



Service, Support and Information  
[www.dutchessny.gov](http://www.dutchessny.gov)

# SPOTLIGHT ON SENIORS

A Publication of the Dutchess County Division of Aging Services

Spring 2011



## Walk For Your Health!

A new study published by the *Archives of Internal Medicine* has confirmed regular, brisk walking combined with a healthy diet extends lifespan, improves memory and reduces the risk of heart disease.

You are more likely to exercise if you are with a friend or a group. There are Mall Walker groups at the Poughkeepsie Galleria and the Hudson Valley Mall in Kingston. These groups walk prior to the Mall's opening, usually between 7 - 10 AM.

The Wappinger Walkers Club meets Saturday mornings at locations around Dutchess County. They do charge a small membership fee. Call 298-7029 for info.

Two more great walking options are Dutchess County's rail trails. Meet up with friends on either the Harlem Valley Rail Trail or the Dutchess Rail Trail.

Formorethanwalking, try the Dutchess County Senior Exercise Program. Call our office at 486-2555 or visit our website for information on the location nearest you and the registration forms you'll need.



### A Message from County Executive William R. Steinhaus

Dear Friends,

In 2011, we have undergone a bold reform plan in order to successfully freeze the property tax levy. Aging Services is now a part of the new Department of Services for Aging, Veterans and Youth (SAVY). The restructuring of these departments will save county taxpayers over \$1 million dollars a year.

As part of the restructuring, I have named Betsy Brockway as Commissioner of the new Department of SAVY and Mary Kaye Dolan as Director of the Aging Services Division. They are both dynamic women with a wealth of experience in the Human Services field.

I can assure you that the role of the Division of Aging Services as the primary focal point for community based services for seniors will continue and I look forward to seeing you at the many wonderful programs and events we will continue to host throughout the year.

Sincerely,

William R. Steinhaus  
Dutchess County Executive

**Mary Kaye Dolan**  
Director



**William R. Steinhaus**  
County Executive



### FREE SWING DANCE

If you haven't already been to one of the free Swing Dances featuring the music of the Dukes and Duchess, your next chance is on Sunday, April 10, from 2PM - 4PM at the First Presbyterian Church, 2568 South Avenue in Wappingers Falls. They will also be performing at the same venue on June 5, August 14, October 9 and December 4th. Call 297-2800 for more information.

### SOCIAL SECURITY GOES GREEN

Retirees who apply for Social Security benefits on or after May 1, 2011 will no longer have the option of receiving a paper check in the mail. Seniors will choose between direct deposit to their bank or credit union account or receiving their payment loaded onto a prepaid credit card. If you currently receive paper checks, you will need to choose one of the other two options by March 1, 2013. Social Security expects to save over \$1 billion in 10 years with the change.

### NAVIGATING MEDICARE

If you have a little computer experience, you can learn how to Navigate the Medicare Webpage at a hands-on training in the Adriaance Library computer lab on April 13th from 9:30AM to 11:30AM. Staff & counselors will be on hand to assist you. The library is located at 93 Market St. in Poughkeepsie.

### STAY ACTIVE - STAY HEALTHY

According to a recent study published in the *Journal of Gerontology*, seniors who report a high level of social activity are about twice as likely to remain free of disability as they age. In other words, if you worry about not being able to dress yourself or walk up and down stairs later in life, you need to more than just exercise. Social activities like getting together with friends, playing cards, attending religious services, volunteering, etc. are all associated with a decreased risk of becoming disabled later in life.

### GET SOME FACE TIME

If you are having trouble making sense of the latest electronic gadgets like GPS, e-readers, Facebook, iPads, or other current technology, the LaGrange Library's computer expert Rich Harlin will answer all of your questions at the library, 488 Freedom Plains Rd. on Thursday, April 14 at 2PM. Bring your questions and your device!

### MEMORY LOSS

As part of St. Francis Home Care's monthly workshops for caregivers, Meg Boyce from the Alzheimer's Association will be giving a talk on Memory Loss with Aging on Wednesday, April 13th from 4PM - 5:30PM at Cornell Cooperative Extension, 2715 Route 44 in Millbrook. Call 483-5560 to register.

### JEST FOR FUN

A young man decided to get his elderly mother her first cell phone. She is all excited as he proceeds to explain to her all the features. The next day the mother goes shopping. Her phone rings and it's her son, "Hi Mom," he says "how do you like the phone?", she replies, "I just love it, but how did you know I was at Wal-Mart?"

# Medicare Preventive Services

The best way to stay healthy is to live a healthy lifestyle. You can prevent disease by exercising, eating well, keeping a healthy weight, and not smoking.

Your Medicare insurance can help. Medicare pays for many preventive services to keep you healthy. Preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases.

