



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

# SPOTLIGHT ON SENIORS

A Publication of the Dutchess County Office for the Aging

Summer 2015



## FARM MARKETS

Unfortunately, most Americans do not get their minimum of 5-9 servings of colorful fruits and vegetables every day. This means their body is not receiving the important vitamins and nutrients it needs to fight the diseases associated with aging. Try to focus more on vegetables than fruit as they generally contain less sugar.

A great way to add more fruits and vegetables to your diet is to visit your local farmers market. There is now a farmers market in virtually every corner of Dutchess County, and many of them will accept SNAP (formerly called "food stamps") as full payment.

Farmers markets can also help ensure your dollar stays locally to support local farmers and, in turn, the local economy. You can find a listing of farmers markets online at [www.dutchesstourism.com](http://www.dutchesstourism.com). Click on "What To Eat," and on the drop down menu, you'll find the link to the Farmers Markets in Dutchess County that includes the location, days, times and other helpful information.



### A Message from County Executive Marcus J. Molinaro

Dear Friends,

*The 2015 Summer Senior Picnic Program is well underway! As we did last year, we are encouraging seniors who attend the picnic to bring any unused or unwanted medications to the picnic for proper disposal. This avoids the possibility that these medications fall into the wrong hands or harm the environment.*

*If you are unable to attend one of our Senior Picnics, drop your medications off at one of the following locations: City of Beacon Police, Dutchess County Sheriff's Office, East Fishkill Police, Hyde Park Police, NYS Police Troop K Headquarters, Town of Poughkeepsie Police, Wappingers Falls Police or the Red Hook Police Department.*

*All locations are open 24 hours a day with the exception of the Red Hook Police who accept medications between 8 AM and midnight.*

Sincerely,

Marcus J. Molinaro  
Dutchess County Executive

**Mary Kaye Dolan**  
Director



**Marcus J. Molinaro**  
County Executive



### **SWEET SMELL OF SUCCESS**

Nobody wants to talk about it, but here are the facts. According to an article in the *Journal of Investigative Dermatology*, “old people smell” is a natural change in human body odor that occurs in those over age 40. The official term for this by-product of skin sweat in older adults is “2-nonenal.” This unpleasant smell can linger on clothes, bed sheets and other fabrics and is not easy to just “wash off.” Reducing 2-nonenal odor can be accomplished by following a healthy lifestyle, getting regular exercise, eating a nutritious diet and staying hydrated. Certain soaps containing green tea and persimmon claim to help eliminate 2-nonenal from the skin. Be sure to choose only products that have been approved by the FDA.

### **I'M WALKING**

Every Tuesday at 9 AM, seniors meet at the Washington Street entrance to the Walkway Over the Hudson for a morning walk that lasts about an hour. If you're looking to add a little extra exercise to your day, plan on joining them! Look for volunteer leader Monica who is usually holding a clipboard at the start of the walk. Fridays at 9AM, walkers meet behind Gold's Gym on Titusville Road in LaGrange for a walk on the Dutchess Rail Trail. There is no need to register for either walk - just show up and enjoy the exercise.

### **YOU'VE GOT MAIL**

Interested in knowing the latest news and activities for senior citizens in Dutchess County? Send your name and e-mail address to: [jryan@dutchessny.gov](mailto:jryan@dutchessny.gov) You'll start receiving a weekly Aging News e-mail almost immediately!

### **TICKET TO RIDE**

The Office for the Aging provides transportation to our eight Senior Friendship Centers along with once a week grocery shopping. A nutritious lunch is available as well. It's a great way to get out of the house and meet some new friends even if you no longer drive. The centers are located in Pawling, City of Poughkeepsie, Tri-Town (Town of Poughkeepsie, Pleasant Valley & LaGrange), Rhinebeck, South Amenia, Millerton, Beacon and East Fishkill. Call 486-2555 for more information.

