

Dutchess County Office for the Aging's

AGING NEWS

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Happy Thanksgiving from the Dutchess County Office for the Aging!

If you have nowhere to go this year – you're invited to any of these community Thanksgiving gatherings:

Free community Thanksgiving dinner — United Methodist Church of Wappingers Falls, 9 S. Mesier Ave., Wappingers Falls. Noon-3 p.m. Nov. 26. Fourth annual dinner hosted by the church. Everyone in the community is invited. No charge, reservations requested. Volunteers and donations will be welcomed. Call 845-297-3208 or email umcofw@hotmail.com.

Free community Thanksgiving dinner — Freedom Plains United Presbyterian Church, 1168 Route 55 and Stringham Road, LaGrangeville. 1 p.m. Nov. 26. Dinner open to all. Free-will contributions accepted. Reservations requested by Nov. 25. 845-452-0684.

Free community Thanksgiving dinner — Red Hook Village Fire House, Fire House Lane, Red Hook. 12:30-2 p.m. Nov. 26. Buffet-style meal. Reservations are encouraged by Nov. 23. Please call Holy Cow, 845-758-5959. Reservations for take-outs are required and may be picked up at 2 p.m. only.

Dan Hickey Thanksgiving dinner — Poughkeepsie Soup Kitchen, Family Partnership Center, 29 N. Hamilton St., Poughkeepsie. 11 a.m. Nov. 26. Volunteers to help cook and serve should arrive at 10 a.m. Dinner in honor of the late John Flowers. 845-635-9388.

Thanksgiving dinner — Nov. 26. Rhinebeck Lions Club's annual Thanksgiving feast. Volunteers will deliver dinners starting 11 a.m. to residents of Rhinebeck, Red Hook, Tivoli, Milan and Clinton Corners. To RSVP, email Chris Chestney at chris@dapsonchestney.com or call 845-876-3620.

Golden Living . . . News for Senior Citizens
Mary Kaye Dolan-Anderson, Director

Dutchess County Office for the Aging

TIME RUNNING OUT TO SWITCH PLANS

The Medicare Open Enrollment period, a yearly window of opportunity for Medicare beneficiaries to change their coverage options, will be closing on December 7th. If you are happy with your current coverage, and your plan is not making changes that impact you, you do not need to do anything; however, it is always a good idea to investigate all your options.

The Office for the Aging's Health Insurance Information Counseling and Assistance Program (HIICAP) has trained volunteer counselors who can help seniors with their insurance questions. Currently, appointments with the counselors are booked solid right through the open enrollment period, but you may call and get placed on a waiting list in the event of any cancellations.

If you have internet access, the www.medicare.gov website has a comparison tool that can be used to compare options for both Part D prescription drug coverage plans and Medicare Advantage Plans. To get the most accurate results, you will need your Medicare number and a list of your medications, along with details of the dosage and frequency of use of each. If you'd like help learning to navigate the Medicare website, you can sign up for a computer training session

at the Adriaance Library, 93 Market Street in Poughkeepsie on November 25th from 9:30 – 11:30 AM. Space is limited, so visit www.poklib.org to register.

If you don't have computer access, and have not been able to schedule a HIICAP appointment locally, Medicare can assist you over the phone by calling toll free 1-800-MEDICARE. Their counselors will guide you through the process and provide the information you need to make an informed choice. Again, have all of your information readily available when you call.

Finally, for those who would like a review of the basics of Medicare, there is one more seminar scheduled prior to the end of the open enrollment period. On Monday, November 23rd at 4 PM, a Medicare Orientation session will be held at the Center for Healthy Aging at Northern Dutchess Hospital in Rhinebeck. In addition, although after the open enrollment period has closed, those wishing an introduction or refresher on Medicare Basics can attend a Medicare 101 session in the Poughkeepsie Galleria Community Room on Wednesday, December 16th from 10 AM – noon. Call (845) 486-2555 to register.

MEAL DELIVERY HELP

If you're looking for something to do with your free time this winter, consider donating an hour a week to help deliver meals to the homebound

elderly. The Office for the Aging is currently looking for people who are available in the late morning on weekdays to assist in our home-delivered meal program. There is an urgent need right now in the City of Poughkeepsie area, but most areas could use some help. If you do not like to drive, volunteers are often needed to assist at the Senior Friendship Centers with activities and/or serving or cleaning up from meals. If this sounds like something you might be interested in, call the Office for the Aging at (845) 486-2555.

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

aging@duchessny.gov website:

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

OFFICE FOR THE AGING DIRECTOR MARY KAYE DOLAN TO RETIRE

Dutchess County Executive Marcus J. Molinaro has announced the upcoming retirement of Dutchess County Office for Aging (OFA) Director Mary Kaye Dolan. Ms. Dolan has served Dutchess County for over 26 years in various roles, including the past five years as OFA Director.

County Executive Molinaro stated, "The needs and priorities of Dutchess County's growing senior population are ever changing and evolving. Mary Kaye Dolan has been at the forefront of responding to those changing needs and has been an unwavering advocate for our seniors. She has continued to raise the bar in delivering high quality programming and services that have made Dutchess County a model throughout New York State."

