

Dutchess County Office for the Aging's

AGING NEWS

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Golden Living . . . News for Senior Citizens
Mary Kaye Dolan-Anderson, Director
Dutchess County Office for the Aging

HIGH BLOOD PRESSURE IS A KILLER

High blood pressure is often called “the silent killer” because those with the condition may not initially feel any symptoms or develop any issues because for the disease. Make no mistake, though: High blood pressure is deadly. It can be the root cause of any number of health complications, including aneurysms, kidney disease, cognitive changes, eye damage, heart attack, heart failure, peripheral artery disease and stroke.

Two in three people over the age of 60 have high blood pressure, and nearly half of them are not properly controlling their condition, according to a report

issued by the Centers for Disease Control and Prevention last month. That is actually an improvement from 1999 statistics that were closer to 68 percent uncontrolled, but far from the CDC goal of under 40 percent.

High blood pressure is defined as a reading of 140 or higher systolic pressure and 90 or higher diastolic pressure. Systolic is the pressure of blood in the vessels when the heart beats, and diastolic is the pressure between beats.

PILL-FREE WAYS TO LOWER BLOOD PRESSURE

Managing high blood pressure may require several medications. For those who do not wish to take medication, or anyone seeking to reduce the risk of developing high blood pressure, the Harvard Health Medical School suggests these eight pill-free ways to lower your blood pressure:

- **Ease Stress.** Mediating, or meditative exercises like yoga or tai chi, can trigger a relaxation response that will lower your blood pressure, heart rate, breathing rate, adrenaline levels, and levels of the stress hormone cortisol.
- **Limit alcohol.** Excessive alcohol intake raises blood pressure.
- **Control underlying conditions.** High blood sugar causes blood vessels to get narrower and is associated with insulin resistance. High cholesterol

increases vascular damage. Sleep apnea and thyroid disorders can also be associated with high blood pressure.

- **Stop smoking.** Smoking damages the inner lining of the arteries and makes it harder for blood vessels to relax. It also counters the effects of certain blood pressure medications.
- **Watch your salt.** Although not as dangerous as once thought, salt can raise the blood pressure of a small percent of the population. It also negates the effect of blood pressure medications.
- **Change your diet.** Stick to a diet of vegetables, fruits, whole grain fiber, lean meats and healthy fats. Stay away from processed, refined, or sugary foods and any foods high in saturated fats.
- **Lose weight.** Being overweight means your heart has to work harder to pump blood to a larger body mass. Losing weight enables your heart to focus energy on important functions, like exercise.
- **Exercise.** Any activity that gets your heart pumping faster and your lungs working harder is one of the best ways to lower high blood pressure. Aim for 150 minutes of moderate-intensity activity per week.

Always speak to your doctor before making changes to your diet or exercise routine. If you are currently taking medication to manage your high blood pressure, don't stop without your doctor's consent.

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

agingervices@dutchessny.gov website:

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

SENIOR SCAMS TOPIC OF SEMINAR

Senator Sue Serino will present a program on Senior Scams at the Tri-Town Senior Friendship Center on Tuesday, December 8th at 11 AM. The center is located at the American Legion Hall, 55 Overlook Rd in Poughkeepsie. The program is open to everyone. For more information, call 486-2555.

Molinaro to Host Town Hall Forum Series

Opportunity to Discuss 2016 County Budget with Residents

Dutchess County Executive Marc Molinaro will host a series of town hall forums to discuss the 2016 Dutchess County Budget, as well as other county government topics of interest to residents. The forums provide residents the opportunity to get an overview of the proposed 2016 budget and engage in a question-and-answer session with the County Executive. Since taking office in 2012, County Executive Molinaro has hosted more than 60 town hall forums.

“The 2016 county budget cuts the property tax levy by over \$1 million, cuts the property tax rate for the first time in eight years and has no reduction to services or programs. As the County Legislature considers the budget proposal and moves toward final adoption, this is a great opportunity for residents to learn more about the budget and share their feedback,” said County Executive Molinaro.

The town hall meeting series includes the following dates and locations:

Wednesday, December 9th at 11:00 AM

Tri-Town Senior Friendship Center

American Legion Post #1302

55 Overlook Road

Poughkeepsie, NY 12603

Monday, December 14th at 6:00 PM

Clinton Town Hall

1215 Centre Road

Rhinebeck, NY 12572

The town hall forums are open to the public and all are encouraged to attend. For more information about the 2016 County Budget or the town hall forum series, visit dutchessny.gov.

DONATE TO TOYS FOR TOTS

The Pines at Poughkeepsie Center for Nursing and Rehabilitation will be a drop off location for the TOYS FOR TOTS program which provides toys for the children of Dutchess County. The box for your donation of a new, unwrapped toy for infants through teenage years will be located in the lobby of our facility at 100 Franklin Street, Poughkeepsie. Please consider a generous donation at this time of year as we work together to provide for our community. The last day to donate will be this Friday, Dec. 11th.

December 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 845-677-8550.