### **HARD HABIT TO BREAK**

According to the Center for Applied Research Solutions, anywhere from 6% to 10% of elderly hospital admissions are the result of drug or alcohol problems. Researchers believe the causes are multi-fold. The number of seniors on prescription drugs has tripled over the years according to Janet Taylor, an AARP consultant. In addition, seniors who are feeling depressed or isolated are more likely to abuse alcohol. If you think you may have a problem, you probably do. Ask your doctor for help.

### **JEST FOR FUN**

“As I get older, I find I am really getting into swing dancing,” said one senior citizen to another. “It's not on purpose, it's just some parts of my body are now just prone to swinging on their own.”

# Summer Picnics

You're invited to attend the Senior Picnic that corresponds with your hometown. If your picnic is not listed, it may have already been held. Please be sure to update your address with the Board of Elections if you do not receive a postcard invitation.

**Registration and proof of residency are required at all picnics.** Call (845) 486-2555 to make your reservation.

**July 8** - Recreation Park, 95 Robinson Lane  
(Wappinger residents only)

**July 15** - Fran Mark Park, 337 Clinton Hollow Road  
(Towns of Hyde Park and Clinton only)

**July 22** - Memorial Park, 298 Fishkill Avenue  
(Beacon residents only)

**July 29** - Waryas Park, 75 N. Water St.  
(City of Poughkeepsie residents only)

**August 5** - Cady Field, 1554 Main St.  
(Pleasant Valley residents only)

**August 12** - Bowdoin Park, 85 Sheafe Rd.  
(Town of Poughkeepsie residents only)

**August 19** - Freedom Park,  
198 Skidmore Rd., LaGrange  
(LaGrange & Beekman residents only)

**August 26** - East Fishkill Recreation Park  
330 Route 376 (East Fishkill residents only)

In order to attend the picnic, you must have a reservation and proof of residency. Call (845) 486-2555 to make a reservation. Seating is limited.

**From the  
Director's Chair**

Mary Kaye Dolan  
mdolan@dutchessny.gov



*Dear Friends,*

*The summer Senior Picnic Program is already underway! I hope you'll have a chance to come out and meet some of your neighbors, socialize, and enjoy a nutritious meal.*

*Special thanks to the platinum level sponsors who are partnering with us to help defray the costs this year: Wingate Healthcare, Hudson Cadillac Buick GMC, Hamaspik Choice, The Pines at Poughkeepsie, Prime Health Choice, the Dutchess County Department of Community & Family Services - Protective Services to Adults, and Elant Choice. In addition, most of the municipalities also help to support this popular program!*

*The senior picnic program enables our outreach staff to educate seniors about the many services and programs we offer here at the Office for the Aging as well as other county agencies and not-for-profits. Feel free to stop any of the county staff and ask a question of us or the County Executive, who attends every picnic.*

*Sincerely,*

Mary Kaye Dolan, Director  
Dutchess County Office for the Aging

# The Celebration of Aging!

Over 250 people turned out to mark Older Americans Month on May 18th, as the Office for the Aging held the 17th annual Celebration of Aging luncheon and marked our 41st Anniversary. During the ceremony, County Executive Marcus J. Molinaro presented Dutchess County Senior Citizen of the Year Awards to: **Mary Lou & Paul Roggemann** of Hopewell Junction, **Violet Dunckley** of Rhinebeck and **R. Murray Suggitt** of Wappingers Falls. Honored with Senior Achievement Awards were **Linda Thomas** of Wappingers Falls and **Robert Mannino** of Poughkeepsie. Please see the next page for a few pictures taken at the luncheon and visit the website below for more pictures and details on all of the honorees.

Seven couples attended the event to mark 70 or more years of marriage: **Betty & Donald Tuttle**, **May & Andrew Ambrosio**, **Reverend Adell & Dorothy Johnson** and **Ginny & Phil Swartz** all marked 70 years, **Evelyn & Norman Myers** and **Harold & Florence Miller** have 73 years together and **Sam & Lossie Lee** of Fishkill will celebrate their 76th.

