

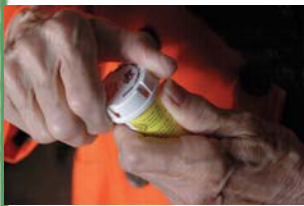


Service, Support and Information
www.dutchessny.gov

SPOTLIGHT ON SENIORS

A Publication of the Dutchess County Division of Aging Services

Winter 2011 - 2012



Arthritis & Exercise

According to the Arthritis Foundation, nearly 43 million Americans have arthritis or a related condition. The word arthritis literally means joint inflammation. It refers to more than 100 different diseases that affect the joints, muscles and tendons.

Arthritis can make it hard to perform daily tasks as pain and swelling limit the movement of the joint. The good news is there are ways to help control arthritis. Be sure to talk with your doctor about the best treatment for your type of arthritis.

Some people find certain medications can help reduce pain and swelling. Use of heat or cold over joints may also offer some short-term relief and devices that offer joint protection can help by reducing stress to the affected area.

Contrary to the popular perception that arthritis sufferers need to rest their joints, exercise can also help ease joint pain and stiffness. According to a recent study however, the great majority of arthritis sufferers do not engage in any exercise.

Researchers at the Northwestern University Feinberg School of Medicine tracked the activity levels of more than 1,000 people with knee arthritis for a one week period. They were surprised to find only 13 percent of men and 8 percent of women actually received the minimum 20 minutes a day of moderate-intensity exercise. More than half of the participants met levels low enough to be classified as "inactive." These results are disturbing since patients knew they were being monitored.

Interestingly, when patients self-reported their activity levels, they most often reported themselves as being active.

The American College of Rheumatology recommends people with arthritis take part in a variety of exercise types from brisk walking to water aerobics. Regular exercise can lessen arthritic pain, increase movement, reduce fatigue and help you look and feel better.

For information about joining one of the over 50 Dutchess County Senior Exercise Classes or a Senior Walking Group, call the Division of Aging Services at 486-2555. Be sure to consult your doctor first to be sure the type of exercise you intend to engage in is right for you.

Mary Kaye Dolan
Director



William R. Steinhaus
County Executive



FOSTER GRANDPARENT

The Foster Grandparent Program in Dutchess County provides volunteer opportunities for low-income seniors. If you are age 55+ and meet the income eligibility requirements, you can receive a tax free stipend for 15 to 35 hours of weekly service. Foster Grandparents provide mentoring and tutoring to students in the classroom. For more information, call (914) 592-5600.

DONATE BLOOD

Did you know there is no upper age limit to donating blood? As long as you are a healthy adult and weigh more than 110 lbs. you are eligible. Each donor receives a brief examination during which your temperature, pulse, blood pressure and hemoglobin are checked. For more information about donating blood, call the American Red Cross Dutchess County Chapter at 471-0200.

TAX HELP!

The AARP Tax-Aide program is a free service available to low and middle income senior citizens who need assistance filing their taxes. Trained volunteers provide this service each year between February 1 and April 15th. To locate a site near you, volunteer, or make an appointment, call 1-888-AARP NOW or visit their website: www.aarp.org/taxaide.

EXERCISE FOR YOUR LIFE

As many seniors leave the area for the winter months, the Division of Aging Services' Senior Exercise and Brain Games classes have openings for new members. If you are interested in exercising your body or your brain (and making some new friends along the way) call Aging Services at 486-2555 for the location of the class near you.

DINING ON FAT

A recent study by the National Restaurant Association found senior households spent nearly \$900 a year on restaurant meals (an average of 2.5 meals a week). On average, those meals contained a day's worth of calories each! The most popular food item was french fries. Even when eating out, be sure to consider what and how much you are consuming...your body will thank you for it with better health.

JEST FOR FUN

By the time you get to be a senior citizen, you have learned many truths. Here are a few; feel free to add your own:

*Nothing is worse than that moment during an argument when you realize you're wrong.

*There is no way to nicely fold a fitted sheet.

*Obituaries would be a lot more interesting if they told you how the person died.

*I can't remember the last time I wasn't at least kind of tired.

*Bad decisions make good stories.

*You never know when it will strike, but there comes a moment when you know that you just aren't going to do anything productive for the rest of the day.

