

Dutchess County Office for the Aging's

## AGING NEWS

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**SPRING SPOTLIGHT ON SENIORS – NOW AVAILABLE ONLINE – CLICK**

**HERE: <http://www.co.dutchess.ny.us/CountyGov/Departments/Aging/SPOTLIGHTSpring2016.pdf>**

***Golden Living . . . News for Senior Citizens  
Dutchess County Office for the Aging***

### **HEARING LOSS SEMINAR**

The Dutchess County Office for the Aging's Caregiver Workshop for March will focus on "Hearing Loss: Signs and Symptoms." Mid Hudson Regional Hospital Licensed Home Care will present this free educational program on Thursday, March 24, from 2 - 3:30 p.m. at the Manor at Woodside, 168 Academy Street in Poughkeepsie.

Leading the seminar will be Kimberly B. Newkirk-Lozier, a licensed audiologist from the Westchester Medical Center Health Network. The public is

invited to attend this informational workshop covering the signs and symptoms of hearing loss, diagnosis, and attainable treatment options. A question-and-answer session will be held following the presentation. The Center for Communication Disorders at Mid Hudson Regional Hospital provides services in hearing and balance, hearing aid sales and service, and speech-language/swallowing. This is a free presentation, however space is limited. Please reserve by calling (845) 483-5551. This caregiver workshop series is funded in part by the U.S. Administration on Aging, New York State Office for the Aging and Dutchess County Government.

### **COUNTRY-WESTERN DAY RESERVATIONS**

The Office for the Aging's Senior Friendship Centers have scheduled their annual Country-Western Day celebration for Tuesday, March 22nd from 10 a.m. to 2 p.m. The day will include plenty of old-time country music, and participants will chow down on BBQ ribs, baked beans, and more! Ten-gallon hats, Wranglers, chaps and other western gear are encouraged. There is a suggested donation of \$3 for lunch for those 60 and over and a \$4 charge for those under the age of 60. **Reservations are required by March 17<sup>th</sup> by calling the Senior Friendship Center nearest you.**

### **DEPRESSION - HEART DISEASE LINK**

Depression, especially common in older adults during the winter and spring, increases the risk of heart disease and stroke in older adults, according to a report published recently in the Journal of the American Geriatrics Society. Late-life depression affects about 6 million Americans age 65 and older. But only 10 percent receive treatment for depression. There may be a number of reasons, including many older adults may feel it is a normal part of the aging process. Elderly adults can also display symptoms of depression differently, and it may be confused with the effects of multiple illnesses and the medicines used to treat them.

Researchers looked at more than 7,300 seniors in France with no history of heart disease, stroke or dementia at the start of the study period. Participants were assessed again two, four and seven years later. Study participants who had high levels of depression symptoms at any visit had an increased risk of heart disease or stroke over 10 years. But the risk rose with depression duration -- from 15 percent if depression symptoms were evident at just one visit to 75 percent if apparent at all four visits.

The findings suggest depression could be a risk factor for heart disease or stroke. But because this was an observational study, the findings cannot prove a

cause-and-effect relationship. However, based on the findings, the study authors suggested doctors should closely monitor adults aged 65 and older for symptoms of depression.

***Golden Living is prepared by the Dutchess County Office for the Aging, 27 High Street, Poughkeepsie, New York 12601, telephone 486-2555, email:***

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***<http://www.dutchessny.gov/CountyGov/Departments/Aging/AGIndex.htm>***

### **TASTE TESTING LUNCH**

The Office for the Aging's Nutrition Services Coordinator Christine Sergent and Chef Fred Orton from Bateman Senior Meals will be providing education, as well as taste-testing of healthy foods for possible inclusion in our regular menu, at several of our Senior Friendship Centers this month. Lunch is a suggested \$3 donation for those 60 and over, and a \$4 charge for those under 60. Reservations are required. The topic of the lecture will be the new dietary guidelines from the U.S.D.A. and will be held at the following centers:

- **Tuesday, March 8<sup>th</sup>**, 11 a.m.  
Rhinebeck Senior Friendship Center, 1232 Route 308, (845) 758-0571
- **Wednesday, March 16<sup>th</sup>**, 11 a.m.  
South Amenia Friendship Center, 229 South Amenia Rd., (845) 373-4305
- **Thursday, March 24<sup>th</sup>**, 11 a.m.  
Beacon Senior Friendship Center, 1 Forrestal Heights, (845) 838-4871

- **Tuesday, March 29<sup>th</sup>**, 11:15 a.m.  
Millerton Senior Friendship Center, 21 Dutchess Ave., (518) 789-3081

### **March Events Open to the Public in Millbrook**

The Fountains at Millbrook, 79 Flint Rd, offers the following events, free of charge and open to the public with advanced reservations to 845-905-8000.

