

Dutchess County Office for the Aging's

AGING NEWS

- HEAP Season Opens Today (11/16)
- Heating System Repair Available
- County Opens Beacon Office to Assist with HEAP
- **Learn How To Live Longer Independently at Successful Aging Talk (Today 2PM)**
- Empathy Topic of Seminar (12/10)
- Zumba Fundraiser (12/6)
- More Aging News Online

WINTER SPOTLIGHT ON SENIORS NEWSLETTER:

<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

HEAP SEASON OPENS THIS WEEK

With the temperature starting to drop, the season for the Home Energy Assistance Program (HEAP), which provides a one-time payment to the fuel supplier of households who meet the eligibility requirements, will officially open on Monday, November 16. Depending on income, the benefit amount for most senior citizen homes that heat with oil, kerosene or propane is \$600 or 625. If you heat with wood, pellets, coal or corn heating types, the amount is

\$525. Utilities like PSC Electric and Natural Gas have a benefit amount this year of \$375.

Households which do not pay for heat directly but instead make undesignated payments for the heat in the form of rent may be eligible for a heat included benefit. Depending on income, this payment can range from \$30 to \$35. Payment can go to the household or the utility.

If you have received HEAP in the past, you should have already received an application by mail. If you have not received an application, but meet the eligibility requirements listed below, call the Office for the Aging at (845) 486-2555. New applicants will be required to complete a HEAP application and interview, as well as provide proof of each household member's identity (including a valid Social Security number), proof of residence, provide a fuel and/or utility bill if you pay for heat or proof that you pay rent that includes heat, and verify the income for all household members.

Eligibility is based on your monthly income and household size. For a household of one, your monthly income should not exceed \$2,244. Two person households have an income cut-off of \$2,935.

Once your HEAP application has been processed, you will receive a HEAP Notice of Eligibility. Keep this notice in a safe place. If you have an emergency, do not

wait until you are out of heating fuel or your gas/electric service has been terminated to request assistance. Your utility company is not required to restore your service, even if you are eligible for a HEAP benefit. Emergency HEAP does not open until January 4, 2016 and there will be no emergency benefits available before that day.

HEATING EQUIPMENT REPAIR

Some HEAP beneficiaries may also be eligible for the Heating Equipment Repair and Replacement (HERR) component, which can assist households with the cost of repair or replacement of the applicant owned dwelling's primary heating equipment when the equipment has been documented by a vendor to be inoperable or unsafe, and in need of repair or replacement. Benefit amounts are based on the actual cost incurred to replace or repair the applicant's furnace, boiler, and/or other essential heating equipment, up to a maximum of \$6,500.

To be eligible for this program the applicant must apply in person, be the homeowner, a New York State resident, and United States citizen or qualified alien. The program requires a completed HEAP application along with all documentation including proof of ownership, income and resources. If an

applicant is homebound an authorized representative may apply for them. Call the Office for the Aging for more information.

County Opens New Beacon Office to Assist Families with HEAP Applications

Dutchess County Executive Marc Molinaro announced the Dutchess County Department of Community and Family Services (DCFS) has opened a satellite office in the City of Beacon to assist low-income residents apply for the federal Home Energy Assistance Program (HEAP), which assists individuals with the cost of heat and energy-related expenses. The first-floor office at 223 Main Street will be open Monday through Friday from 9 a.m. to 2 p.m. Three DCFS employees will staff the office solely to assist residents with their HEAP inquiries.

County Executive Molinaro said, “This new satellite office will make it easier for residents in the southern portion of Dutchess County receive assistance with their HEAP applications, helping these low-income families keep their families warm this winter. The office epitomizes the county’s commitment to making government more efficient, bringing HEAP assistance closer to the residents who need it in southern Dutchess County.”

Residents are also reminded that they can apply for regular HEAP benefits on line. Fast and confidential service is available at WWW.MYBENEFITS.NY.GOV where individuals can apply for regular HEAP benefits and track their application.

In addition to the new satellite office in Beacon, residents can also apply for HEAP at the following Dutchess County locations:

DCFS Eastern Dutchess Government Center

131 County House Road, Millbrook, NY 12545

Phone: (845) 677-5532, Fax: (845) 677-5508

DCFS Main Office

60 Market Street, Poughkeepsie, NY 12601.

HEAP Phone Number: (845) 486-3249, HEAP Fax: (845) 486-3232

Community Action

Phone: (845) 452-5104 ext. 220.

