

Dutchess County Office for the Aging's

AGING NEWS

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- **Adult Vaccines**
- **Heart Healthy Food Tasting (2/23 & 2/25)**
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***Golden Living . . . News for Senior Citizens
Dutchess County Office for the Aging***

FILE ENHANCED STAR BEFORE MARCH 1st

Most homeowners are already aware of the New York State Tax Relief (STAR) exemption. Residents of Dutchess County can qualify for the Basic STAR exemption if their total annual income is \$500,000 or less and the property in question is their primary residence.

If you are currently age 65 or older, or you are turning age 65 anytime this year, and you own property that is your primary residence, with a total income of \$84,550 or less (based on your 2014 tax return), you may qualify for the more generous Enhanced STAR exemption. For property jointly owned by spouses or

siblings, only one of the owners needs to be 65, and eligibility is based on the combined income of the owners.

For Enhanced STAR benefits, you must reapply every year by March 1st. Even if you are not turning 65 until later this year, you must still apply for Enhanced STAR benefits by the March 1st deadline. Individuals who would like to continue to receive Enhanced STAR without having to re-apply every year can sign up for the STAR Income Verification Program.

If you currently receive the partial property tax exemption for seniors with limited income, you also qualify for Enhanced STAR, and only one renewal form is required. Further information on Enhanced STAR is available at www.tax.ny.gov/pit/property/star/eligibility.htm or your local assessor's office. To find your local office, visit:

www.co.dutchess.ny.us/countygov/departments/realpropertytax/rpassessors.htm.

U.S. NAVY BAND FREE CONCERT

During over 80 years of service, the United States Navy Band has become associated with events of national and international significance. The band features some of the nation's top musicians and performs a variety of music -

from classical orchestral works to original arrangements of current popular favorites, as well as traditional marches and patriotic fare.

On Friday, March 4th at 7 p.m., the United States Navy Band will be appearing in concert at the Mid-Hudson Civic Center, and tickets are free! Everyone is invited to experience the premier musical organization of the U.S. Navy, comprised of six primary performing groups, as well as a host of smaller ensembles. Tickets are required and can be obtained by calling (845) 454-5800.

ADULT VACCINES

The Dutchess County Department of Behavioral & Community Health reminds residents, especially the elderly, of the importance of vaccination. “We are seeing an increase in flu cases both nationwide and throughout New York State,” said Commissioner Henry M. Kurban, MD, MBA, MPH, FACPM. “It is important for everyone six months of age and older to be vaccinated against the flu, especially those who are pregnant or at higher risk for complications.”

Adults should also get the Tdap vaccine once to protect against pertussis (whooping cough), and then a Td (tetanus, diphtheria) booster shot every 10 years. Additional vaccinations, such as for shingles, pneumococcal, hepatitis, and HPV, depend on one’s age, occupation, travel, risk factors, and health status. Talk

with your healthcare provider or contact the Dutchess County Department of Behavioral & Community Health Immunization Program at (845) 486-3535 to find out which vaccines are right for you.

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>

HEART HEALTHY FOOD TASTING

The Office for the Aging's Nutrition Services Coordinator Christine Sergent and Chef Fred Orton will be providing education as well as taste-testing of healthy foods for possible inclusion on our menus on a permanent rotation. Lunch is a suggested \$3 for those over 60 and a \$4 charge for those under 60. Reservations are required. Join us this Thursday for an event focusing on Heart Health:

- **Thursday, February 25th**

East Fishkill Senior Friendship Center, 890 Route 82, 11:00 am (Call 226-3605 for reservations)

Coming in March, New Dietary Guidelines for Americans:

- March 8th –Rhinebeck Senior Friendship Center, 1232 Route 308 (Call 758-0571 for reservations)

21st Annual St. Patrick's Day Parade – March 5, 2016 Village of Wappingers Falls

The 21st Annual Dutchess County St. Patrick's Parade will be held on Saturday, March 5, 2016. The parade begins at 1:00 pm starting at the corner of West Main Street and Delavergne Avenue winding through the historic Village of Wappingers Falls, NY. The event is a kid-friendly and a great time for family and friends to get together. Thousands of parade goers will be in attendance and local merchants are ready to serve them.

This year's Grand Marshal is Bruce Coneeny.

As a not-for-profit organization they rely entirely on the generosity of our sponsors, journal advertisers and donors to cover parade expenses. If you are interested in offering a donation, please contact Gene Noone (914) 469-6661, marchers call Enda Ryan (845) 724-1256, and floats call Doreen Shephard at (845) 297-6938.

Effective Communication Strategies For Alzheimer's Caregivers: 2:30-4 p.m., Thursday, March 10 (rescheduled from Feb. 11), at Alzheimer's Association office, 2 Jefferson Plaza, Poughkeepsie, NY 12601. A free program by the Alzheimer's Association exploring how communication takes place when someone has Alzheimer's. Learn how to decode the verbal and behavioral messages delivered by someone with dementia and identify strategies to help you connect and communicate at every stage of the disease. Call 800-272-3900 with questions or to RSVP.

TRANSPORTATION PLAN

Please note that the [Poughkeepsie-Dutchess County Transportation Council \(PDCTC\)](#) has initiated a 30-day public comment period for its countywide, long-range transportation plan, *Moving Dutchess 2*. Building on work done in 2011 with the original *Moving Dutchess*, *Moving Dutchess 2* seeks to present a set of policies, projects, and recommendations designed to not only maintain the existing transportation system, but to also prepare it to meet the challenges of the future. The draft MTP can be found online at:

<http://www.dutchessny.gov/md2>.

The public comment period ends **Thursday, March 17, 2016**.

Additionally, there will be a public information meeting on **Thursday, March 3, 2016 at 6:30 p.m.** at the Adriance Memorial Library (Charwat Meeting Room-Ground Floor) at 93 Market St, Poughkeepsie, NY 12601 to discuss the plan and its recommendations. We welcome your input! For more information regarding this meeting, please see the [Consolidated Calendar](#).

MORE AGING NEWS ONLINE:

[New Mental Challenges Can Sharpen Aging Brain](#)

02/11/2016 05:00 PM EST

Older adults who learned demanding skills showed better memory power than those who had no active learning. Source: HealthDay

[Asthma May Raise Risk for Abdominal Aneurysm](#)

02/11/2016 04:00 PM EST

Airway disease also linked to greater rupture risk in body's main artery, study suggests. Source: HealthDay

[Weakened Knees a Big Cause of Falls for Older People](#)

02/11/2016 02:00 PM EST

But treatments to improve strength, balance may guard against injuries, disability, researchers say. Source: HealthDay

ALZHEIMER'S NEWSLETTER:

http://act.alz.org/site/MessageViewer?autologin=true&em_id=206561.0&dlv_id=234246&utm_campaign=enews-2016-02-22&utm_medium=email&WT.mc_id=enews2016_02_22&utm_source=enews-aff-118

ARTHRITIS NEWSLETTER:

<http://view.em.arthritis.org/?j=fe8c12797363017f75&m=fe921570726c067f7c&ls=fdfd10707366057d74137672&l=fec015727c630c79&s=fe191174726601747c1376&jb=ff3015727d60&ju=fe231573706d0c7b7d1573&r=0>