



Service, Support and Information
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SPOTLIGHT ON SENIORS

A Publication of the Dutchess County Office for the Aging

Summer 2013



I'M WALKING

The Office for the Aging invites you to join one of our regularly scheduled walking groups. Registration is not required - just show up at 9:30 AM and join the other seniors.

Volunteer co-leaders are needed for many of the groups. Call 486-2555 if you are interested.

Monday - Harlem Valley Rail Trail
Meet at the Amenia Trailhead

Tuesday - Walkway Over The Hudson
Meet at the Washington St. entrance

Wednesday - Dutchess Rail Trail
Meet behind Gold's Gym in LaGrange
Walkers meet at 9:00 AM

Thursday - Dutchess Rail Trail
Meet at the Hopewell Depot Trailhead

Friday - Dutchess Rail Trail
Meet at the Morgan Lake Trailhead



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

Dear Friends,

Regular exercise is the most important thing an older adult can do as they age if they hope to live independently longer. Exercise improves both your body and your mind.

We are very fortunate here in Dutchess County to have such a great variety of parks and of course the Dutchess and Harlem Valley Rail Trails to utilize. You may have read that by this fall, the Dutchess Rail Trail is scheduled to be complete. You will then be able to enjoy a continuous walk or ride from Hopewell Junction to the Walkway Over the Hudson and beyond.

I hope you will consider joining one of the senior walking groups that meet each weekday along the trails. Get up, get out, and start walking!

Sincerely,

Marcus J. Molinaro
Dutchess County Executive

Mary Kaye Dolan
Director



Marcus J. Molinaro
County Executive



SENIOR DAYS ON THE WALKWAY

The Office for the Aging is collaborating with Marist College and the Walkway Over the Hudson non-profit organization to offer seniors a day on the Walkway - even if they have limited mobility. On Fridays, June 21st and September 20th, seniors can make a reservation to ride a bus out to the center of the walkway for a 45 minute presentation detailing the history of the Hudson River, the bridge and other sights visible from the Walkway. The bus will leave the Poughkeepsie side at 10:45 AM. Seniors who can walk to the center of the Walkway are welcome to meet there at 11:00 AM where seating will be provided. To make a reservation, especially for the very limited seating on the bus, call 486-2555.

PAWLING IS OPEN

The Office for the Aging's Pawling Senior Friendship Center has reopened as part of a pilot program for the remainder of 2013. The center serves the Pawling & Beekman area and is open Tuesdays & Thursdays between 10 AM and 2 PM and transportation is available to the site and for weekly grocery shopping. A nutritious noontime lunch is available for a suggested \$3 donation for those over the age of 60. Call the Office for the Aging for more information about making a reservation at 486-2555.

AGING NEWS EMAIL

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

GRANDMA IT'S ME

You may have heard about the scam where a young person poses as a grandchild and calls an elderly citizen exclaiming, "Grandma it's me..." They then go on to explain that they are in some type of desperate situation and need money. "Please don't tell Mom or Dad," they'll beg as they proceed to instruct the senior citizen how to wire them money. We recently received word that another elderly resident of Dutchess County has been taken in by one of these calls. Please help us spread the word about these scams.

YOU MIGHT WIN \$1,000!!

The Retired Senior Volunteer Program (RSVP) is holding their annual summer raffle and top prize again this year is \$1,000. There are many other great prizes to win as well. RSVP is a program that helps seniors find volunteer opportunities. For tickets, more information about the raffle or becoming a volunteer, call RSVP at 452-5104 x101.

JEST FOR FUN

One senior was talking to another about how she had recently joined an exercise class. She said: "I finally got my doctor's permission to join the aerobic class at the local gym. I went to the first class and I bent, twisted, gyrated, jumped up and down and perspired for over an hour. But, by the time I finally got my leotards on, the class was over."

Summer Picnics

You're invited to attend the Senior Picnic that corresponds with your hometown from the schedule below. **Registration and proof of residency is required.** Call (845) 486-2555 to make your reservation. Space is limited.