#### **Lecture on Mount Gulian**

**March 9, 2016**

**2:00 PM – 3:00 PM**

Allow Elaine Hayes to enlighten you about Mount Gulian, the colonial Hudson Valley homestead of the Verplanck family that is now an historic site in Fishkill, NY. She will bring along artifacts to show during her lecture.

#### **Terrarium Creations**

**March 16, 2016**

**2:00 PM – 3:00 PM**

Terrariums let you create a beautiful and personal environment and bring warmth to any space.

Join Lynne Weiss for a demonstration lecture on the history, ease and joys of creating a terrarium.

#### **"Leading Ladies" with Patty Carver**

**March 23, 2016**

**2:00 PM – 3:00 PM**

Celebrate Women's History Month with "Leading Ladies"; a one-woman tour de force musical presentation, conceived and written by Patty. It brings to life five noted American women who were all "first" to do something, including Dolly Madison, Elizabeth Blackwell, Nellie Bly, and Belva Lockwood.

#### **Brunch Inspired Foods**

**March 24, 2016**

**2:00 PM – 3:00 PM**

Join Chef Lukas for this culinary demonstration in our Bistro. Sip a Mimosa as you watch the chef create a dazzling array of delicious, brunch-inspired foods. Tastes included!

### **Simplify Your Life**

**March 30, 2016**

**2:00 PM – 3:00 PM**

Back by popular demand, this workshop by professional organizer Ellen Kutner offers tips on de-cluttering, packing up and starting fresh. Why struggle at the thought when Ellen makes moving so easy?

Call 845-905-8000 to reserve your seat to any of these events.

### **HUDSON VALLEY TOLE DECORATIVE PAINTERS (HVTDP) (A CHAPTER OF THE SOCIETY OF DECORATIVE PAINTERS)**

You are invited to experience the art of Decorative Painting by attending one or two of our free adult programs. You will have fun, meet friendly painters, and learn new and exciting ways to express your artistic talent. We know you will fall in love with our programs and want to become a member of our HVTDP chapter. We meet on the 2<sup>nd</sup> Saturday of the month, (10AM-3PM), at Munger Cottage in Cornwall, NY. Beginner Painters welcomed! Bring your own lunch, snacks and desert with coffee and tea at no cost to guests. Call for supply list for an instructor lead art class.

For more information visit our website <http://www.hvtdp.org>

Call Jeanie at 845-457-9330 or email Rose at [rcortes0579@gmail.com](mailto:rcortes0579@gmail.com)

### **National Sleep Awareness Week event scheduled for March 10**

Do you have trouble sleeping at night? Do you snore? Do you frequently wake during the night? Does lack of sleep leave you feeling exhausted and sluggish all day?

Health Quest's Center for Sleep Medicine will host a complimentary community event from 6 to 8 p.m. on Thursday, March 10, in the Main Lobby of the Vassar

Brothers Medical Mall, 200 Westage Business Center Drive, Fishkill. The event will offer sleep screenings, show how to obtain a referral to a board-certified sleep specialist, provide information on continuous positive airway pressure (CPAP) or bilevel positive airway pressure (BIPAP) therapy and provide necessary information to schedule a sleep study. Tours of the newly renovated sleep center, as well as refreshments and snacks, will also be available. In addition, a durable medical equipment vendor will be onsite to discuss and address any concerns or questions regarding CPAP/BIPAP masks and machines. Make sure to bring your own machine for a complimentary pressure check.

For reservations or for more information, please call 845-838-8159 (TTY 1-800-421-1220) or email [cbraccin@health-quest.org](mailto:cbraccin@health-quest.org).

### **Maple Open House to be held at Bowdoin Park March 5th**

The Dutchess County Parks Division will host a Maple Open House on Saturday, March 5th from 10:00am to 2:00pm at Bowdoin Park in the Town of Poughkeepsie. Participants will have the opportunity to take part in a hands-on learning experience about the art of making maple syrup. The event is free to attend and open to the public.

“Our Maple Open House is a fun-filled and educational experience for the whole family. Bowdoin Park visitors will have the chance to learn about the early practice of maple sugaring and how maple syrup is made today. You can even take home your own batch of maple syrup, made at one of our own award-winning Dutchess County Parks,” said County Executive Marc Molinaro.

Participants will take part in different steps of the maple syrup process from tapping the trees, to collecting the sap, and then boiling it down to syrup. Native American methods for creating maple sugar will also be explored. Activities will be held in Bowdoin Park’s Maple Sugar Shed and the Education Center Quad. The Maple Sugar Shed will be open throughout the day with demonstrations of how maple syrup is made. Maple syrup will also be available for purchase during the event.

