

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

RHINEBECK FRIENDSHIP CENTER MOVE

The Office for the Aging is pleased to announce the Rhinebeck Senior Friendship Center has moved to a new location at the Memorial Lutheran Church located at 1232 Route 308. Thanks to the work of several county departments, as well as some Rhinebeck area elected officials, we were able to quickly find a new home when we needed to relocate.

The Friendship Center is open every Monday – Thursday between 10 a.m. and 2 p.m. Transportation to the center and weekly grocery shopping may be available for those without a car. All of our eight Senior Friendship Centers serve a nutritious midday meal and offer plenty of opportunities for socialization and

events. For more information about the Rhinebeck Friendship Center, call (845) 758-0571. For the Friendship Center nearest you, call (845) 486-2555.

EAST FISHKILL ADDS BRAIN GAMES

The Office for the Aging has “Brain Games” classes in locations throughout Dutchess County. The newest class started this month at the East Fishkill Library, 348 Route 376, and meets every Monday from 2 – 3 p.m. Brain Games is a great way to get out of the house this winter, meet some new friends, and challenge your mental fitness. For the class nearest you, visit our website at:

www.co.dutchess.ny.us/CountyGov/Departments/Aging/braingame.pdf

2016 MEDICARE CLASSES

The Office for the Aging will present a number of free training sessions this month on Medicare for residents who are approaching the age of 65 or would just like to learn more about the program.

There is a monthly workshop in the Poughkeepsie Galleria Community Room on the third Wednesday of every month from 10:00 a.m. until noon. The next session will take place this Wednesday, January 20th. Attending this two-hour workshop will help seniors get a basic overview of what Medicare is and

what it covers. Medicare Prescription Drug Plans, EPIC, Medicare Advantage Plans, Medigap plans and more will be discussed. Everyone is welcome.

For those in the northern Dutchess area, classes on Medicare are held on the fourth Monday of every month at 4 p.m. the Center for Healthy Aging at Northern Dutchess Hospital in Rhinebeck. The next class is scheduled for Monday, January 25th. Additionally, eastern Dutchess residents are invited to a Medicare class at the Beekman Library on Friday, January 22 from 2 p.m. to 4p.m.

For seniors who have some computer skills and an interest in learning how to navigate the Medicare website, a training session at the Adriance Library Computer Lab, 93 Market Street in Poughkeepsie is held on the fourth Wednesday of each month. The next training is Wednesday, January 27th from 9:30 a.m. to 11:30 a.m.

There is no cost for any of these programs, but space is limited. To register, call the Office for the Aging at (845) 486-2555 or toll free at (866) 486-2555

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>

Dutchess County Proudly Announces:
Department of Behavioral & Community Health
(Formerly the Departments of Mental Hygiene and Health)

Effective January 1, 2016, the Departments of Health and Mental Hygiene transition into the **Department of Behavioral & Community Health (DBCH)** to provide a more holistic health and behavioral healthcare system focusing on prevention, intervention, and diversion.

While our name has changed, we remain leaders and trusted resources for both public health and mental health services. We look forward to enhancing our services due to this integration and under the direction of Commissioner Henry M. Kurban, MD, MBA, MPH, FACPM.

Thank you for updating your agency. Please reassure your colleagues they can still access the services they need in the same manner as before.

Questions About Behavioral & Community Health?

Email HealthInfo@dutchessny.gov

Health Expo To Celebrate Northern Dutchess Hospital's Pavilion Grand Opening

Fill the afternoon with art, mediation, exercise, music and healthy food during the Northern Dutchess Hospital's Healthy You Expo from noon to 3 p.m.

The grand opening community events on Saturday, Feb. 6, are in honor of Northern Dutchess Hospital's \$47 million Martin and Toni Sosnoff Pavilion. The public is invited to tour the three-level amenity rich building. The pavilion houses private patient suites, a high-tech surgery department as well as conveniently located doctors' offices. The pavilion opens to patients on Saturday, Feb. 13 on the hospital's campus at 6511 Springbrook Ave.

The Healthy You expo will feature a Sosnoff Pavilion open house with Bard College Conservatory of Music performances and refreshments. A farmers market will feature more than a dozen vendors plus frozen produce from Winter Sun Farms with advanced online purchase. Attendees can get health screenings and attend an exercise class medley of yoga, aerobics and strength building in the hospital's Wellness Center. Hands-on workshops include: author Brent Sverdloff's memory-boosting "Retrain Your Brain," social worker Allison Gould's beginner mindfulness meditation instruction and ElderSpark's Alan Goldsmith's "Trees of

Life” art-for-wellness session. Speak to a nutritionist, take a diabetes risk assessment, relax as a massage therapist pampers you and sign up in advance for a Medication Checkup by a hospital pharmacist.