Special recognition was given to fifteen Dutchess County Centenarians who were in attendance; **Mary Maccagnano** of Poughkeepsie (99); **Ruth Kraft** of Rhinebeck (99); **Connie Caccoma** of Poughkeepsie (99); **Norman Tardiff** of Wappingers Falls (100); **Dorothy Peters** of Rhinebeck (100); **John Freni** of Poughkeepsie (101); **Anne McCue** of Poughkeepsie (101); **Hulda Sellingsloh** of Hopewell Junction (102); **Daniel Lichtenberg** of Poughkeepsie (102); **Dorothy McGhee** of Amenia (102); **Mary Autera** of Poughkeepsie (103); **Ethel Doshna** of Amenia (104); **Mazie Johnson** of Beacon (105); **Anna Mae Swenson** of Rhinebeck (106); and **Vera Van Wagner** of Rhinebeck (111).

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. If you were alive 100 years ago, you were alive for Babe Ruth's first home run, the first stop sign, the first transcontinental telephone call, and the formulation of Einstein's Theory of Relativity. Some of the famous people who were born 100 years ago include Zero Mostel, Ingrid Bergman, Orson Welles, Lorne Greene, Fernando Llamas, and singers Billie Holiday and Frank Sinatra.

Please support our sponsors for the Celebration of Aging: CDPHP, Wingate Healthcare, Elant Choice, Hudson Cadillac Buick GMC, the Pines at Poughkeepsie, Toll Brothers, Hamaspiik Choice, Zounds Hearing, and Prime Health Choice. We are also very grateful for a donation in memory of Marge and Ed Hogan.

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

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# The Picture Page



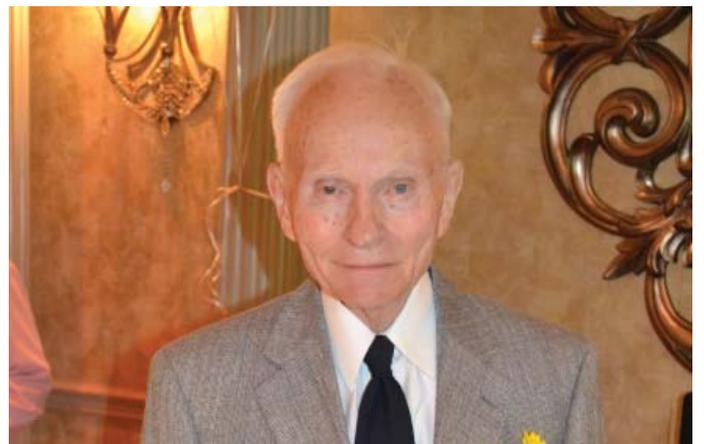
Paul and Mary Lou Roggemann were named the Senior Couple of the Year.



Zumba Gold's Linda Thomas took home a Senior Achievement Award.



Robert Mannino of Poughkeepsie received a Senior Achievement Award.



The Male Senior Citizen of the Year was R. Murray Suggitt of Wappingers Falls.



The Female Senior Citizen of the Year was Violet Dunckley of Rhinebeck.



Vera Van Wagner (111 years old) is joined by County Executive Molinaro.

# Caring for a Loved One?

The stress and responsibilities that come with caring for a needy loved one can be overwhelming. Many caregivers can become so lost in the care of others, they forget to care for themselves. This can lead to depression and other illnesses. In fact, the Family Caregiver Alliance found that around 50% of caregivers suffer from significant symptoms of depression.

Depression can manifest itself in a number of different ways, from not feeling joy or satisfaction in anything you do, to changes in sleep habits, fatigue, or even thoughts of suicide.

If you think you may be suffering from even mild depression, speak to your doctor before it gets any worse.