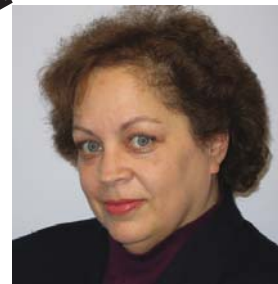
Medicare Preventive Services include:

- Abdominal Aortic Aneurysm Screening
- Annual Wellness Visit
- Bone Mass Measurement
- Cardiovascular Screenings
- Colon Cancer Screenings (Colorectal)
- Diabetes Screenings
- Diabetes Self-Management Training
- Flu Shots
- Glaucoma Tests
- Hepatitis B Shots
- HIV Screening
- Breast Cancer Screening (Mammograms)
- Medical Nutrition Therapy Services
- Pap Tests
- Pelvic Exams
- Physical Exams
- Pneumococcal Shot
- Prostate Cancer Screenings
- Smoking Cessation Counseling

Call **1-800-MEDICARE (1-800-633-4227)** for more information or visit **www.medicare.gov** to get the most current information on what is covered.

**From the  
Director's Chair**

Mary Kaye Dolan  
mdolan@co.dutchess.ny.us



*Dear Friends,*

*If you have an interest in helping other seniors learn to navigate the challenges of Medicare and other insurances, the Health Insurance Information Counseling and Assistance Program (HIICAP) could use your help.*

*We'll be holding a special four part series on Medicare and associated issues here at our office at 27 High Street in Poughkeepsie on consecutive Tuesday afternoons beginning April 5th between 1 and 4PM.*

*The series is open to everyone, but especially to those who may be interested in becoming a volunteer with the HIICAP program. This type of volunteering isn't for everyone, as there is ongoing training involved; but if you have an interest in learning about Medicare and working with people, it might be perfect for you.*

*I hope you will consider becoming a volunteer with this invaluable program. You can really make a difference!*

*Sincerely,*

*Mary Kaye Dolan*

Mary Kaye Dolan, Director  
Division of Aging Services

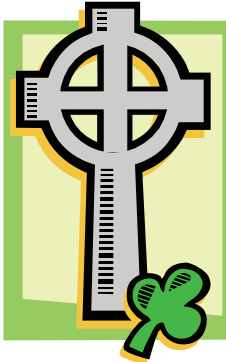


# Dutchess County St. Patrick's Day Celebration!

Happy  St. Patrick's Day

**Monday, March 14 12 PM - 4PM**

**Poughkeepsie Elks Lodge  
29 Overocker Road, Poughkeepsie**



**Featuring the Bob Martinson Band!**

**Corned Beef & Cabbage Buffet**

**Dancing! Prizes!**



**Proceeds benefit the Friends of Seniors of Dutchess County**

**RESERVED SEATING FOR TABLES OF 10 ONLY!**

**Name(s)** \_\_\_\_\_

**Daytime Phone** \_\_\_\_\_

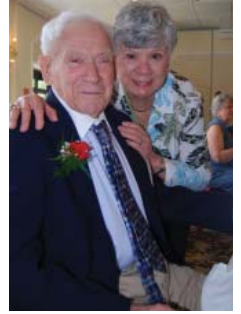
**Please reserve \_\_\_\_\_ seat(s) for \$25 each.**

**Please print the names of everyone you are paying for clearly. Mail your check made out to Friends of Seniors to 42 Catherine Street, 2nd Floor, Poughkeepsie, NY 12601-2529. Tickets will not be issued; your name will be at the door. Tables will only be reserved for those who send in payment for a full table of ten. All other guests will be seated upon arrival. Sorry, no refunds. For more information call Friends of Seniors at 485-1277.**

# The Celebration of Aging



**Monday, May 9th  
12 noon**



**Villa Borghese, 70 Widmer Road, Wappingers Falls  
featuring a delicious hot lunch buffet  
Reserve by 4/18 for just \$25 per person  
Guests over the age of 100 and their guest are free!**

**Presentation of the 2011 Senior Citizen of the Year!  
Recognition of Dutchess County Centenarians!  
Recognition of couples married for 70+ years!**

## **RESERVE MY SEAT!**

Please reserve my seat for the 2011 Celebration of Aging on Monday, May 9th, 12 noon at the Villa Borghese in Wappinger. Enclosed please find my check made out to the Division of Aging Services. Tickets are \$25 if paid by 4/18; \$35 after 4/18.

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Please reserve \_\_\_\_\_ seats at \$25 each (\$35 if paid after 4/18)

Mail form and check to: Division of Aging Services, 27 High Street, Poughkeepsie, 12601

Sorry - no refunds.

# A Heartbeat At Your Feet

Did you know that owning a dog can significantly reduce your chances of suffering a heart attack? Dog owners also have increased survival rates one year after a heart attack. Just simply talking to a pet rather than a person can lower heart rate. Elderly dog owners walk significantly farther when they walked with their dog - which also contributes to their health (see page 1 of this publication on the benefits of walking).

Studies in Nursing Homes found that the presence of a dog was associated with a reduced need for medication, improved physical functioning, and improved vital signs - even among patients suffering from dementia. The list of health benefits also includes reductions in loneliness, agitated behaviors, and depression and increases in engagement, well-being, nutritional intake, and social interactions.