<http://www.dutchesscap.org>

Mental Health America

253 Mansion Street, Poughkeepsie, NY 12601

Phone: (845) 473-2500, Fax: (845) 471-6860

<http://mhadutchess.org/>

Dutchess County Office for the Aging (if you are 60 years of age or older)

27 High Street, 3rd Floor, Poughkeepsie, NY 12601

Phone: (845) 486-2555

<http://www.co.dutchess.ny.us/Countygov/departments/aging/agindex.htm>

In case of emergency, Dutchess County operates a No-Heating Fuel Emergency Response Program through DC Community Action. An after-hours telephone number is maintained from 4:00 p.m. to 8:00 a.m. weekdays, as well as 24 hours a day on weekends and holidays. Low-income residents can call (845) 437-0050 if

they are without heating fuel or do not have a fuel supply that will last until the next County business day.

LEARN TO LIVE INDEPENDENTLY LONGER AT SUCCESSFUL AGING TALK

One of the biggest concerns of senior citizens as they age is the possibility of losing their independence. Giving up driving, going into a nursing home, or even a loss of memory from dementia are all major concerns. How do you stay living independently longer? Drive for more years? Delay Alzheimer's for as long as possible? Find out at the presentation *Successful Aging* happening this afternoon (Monday, November 16, 2015) at 2:00 PM at the Stanford Free Library, 14 Creamery Road in Standfordville. Reservations are suggested, but not necessary at 868-1341.

EMPATHY TOPIC OF SEMINAR

MidHudson Regional Hospital Licensed Home Care Presents: **Empathy**

A FREE EDUCATIONAL PROGRAM

Thursday, December 10, 2015 2:30 to 4 p.m.

MidHudson Regional Hospital Sister M. Ann Elizabeth Conference Center
Poughkeepsie, NY 12601

Presented by:

Cheryl Nelson, RN, LCSW-R – MidHudson Regional Hospital Mental Health Clinic

In a caretaker role, having empathy is important in all communication. Cheryl Nelson will share historical background and indications in our current healthcare system of how empathy can enhance our role and make our interventions more effective. 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.

Zumba® & DXF Fundraiser for Children
Grace Smith House

Vera Hunt Dickens Memorial Event

Sunday, December 6, 2015

1:00 pm (registration)

Zumba® & DFX Party 1:30 pm
Admission/Donation: Unwrapped “new” toy or gift card
St. John’s Evangelical Lutheran Church
55 Wilbur Blvd.
Poughkeepsie, NY 12603

In the spirit of Christmas, we invite everyone to join Santa and his elves as we load Santa's sleigh with all the goodies that will make a very "Merry Christmas" to the children at Grace Smith House, Poughkeepsie. Zumba® your way into the holidays at this family friendly event. Here is the opportunity to “party with a purpose”....put a smile on the faces of so many innocent children and party at the same time!!!

Santa's reindeers for this event (aka ZIN & DFX Instructors), Linda Dickens Monden Thomas, Donna Maffucci Dimarco, Lisa Bressette, Sandy Gambro Melo, Theresa Masin, Tatanisha Powell and Colleen Hernandez. The party will include DFX “creator” Anrdrew “Drew” Bryant!!

Santa’s “elves” for this event - Our local chapter of the Red Hat Society, Ladies of Distinction

Put on your Christmas Zumba® wear and join us for this fun filled Zumba® event to benefit the children at Grace Smith House! *For additional information please call Linda: 914-475-0493*

MORE AGING NEWS ONLINE

[Rheumatoid Arthritis Patients have a Lower Risk of Dying from Heart Disease](#)

Ledger Gazette - Nov 9, 2015

In one study, investigators determined that the typical Western diet, which is high in red and processed meats, fried foods, high-fat dairy, sugary foods, and refined grains, can increase the risk of developing rheumatoid arthritis.

[Your Breakfast May Give You Cancer: Food Safety Watchdog Warns Dangers Of ...](#)

Tech Times

Some people want their toasts, chips and potatoes crispier than usual. Experts, however, warned that cooking these breakfast staples at high temperatures increases acrylamide contents, which can cause cancer.

[Learn why belly fat is dangerous \(+Video\)](#)

Nature World Report

According to a study published in Annals of Internal Medicine, belly fat is dangerous and it is more hazardous than being obese.

[PARKINSON'S DISEASE NEWSLETTER](#)

[ALZHEIMER'S NEWSLETTER](#)