



Service, Support and Information
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SPOTLIGHT ON SENIORS

A Publication of the Dutchess County Division of Aging Services

Summer 2011



The Heat Is On!

As the weather begins to warm up, this is a great time to remember that the sun can be both beneficial and harmful to your health. Our body needs the sun's rays to produce Vitamin D, but too much sun or heat can be very dangerous, especially as we age.

Senior citizens are more susceptible to the effects of extreme heat as their bodies do not cool as efficiently as younger people. They also may not "feel" thirsty, even when their body is already dehydrated. If you take certain medications that lead you to lose water, you start at a disadvantage.

The best advice during the warm summer months is to stay hydrated, drink plenty of fluids and wear loose fitting clothing and a hat outside. Try to avoid direct sunlight for long periods and don't overexert yourself. Plan ahead if you will be out of the house for long stretches by always having a bottle of water nearby. Inside, try to have a fan going or air conditioning. Enjoy the sun, but remember, only in small doses.



A Message from County Executive William R. Steinhaus

Dear Friends,

We all know the important benefits of exercise and socialization. Meeting with friends and staying active keeps us healthier and happier.

I am very pleased to share with you that we have another great place to stay active and meet with up friends, new and old – our newest section of the Dutchess Rail Trail! There are now 8.3 miles of trail connecting LaGrange and Wappinger all the way to East Fishkill in addition to the our trail section in the City/Town of Poughkeepsie.

Come out to the Dutchess Rail Trail for a walk or bike ride. Bring a friend or even meet a new one on the trail! It is a great place for a summer evening stroll or early morning ride. To learn more about the Dutchess Rail Trail, visit our website www.dutchesscountytrails.com.

I look forward to meeting you on the trail!
Sincerely,

William R. Steinhaus

William R. Steinhaus
Dutchess County Executive

Mary Kaye Dolan
Director



William R. Steinhaus
County Executive



LAWYER SERVICES

The Division of Aging Services contracts with a private attorney to provide legal advice, and in some cases representation to Dutchess County residents age 60 and over who are unable to afford legal assistance. The primary focus is on immediate threats to shelter, income, health matters, patient's rights and also preparation of simple wills. There is no fee for the service, but contributions are accepted. Call 486-2555 for information.

HEALTHY FOODS

The June 21st Caregivers Workshop will focus on *Preparing Healthy Foods*, a presentation by Culinary graduate Chef Heather Castro. You'll learn the principles for shopping and cooking to achieve optimal nutrition. The program will be held at Saint Francis Home Care, 26 IBM Rd. in Poughkeepsie at 6 PM. Reservations are required by calling 483-5560.

YOU MIGHT WIN \$1,000!!

The Retired Senior Volunteer Program (RSVP) is holding their annual summer raffle and top prize this year is \$1,000. There are many other great prizes to win as well. For tickets or more information about the raffle or becoming a volunteer, call RSVP at 452-5104 x109.

HELP US GO GREEN!

Would you like to help us save the cost of printing and delivering your copy of the Spotlight on Seniors, as well as receive other timely news of interest to seniors? Then, send your name and e-mail address to: agingservices@co.dutchess.ny.us You'll start receiving regular e-mail from us almost immediately!

BEWARE OF SCAMS

The Dutchess County Sheriff's Office is warning senior citizens of the scams that appear this time of year such as contractors who offer to pave your driveway with "leftover" blacktop or allowing a stranger into your home posing as a utility worker when you have not scheduled a service call. If you suspect a scam - call the sheriff's office at 486-3800.

FIVE TO NINE A DAY

As you age, there is no better nutrition guideline to follow than to include 5 to 9 servings of fruits and vegetables in your diet every day. Seniors tend to burn fewer calories and therefore must receive the highest concentration of nutrients from everything they eat.

JEST FOR FUN

A pious man, age of 105, suddenly stopped going to services. Alarmed by his absence, his minister went to see him. He found him in excellent health, so he asked, "How come after all these years we don't see you at services anymore?" The old man in a hushed voice whispered: "When I got to be 90, I expected God to take me any day. But then I got to be 100, then 105. So, I figured that God is very busy and must've forgotten about me, and I don't want to remind Him!"

Senior Socials with Chicken Bar-B-Que

You're invited to attend the Division of Aging Services' Senior Social with Chicken Bar-B-Que event that corresponds with your hometown from the schedule below. **Registration and proof of residency is required.** Call (845) 486-2555 to make your reservation.