The Santa Claus Symphony

12/9/2015

2:00 PM, 60 min.

Explore an interesting yet little known chapter in American music history when Jeffrey Engel introduces the life work of William Henry Fry (1813-1864), composer of "The Santa Claus Symphony".

Evergreen Chorus

12/12/2015

2:00 PM, 60 min.

The Fountains at Millbrook is delighted to welcome back this ever entertaining a cappella women's chorus. Their sweet, four-part harmonies will surely be music to your ears. Join us for a musical treat complete with holiday refreshments.

Singing Songbirds Performance

12/17/2015

7:00 PM, 60 min.

Join special guests Peter and Judith Muir of the Institute of Music and Health as they present an enchanting evening of song with the Singing Songbirds' seasonal finale. The Singing Songbirds is a group that brings together seniors, people with disabilities, families, and just about anyone who loves to sing into a glorious, harmonious whole. Complimentary refreshments will be served.

Look Good Feel Better

Monday, Dec. 7, 10 a.m. to Noon - MidHudson Regional Hospital

Herb and Sue Ann Redl Center for Cancer Care

19 Baker Avenue, Poughkeepsie, New York

Look Good Feel Better is a free program designed for women dealing with hair loss and skin changes from chemotherapy and radiation. You will learn specific techniques to help make the most of your appearance while undergoing treatment. The program is presented by MidHudson Regional Hospital, Personal Care Products Council Foundation, American Cancer Society and the Professional Beauty Association.

2016 dates:

February 2

April 5

June 7

August 2

October 4

December 6

Visit www.lookgoodfeelbetter.org for more information, additional dates and locations. Download the Look Good ... Feel Better app!

Vassar Brothers Medical Center hosts heart failure management seminar

Vassar Brothers Medical Center will host a seminar on Dec. 8 about a new, FDA-approved device to help manage heart failure. Dr. James Lyons of The Heart Center, a division of Hudson Valley Cardiovascular Practice, P.C., will discuss the CardioMEMS HF device, which is implanted during a minimally invasive procedure. The device gives doctors data to help manage heart failure care.

“We’re excited to introduce this new technology to local communities,” Lyons said. “It’s been proven to help better the quality of life for people with heart failure.” Lyons is board certified in cardiovascular disease and nuclear cardiology. He is also the first cardiologist in the Hudson Valley to be board certified in advanced heart failure and transplant cardiology.

The seminar runs from 2-3:30 p.m. on Tuesday, Dec. 8 in Conference Room B of the medical center at 45 Reade Place in the City of Poughkeepsie. For more information or to reserve your spot, call 845-853-2923 (TTY 1-800-421-1220).

NEEDED: CONSTRUCTION CREW LEADER with AmeriCorps National Program

As a Construction Crew leader, you are an integral part of building safe, affordable homes and better neighborhoods in Dutchess County. Your primary role will be to teach and supervise semi-skilled and unskilled volunteers in all aspects of home construction including demolition, site prep, framing, insulation, drywall, flooring, roofing, finish carpentry and landscaping. For example, you might be working with new and gut rehab homes, minor and critical repair programs as well weatherization and energy reduction programs. The Construction crew leader is of critical significance in increasing the number of families our affiliate is able to serve through our programs and construction projects.

We look for members who:

- possess a sincere desire to serve others and are dedicated to Habitat's mission of safe, decent and affordable housing for all;
- enjoy people and have a passion for volunteerism and teaching / group facilitation;

- have strong team building skills and are comfortable leading and being part of a team;
- have prior construction, construction management or related experience.

Benefits include:

- Stipend of up to \$12,530 towards living expense
- personal & sick leave
- child care assistance
- student loan forbearance, if eligible
- education award of \$5,730 upon completion of service which can be transferred to a child or grandchild (tuition or student loan payment)
- Health care plan

Requirements to serve in this position:

- U.S. citizen, national or lawful permanent resident;
- possess a high school diploma or GED (or agree to work toward while serving);
- confirm understanding that this is a full-time volunteer opportunity and that AmeriCorps members receive a small living allowance.

Retirees welcome and encouraged to apply. Interested persons should contact Maureen Lashlee, Executive Director, or Sharon David, Administrative Coordinator at 845-475-9336.

MORE AGING NEWS ONLINE:

[Recipe for 'pain-free' life](#)

Ledger Gazette -

Using mice genetically altered to lack a nerve channel that enables people and animals to feel pain, researchers developed a two-drug method of treatment they think will help people who have chronic pain.

[New Study Shows Diabetes Linked to Tooth Loss](#)

Beacon Transcript -

BEACON TRANSCRIPT - As huge advances are made in medicine every day, it stands to reason that we would only be receiving good news, especially related to already documented diseases.

ALZHEIMER'S NEWSLETTER:

http://act.alz.org/site/MessageViewer?autologin=true&em_id=204632.0&dlv_id=232568&utm_campaign=enews-2015-12-07&utm_medium=email&WT.mc_id=enews2015_12_07&utm_source=enews-aff-118