June 12 - Lions Pavilion, 82 Beach Rd., Pine Plains (NorthEast, Pine Plains, Washington and Stanford only)

June 19 - Fran Mark Park, 337 Clinton Hollow Rd. (Pleasant Valley, Hyde Park and Clinton only)

June 26 - Tivoli Memorial Park, Pine Street (Rhinebeck, Red Hook & Milan only)

July 10 - Recreation Park, 95 Robinson Lane (Wappinger residents only)

July 18 - Sarah Taylor Park, 17 Old Main St., Fishkill (Fishkill residents only)

July 24th - Memorial Park, 298 Fishkill Avenue (Beacon residents only)

August 1 - Waryas Park, 75 N. Water St. (City of Poughkeepsie residents only)

August 7 - Bowdoin Park, 85 Sheafe Rd. (Town of Poughkeepsie residents only)

August 14 - Boyce Park
6423 Route 55, Wingdale
(Dover, Pawling, Amenia and Unionvale residents only)

August 21 - Freedom Park,
198 Skidmore Rd., LaGrange
(LaGrange, East Fishkill & Beekman residents only)

**From the
Director's Chair**

Mary Kaye Dolan
mdolan@dutchessny.gov



Dear Friends,

The summer Senior Picnic Program has always been a wonderful way for you to get out and meet some of your neighbors, socialize, and enjoy a nutritious meal. Even more importantly, it gives our outreach staff a chance to let you know about the many services and programs we offer here at the Office for the Aging as well as other county programs and services.

Please do not hesitate to reach out to any of the county staff should you have a concern or question we can help you with. If we can't answer your question on the spot, we'll be sure to have someone get back to you quickly.

Special thanks to the major sponsors who are partnering with us to help defray the costs this year: CDPHP, Wingate Healthcare, Toll Brothers, Digestive Disease Center of the Hudson Valley, Hudson Cadillac Buick GMC, and the Dutchess County Department of Social Services - Protective Services to Adults. In addition, most of the municipalities also help to support this popular program!

Sincerely,

Mary Kaye Dolan, Director
Dutchess County Office for the Aging

The Celebration of Aging!

Almost 250 people turned out to mark Older Americans Month on May 20th, as the Office for the Aging held the annual Celebration of Aging luncheon. During the ceremony, County Executive Marcus J. Molinaro presented Dutchess County Senior Citizen of the Year Awards to: **Pete Sanfilippo** of Wappingers Falls, **Jim & Laura Moriarty** of Poughkeepsie and **Theodore & Delores Plass** of Hyde Park. Honored with Senior Achievement Awards were **Diane Soyka** of Poughkeepsie and **Gail Parzyck** of East Fishkill. 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.

Four couples attended the event to mark 70 or more years of marriage: **Arthur and JoAnne Plog** of Pleasant Valley mark their 70th this year, **Salvatore & Josephine Mastrosimone** of Poughkeepsie celebrate their 71st this year, **Harold & Florence Miller** of Wappinger already have 71 years together and **Sam & Lossie Lee** of Fishkill will celebrate their 74th in December.

Special recognition was given to twenty-one Dutchess County Centenarians who were in attendance; **Barbara Muller** of Hopewell Junction (99); **Ruth Lauritsen** of Millbrook (99); **Mae Lawson** of Poughkeepsie (99); **Mary Linich** of Poughkeepsie (99); **Ann Soraci** of Millbrook (99); **Sarina Ringwood** of Poughkeepsie (99); **Hulda Sellingsloh** of Hopewell Junction (100); **Daniel Lichtenberg** of Poughkeepsie (100); **Theresa McGann** of Fishkill (100); **Rose Conigliaro** of Poughkeepsie (100); **Gladys Covin** of Beacon (101); **Edith Travis** of Wappinger (101); **Esther Swerdlow** of Poughkeepsie (101); **Ethel Doshna** of Amenia (102); **Anna Thomas** of Poughkeepsie (102); **Bess Friedman** of Fishkill (103); **Mazie Johnson** of Beacon (103); **Harold Goldstein** of Fishkill (103); **Anna Mae Swenson** of Rhinebeck (104), **Theresa Riglione** of Hopewell Junction (104), and **Florence Williams** of Poughkeepsie (108).