June 15 - Wilcox Park - Route 199, Milan
(Towns of Clinton, NorthEast, Pine Plains, Milan, Red Hook and Stanford only)

June 22 - Cady Field
1554 Main Street, Pleasant Valley
(Pleasant Valley residents only)

June 29 - Dutchess County Fairgrounds
6550 Springbrook Ave, Rhinebeck
(Rhinebeck & Hyde Park residents only)

July 13 - Recreation Park, 95 Robinson Ln., WF
(Wappinger residents only)

July 27 - Sarah Taylor Park, 17 Old Main St., Fishkill
(Fishkill & Beacon residents only)

August 3 - Bowdoin Park, 85 Sheafe Rd.
(Town of Poughkeepsie residents only)

August 10 - Riverfront Park, 75 N. Water St.
(City of Poughkeepsie residents only)

August 17 - Boyce Park
6423 Route 55, Wingdale (Dover, Pawling, Amenia and Washington residents only)

August 25 - Whortlekill Gun Club, Hopewell Jct.
540 Route 376 (East Fishkill & Beekman only)

August 31 - Freedom Park, 198 Skidmore Rd.
LaGrange (LaGrange & Unionvale only)

**From the
Director's Chair**

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



Dear Friends,

It's hard to believe it has been 19 years since County Executive Steinhaus instituted the Senior Socials with Chicken Bar-B-Que program. This wonderful program is a great way for you to get out and meet some of your neighbors, socialize, and enjoy a nutritious meal at the same time.

More importantly, it gives our outreach staff a chance to let you know about the many services and programs we offer here at Aging Services as well as other county programs and services.

Make your reservations early as this program is very popular. The schedule is printed to the left so you can determine the social for your municipality. There is a \$4 charge for your non-resident guests.

Staff will be on hand to answer any questions you may have and be sure to stop by our famous brochure rack which will be full of information on a wide variety of topics of interest to seniors!

Sincerely,

Mary Kaye Dolan

Mary Kaye Dolan, Director
Division of Aging Services

The Celebration of Aging!

Almost 300 people turned out to mark Older Americans Month on May 9th, as the Division of Aging Services held our annual Celebration of Aging and to mark the Aging Services' 37th Anniversary. NYS Assemblyman Marcus J. Molinaro represented Dutchess County Executive William R. Steinhaus and awarded the Dutchess County Senior Citizen of the Year Award to four Dutchess County residents: **Patricia Coughlin** of Poughkeepsie was named Female Senior Citizen of the Year; **Harold Goldstein** of Rhinebeck was honored as the Male Senior Citizen of the Year and **Ed & Mary Lou Koziol** were honored as the Senior Citizen Couple of the Year. In addition, **Marion Caputo** of Wappingers Falls was presented with a Senior Achievement Award. Please see the next page for a few pictures taken at the luncheon and visit the website below for more pictures and full details on all of the honorees.

Sam & Lossie Lee of Fishkill who recently celebrated their 71st Wedding Anniversary, and **Ezio & Elvira Copioli** of Fishkill who have been married 75 years were also honored.

Special recognition was given to the seventeen Dutchess County Centenarians who were in attendance; **Mary LaSusa** of Poughkeepsie (99); **Louise Carroll** of Poughkeepsie (99); **Gene St. Germaine** of Poughkeepsie (99); **Carmella Corrozza** of Hopewell Junction (100); **Josephine Kreider** of Wappinger Falls (100); **Vivian DeFreitas** of Poughkeepsie (100); **Alma Keifhaber** of Millbrook (100); **Hazel Hanlin** of Wappinger (101); **Mazie Johnson** of Beacon (101); **Maisry MacCracken** of Millbrook (101); **Elenora Oberhoffer** of Poughkeepsie (101); **Harold Goldstein** of Fishkill (101); **Anna Mae Swenson** of Rhinebeck (102), **Theresa Riglione** of Hopewell Junction (102), **Doloretta Neville** of Poughkeepsie (103), **Sadie Efron** of Poughkeepsie (104) and **Florence Williams** of Poughkeepsie (106).

The Division of Aging Services 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 person in the world is Besse Cooper of Georgia who is 114.

Some of the famous people who were born 100 years ago: Ronald Reagan, Roy Rogers, Lucille Ball, Vincent Price and Mitch Miller.

To see more pictures from the Celebration of Aging and read biographies of each honoree, visit our website at:

www.co.dutchess.ny.us/CountyGov/Departments/Aging/AGIndex.htm

The Picture Page



Patricia Coughlin of Poughkeepsie is the 2011 Female Senior Citizen of the Year!



Harold Goodwill accepts the 2011 Male Senior Citizen of the Year award.



Ed & Mary Lou Koziol are the 2011 Senior Citizen Couple of the Year!



