

Dutchess County Office for the Aging's

## AGING NEWS

- **Last Chance to Register for Caregiver Conference (11/20)**
- **November is National Family Caregiver Month**
- **Caregiver Support is Available**
- **Senior Housing Information Online**
- **Tax Considerations for Caregivers Seminar (11/12)**
- **Veterans Day Freebies**
- **Thriving in Rhinebeck this Weekend (11/14)**
- **Six Salty Foods**
- **McDonalds Hiring Senior Citizens Part-Time**
- **More Aging News Online**

**WINTER SPOTLIGHT ON SENIORS NEWSLETTER NOW ONLINE:**

<http://www.co.dutchess.ny.us/CountyGov/Departments/Aging/soswinter20152016.pdf>

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

### REGISTER TODAY FOR CAREGIVER CONFERENCE

If you are a caregiver, be sure to register by this Friday, November 13<sup>th</sup> for the 11th Annual Conference on Caregiving to be held on November 20th. This year's conference will be held at the Villa Borghese, 70 Widmer Road in Wappinger beginning with registration at 8:30 a.m. The theme for the conference is "Caregiving: The Starring Role."

Some of the topics to be covered at the seminar are: Care Team Building, Legal & Financial Solutions; Role of the Ombudsman and the Power of Music Therapy. There will be plenty of time for questions and concerns from the attendees. Continental breakfast and lunch are included. To make a reservation, call the Alzheimer's Association at (845) 471-2655.

The conference is produced by the Office for the Aging, the Alzheimer's Association Hudson Valley Chapter, Wingate Healthcare, the Parkinson's Disease Support Group of the Mid Hudson Valley, Inc., Hudson Valley Hospice, Always There Home Care, Hudson Valley Veterans Administration, Hamaspik Choice and HealthQuest.

### **NOVEMBER IS FAMILY CAREGIVER MONTH**

The Conference on Caregiving is held every November, National Family Caregivers Month, a time to draw attention to the challenges facing the more than 50 million family caregivers across the country. Here at the Office for the Aging, part of our mission is to help thank, support, educate and celebrate these selfless individuals who are endeavoring to provide their loved one with the best possible care, yet in the process may not be taking the best care of themselves.

The Office for the Aging has devoted a part of our website to information to assist Care givers

(<http://www.co.dutchess.ny.us/CountyGov/Departments/Aging/AGcaretips.htm>).

You'll find tips on how to take care of yourself better, as well as support services and contact information for organizations that can assist you. If you do not have internet access, call our office at 486-2555 and ask to have the Caregivers Brochure sent to you.

### **CAREGIVER SUPPORT AVAILABLE**

Caregiving, although rewarding, can also be extremely stressful for the caregiver. In order to help minimize the frustration and isolation experienced by caregivers while attempting to address the diverse concerns and issues confronting them, the Office for the Aging sponsors a monthly workshop series offering help in such areas as practical tips, stress management, coping skills, and legal issues. Call MidHudson Regional Home Care of Westchester Medical Center at 483-5551 for more information. They also run a monthly caregiver support group.

Alzheimer's support groups, educational workshops and other services for family members and caregivers of those with Alzheimer's or related dementia are offered by the Alzheimer's Association. Support groups, which are informational

and non-judgmental, are held at several locations throughout Dutchess County. An early-stage Alzheimer's support group is also sponsored by the Alzheimer's Association. To obtain more information, call (845) 471-2655.

The Parkinson's Support Group meets monthly on the fourth Friday of the month (except November and December when they meet on the 3rd Friday) from 10 AM to noon at the Unitarian Fellowship at 67 South Randolph Avenue in Poughkeepsie. Call (914) 475-2793 for information.

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

***[agingervices@dutchessny.gov](mailto:agingervices@dutchessny.gov) website:***

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

#### **SENIOR HOUSING INFORMATION ONLINE**

Almost 400 seniors attended our Senior Seminars last week. Many of the seniors who attended the sessions on Senior Housing requested links to the 2 booklets that were mentioned that provide a lot of great information about the many different types of housing. The links are located below:

#### **ELDERCARE LOCATOR SENIOR HOUSING**

**GUIDE: [http://www.eldercare.gov/eldercare.net/public/Resources/Brochures/docs/Housing\\_Options\\_Booklet.pdf](http://www.eldercare.gov/eldercare.net/public/Resources/Brochures/docs/Housing_Options_Booklet.pdf)**

#### **ATTORNEY GENERAL'S GUIDE TO SENIOR HOUSING:**

**[https://www.ag.ny.gov/sites/default/files/pdfs/publications/Housing\\_Guide\\_for\\_Seniors\\_2011.pdf](https://www.ag.ny.gov/sites/default/files/pdfs/publications/Housing_Guide_for_Seniors_2011.pdf)**

#### **DUTCHESS COUNTY SUBSIDIZED SENIOR HOUSING GUIDE:**

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

MidHudson Regional Hospital Licensed Home Care Presents:

**Tax Considerations for Family Caregivers**

A FREE EDUCATIONAL PROGRAM

Thursday, November 12, 2015 2 to 3:30 p.m.

