

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*

### DIET AND BREAST CANCER

You may have already heard of the Mediterranean diet, which espouses a concentration on fish, nuts, legumes, fruits, vegetables and olive oil to its followers. The evidence of its healthy benefits has been piling up for the last few years. A 2013 [study](#) in the *New England Journal of Medicine* showed the diet can protect against heart disease. Last year, a published study revealed it also can help [fend off](#) memory loss. Now, researchers say eating a Mediterranean diet supplemented with four tablespoons of extra-virgin olive oil each day may significantly reduce the risk of breast cancer.

The [latest study](#), appearing late last year in *JAMA: Internal Medicine*, suggested the protective element making a difference could come from the whole range of potentially beneficial compounds in olive oil known as polyphenols. One of them is oleocanthal, which possesses anti-inflammatory properties. When choosing extra-virgin, cold-press, olive oil, [fresh is best](#), so look for a harvest date on the bottle. The television show *60 Minutes* ran a story last month about many “fake” versions of extra-virgin olive oil, mostly imported from Italy, so be careful when choosing your favorite brand.

### **BREAST AND PROSTATE SCREENINGS**

There has been much controversy lately regarding when elderly women should stop being screened for breast cancer, or men for prostate cancer. The U.S. Preventative Services Task Force recommends mammograms for women up to age 74. They do not recommend prostate screenings for men. The American Cancer Society uses a 10-year longevity benchmark as its guideline. If you are not expecting to live another 10 years, they do not recommend either screening.

### **HONOR FLIGHTS THIS SPRING**

Hudson Valley Honor Flight is the local chapter of a national organization dedicated to offer any veteran the opportunity to visit the monuments to the

wars in which they served at no expense to them. So far, the group has transported over 400 World War II veterans to the Washington, D.C. memorial constructed in their honor.

The group recently announced two scheduled flights for the spring. On April 2, they will fly out of Stewart International Airport in Newburgh; and on May 14 out of Westchester County Airport in White Plains. Hudson Valley Honor Flight serves Orange, Sullivan, Ulster, Rockland, Putnam and Dutchess counties. Veterans who would like to sign up for the trip should fill out the application which can be found at: [www.hvhonorflight.com](http://www.hvhonorflight.com).

Guardians are also needed for each flight to ensure every veteran has a safe and memorable experience. Duties include physically assisting veterans at the airport, during the flight and at the memorials. Guardians also subsidize the cost of the flight by paying their own way. The cost to be a guardian is **\$400**. Due to the fact family members of veterans are given priority, there is no guarantee filling out an application will reserve you a spot on the upcoming flight. However, you will be placed on a waiting list, which will carry over to future flights. For more information, call (845) 391-0076.

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

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**website:**

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

**Public Forums Scheduled Regarding Dutchess County  
Justice & Transition Center Project  
*External Advisory Group Meeting to be Held February 16th***

There will be a series of public forums for residents to learn more about the Dutchess County Justice & Transition Center (DCJTC) and ask questions. The first forum will be hosted by the DCJTC's External Advisory Group on Tuesday, February 16th at 6:30 p.m. at the Catharine Street Community Center in Poughkeepsie (entrance is located at 152 Mansion Street). As part of the meeting, the External Advisory Group (EAG) will receive updates on the DCJTC project, specifically the bond resolution proposal recently submitted to the Legislature to fund the design and construction of a new DCJTC. The EAG meetings are designed to keep the public informed about the variety of topics related to the development of Dutchess County's Justice & Transition Center project. Meetings are open to the public.

Those in attendance at the meeting will have the opportunity to ask questions and comment on the Justice & Transition Center project proposal.

In addition to the EAG meeting, Dutchess County Executive Marc Molinaro will host several town hall forums over the next several weeks, providing residents the opportunity to ask questions and provide feedback about the DCJTC project proposal. Upcoming scheduled forums include:

**Wednesday, February 17th at 5:30pm at LaGrange Town Hall**

**Wednesday, February 24th at 5:30pm at Amenia Town Hall**

**Tuesday, March 1st at 6:30pm at Beacon City Hall**

**Thursday, March 3rd at 5:30pm at Hyde Park Town Hall**

**Tuesday, March 8th at 5:30pm at Pawling Town Hall**

The Dutchess County Legislature will hold a Committee of the Whole meeting on Monday, February 29th at 6:00pm for legislators to have questions answered

regarding the Justice & Transition Center bond resolution and Environmental Assessment Form (EAF) determination resolution. The Legislature's meetings can be viewed online [HERE](#).

