

Dutchess County Office for the Aging's

## AGING NEWS

- **“A Matter of Balance” Class Available in Northern Dutchess**
- **Volunteer Coaches Needed**
- **Help Available for Legally Blind Seniors**
- **Rhinebeck Friendship Center Move**
- **Brain Games Class in East Fishkill**
- **Medicare Class Schedule for 2016**
- **Adult Coloring Class (1/13)**
- **More Aging News Online**

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

### **A MATTER OF BALANCE**

The Office for the Aging is looking for senior citizens from northern and eastern Dutchess County who may be interested participating in the award-winning, evidence-based fall prevention program, “A Matter of Balance.” This series of eight, two-hour sessions will be held next month in Millerton. The classes are specifically designed to help seniors reduce the fear of falling and increase their activity levels. Participants will learn to:

- View falls and fear of falling as controllable;
- Set realistic goals for increasing activity;
- Change their environment to reduce fall risk factors;
- Promote exercise to increase strength and balance.

The sessions will take place at the Millerton Elementary School, 5833 South Elm Avenue, every Wednesday from 11:00 a.m. until 1:00 p.m. for eight weeks beginning February 3<sup>rd</sup>.

If you are concerned about falls, have fallen in the past, restrict activities because of concerns about falling, are age 60 or over and able to problem solve, then this class is for you. For a brochure or an application, call (845) 486-2555 or visit the Office for the Aging website at:

[www.co.dutchess.ny.us/CountyGov/Departments/Aging/agMBbrochure.pdf](http://www.co.dutchess.ny.us/CountyGov/Departments/Aging/agMBbrochure.pdf).

### **VOLUNTEER COACHES ALSO NEEDED**

Each “A Matter of Balance” class is lead by two volunteer coaches who must first take two coach training classes. All materials for the classes are provided by the Office for the Aging. The goal is to train as many people as possible to be coaches so classes can be offered in as many locations as possible. To volunteer to be a coach, or to receive more information about the program, please call the Office for the Aging at (845) 486-2555. The “A Matter of Balance Program” is funded, in part, by the U.S. Administration on Aging, the New York State Office for the Aging and Dutchess County Government.

### **HELP AVAILABLE FOR LEGALLY BLIND SENIORS**

The Catholic Guild for the Blind, a program of Catholic Charities Community Services, has received a two year grant from the Lavelle Foundation to identify seniors aged 55 and older who are legally blind and reside in Dutchess, Ulster and Sullivan counties. As a function of the grant, Guild staff will provide instruction to ensure safety in all aspects of independent living so seniors can maintain independence in their homes.

Services include:

- Teaching techniques for safe meal preparation;
- Providing special equipment specifically designed to help people with low vision manage everyday chores;
- Assistance with organizing homes to make it easier to access belongings;
- Tips for banking and paying bills;
- Special labeling of clothes for easier identification;
- Teaching safe mobility in the home and neighborhood;
- Techniques to manage personal and health care needs;
- Assistance accessing resources in the community;

- Referrals for Low Vision services.

For additional information about the program, please contact Stephanie Davidson at (845) 452-1400, ext. 4211.

***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](mailto:agingervices@dutchessny.gov) website:***

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

### **Rhinebeck Friendship Center Moves**

The Office for the Aging is happy to announce the new location for our Rhinebeck Senior Friendship Center. As of today, Monday, January 4<sup>th</sup>, the center has moved to:

The Memorial Lutheran Church  
1232 Route 308  
Rhinebeck, NY  
845-758-0571

The center is open Monday – Thursday between 10 AM and 2 PM.

### **Brain Games Class Starts in East Fishkill**

The newest Brain Games class starts today (and continues every Monday) at the East Fishkill Library from 2 – 3 PM.

East Fishkill Community Library  
348 Route 376  
Hopewell Junction, NY 12533  
[845-221-9943 x225](tel:845-221-9943)

To find the class nearest you, click here:

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

### **MEDICARE Class Schedule**

The complete list of Medicare Classes for 2016 can be found below. In addition, a Medicare 101 class has been scheduled for the Beekman Library on Friday, January 22<sup>nd</sup> from 4 – 6 PM. Call (845) 486-2555 to register for any of these classes.

