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

SENIORS OF THE YEAR

The yearly search for the Dutchess County "Senior Citizens of the Year" has officially begun for 2016. We are looking for your nominations in the categories of Senior Male, Senior Female or the Senior Citizen Couple of the Year. The awards are presented at the Celebration of Aging held each May in honor of Older Americans Month.

Are you aware of a senior citizen who should be recognized for their contributions to our community? A person or couple over age 60 with a strong dedication to volunteerism and civic involvement? Please let us know about them by sending in a nomination form and any other pertinent materials. The form is available by calling our office at (845) 486-2555 or you can find a copy online on page 4 of the winter edition of the *Spotlight on Seniors* found on our website:

<http://www.co.dutchess.ny.us/CountyGov/Departments/Aging/AGIndex.htm>

All nominations are reviewed by a committee of the Advisory Board to the Office for the Aging and they select the four outstanding seniors who will receive the awards.

The Celebration of Aging also honors residents of Dutchess County who have achieved incredible feats of aging. If you know someone who will be turning 100 or older anytime during 2016, or will be celebrating their 70th or greater wedding anniversary, please contact us at the phone number above or through email at agingservices@dutchessny.gov

SEMINAR ON UTILITY SCAMS

The number of different scams targeting the elderly seems to increase every year. Seniors need to be informed in order to avoid being taken advantage of. Mid Hudson Regional Licensed Home Care's monthly caregiver seminar is focusing on "Utility Scams Targeting the Elderly" on Thursday, January 21st at 2 p.m. in the Sister M. Ann Elizabeth Conference Center, 241 North Rd. in Poughkeepsie. The program will be led by Teresa A. Leske of Central Hudson's consumer outreach team. Teresa works with special-needs customers who are often the target of utility scams. She'll teach you how to recognize a person posing as a utility representative who may be trying to scam you, whether they show up at your door or call you on the phone. The presentation is free, but reservations are required by calling (845) 483-5551.

CAREGIVER SUPPORT GROUP

Mid Hudson Regional Licensed Home Care also coordinates the monthly Caregiver Support Group which meets on the third Monday of every month at 5 p.m. at 26 IBM Rd. in Poughkeepsie.

Are you providing care for an aging parent or loved one? Are you part of the “Sandwich Generation” by caring for both children and parents? This support group focuses on the importance of taking care of yourself, provides helpful tools and techniques to care for your loved ones, and shares information on what community services might be available to assist you.

The next support group meeting is scheduled for Monday, January 18th. Please call (845) 483-5551 to register or for more information. Both of these programs are funded in part by the U.S. Administration on Aging, New York State Office for the Aging and Dutchess County Government.

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>

VA Hudson Valley offers caregiver telephone education groups

The Department of Veterans Affairs Hudson Valley Health Care System will conduct three telephone education groups titled “Creating a Space for You: Caring for a Loved One at Home” in the month of January. The groups will be offered Tuesday, Jan. 12, 10 a.m., or

Wednesday, Jan. 20, 7 p.m., or Wednesday, Jan. 27, 3 p.m. The VA Caregiver Support Line will facilitate the sessions, which are open to family caregivers of Veterans of all eras. People who wish to participate should register now by calling John Immundo at (845) 831-2000 extension 5487 or Anne Milliken at (845) 831-2000 extension 5122.

Transcripts and handouts from past groups can be found on the website:
www.caregiver.va.gov.

USDA Release New Dietary Guidelines to Encourage Healthy Eating Patterns to Prevent Chronic Diseases

Secretary of Health and Human Services Sylvia M. Burwell and Secretary of Agriculture Tom Vilsack today released updated nutritional guidelines that encourage Americans to adopt a series of science-based recommendations to improve how they eat to reduce obesity and prevent chronic diseases like Type 2 diabetes, hypertension, and heart disease. The *2015-2020 Dietary Guidelines for Americans* is the nation's trusted resource for evidence-based nutrition recommendations and serves to provide the general public, as well as policy makers and health professionals with the information they need to help the public make informed choices about their diets at home, school, work and in their communities.

The newly released 8th edition of the Dietary Guidelines reflects advancements in scientific understanding about healthy eating choices and health outcomes over a lifetime. This edition recognizes the importance of focusing not on individual nutrients or foods in isolation, but on the variety of what people eat and drink—healthy eating patterns as a whole—to bring about lasting improvements in individual and population health.

The specific recommendations fit into [five overarching guidelines](#) in the new edition:

- Follow a healthy eating pattern across the lifespan. Eating patterns are the combination of foods and drinks that a person eats over time.
- Focus on variety, nutrient-dense foods, and amount
- Limit calories from added sugars and saturated fats, and reduce sodium intake
- Shift to healthier food and beverage choices
- Support healthy eating patterns for all

Healthy eating patterns include a variety of nutritious foods like vegetables, fruits, grains, low-fat and fat-free dairy, lean meats and other protein foods and oils, while limiting saturated fats, trans fats, added sugars and sodium. A healthy eating pattern is adaptable to a person's taste preferences, traditions, culture and budget.

