term care services. All information is kept confidential. Call Dutchess NY Connects at (845) 486-2555.

### FREE SWING DANCE

The Dukes and Duchess, a popular local swing band, will be performing at two free dances sponsored by the Dutchess County Office for the Aging at the First Presbyterian Church at 2568 South Avenue in Wappingers Falls. The dances will be held on Sunday August 15th and Sunday October 17th from 2PM - 4PM. Call 297-2800 for more information.

### SKIN SO SOFT

Did you know that skin cancer is the most common form of cancer in Dutchess County? Most cases occur after the age of 50 and many people will have at least one episode of skin cancer by age 65. Ninety-five percent of skin cancer develops on sun-exposed parts of the body - so protect yourself this summer from the sun's harmful rays. Use sunscreen and wear a hat.

### JEST FOR FUN

An old woman was arrested for shoplifting at a grocery store. When she appeared before the judge, the judge asked what she had taken. The lady replied, "A can of peaches." The judge then asked why she had done it. She replied, "I was hungry and forgot to bring any cash to the store." The judge asked how many peaches were in the can. She replied, "Nine." The judge said, "Well then, I'm going to give you nine days in jail—one day for each peach." As the judge was about to drop his gavel, the lady's husband raised his hand and asked if he might speak. The judge said, "Yes, what do you have to add?" The husband said, "Your honor, she also stole a can of peas."

# Dutchess County Senior Picnics

The Dutchess County Office for the Aging Summer Picnic program will be heading to your town soon. Residents age 60 and over can call to reserve now for your hometown picnic. **Reservations and proof of residency are required.** Picnics begin at 12 noon. Be sure to call 486-2555 at least one week before the picnic to make a reservation.

- June 2**      **Hyde Park**  
Reach Out Worship Center, 241 Crum Elbow Rd
- June 9**      **Washington**  
Mabettsville Park, Route 44 Call 677-8278
- June 11**     **Pleasant Valley**, Cady Field Park
- June 16**     **Beacon**, Memorial Park
- June 18**     **Unionvale**  
Tymor Park, 249 Duncan Road Call 724-5600
- June 23**     **Rhinebeck**, DC Fairgrounds
- June 25**     **Dover**, Boyce Park Pavilion
- July 7**       **Poughkeepsie (Town)**  
Bowdoin Park
- July 14**     **Wappingers** Robinson Ln Rec Park
- July 21**     **Clinton, NorthEast, Pine Plains,  
Milan, & Stanford**  
Wilcox Park, Route 199
- August 5**     **East Fishkill**  
Whortlekill Rod & Gun Club, Route 376
- August 11**   **City of Poughkeepsie**  
Riverfront Park
- August 18**   **Fishkill**, Sarah Taylor Park
- August 25**   **Pawling**, Lakeside Park
- Sept. 1**       **Lagrange**, Freedom Park
- Sept. 8**       **Amenia**, Wassaic Fire House
- Sept. 15**     **Red Hook/Tivoli**  
Tivoli Recreation Park
- Sept. 30**     **Beekman**, Recreation Pk 227-5783

## From the Director's Chair



**JOHN A. BEALE**

EMAIL:

[JBEALE@CO.DUTCHESS.NY.US](mailto:JBEALE@CO.DUTCHESS.NY.US)

Dear Friends,

*Each year, one in three people over the age of sixty-five will experience a fall. Are you doing anything to prevent falls? If not, you should. Here are three things you can do now to help reduce your chances of falling.*

**Step One: Visit Your Doctor:** See your doctor and have him check your medications. Some can affect your balance. A number of diseases can also affect balance. Have your eyes and ears checked since they both play a big role in maintaining equilibrium.

**Step Two: Fall-Proof Your Home:** Take a tour of your house and look for anything that could cause you to trip. Area rugs and electric cords are notorious tripping hazards. Install grab bars that are strong enough to support your weight and use handrails when using the stairs.

**Step Three: Strengthen Your Legs:** Strong legs can help catch you if you trip. The easiest thing to do to strengthen your legs is to use them more. Walk around the block. Take the stairs. Practice standing up and sitting down from a chair. Work in your yard. Even better, join the Dutchess County Senior Exercise Class near you by calling 486-2555.

Sincerely,

John A. Beale, Director

Dutchess County Office for the Aging

# The Celebration of Aging!

On May 17th, the Office for the Aging held our annual Celebration of Aging as part of Older Americans Month and to mark the Office for the Aging's 36th Anniversary. Dutchess County Executive **William R. Steinhaus** presented the Dutchess County Senior Citizen of the Year Award to three Dutchess County Residents. **Sally Edwards Taylor** of Poughkeepsie was named Female Senior Citizen of the Year and **Brud & Audrey Dickson** of Verbank were honored as the Senior Citizen Couple of the Year. In addition, **Dorothy Fugardi** of Wappingers Falls was presented with a Senior Achievement Award. Please see the next page for a few pictures taken at the luncheon.