The event schedule is as follows:

	<b>Education Center Quad</b>	<b>Maple Sugar Shed</b>
10:30 am	Early Maple Sugaring Techniques	Making Maple Syrup
11:30 am	Fire by Friction Demonstration	Making Maple Syrup
12:30 pm	Early Maple Sugaring Techniques	Making Maple Syrup
1:30 pm	Fire by Friction Demonstration	

In addition to the scheduled events, Bowdoin Park’s history and nature exhibits within the education building will be open. The skating rink and sledding hill will also be available for park visitors to enjoy, weather permitting.

To learn more about this event or other programs offered at Bowdoin Park, call the Dutchess County Parks Division at (845) 298-4602 or visit [dutchessny.gov](http://dutchessny.gov). Bowdoin Park is located at 85 Sheafe Road in the Town of Poughkeepsie. To see the event flyer, click [here](#).

***Dutchess County Activates Contingency Plan to Ensure Continued Ambulance Service for Communities Served by TransCare***

Dutchess County Department of Emergency Response (DCDER) was alerted by TransCare Ambulance Services that Transcare operations have ceased under order from the Bankruptcy Trustee. Dutchess County Executive Marcus Molinaro has directed a partial activation of the Dutchess County Emergency Operations Center (EOC) to coordinate the implementation of the County’s contingency plans to ensure ambulance service coverage for community served by TransCare.

County Executive Molinaro said, “We have been aware of the situation relating to TransCare over the past several weeks and our Department of Emergency Response has worked closely with other emergency medical service organizations to develop a contingency plan to ensure continuous coverage throughout the county.”

Dutchess County Commissioner of Emergency Response Dana Smith and Emergency Medical Services Coordinator John Mahoney are coordinating with the

Mobile Life Support Services, EMStar Ambulance, and Northern Dutchess Paramedics for the activation of the coverage plan that was crafted in January and approved by New York State Department of Health Bureau of EMS and the Hudson Valley Regional Emergency Medical Services Council. Equipment and apparatus had been previously relocated to various areas of TransCare’s coverage areas and personnel is currently being re-assigned, ensuring coverage continues without interruption.

The following is the listings of communities previously served by TransCare, as well as the contingency coverage now in place:

<b><u>Community:</u></b>	<b><u>Contingency Coverage provided by:</u></b>
City of Beacon	Beacon Volunteer Ambulance Corp & Mobile Life Support Services
Town of Pawling	EMStar Ambulance
Town of Beekman Ambulance	Beekman Rescue Squad and EMStar
Town of Wappinger	Mobile Life Support Services
Union Vale Fire District Paramedics	Union Vale and Northern Dutchess
Village of Millbrook	Millbrook rescue Squad and Northern Dutchess Paramedics
Town of Washington	Millbrook Rescue Squad and Northern Dutchess Paramedics

### **Beacon Public Forum This Tuesday**

Dutchess County Executive Marc Molinaro will hold the next of his series of public forums at Beacon City Hall on Tuesday, March 1 at 6:30 p.m. County Executive Molinaro will review his 2016 State of the County address and the recent proposal for construction of a new Dutchess County Justice & Transition Center, and he'll

answer questions from residents in attendance. Upcoming forums are in Hyde Park on March 3 and in Pawling on March 8. All forums are free and open to the public, and we hope you can come!

## **MORE AGING NEWS ONLINE:**

### **[Social Groups May Lengthen Retirees' Lives](#)**

*02/16/2016 09:00 AM EST*

Interpersonal activities are similar to exercise in extending life, researchers say. Source: HealthDay

### **[Blood Pressure Drugs May Increase Heart Attack Risk In Diabetes Patients](#)**

Science World Report - Feb 25, 2016

New findings published in the British Medical Journal suggest that blood pressure medications may increase heart attack risk for diabetes patients.

### **[90-Year-Old Woman Chooses Trip of a Lifetime Over Cancer Treatment](#)**

WBAL Radio -

(NEW YORK) -- At 90 years old, a woman from Michigan named Norma is living life to the fullest on a road trip across the United States.

**PARKINSON'S NEWSLETTER:** <http://www.midhudsonparkinsons.org/newsletter>

**ALZHEIMER'S NEWSLETTER:**

[http://act.alz.org/site/MessageViewer?autologin=true&em\\_id=206781.0&dlv\\_id=234499&utm\\_campaign=enews-2016-02-29&utm\\_medium=email&WT.mc\\_id=enews2016\\_02\\_29&utm\\_source=enews-aff-118](http://act.alz.org/site/MessageViewer?autologin=true&em_id=206781.0&dlv_id=234499&utm_campaign=enews-2016-02-29&utm_medium=email&WT.mc_id=enews2016_02_29&utm_source=enews-aff-118)