Importantly, the guidelines suggest Americans should consume:

- A variety of vegetables, including dark green, red and orange, legumes (beans and peas), starchy and other vegetables
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, and nuts and seeds
- Oils, including those from plants: canola, corn, olive, peanut, safflower, soybean, and sunflower. Oils also are naturally present in nuts, seeds, seafood, olives, and avocados.

Further, Americans should be encouraged to consume:

- Less than 10 percent of calories per day from added sugars. [ChooseMyPlate.gov](https://www.choosemyplate.gov) provides more information about added sugars, which are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include naturally occurring sugars such as those consumed as part of milk and fruits.
- Less than 10 percent of calories per day from saturated fats. The Nutrition Facts label can be used to check for saturated fats. Foods that are high in saturated fat include butter, whole milk, meats that are not labeled as lean, and tropical oils such as coconut and palm oil.
- Less than 2,300 milligrams (mg) per day of sodium for people over the age of 14 years and less for those younger. The Nutrition Facts label is a helpful tool to check for sodium, especially in processed foods like pizza, pasta dishes, sauces, and soups.

Based on a review of current scientific evidence on nutrition, the 2015 edition includes updated guidance on topics such as added sugars, sodium, and cholesterol and new information on caffeine. For example, the *2015-2020 Dietary Guidelines* is the first edition to recommend a quantitative limit to consume less than 10 percent of calories from added sugars. This edition also reaffirms guidance about the core building blocks of a healthy lifestyle that have remained consistent over the past several editions, and suggests there is still work to be done to encourage more Americans to follow the recommendations outlined in the *Dietary Guidelines*.

The *2015-2020 Dietary Guidelines* was informed by the recommendations of the 2015 Dietary Guidelines Advisory Committee, which was composed of prestigious researchers in the fields of nutrition, health, and medicine, and by consideration of public and federal agency comments.

Since 1980, HHS and USDA have shared a responsibility to the American public to ensure that advancements in scientific understanding about the role of nutrition in health are incorporated into the *Dietary Guidelines*, which is updated every five years. USDA has also

released updates for consumers on ChooseMyPlate.gov, and new resources will soon be available on Health.gov from HHS that will help health professionals support their clients and patients in making healthy choices.

The *2015-2020 Dietary Guidelines* for Americans is available at dietaryguidelines.gov.

Seminar on MAKOplasty® surgery scheduled for Jan. 21

Do you ever wonder why your knees and hips often cause discomfort as you age?

Health Quest will host a seminar from 6 to 7:30 p.m. on Thursday, Jan. 21, in the Fishkill Ambulatory Surgery Center reception area, Suite 330, 200 Westage Business Center Drive, Fishkill.

The seminar will discuss a robotic surgical system that can help ease the pain of common knee and hip ailments. The seminar is an opportunity to find out if MAKOplasty® partial knee resurfacing or MAKOplasty® total hip replacement is the correct choice for your medical needs. Dr. Frank Lombardo of Orthopedic Associates of Dutchess County will give the lecture about this innovative surgical system. Lombardo is a member of the medical staff at Vassar Brothers Medical Center and Northern Dutchess Hospital.

“MAKOplasty partial knee resurfacing provides an excellent surgical option without having a full knee replacement,” Lombardo said. “MAKOplasty allows for precise placement of the components and provides nearly immediate functional improvement.”

For reservations or for more information, call 845-483-6088 (TTY 1-800-421-1220).

Cancer support groups meet at Health Quest facilities

Support Connections Inc. will host support group sessions for women with breast, ovarian or gynecological cancers at two Health Quest facilities. The dates for January include:

- Vassar Brothers Medical Center: 7 p.m., Thursday, Jan. 28.

Preregistration for all groups is required. To register or learn more, women may call 914-962-6402 or 1-800-532-4290.

MORE AGING NEWS ONLINE:

[Bonding With Others May Be Crucial for Long-Term Health](#)

nwitimes.com - Jan 9, 2016

(HealthDay News) -- Social ties are as important to your long-term health as exercise and healthy eating, a new study suggests.

[You're probably eating too much salt, new guidelines say](#)

Washington Post - Jan 7, 2016

Old guideline: Limit sodium to 2,300 milligrams a day -- but 1,500 milligrams daily for anyone who is older than 50 or African-American.

[Sleep Deprived? Some Tips To Help You Recover](#)

Tech Times

Researchers found single parents, particularly single moms, are the most sleep-deprived people in the United States.

Here are tips on how to recover from sleep deprivation to get you through the day until you can make up for lost sleep.

[High Sugar Intake Might Lead To Cancer](#)

Huewire News - 4 hours ago

Research reported recently in the medical journal Cancer Research suggests that fructose a monosaccharide found in sugar and high fructose corn syrup could be a risk factor for breast cancer development and its metastasis to the lungs.