Maisry MacCracken is all smiles as she marks her 101st birthday.



Florence Williams of Poughkeepsie will turn 107 this August!



Mazie Johnson (101) of Beacon was one of the 17 Centenarians at the event.

Caregiver Assistance

If you are taking care of an aging family member or loved one, you may be interested in the monthly Caregiver Workshops put on by Saint Francis Home Care in conjunction with the Division of Aging Services. Register for any of the programs by calling 483-5560.

July 25 - Monday
3 PM - 4:30 PM

Diabetes Education

The Manor at Woodside
168 Academy Street, Poughkeepsie

August 18 - Thursday
5 PM - 6:30 PM

Telemarketing Fraud

The Vassar Warner Home
52 South Hamilton Street, Poughkeepsie

September 22 - Thursday
4 PM - 5:30 PM

Disaster Training

The Red Cross
103 Hooker Avenue

October 19 - Wednesday
5 PM - 6:30 PM

Becoming a Healthy Caregiver

Wingate at Beacon
10 Hastings Drive

November 16 - Wednesday
5 PM - 6:30 PM

Stress Management

Fishkill Recreation Center
793 Route 52

December 13 - Tuesday
5 PM - 6:30 PM

Dealing with Depression

Church of the Good Shepherd
3 Mulberry St., Rhinebeck

Colorectal Cancer

If you are over age 50, you should have been screened for colorectal cancer at least once by now. More than 90% of colorectal cancer cases are in people age 50 and over. Medicare covers colorectal screening tests. Call 1-800-MEDICARE for more information.

Colorectal cancer can be prevented in most cases. It almost always starts with a small growth called a polyp. If a precancerous polyp is found early enough, doctors can remove it before the cancer begins. Even when colorectal cancer has begun, when found and treated early, the 5 year survival rate is 90%.

Even though the tests are covered by Medicare and the cancer can be easily prevented with regular screenings, colorectal cancer is the second leading cause of cancer deaths in the United States! Many people are uncomfortable with even the thought of these types of tests, but unfortunately, the disease only gets worse when it is ignored.

See your doctor if you have any of the following warning signs:

- Bleeding from your rectum
- Blood in your stool or in the toilet after you have a bowel movement
- A change in the shape or consistency of your stool (such as diarrhea or constipation lasting several weeks)
- Cramping pain in your lower stomach
- A feeling of discomfort or an urge to have a bowel movement when there is no need to have one
- Weakness or fatigue
- Unintended weight loss

Most people should be screened every 5 to 10 years, more often should you have any history of colorectal cancer or other diseases of the bowel.

Spotlight on the Staff



Division of Aging Services' Nina Lynch explaining the complex world of Medicare to a group of newly eligible seniors.

Sadly, Nina Lynch is retiring as our Aging Information Services Specialist after almost 19 years in the job. Nina has also served as Coordinator of the Health Insurance Information, Counseling and Assistance Program (HIICAP).

Nina's passion for her job grows out of her volunteer work with the Hyde Park *Friends in Service Helping* program in the 60's, *Meals on Wheels* in the 70's and 80's and her paid position as Coordinator for the *Volunteer Caregivers Program* in 1986. She was invited to be a member of our Advisory Board and collaborated with Mary Phillips, the Aging Information Services Specialist at that time. "I can remember thinking Mary had the job that I would most love to have someday -- and it has been more than I ever imagined as far as an opportunity to serve and collaborate with others."

Nina credits her outreach staff and the amazing generosity of her HIICAP volunteers for helping to create a sense of caring and compassion for those with questions about benefit eligibility and health insurance. We wish her the very best!

USO PARTY!

THURSDAY
SEPTMBER 15TH
10:00 AM - 2:00 PM
at your nearby
Senior Friendship Center



Join us for a trip down memory lane featuring the big band sounds of the 1940's as the Dutchess County Senior Friendship Centers hold their annual USO Party!

You're invited to dress in your favorite military uniform or other dress of the era and enjoy a meal of 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 9th.** 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 - 486-2804
Rhinebeck - 876-8134
South Amenia - 373-4305
Tri-Town
(Town of Poughkeepsie,
Pleasant Valley & LaGrange)
486-6363



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

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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, June 15 10AM - 12noon
Poughkeepsie Galleria Community Room, Route 9

Monday, June 20 5:30PM - 8PM
Arlington Library, 504 Haight Avenue, Poughkeepsie

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.

Tuesday, June 28 5:30PM - 8PM
Arlington Library, 504 Haight Avenue, 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
Division of Aging Services
Visit us online or call
(845) 486-2555
or (866) 486-2555