Following a radio news reporting career during which she covered County Government, Mary Kaye Dolan began serving with Dutchess County Government in 1985 as Assistant to the Chairman in the Dutchess County Legislature, when she was appointed by then-Chairman Douglas McHoul. She briefly returned to

radio news broadcasting as the News Director for WKIP/Q92 from 1989 to 1993. In 1993, Dolan came back to County Government as the Volunteer Coordinator for the Office for the Aging. She was promoted to Aging Services Coordinator in 1996. In 2011, she was appointed as Director of Aging Services by then-County Executive William R. Steinhaus as part of a consolidation of Services for Aging, Veterans, and Youth (SAVY) into a single department. Ms. Dolan served as the Acting SAVY Commissioner from 2012 to 2013. As part of efforts to transform county government, County Executive Molinaro reorganized several departments in 2013 and returned the Office for the Aging as a standalone department and appointed Ms. Dolan as OFA Director.

As Director, Ms. Dolan has been responsible for oversight of the Office for the Aging and its mission of planning, coordinating and providing an array of community based services to the elderly and persons who require assistance in the long-term care system, in an effort to promote independence, dignity and quality of life. Census data shows Dutchess County's senior population (60 and older) has grown nearly 30% from 2000 to 2010 and today 1 in 5 Dutchess County residents are seniors.

Under Ms. Dolan's leadership, the Dutchess County Office for the Aging has been highly regarded by the New York State Office for the Aging for excellence in service delivery and compliance with state and federal regulations. OFA has continuously received positive annual evaluations from New York State every year since 1996 when she became Aging Services Coordinator, ensuring continued access to critical state and federal funds.

When Mary Kaye Dolan was recruited to return to Dutchess County Government as OFA Volunteer Coordinator, she was tasked with increasing the agency's visibility in the community and developing a consistent systematic method of measuring client satisfaction and outcomes. During her tenure, OFA has dramatically increased the number of seniors, caregivers and others served. OFA enjoys a very high level of favorable and positive perception, as evidenced by continuous high client satisfaction ratings.

Among the accomplishments OFA has achieved under Director Dolan's leadership:

- Increase in the number of special events offered annually including the Senior Seminars, the "Successful Aging" presentation, in addition to the popular Senior Prom, Celebration of Aging and many other events.

- Re-opening the Pawling Senior Friendship Center thanks to assistance from former New York State Senator Greg Ball.
- Introduction of the “Matter of Balance” fall prevention program.
- Re-worked the organizational structure to meet changing service delivery needs, including increased staffing to the OFA intake unit, where calls have more than doubled over the past years.

Impressively, this expansion of services has been accomplished without the need for additional county tax resources, but through strategic reorganization and capitalizing on state and federal fund opportunities.

Director Dolan noted, “Our success has been an ongoing team effort. I have enjoyed relationships with staff, contractors, volunteers, sponsors and elected officials who, together, have enabled the Office for the Aging to be one of the most respected and visible public agencies in the region. It is incredibly rewarding to know that every single day, our joint efforts are helping a great many people in Dutchess County, whether they be healthy and independent or frail and vulnerable.”

Dolan has served on the Board of Directors of the Association on Aging in New York, which is made up of the Offices for the Aging throughout New York State. She also served on the initial Board of Directors of Hudson Valley Home Matters, the first Aging in Place organization in Dutchess County.

Ms. Dolan has also served as the Chair of the County’s Health & Human Services (H&HS) Cabinet since 2012. The H&HS Cabinet is comprised of representatives from the County’s health and human services related departments, including Health (including the Division of Veterans Services), Mental Hygiene, Community & Family Services (including the Division of Youth Services), Probation & Community Corrections and the Office for the Aging, working together to coordinate service delivery to provide better outcomes for families. County Executive Molinaro appointed her as the staff liaison to the external Health and Human Services Advisory, a broad representation of community health and mental health experts. In these roles, Ms. Dolan was actively engaged in the study to merge the Departments of Health and Mental Hygiene into a single department as well as the County’s efforts to combat the epidemic of prescription drug and opiate abuse.

“Mary Kaye has been our go-to person for so many of the County’s key initiatives. She has always stepped to the plate when asked and has successfully moved these initiatives forward,” said County Executive Molinaro. “The impact of her work extends well beyond the success of the Office of the Aging. She has been a vital part of making Dutchess County Government smaller, smarter and more effective and she will be greatly missed. We wish her the very best in her next chapter.”

Ms. Dolan, who resides in the City of Poughkeepsie with her husband John, plans to enjoy cold weather months in Florida. She also intends to remain active in the community and involved with efforts to combat ageism and age discrimination. Ms. Dolan officially retires on January 28th, 2016.

Director Dolan said, “It has been an honor to be associated with the Dutchess County Office for the Aging for more than two decades, being part of such important work in our community. I am thankful to those I have worked for who gave me the opportunities: current County Executive Marc Molinaro, former Executive Bill Steinhaus and former OFA directors Douglas McHoul and John Beale. Never could I have imagined that this work would be so satisfying and those we work with to be so inspiring. It is a very bittersweet transition to retirement as Dutchess County Government has been a part of my entire professional life – when I wasn’t working here, I was covering the county as a reporter. I will greatly miss those I have worked with but know OFA will continue to serve the people of Dutchess County well.”