Manor at Woodside, 168 Academy Street, Poughkeepsie

Presented by:

**Patrick O'Hara, EA** – Tax Alternative Group LLC

**Caring for an older adult can affect a taxpayer's finances** in a variety of ways. This workshop outlines some of these issues that caregivers need to consider during the care giving years, and the obligations that come with their loved one's passing. We will look at ways to maximize tax savings to help offset the cost of care, and meet tax reporting obligations while maintaining compliance with the tax code. Proactive planning today can save a lot of anxiety and heartache later.

This is a FREE presentation, however space is limited. Please reserve by calling 845.483.5551. This program is funded in part by the U.S. Administration on Aging, New York State Office for the Aging and Dutchess County Government.

**VETERANS DAY FREEBIES**

Click on this link: <http://themilitarywallet.com/veterans-day-free-meals-and-discounts/> for the 2015 Veterans Day Free Meals and Discounts.

Happy Veterans Day! Thank you for your service!

**THRIVING IN RHINEBECK THIS WEEKEND**

If you live in the Rhinebeck area, mark your calendar for this Saturday, November 14<sup>th</sup>. That is the date of the inaugural "Thriving in Rhinebeck," a showcase of services and resources for older adults being held at Rhinebeck High School from 9:00 a.m. through 12:30 p.m. The event will feature an array of information tables and presentations from agencies which serve older adults and their families, as well as exercise demonstrations and two programs on the main stage: "Flex Your Memory" and "Successful Aging." There is no need to register, just bring a friend and enjoy an informational morning of programming.

## SIX SALTY FOODS

**Did you know? These six popular foods can add high levels of sodium to your diet.**

The American Heart Association recommends that you aim to eat less than 1,500 mg of sodium per day.

Look for the Heart-Check mark to find products that can help you make smarter choices about the foods you eat.

1. **Breads and Rolls** – Some foods that you eat several times a day, such as bread, add up to a lot of sodium even though each serving may not seem high in sodium. Check labels to find lower-sodium varieties.
2. **Cold Cuts and Cured Meats** – One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as half of your daily recommended dietary sodium. Look for lower-sodium varieties of your favorite lunch meats.
3. **Pizza** – A slice of pizza with several toppings can contain more than half of your daily recommended dietary sodium. Limit the cheese and add more veggies to your next slice.
4. **Poultry** – Sodium levels in poultry can vary based on preparation methods. You will find a wide range of sodium in poultry products, so it is important to choose wisely.
5. **Soup** – Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams – more than half your daily recommended intake. Check the labels to find lower sodium varieties.

6. **Sandwiches** – a sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.

## **McDONALD'S HIRING SENIOR CITIZENS**

If you are looking for a little extra cash, McDonald's at 733 Main Street in Poughkeepsie is currently hiring senior citizens for part-time hours. You can apply online at: [www.mylocalmclds.com/1748](http://www.mylocalmclds.com/1748)

## **MORE AGING NEWS ONLINE:**

### **[Too Much TV Linked to Leading Causes of Death](#)**

*10/29/2015 12:00 PM EDT*

Study found the more time spent in front of the tube, the greater the risk. Source: HealthDay

### **[Statins May Dampen Protective Powers of Flu Vaccines](#)**

*10/29/2015 12:00 PM EDT*

Research suggests cholesterol-lowering meds linked to lower levels of influenza antibodies in seniors. Source: HealthDay

### **[Too Many Seniors with Diabetes Are Overtreated, Study Suggests](#)**

*10/29/2015 09:00 AM EDT*

Even when blood sugar, blood pressure levels dropped too low, doctors didn't cut back on meds. Source: HealthDay

**ALZHEIMER'S CAREGIVER INFORMATION:** <http://www.alz.org/dm/FY16/Nov-Caregiver-Mo/NP-Caregiver-GEN-AD.html>

### **ALZHEIMER'S NEWSLETTER:**

[http://act.alz.org/site/MessageViewer?autologin=true&em\\_id=203145.0&dlv\\_id=231621&utm\\_campaign=enews-2015-11-06&utm\\_medium=email&WT.mc\\_id=enews2015\\_11\\_06&utm\\_source=enews-aff-118](http://act.alz.org/site/MessageViewer?autologin=true&em_id=203145.0&dlv_id=231621&utm_campaign=enews-2015-11-06&utm_medium=email&WT.mc_id=enews2015_11_06&utm_source=enews-aff-118)