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 saw the opening of Grand Central Terminal, Ebbets Field and the Appolo Theater. Some of the famous people who were born 100 years ago: Vince Lombardi, Rosa Parks, and former Presidents Gerald Ford and Richard Nixon.

Please support our sponsors for the Celebration of Aging: CDPHP, Wingate Healthcare, Elant Choice, Hudson Cadillac Buick GMC, Digestive Disease Center of the Hudson Valley, and the Pines at Poughkeepsie. We are very grateful for a private donation in memory of Marge and Ed Hogan.

The Picture Page



Theodore & Delores Plass of Hyde Park were among the Seniors of the Year!



Jim & Laura Moriarty of Poughkeepsie were also named Seniors of the Year.



Pete Sanfilippo of Wappingers Falls was also honored as a Senior of the Year.



Sal & Josephine Mastrosimone were among 4 couples married over 70 years.



103 year old Beacon resident Mazie Johnson is older than Beacon!



Poughkeepsie native Flo Williams will turn 109 this August.

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 Office for the Aging. Register for any of the programs by calling 483-5560.

July 16 - Tuesday
3 PM - 4:30 PM

Balance

Wingate at Beacon
10 Hastings Dr., Beacon

August 20 - Tuesday
3 PM - 4:30 PM

Wound Care

St. Francis Hospital Atrium Room C
241 North Rd, Poughkeepsie

September 24 - Tuesday
3 PM - 4:30 PM

Parkinson's Disease Caregiving

Vassar Warner Home
52 S. Hamilton St., Poughkeepsie

October 22 - Tuesday
3:00 PM - 4:30 PM

Understanding Alzheimer's

Cornell Cooperative Extension
2715 Route 44, Millbrook

November 29 - Friday
3 PM - 4:30 PM

Diabetes

The Terraces at Brookmeade
54 Brookmeade Dr., Rhinebeck

December 3 - Tuesday
2 PM - 3:30 PM

Healing Power of Music

Wingate at Dutchess
3 Summit Ct., Fishkill

Healthy Choices

If you have any type of chronic illness (diabetes, arthritis, high blood pressure, etc.), or are caring for someone with a chronic illness, you are invited to a free six week wellness workshop series which will help you manage your illness better.

The first series will be held at Maplewood Apartments, 457 Maple St. in Poughkeepsie beginning with an open house Friday, July 19th and continuing the next six Fridays from 10:00 AM to 12:30 PM.

The second series will begin September 13th and be held every Friday morning at 10:00 AM through October 25th at the Beacon Salvation Army, 372 Main St.

Both workshop series will provide group support to help individuals focus on improving their health and staying active.

To sign up for either series call:

486-2555

These programs are a collaboration with Hudson River Community Health and funded in part by the U.S. Administration on Aging, New York State Division of Aging Services and Dutchess County Government.



Spotlight on the Staff



Teiqua McRae has worked for the Office for the Aging for 24 years.

Starting out as an account clerk, Teiqua McRae has worked her way up to the title of Principal Program Assistant at the Office for the Aging. Her current responsibilities include supervising the clerical and support staff, initiating contracts, database management, and overall office manager.

Having worked in a variety of different titles over the years through five different Directors, Teiqua has a very good understanding of how processes like payroll, budgeting and records management work. When a problem arises, it isn't uncommon to hear someone exclaim, "Where's Teiqua," in hopes of tapping into her years of experience for a solution.

Teiqua says she loves the variety of people her job brings her in contact with. She deals daily with office staff, other county departments and outside agencies as well as seniors both on the phone and in person who contact our office for assistance.

The two events Teiqua enjoys most are the Senior Prom and especially the Celebration of Aging. "Hearing the stories of the centenarians always brings a tear to my eye," she says.

USO PARTY!

WEDNESDAY
SEPTMBER 11TH
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 USO Party!

Military uniforms or other dress of the era is also welcome. 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 6th.** 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 Office for the Aging
27 High Street, Poughkeepsie, NY 12601

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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: June 19, August 21, September 18, October 16th
10 AM - 12 noon

Poughkeepsie Galleria Community Room, Route 9

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: June 26, August 28, September 25, October 23
9:30 AM - 11:30 AM

Adriance Library Computer Lab,
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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