*How many times is it appropriate to say "What?" before you just nod and smile because you still didn't hear or understand a word they said?

Getting Ready For Old Man Winter

When we think of home, we think of warmth. Here are a few tips that can keep your home a place of warmth this winter without breaking your budget:

*Have your furnace cleaned and serviced by a trained professional.

*Keep your thermostat as low as you can and still remain comfortable. Make sure you turn it down at night and use another blanket on the bed to keep warm.

*If you do not have one already, look into purchasing a programmable thermostat that will turn the temperature down automatically at night and when you are not home. They will even turn the temperature up before you get out of bed in the morning!

*Dress in layers during the day and keep a sweater handy for when you get a chill.

*Clean your radiators or baseboards and be sure they are not blocked by furniture or drapes.

*Keep your drapes open during sunny days - but be sure to close them tight once the sun goes down.

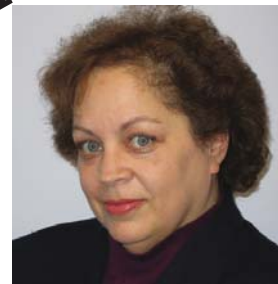
*Be sure your house is properly insulated and use caulking and weather stripping around doors and windows. The attic is the most important place to be fully insulated.

*Keep fireplace dampers tightly closed and remove air conditioning units from windows.

*Use Energy Star equipment when replacing any used appliances or equipment.

**From the
Director's Chair**

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



Dear Friends,

Every year during this time we ask your help in identifying Dutchess County residents who you feel deserve to be recognized as the Senior Citizens of the Year. Please use the form in this issue of the "Spotlight on Seniors" to let us know about an outstanding senior or senior couple. A committee from our Advisory Board will review all of the nominations and select the winners who will be honored at the Celebration of Aging in May.

Also honored at the event are any Dutchess County residents who will be turning 100 or more during 2012 and senior couples who have been married for 70 or more years. If you are aware of anyone who will reach one of these milestones in the upcoming year, call Aging Services at 486-2555 to let us know. They will be invited to attend the Celebration of Aging luncheon as our guests!

Don't wait! Submit your nominations today before it's too late.

Sincerely,

Mary Kaye Dolan

Mary Kaye Dolan, Director
Division of Aging Services

DUTCHESS COUNTY SENIOR CITIZEN OF THE YEAR

2012 Nomination Form

Please use this form to nominate a senior citizen or senior citizen couple who you think deserve to be recognized as the year 2012 senior citizen(s) of the year!

Name of Nominee(s) _____

Address of Nominee(s) _____

Nominee's Phone Number _____

Your Name _____

Your Address _____

Your Phone Number _____

Please describe below why the person or couple you are nominating are deserving of the Dutchess County Senior Citizen of the Year Award. Be sure to include any volunteer and community activities, as well as information about their professional career and family. Use additional sheets as necessary. Clippings and other information are welcome but cannot be returned. Winners will be honored at the annual "Celebration of Aging" luncheon in May.



Rich Focht & Debra Trapletti Crowned 2011 Duke & Duchess

Almost 400 seniors packed the Villa Borghese on October 3rd for the 16th annual Dutchess County Senior Prom. This year's theme was "The Fabulous Fifties." Elvis attended and was spotted greeting guests and pulling raffle ticket winners! The Bob Martinson Band played the biggest hits from the 1950s and presided over the hula-hoop contest.

Rich Focht and Debra Trapletti from Clinton were named the 2011 Duke & Duchess and will arrive at next year's prom in a chauffeured limousine courtesy of A Special Occasion Limousine of Poughkeepsie. They are pictured in the top left hand corner of this page.

Seniors are asked to patronize the sponsors: The Pines at Poughkeepsie, CDPHP, AccentCare, Avalon Assisted Living Center, Bateman Senior Meals, Bermac Home Aides, Elant at Fishkill, Hyde Park Florist, Stop & Shop in Wappinger & Poughkeepsie, Paesano's Bakery, La Deliziosa Pastry Shop, Olive Garden, Cafe Aurora, Red Lobster, Viscount Wine & Liquors, Chili's Restaurant, Table Talk Diner, Umberto's of Mama Marissa, Taconic Pines Retirement Home, A & T Healthcare, Crew Restaurant and the Channingville Deli.