<b>Medicare 101 Poughkeepsie Galleria</b> <b>2nd Floor, Community Room</b> <b>3rd Wednesday of the Month</b> <b>10:00 a.m. -- 12:00 p.m.</b> <b>Class Size -- 25</b>	<b>Navigating Medicare Website</b> <b>Adriance Library, Market Street</b> <b>4th Wednesday of the Month</b> <b>9:30 a.m. -- 11:30 a.m.</b> <b>Class Size -- 8</b>	<b>Medicare 101</b> <b>Center for Healthy Aging, Rhinebeck</b> <b>4th Monday of the Month</b> <b>4:00 p.m. -- 5:30 p.m.</b> <b>Class Size -- 12</b>
1/20/2016	1/27/2016	1/25/2016
2/17/2016	2/24/2016	2/22/2016
3/16/2016	3/23/2016	3/28/2016
4/20/2016	4/27/2016	4/25/2016
5/18/2016	5/25/2016	5/23/2016
6/15/2016	6/22/2016	6/27/2016
7/20/2016	7/27/2016	7/25/2016
8/17/2016	8/24/2016	8/22/2016
9/21/2016	9/28/2016	9/26/2016
10/19/2016	10/26/2016	10/24/2016
11/16/2016	11/23/2016	11/28/2016
12/21/2016	12/28/2016	

### Add Some Color to Your Winter!

In the midst of the dark days of winter, with frigid winds blowing, take the opportunity to add some warmth and color to your life at the library! The Boardman Road Branch Library offers several new programs for adults this winter.

*The Color of Calm* is a time for local patrons to experience the latest national craze – adult coloring, meeting the second Wednesday of the month, **January 13, February 10, and March 9, from 9:30-10:30 am**. Fabulously intricate and inventive books have now been published for adults to engage in this calming, creative activity that we loved as children. The library will provide a gathering place, the creative pages, and some watercolor pencils and markers.

In addition, adults are invited to join in making collaged artwork for the *Boardman Branch Community Mural Project* on **Saturday, January 16, 9:30-11:30 am**. This

winter, a series of hands-on art programs are being led by local graphic designer/artist Yvonne Laube with the goal of using the art created to decorate the walls of the library. The adult artwork will reflect the theme of technology, and utilize a variety of discarded computer components in addition to more traditional art supplies.

Please pre-register for this art event. Seating and materials are limited. To Register, go to [www.poklib.org](http://www.poklib.org) or call 845-485-3445 x 3702. The Boardman Road Branch Library is at 141 Boardman Road in the Town of Poughkeepsie.

## **MORE AGING NEWS ONLINE:**

### **[How Exercise May Help Us Fight Off Colds](#)**

GRETCHEN REYNOLDS

Working out could help us fight off colds and other infections, a new study suggests, providing more incentive to exercise as the temperatures drop.

### **[Benefits of Yoga May Go Bone-Deep](#)**

JANE E. BRODY

Dr. Loren M. Fishman of Columbia University has been gathering evidence for years, hoping to determine whether yoga might be effective therapy for osteoporosis.

### **[Excess Sugar Consumption Linked to Breast Cancer](#)**

Regal Tribune - 1 hour ago

Excess sugar consumption has been linked to breast cancer, in a recent study featured on January 1 in the journal Cancer Research.

### **ALZHEIMER'S NEWSLETTER:**

**[http://act.alz.org/site/MessageViewer?autologin=true&em\\_id=205522.0&dlv\\_id=233250&utm\\_campaign=enews-2016-01-04&utm\\_medium=email&WT.mc\\_id=enews2016\\_01\\_04&utm\\_source=enews-aff-118](http://act.alz.org/site/MessageViewer?autologin=true&em_id=205522.0&dlv_id=233250&utm_campaign=enews-2016-01-04&utm_medium=email&WT.mc_id=enews2016_01_04&utm_source=enews-aff-118)**