Also honored at the event were **Sam & Lossie Lee** of Fishkill who recently celebrated their 70th Wedding Anniversary, **Louis & Marie D'Antoni** who recently celebrated their 71st, and **Ezio & Elvira Copioli** who have been married 74 years.

Special recognition was also given to the eighteen Dutchess County Centenarians who were in attendance; **Mildred Fleck** of Millbrook (99); **Alma Keifhaber** of Millbrook (99); **Margaret Coffey** of Fishkill; **Hazel Hanlin** of Wappinger (100); **Minnie Kastner** of Poughkeepsie (100); **Bess Friedman** of Poughkeepsie (100); **Carmela Formichelli** of Beacon (100); **Mazie Johnson** of Beacon (100); **Ellenora Oberhofer** of Poughkeepsie (100); **Harold Goldstein** of Fishkill (100); **Anna Hohmann** of Hopewell Junction (100); **Marion Post** of Fishkill (101); **Ethel Mae Harris** of Poughkeepsie (101); **Anna Mae Swenson** of Rhinebeck (101), **Theresa Riglione** of Hopewell Junction (101), **Louis Serenate** of Millbrook (102); **Doloretta Neville** of Poughkeepsie (102), and **Sadie Efron** of Poughkeepsie (103).

The Office for the Aging is aware of almost 70 Centenarians living in Dutchess County at this time. Centenarians are the fastest growing segment of the American population, currently we have over 60,000, more than any other country. That number is predicted to grow to **800,000** by the year 2050! The oldest living woman in the world is **Eugenie Blanchard** of France who is 114, and the oldest man is **Walter Breuning** of Montana who is 113.

Some of the famous people who were born 100 years ago: **Grandpa Al Lewis from the Munsters, Dizzy Dean, Louis Prima, David Niven, Artie Shaw, Kitty Carlisle Hart and Mother Teresa.**

*To see more pictures from the Celebration of Aging and learn more about the honorees at the event, visit our website at:*

**[www.co.dutchess.ny.us/CountyGov/Departments/Aging/AGIndex.htm](http://www.co.dutchess.ny.us/CountyGov/Departments/Aging/AGIndex.htm)**



# The Celebration of Aging



County Executive Steinhaus and students Ian Guthoff and Jeff Schult congratulate Dorothy Fugardi on her Achievement Award.



Sally Taylor (Senior Citizen of the Year) with Dorothy Fugardi and Audrey & Brud Dickson (Senior Couple of the Year).



Louis Serenate (age 102) and his daughter Carol Nieves are all smiles.



A radiant Bess Friedman (age 100) has volunteered at Vassar Brothers Gift Shop for over 40 years.



County Executive Steinhaus presents Mildred Fleck with a gift basket in honor of her 100th birthday.



Lossie and Sam Lee of the Village of Fishkill were among three couples married more than 70 years who attended the event.

# SENIOR DAY IN THE PARK

Wednesday, July 28

in



Bowdoin Park  
Sheafe Road, Poughkeepsie



## The Bob & Friends Show

featuring the music of Bob Martinson.

11:00 AM - 2:00 PM

Bring your own picnic lunch, or make a reservation for a delicious chicken bar-b-que which is available for a suggested \$3.00 donation for those 60 or over, or a \$4.00 fee for those under 60.

Get ready for some fun Brain Games...

or bring your own games or activities!

Reservations are required by

July 21st

Call: (845) 486-2555

# Caregiver Assistance

*Family members caring for an aging loved one are under a tremendous amount of pressure to provide the care their loved ones needs. St. Francis Home Care Services is offering free workshops and in-home consultations to help caregivers enhance the quality of life for all involved.*

## **Thursday - 7/15/10 Hearing Problems**

The Manor at Woodside  
168 Academy St., Poughkeepsie  
3 - 4:30 PM

## **Thursday - 8/11/10 Slips, Trips & Falls**

Wingate at Beacon  
10 Hastings Drive  
5 - 6:30 PM

## **Monday - 9/13/10 When Homecare Can Help**

Hyde Park United Methodist Church  
1 Church Street, Hyde Park  
3:00 - 4:30 PM

## **Thursday - 10/07/10 Safety & Personal Care**

The Manor at Woodside  
168 Academy St., Poughkeepsie  
3:00 - 4:30 PM

**For More Information:  
(845) 483-5528**

*This service is funded in part by the U.S. Administration on Aging, New York State Office for the Aging and Dutchess County Government.*

## 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:

**Monday, June 21 5:30PM**

North East-Millerton Library, 75 Main Street, Millerton

**Tuesday, July 20 5:30PM**

Clinton Community Library, 1215 Centre Road, Clinton Corners

**Wednesday, July 21 10AM - 12PM**

Poughkeepsie Galleria Community Room, Route 9, Poughkeepsie

**Wednesday, September 7 5:30PM**

Starr Library, 68 W. Market Street, Rhinebeck

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](http://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](http://www.dutchessny.gov)