Don't be afraid to ask friends and family for help. Sometimes a day or a weekend away from your loved one can do wonders for your mental health.

Connecting with other caregivers can be helpful as well. The Dutchess County Office for the Aging contracts with Mid-Hudson Regional Hospital to provide a free monthly caregiver support group, as well as a monthly workshop for caregivers. Call 483-5551 for more information.



The yearly Caregiver Conference will be held again this November, which is National Family Caregiver Month. Details about this year's free conference can be found to your right.

# Save the Date!

**Friday  
November 20**

**The 11th Annual  
Dutchess County  
Caregiver Conference**

**“Caregiving:  
A Starring Role”**

Villa Borghese

70 Widmer Road

Wappingers Falls

Breakfast & Registration

8:30 AM

Open to all Caregivers

**Free Admission**

*The Dutchess County Caregiver Conference is presented by the Dutchess County Office for the Aging, the Alzheimer's Association, the Parkinson's Disease Support Group of the Mid-Hudson Valley, Hamaspik Choice, Wingate Healthcare, Hudson Valley Hospice, Always There Home Care, Hudson Valley VA and Health Quest.*

# Spotlight on the Staff



*Gail Ouimet and Lisa Jimenez are the two smiling faces most likely to greet you when you contact our office.*

Say hello to the extremely congenial young women who handle the Office for the Aging's front office duties. Gail Ouimet and Lisa Jimenez greet the over 3,000 seniors who stop by our City of Poughkeepsie location each year as well as field close to 60,000 yearly phone calls. If you call our office you get a real person, not a machine.

Gail holds the title of Receptionist and is relatively new to the Office for the Aging, having joined our staff last November. She has been awfully busy processing applications for several of our programs, maintaining databases, making appointments and directing phone calls to the right person in the office. Gail says, "It is a pleasure to be able to serve the senior community and learn about the many services available to them."

Lisa has been with the Office for the Aging for 25 years and a few years ago graduated from part-timer to full-timer. In addition to reception work, Lisa performs a number of other clerical duties. "I just love helping seniors," she says. "I have enjoyed every minute of the last 25 years, especially being able to meet new people everyday."

# USA PARTY!

TUESDAY

SEPTEMBER 15TH

10:00 AM - 2:00 PM

at your nearby

Senior Friendship Center



Dress up in red, white and blue and reminisce with big band sounds of the 1940s as the Dutchess County Senior Friendship Centers hold their annual USA Party!

Military uniforms or other dress of the era is also welcome. Enjoy chicken breast, mashed potato, green beans and more!

There is a suggested donation of \$3 for lunch if you are 60 or older and a \$4 charge for those under the age of 60. **Reservations are required by September 8th.** Call the Senior Friendship Center nearest you for more information or a reservation:

**Beacon - 838-4871**

**East Fishkill - 226-3605**

**Millerton - (518) 789-3081**

**City of Poughkeepsie - 275-2661**

**Pawling - 855-9308**

**Rhinebeck - 876-8134**

**South Amenia - 373-4305**

**Tri-Town**

**(Town of Poughkeepsie,  
Pleasant Valley & LaGrange)**

**486-6363**



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

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## **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.

Wednesdays: July 15, August 19, September 16, October 21  
10 AM - 12 noon - Poughkeepsie Galleria Community Room, Route 9

Mondays: July 27, August 24, September 28, October 26  
4 PM - 6 PM - Center for Healthy Living, 6529 Spring Brook Ave.,  
Rhinebeck

### **Navigating Medicare**

If you have a little computer knowledge, our Health Insurance volunteers can teach you how to navigate the Medicare website and learn about other associated programs to help you make more informed choices.

Wednesdays: July 23, September 24, October 22  
9:30 AM - 11:30 AM - Adriaance Library, 93 Market Street, Poughkeepsie

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

Office for the Aging

Visit us online or call

(845) 486-2555

or (866) 486-2555



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