For a complete schedule as well as more information on the External Advisory Group and the Dutchess County Justice & Transition Center project, please visit: [www.dutchessny.gov/dcjtc](http://www.dutchessny.gov/dcjtc).

### **VA BENEFITS CLINIC**

The U.S. Department of Veterans' Affairs is hosting a Town Hall and VA Benefits clinic at Dutchess Community College on **Saturday February 27th, 2016 from 10:00AM-12:30PM.**

Dutchess Community College  
Mildred I. Washington Art Gallery / Washington Center  
Park in Lot D for convenient access GPS address: 91 Cottage Road  
Poughkeepsie, NY 12601

**Event is free and open to the public, no RSVP required**

For more information email [oscar.dunham@mail.house.gov](mailto:oscar.dunham@mail.house.gov) or call 845-561-1259

Rep. Sean Patrick Maloney will sit on a panel with Margaret Caplan, Director of the VA Hudson Valley Healthcare System, and Sue Malley, Director of the VA New York Regional office, to take questions and explain V.A. services and opportunities. There will also be additional VA veteran service representatives participating in the event to troubleshoot problems with VA claims and VA medical care services.

### **Book Discussion Groups Flourish at Library**

Poughkeepsie Public Library District currently offers two book discussion groups, open to the public and meeting on a monthly basis. Not Your Mama's Book Group meets monthly, on select Thursday evenings to discuss a wide range of titles. On **Thursday, February 25, at 6:30 pm**, the group examines *The Ocean at the End of the Lane* by Neil Gaiman.

Mystery Monday is a regular, open book discussion group led by members of the Friends of the Library District. The first quarter of the year they are reading and discussing Medical Mysteries. On **Monday, February 29, at 11 am**, the group

discusses *The Sinner* by Tess Gerritsen. Both book groups meet at the Boardman Road Branch Library at 141 Boardman Road in the Town of Poughkeepsie. For general library information, go to [www.poklib.org](http://www.poklib.org) or call 845-485-3445 x 3702.

## More Aging News Online:

### [Depression May Boost Seniors' Risk for Heart Disease, Stroke](#)

02/04/2016 04:00 PM EST

Doctors should monitor older adults for low mood, researchers say. Source: HealthDay

### [When Seniors Stop Driving, Poorer Health May Be a Passenger](#)

02/03/2016 09:00 AM EST

Depression and mental, physical declines stood out in research review. Source: HealthDay

### [Too Few Older Adults Tell Doctors About Memory Loss](#)

01/28/2016 02:00 PM EST

Experts believe it's often a taboo subject due to fears of dementia. Source: HealthDay

### [Seniors Need to Take Extra Care in The Cold](#)

01/27/2016 09:00 AM EST

U.S. National Institute on Aging warns about hypothermia. Source: HealthDay

### [Gastric reflux drugs may be tied to dementia risk](#)

Fox News

Repeated use of a certain class of drugs for gastric reflux or peptic ulcers was linked with a higher risk for dementia among patients in Germany, researchers say.

### [Women's heart attacks are different, deadlier](#)

13WMAZ -

The average age for a women to have a first heart attack is 72, compared with 65 for a man. But when young women do have heart attacks, they are at particularly high risk for death compared with young men.

## ALZHEIMER'S NEWSLETTER:

[http://act.alz.org/site/MessageViewer?autologin=true&em\\_id=206357.0&dlv\\_id=234008&utm\\_campaign=enews-2016-02-16&utm\\_medium=email&WT.mc\\_id=enews2016\\_02\\_16&utm\\_source=enews-aff-118](http://act.alz.org/site/MessageViewer?autologin=true&em_id=206357.0&dlv_id=234008&utm_campaign=enews-2016-02-16&utm_medium=email&WT.mc_id=enews2016_02_16&utm_source=enews-aff-118)