Join us for next year's prom when the theme will be: "A Black & White Party!"

Brain Power

Don't let your brain turn to slush this winter. Join one of the Division of Aging Services Brain Games classes and challenge your brain on a regular basis! We have 13 classes around the county and new members are always welcome. You might even think about leading your own class! We can help you get started. For more information about a class near you, visit our website or call our office:

The Division of Aging Services
(845) 486-2555.



In the meantime, try out these brain busters:

- 1) Mary's father has 4 children; the first three are named Nana, Nene and Nini. What is the 4th child's name?
- 2) The more of these you take, the more of them you leave behind. What are they?
- 3) What is full of holes, but still holds water?
- 4) What goes up and never comes down?

Answers:

- 1) *If he only has 4 children, Mary would have to be the 4th child.*
- 2) *Footsteps*
- 3) *A sponge*
- 4) *Your age*

Saint Patrick's Day Dance

The Friends of Seniors' annual St. Patrick's Day Dance featuring a delicious corn beef and cabbage lunch has been scheduled for:



Monday, March 12
12:00 - 4:00 PM

featuring Bob Martinson
Poughkeepsie Elks Lodge
29 Overocker Rd.
Poughkeepsie



Friends of Seniors
485-1277

Send your check for
\$25 per person to:
42 Catherine St., 2nd Floor
Poughkeepsie, NY 12601-2529

Call Friends of Seniors for more information at 485-1277. Reservations are non-refundable.

Spotlight on the Staff



*Patricia Brown (standing)
discusses safe food preparation with seniors
attending the East Fishkill Senior Friendship Center.*

Patricia Brown, RD, MS, CDN, RN has been the Nutrition Services Coordinator here at the Division of Aging Services for almost 16 years. Her 34 years as a Registered Dietician comes in very handy as she oversees the Nutrition Department and the delivery of almost 600 meals each weekday.

“Pat,” as she is known to friends and co-workers also is in charge of the seven Senior Friendship Centers and their staff of 18. She provides Nutrition Education to the participants at the sites and is available for individual nutrition counseling by appointment.

Pat says the most rewarding part of her job is visiting with seniors who are homebound. She knows how much they appreciate just seeing a friendly face and that evaluating their diet and educating them about the benefits of a healthier diet is just the icing on the cake.

The latest Nutrition Information Lecture Series schedule can be found on our website. Individual counseling can be scheduled by calling 486-2555.

VETERANS CAN GET “FAVOR” CARD

As part of the “RETURN THE FAVOR” Discount Program, the Dutchess County Clerk’s office will issue eligible county residents an I.D. card, identifying them as a qualified and honorably discharged veteran who served actively in the US military (Army, Marines, Navy, Air Force, or Coast Guard) and who was discharged or released under conditions other than dishonorable.



Reservists and National Guard also qualify if they were called to active duty (other than for training only) by a federal order and completed the full period for which they were called or ordered to active duty.

Any honorably discharged veteran residing in Dutchess County may obtain their FAVOR card by bringing his or her Military Separation Papers i.e. DD-214, WDO-AGO 53-55, etc., indicating their Full-Time Active Duty service to the Division of Veterans Services Office, located at 22 Market Street in Poughkeepsie between 9am and 4pm. After processing they will be able to obtain their official card at the County Clerk’s Office.

If you own a business and would like to offer a veteran discount, call 486-2195.



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

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TO:



Staying Warm This Winter

The Dutchess County Division of Aging Services offers a Home Energy Assistance Program (HEAP) funded through the Dutchess County Department of Social Services to provide assistance with home energy needs for low income, older individuals and families. Services include financial assistance with fuel bills, emergency financial assistance for fuel/utility terminations and referrals for weatherization service. HEAP is an income eligibility program. Please call 486-2555 to see if you meet the requirements. There are some restrictions.

Another great program that the Division of Aging Services offers is the Weatherization Referral and Packaging Program (WRAP) designed to help senior citizens with energy related problems or needs. If you are experiencing a cold, drafty house during the winter, or if your heating bills are skyrocketing out of sight, contact the Dutchess County Division of Aging Services at 486-2555. A representative may be able to help you apply for benefits.

For more information
about the
Dutchess County
Division of Aging Services

Visit us online or call

(845) 486-2555

or (866) 486-2555



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