For the full schedule of expo activities, including screenings, workshops, exercise classes and farmers market vendors, visit www.healthquest.org/healthexpo. To register online for the Teddy Bear Clinic, visit www.healthquest.org/teddy. For information, contact Sarah Bradshaw-Colomello at sbradsha@healthquest.org or 845-871-1720 ext. 1.

Chronic disease self-management programs offered

Two upcoming programs in Poughkeepsie are designed to teach people with diabetes or another chronic disease how to take control of their health.

Health Quest will offer a Chronic Disease Self-Management Program from 10 a.m. to 12:30 p.m. on Tuesdays from Feb. 2 through March 8 in Room 101 of the Family Partnership Center, 29 North Hamilton St., in the City of Poughkeepsie.

This workshop is for anyone who deals with a chronic or ongoing health condition and for caregivers who want to learn how to self-manage and take control of their disease management to achieve or maintain an active and fulfilling life. The Stanford University program is a six-week workshop facilitated by two trained peer leaders. Participants learn skills to gain the self-confidence needed in the day-to-day management of any type of ongoing health condition using strategies such as brainstorming, action planning, feedback, problem-solving and decision-making. Topics include dealing with difficult emotions, physical activity, preventing falls, better breathing, healthy eating, medication usage, and making informed treatment decisions.

Health Quest will offer a Diabetes Self-Management Program from 6-8:30 p.m. on Thursdays from March 17 through April 21 in Room 306 of the Family Partnership Center, 29 North Hamilton St., in the City of Poughkeepsie.

This Stanford University program is a six-week workshop facilitated by two trained peer leaders. The workshop is designed to help people and their caregivers gain self-confidence using strategies such as brainstorming, action planning, feedback,

problem-solving and decision-making. Learn the skills needed in the day-to-day management of diabetes in order to maintain and/or enhance an active and fulfilling lifestyle. Topics include nutrition, preventing complications, exercise, managing difficult emotions, monitoring blood sugar, medications, working with your healthcare professional and skin and foot care.

Both programs are for community benefit and have no cost, but participants must register and be prepared for a six-week commitment to take control of their disease. To register, call 845-473-0974 and press option #1. (TTY 1-800-421-1220).

ALZHEIMER'S EVENTS

Effective Communications Strategies

An educational program by the Alzheimer's Association.

2:30-4 p.m., Thursday, February 11

Alzheimer's Association office

2 Jefferson Plaza, Suite 103, Poughkeepsie, NY 12601

As people with Alzheimer's disease and other forms of dementia progress, the ability to use words is lost. This educational program by the Alzheimer's Association looks at how communication takes place when someone has Alzheimer's. The program offers strategies for decoding the verbal and behavioral messages delivered by someone with dementia and identifying ways to help you connect and communicate at each stage of the disease. Space is limited; preregistration is required. Call 800.272.3900 to RSVP or with questions.

The basics: Memory loss, dementia and Alzheimer's disease

An educational program by the Alzheimer's Association

6:30-7:30 p.m., Thursday, February 11

Highland Library

30 Church St., Highland, NY 12528

A free educational program providing information on detection, causes and risk factors, stages of the disease and more. Space is limited; RSVP is required; call 1.800.272.3900 with questions or to RSVP.

MORE AGING NEWS ONLINE

[To Better Cope With Stress, Listen to Your Body](#)

GRETCHEN REYNOLDS

To handle stress and adversity more effectively, we should probably pay closer attention to what is happening inside our bodies, according to a fascinating new brain study.

[Could Higher Vitamin D Doses Harm Seniors Prone to Falls?](#)

Stick to recommended guidelines, experts say. Source: HealthDay

Study: Estrogen protects women against the flu

Woman on certain types of birth control or on hormone replacement therapy may see a bigger protective benefit against the flu from estrogen.

PARKINSON'S NEWSLETTER & CALENDAR: www.midhudsonparkinsons.org/newsletter

ALZHEIMER'S NEWSLETTER:

http://act.alz.org/site/MessageViewer?autologin=true&em_id=205779.0&dlv_id=233479&utm_campaign=enews-2016-01-15&utm_medium=email&WT.mc_id=enews2016_01_15&utm_source=enews-aff-118