The University of Missouri has been doing research based on hormones that are released when humans interact with dogs. Preliminary results show that just a few minutes stroking a dog prompts a release of a number of “feel good” hormones and decreased levels of the primary stress hormone cortisol.

All of these positive indicators does not mean that every senior citizen should have a dog. If you are not a dog lover, or if you are unable to take care of a pet, a dog is not for you. If you are considering a dog however, there are a few breeds that make sense for seniors. Smaller dogs that are low maintenance and have good dispositions are the best bets. Be sure to investigate the qualities of any breed you are considering to be sure it is a good fit for your home. According to *Choosing A Dog For Dummies*, here are a few breed suggestions that might work best for seniors:

**PUG**

**SHIH TZU**

**CHIHUAHUA**

**TOY POODLE**

**MINIATURE SCHNAUZER**

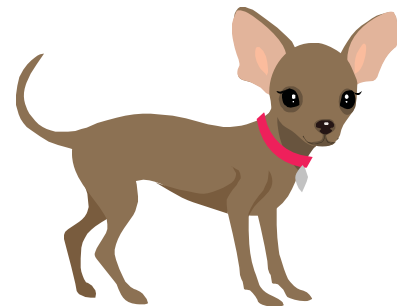
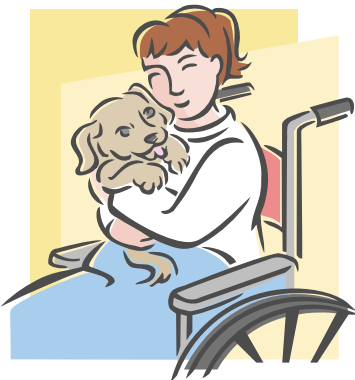
**COCKER SPANIEL**

**YORKSHIRE TERRIER**

**POMERANIAN**

**BOSTON TERRIER**

**SCOTTISH TERRIER**



## Spotlight on the Staff



*Dutchess NY Connects Public Health Nurse Sheila DeBiase(r), makes a home visit to client Joan Crane in Poughkeepsie.*

This column is part of a new ongoing series that will allow you to get to know some of the people who make up the staff here at the Dutchess County Division of Aging Services.

Sheila DeBiase is in the middle of her 20th year as a Public Health Nurse for Dutchess NY Connects, the Long Term Care Services branch of the Division of Aging Services. She also serves as the Hospital Liaison, assisting with discharge planning for clients when they are getting ready to go back home after a hospital stay.

Sheila says she wanted to be a scientist, but was too much of a “people person” to sit in front of a microscope all day. Her work with the Division of Aging Services finds her providing information, referral, assessment, and case management for clients who need help to remain at home or require alternative living assistance. She will often arrange for the provision of home care and other long term care services.

“I find this type of work rewarding, as it gives me a chance to make a difference in people’s lives,” says Sheila.

## MATINEES & MUSIC: US AIR FORCE BAND OF LIBERTY

THURSDAY APRIL 7TH  
2:00pm  
at the BARDAVON



The United States Air Force Band of Liberty has been performing for military and civilian audiences throughout the New England region for over 30 years. They are dedicated to using the power of music to inspire our Air Force members and the great nation we serve, producing innovative musical programs and products, and communicating Air Force excellence throughout New England and around the globe.

**All seats are just a  
\$5 suggested donation!**

Purchase your tickets in person at the Bardavon Box Office, 35 Market Street, Poughkeepsie: 473-2072 or in person at the UPAC Box Office, 601 Broadway Kingston: 339-6088.



**Dutchess County Division of Aging Services**  
27 High Street, Poughkeepsie, NY 12601

PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
NEWBURGH, NY  
PERMIT NO. 17

## **RETURN SERVICE REQUESTED**

**TO:**

## **Medicare Orientation**

This program is a basic overview of Medicare for people approaching the age of 65, caregivers, and anyone who would like a better understanding of how Medicare works. Topics include Supplemental Insurances, Prescription Drug Plans, EPIC, Medicare Advantage Plans, and more.

Wednesday, March 16 10AM - 12noon  
Poughkeepsie Galleria Community Room, Route 9

Wednesday, March 23 11:00AM - 12PM  
Northeast Community Center, 51 S. Center St., Millerton

Wednesday, April 20 10AM - 12noon  
Poughkeepsie Galleria Community Room, Route 9

Wednesday, April 25 5:30PM - 8PM  
Arlington Library, 504 Haight Avenue, Poughkeepsie

Wednesday, May 18 10AM - 12noon  
Poughkeepsie Galleria Community Room, Route 9

There is no cost for any of these seminars, but space is limited. Please call (845) 486-2555 to make a reservation.

For more information  
about the  
Dutchess County  
Division of Aging Services

Visit us online or call

(845) 486-2555

or (866) 486-2555



Service, Support and Information  
[www.dutchessny.gov](http://www.dutchessny.gov)