

Dutchess County Office for the Aging's

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

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 8th**, 11 a.m.
Rhinebeck Senior Friendship Center, 1232 Route 308, (845) 758-0571
- **Wednesday, March 16th**, 11 a.m.
South Amenia Friendship Center, 229 South Amenia Rd., (845) 373-4305

- **Thursday, March 24th**, 11 a.m.
Beacon Senior Friendship Center, 1 Forrestal Heights, (845) 838-4871
- **Tuesday, March 29th**, 11:15 a.m.
Millerton Senior Friendship Center, 21 Dutchess Ave., (518) 789-3081

EIGHT FRIENDSHIP CENTERS

The Office for the Aging's eight Senior Friendship Centers, as well six mini-sites, will all receive this special event programming on an ongoing, rotating basis. Seniors looking for a nutritious, midday meal, combined with social activities and fellowship, are welcome at any of the Friendship Centers. Most centers are open Monday through Thursday with transportation available in most cases for those who no longer drive. Transportation is also available from the center to a local grocery store for a weekly shopping trip. Transportation for residents of Amenia, Dover, Millbrook, Millerton, Pine Plains or Stanford is available by calling the NECC Transportation Program at 518-789-4259 x103. The City of Poughkeepsie site is also open on Friday. The Pawling center is open on Tuesdays and Thursdays only. In addition to those mentioned above, sites are also located in the Town of Poughkeepsie, which also serves residents of Pleasant Valley and LaGrange, and in the Town of East Fishkill.

OTHER SENIOR DROP-IN LOCATIONS

A number of municipalities also sponsor senior centers. Call the center nearest you for more information:

- The Town of Beekman Senior Center at the Community Center is open Mondays and Thursdays, (845) 223-7315.
- Dover Senior Citizens meet at the American Legion Hall on Mondays and Thursdays, (845) 832-9168.
- East Fishkill Seniors meet at the Community Center on Tuesdays, Wednesdays and Fridays, (845) 227-9703.
- Fishkill Seniors meet at the Recreation Center on Mondays, Tuesdays, Thursdays and Fridays, (845) 831-3371.
- Hyde Park Seniors meet at the Hyde Park Elementary School on Mondays, (845) 229-8086 x4.
- Millbrook Seniors meet at St. Joseph's Church on Tuesdays, (845) 877-6967.

- Milan Seniors meet at the Town Hall on the first Monday of the month, (845) 758-8017.
- Pleasant Valley Seniors meet at the Town Hall on Fridays, (845) 635-3274.
- Red Hook Seniors meet at the Firehouse on Tuesdays, (845) 758-8114.
- St. Joachim/St. John's Senior Group meets on the third Friday of each month, (845) 831-2289.
- The Town of Poughkeepsie Senior Center at 14 Abe's Way is open Monday through Friday, (845) 462-0265.
- Union Vale Seniors meet at Tymor Park on Fridays, (845) 677-5252.
- Wappinger's Seniors meet at the Town Hall on Monday, Wednesday, Thursday and Friday, (845) 297-3670.

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

agingservices@dutchessny.gov website:

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

Small steps to prevent type 2 diabetes

It's a lifestyle challenge focusing on small changes that bring big rewards: Move more and eat less to lower your risk of type 2 diabetes. That's the main goal of the Centers for Disease Control and Prevention's National Diabetes Prevention Program, which returns to Northern Dutchess Hospital beginning March 28. Two sessions are offered – either 4:30-5:30 p.m. or 6-7 p.m. – for 16 consecutive Mondays in the cafeteria conference room at the hospital's Rhinebeck campus, 6511 Springbrook Ave.

During each session, Roufia Payman, a nutrition counselor, and Marie Monroe, an exercise specialist, offer guidance on how to lose weight and eat better through small changes that, with their support, can become habits. The lifestyle changes implemented through the program have proved to help participants lose 5 to 7 percent of their body weight, thus cutting their risk of type 2 diabetes by 50 percent, according to the Centers for Disease Control and Prevention.

Program seating is limited and fills up fast. To find out if you qualify for the program, call Amanda Sheffield at 845-871-4380 (TTY 1-800-421-1220) or visit www.healthquest.org/diabetes.

LTC OMBUDSMAN PROGRAM SEEKS VOLUNTEERS

The LTC Ombudsman Program (LTCOP) is dedicated to ensuring that residents in long term care facilities have good care and are treated with dignity. New York State recently regionalized the local programs. LTCCC was awarded the contract to operate the LTCOP in the Hudson Valley.

