

Dutchess County Office for the Aging's

AGING NEWS

- **FREE Tax Preparation**
- **February is Heart Month**
- **Tai Chi Class (Tonight – 2/1)**
- **Look Good, Feel Better for Cancer Patients (2/2)**
- **Hudson Valley Honor Flight Spring Dates**
- **8th Annual Cookie Walk (2/13)**
- **Alzheimer's Early Detection (2/22 & 2/24)**
- **More Aging News Online**

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

FREE TAX PREPERATION AND E FILING

Once again this year, the AARP Tax-Aide program, in conjunction with the IRS and the Hudson Valley CASH Coalition, will be offering a free, volunteer-run, tax preparation service for low-to-moderate income taxpayers, with special attention to those ages 60 and older. You do not need to be a member of AARP or a retiree to use this service. All Tax-Aide sites offer a free electronic filing service for both Federal and New York State returns.

Sites in locations all around Dutchess County are open now, and appointments are available through April 15th. Dial 211 (or 1-800-899-1479) for site locations, hours or an appointment. More information about the program, as

well as 24-hour, year-round tax assistance, can be found at their website: www.aarp.org/taxaide

FEBRUARY IS HEART MONTH

Did you know that heart disease and stroke cause one in three deaths among American women each year – more than all cancers ***combined?*** Fortunately, 80 percent of cardiac events can be prevented with education and lifestyle changes. The American Heart Association's Go Red For Women movement can help you to get informed about the risks of heart disease and stroke. They are encouraging everyone, during February, American Heart Month, to make the healthy changes to prevent heart disease before it starts. Go Red For Women inspires women to make lifestyle changes, mobilize communities, and shape policies to save lives. There are many ways you can get involved, including spreading the word.

National Wear Red Day[®], the first Friday each February, is the American Heart Association's special day to bring attention to women's No. 1 killer. The AHA encourages everyone to wear red, raise their voices, know their cardiovascular risk and take action to live longer, healthier lives this Friday, February 5th. Sign up at www.wearredday.org

One of the best weapons against heart disease is to get to it before it gets to you. Early detection can make all the difference. The Go Red for Women campaign encourages women to take the initiative in their own personal heart disease battle so they won't become a surprised victim later. They're encouraging all women to schedule a Well-Woman Visit with their health care provider. It's an annual check-up that gives your doctor the chance to spot the signs of heart disease while there's still time to take necessary steps to conquer it. The Well-Woman Visit is also a great opportunity for your doctor to be on the lookout for other health concerns. If you go several years between physical exams, you run the risk of a health problem going undetected and causing your body far more damage than if you catch it early. Schedule your check-up today!

More than ever, financial contributions can help save women's lives. Funds raised by Go Red support educational programs to increase women's awareness about their risk for heart disease and stroke, as well as critical research to discover scientific knowledge about cardiovascular health. Support the Go Red For Women movement and get more information about the program at www.goredforwomen.org

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>

Community Tai Chi

Monday, February 1, 2016, 6:00 - 7:00pm

Mid-Hudson Heritage Center

317 Main Street, Poughkeepsie, NY (845) 214-1113

Beginners welcome to this ongoing event on Monday nights. Instructed by Michael Sibilia, this Community Tai Chi is FREE and open to the public.

Look Good Feel Better is a free program designed for people 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. All sessions occur bi-monthly on first Tuesdays, from 10 a.m. to 12 noon, at MidHudson Regional Hospital, Herb and Sue Ann Redl Center for Cancer Care, 19 Baker Avenue, Medical Arts Pavilion, Suite 101, Poughkeepsie. Registration is required. Please call 1-800-227-2345.

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.



for spring flights have just been announced and they are anxious to sign up veterans to take the trip of a life

Saturday, April 2nd - Mission #11

will depart from Stewart International Airport

[Apply as a Veteran](#) | [Apply as a Guardian](#)

Saturday, May 14th - Mission #12

will depart from Westchester County Airport

[Apply as a Veteran](#) | [Apply as a Guardian](#)

For more information, visit www.hvhonorflight.com

8th Annual Cookie Walk Offers Sweet Deal

The 8th Annual Mid-Hudson Love INC Cookie Walk on **Saturday, February 13, from 9 am to 2 pm**, offers an opportunity to pick up some awesome cookies while also helping neighbors in need. There is sure to be something for everyone, including gluten-free varieties!

Thanks to many local volunteers, this benefit event traditionally presents over 600 dozen handmade gourmet cookies to the public. Cookie lovers armed with plastic gloves and bakery boxes can stroll through an extraordinary display of treats, choosing all their favorites. At the check-out area, the filled bakery boxes are weighed, and a donation of \$8.00 per pound is suggested.

The proceeds from this event help build the capacity of Mid-Hudson Love INC (Love In the Name of Christ) to serve local families struggling against poverty. Mid-Hudson Love INC enables local churches to offer personal attention and tangible goods like personal care items, linens, furniture and beds to people in need by coordinating phone calls, resources, volunteers and ministries.

The Poughkeepsie United Methodist Church is located at 2381 New Hackensack Road (Rte 376) in Poughkeepsie. For further information about Mid-Hudson Love INC, visit the website at www.mid-hudsonloveinc.org or call 845-471-0102.

ALZHEIMER'S EARLY DETECTION

Know the 10 Signs: Early detection matters

A free program on the 10 signs of Alzheimer's disease.

1-2 p.m. Monday, February 22

Howland Public Library

313 Main St., Beacon, NY 12508

Call 1-800-272-3900 with questions or to RSVP.

This program will also be held:

6:30-7:30 p.m. Wednesday, February 24

Pleasant Valley Free Library

1584 Main St., Pleasant Valley, NY 12569

Call 1-800-272-3900 with questions or to RSVP.

MORE AGING NEWS ONLINE:

[To Prevent Back Pain, Orthotics Are Out, Exercise Is In](#)

GRETCHEN REYNOLDS

Back belts and orthotics were almost completely ineffective in preventing a new bout of back pain, but regular exercise helped, and it didn't really matter what kind of exercise it was.

[Many Older Americans May Get Unneeded Breast, Prostate Cancer](#)

[Screenings](#)

01/21/2016 02:00 PM EST

Seniors shouldn't be checked if they have less than 10 years to live, but study found almost 16 percent do. Source: HealthDay

[Frail Seniors Face Increased Death Risk After Surgery, Study Suggests](#)

01/21/2016 12:00 PM EST

Patients and physicians should consider overall health before elective procedures, researchers say. Source: HealthDay

Computer-Based Test Aims to Predict Dementia Risk

01/21/2016 12:00 PM EST

It's not valid for people older than 80, and more research is needed before it could be used. Source: HealthDay

Americans 100 and Older Are Living Even Longer Now

01/21/2016 12:00 PM EST

Death rates for the oldest old have been dropping since 2008, CDC report finds. Source: HealthDay

ALZHEIMER'S NEWSLETTER:

http://act.alz.org/site/MessageViewer?autologin=true&em_id=206023.0&dlv_id=233694&utm_campaign=enews-2016-02-01&utm_medium=email&WT.mc_id=enews2016_02_01&utm_source=enews-aff-118

ARTHRITIS NEWSLETTER:

<http://view.em.arthritis.org/?j=fe9212797564077576&m=fe921570726c067f7c&ls=fdfd10707366057d74137672&l=fec915707d6c067e&s=fe191174726601747c1376&jb=ff3215727c65&ju=fe2515737763017a701779&r=0>