Being an Ombudsman volunteer is both challenging and rewarding. Volunteers receive extensive training to advocate for, educate and empower family members and residents living in nursing homes, assisted living, and family type homes. They can make a big difference in the lives of some of the most vulnerable people in our communities. The LTCOP is seeking volunteers who can contribute a minimum of two hours a week to help residents in facilities in their communities. To volunteer in the Hudson Valley, please call 845-229-4680 or email Gloria@hudsonvalleyltcop.org.

Free Mobile App That Connects Veterans to Vital Services

A new, free Mobile App Connects New York's Veterans and Their Family Members to Jobs, Housing, Education and Various Programs. It was designed to help the state's 900,000 veterans and their family members connect with valuable services

and programs. The New York State Veterans App provides users with a wealth of easily accessible material about federal and state Veterans' benefits, programs, and services, including: essential materials regarding healthcare, housing, employment, education and filing claims for financial Veterans' benefits with the United States Department of Veterans Affairs. The app is compatible with both IOS and Android platforms. The entire presser can be found at the following link: <http://www.governor.ny.gov/news/governor-cuomo-announces-new-free-mobile-app-connects-veterans-vital-services>

Successful Aging Presentation in Dover

What steps can adults take to continue to live independently for as long as possible? What can you do now to help decrease the chances of living in a nursing home? You are never too young to start to make the changes that will help insure you age more successfully. The Office for the Aging will discuss the twelve steps to "Successful Aging" in a presentation at the Dover/Wingdale Senior Center at the American Legion Hall on Route 22 on Thursday, March 31st at 11: 00 a.m. Adults of every age are invited.

Dutchess County Local Business Registry Program

Dutchess County now has an **online local business registration system**. Dutchess County purchases many goods and services throughout the year in order to provide for necessary operations. New York State Law and the County's [procurement policy](#) govern the procedures for the purchasing of goods and services that require formal bids and quotes. For the purchase of goods and services that fall below monetary thresholds, Dutchess County, to the extent possible, would like to **purchase these goods and services from local businesses**. As a result, the County has established an on line registration system for local business. The system allows you to quickly register and update details such as what products and services you provide as well as your contact information. **For this purpose, a "local business" shall refer to:** Any operating, commercial entity located physically within the geographic borders of the County of Dutchess that employs at least one full-time employee. To register: <http://dutchessny.gov/onlinebusinessregistry/>

If you have any questions about the Business Registry, please contact DCBusinessRegistry@dutchessny.gov or call 845-486-3670 - Please note registration will not be taken over the phone.

Terms and Conditions

The Local Business Registry is for informational purposes only. Dutchess County does not guarantee any minimum or maximum purchase made by the County. Information entered into the Registry will be used as an internal resource by Dutchess County Departments only. ***Please note that the information submitted, however, may be subject to the Freedom of Information Law, or any other law which requires access to records held by Dutchess County.***

MORE AGING NEWS ONLINE:

[Feeling Old? Your Risk for Hospitalization May Rise](#)

02/25/2016 05:00 PM EST

Illness, sedentary lifestyles and depression might help explain this association, study says. Source: HealthDay

[Sleeping Pills May Spell Trouble for Older Drivers](#)

02/25/2016 12:00 PM EST

Study found risk of crashes more than doubled for those over 80 who used Ambien. Source: HealthDay

[Health Problems Can Plague Seniors After Cancer Surgery](#)

02/24/2016 02:00 PM EST

Researchers find falls, broken bones, bed sores more likely in older patients. Source: HealthDay

['Mindfulness' Might Help Older Adults with Back Pain](#)

02/23/2016 02:00 PM EST

Mind-body program was also linked with short-term mobility gains, study finds. Source: HealthDay

[Decline in Senses Affects Nearly All Seniors, Study Finds](#)

02/23/2016 09:00 AM EST

Researchers say losses in taste, touch are most common. Source: HealthDay

[Ask Well: The Best Exercises to Improve Balance](#)

GRETCHEN REYNOLDS

Tai chi, dancing, even brushing your teeth on one leg can work your balance pretty well.

ALZHEIMER'S

NEWSLETTER:

http://act.alz.org/site/MessageViewer?autologin=true&em_id=207072.0&dlv_id=234727&utm_campaign=enews-2016-03-07&utm_medium=email&WT.mc_id=enews2016_03_07&utm_source=enews-aff-118

SPOTLIGHT ON SENIORS SPRING 2016 NEWSLETTER:

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