FAVOR CARD AVAILABLE TO VETERANS

Have you visited the Dutchess County Return the FAVOR Veteran Discount Card Program website recently to view the list of businesses participating in the Discount Program? Many have been added. There are currently over 230 businesses. Click on the link below to view the current businesses and merchants that are participating.

<http://www.co.dutchess.ny.us/CountyGov/Departments/CountyClerk/19651.htm>

Please keep in mind the card is accepted by those participants on the list. **Acceptance by other businesses not on the list is not guaranteed**, however

you can always ask them to sign up by referring them to the follow website:
<http://www.co.dutchess.ny.us/CountyGov/Departments/CountyClerk/19397.htm>
for complete details of the program.

For any honorably discharged veteran you may know, residing in Dutchess County that has not yet obtained their card please share with them that they may obtain their **FAVOR** card by bringing his or her Military Separation Papers i.e. DD-214, WDO-AGO 53-55, etc., indicating their Full-Time Active Duty service to our office (Division of Veterans Services Office, located at 85 Civic Center Plaza, Suite 105) in Poughkeepsie between 9am and 4pm Monday thru Friday. After processing they will be able to obtain their official card at the County Clerk's Office.

Workshops for Grandparents Raising Grandchildren

The Relatives as Parents Program (RAPP) of Dutchess County will be holding Caregiver Workshops and Youth Workshops in November and December. The workshops will be held during the normal group meeting times and will focus on stress management and coping skills for adults and their children. Workshop facilitators are skilled and engaging professionals who work with youth and families in our area. Some discussion topics and activities will include:

- Learning new strategies to prevent crisis situations and developing coping strategies for children in emotional crisis.
- Anger management strategies for youth: The children will learn about and take home plans of action for when they are overcome with anger or frustration. They will also be able to share and support each other with group discussion and other experiential and engaging activities.

For more information please contact CCEDC: 845-677-8223 ext. 122 or [click here](#).

Heart Healthy Thanksgiving Tips from the American Heart Association

Mashed potatoes with cream. Stuffing made with sausage and butter. Candied yams with caramel sauce and marshmallows. Pies, cakes and cookies. It's a Thanksgiving buffet of our dreams. But over-indulging in these beloved holiday foods can derail your healthy eating habits, causing dreaded holiday weight gain. And that's weight we don't lose over the course of the year.

Nearly 70% of American adults are either overweight or obese. Being obese increases the risk for health problems such as heart disease, stroke, high blood pressure, diabetes and more.

According to the American Heart Association, more than 80% of heart disease can be prevented with simply lifestyle changes like exercising 30 minutes most days of the week; eating a healthier diet filled with fruits, vegetables and whole grains; and limiting sodium, saturated fats and added sugars.

Enjoying time with our family and celebrating with traditional foods we know and love doesn't have to be unhealthy. To keep your diet, and health, in check over the Thanksgiving holiday, try these healthy tips from the American Heart Association's Go Red For Women campaign, including ways to minimize stress and smart substitutions for your holiday meals.

Try healthy recipe substitutes to make your favorite holiday recipes better for heart health.

Baking

- Instead of butter, substitute equal parts cinnamon-flavored, no-sugar-added applesauce.
- Instead of sugar, use a lower-calorie sugar substitute.
- Instead of whole or heavy cream, substitute low-fat or skim milk.
- Instead of using only white flour, use half white and half whole-wheat flour.
- Instead of adding chocolate chips or candies, use dried fruit, like cranberries or cherries.
- Use extracts like vanilla, almond and peppermint to add flavor, instead of sugar or butter.

Cooking

- Use vegetable oils such as olive oil instead of butter (even in your mashed potatoes).
- Use herbs and spices, like rosemary and cloves, to flavor dishes instead of butter and salt.

- Use whole-grain breads and pastas instead of white.
- Bake, grill or steam vegetables instead of frying.
- Instead of whole milk or heavy cream, substitute low-fat or fat-free/skim milk.

Prepare healthy vegetables, eat a balanced meal

Now that you've prepared some of your Thanksgiving meal with healthy substitutes, prepare yourself a balanced plate of all your favorite holiday foods, starting with a salad and vegetables. Eating your veggies will ensure you get the nutrients you need and will help fill you up so you don't overload on the foods your body needs less of, such as rolls, stuffing and pie.

Increase physical activity

The American Heart Association advises increasing physical activity over Thanksgiving and throughout the holiday season to combat the extra calories and additional stress. Go for a family walk after each meal or gathering. Play catch with your kids or walk your dog the long route. Take just 40 minutes and go to the gym to release endorphins your body needs to stay healthy.

Keep stress to a minimum

There's so much to do at the holidays. Taking care of family, cooking, cleaning—Thanksgiving can involve a lot of activities that not only keep you busy, but can also increase your level of stress. Keep stress to a minimum with stress management techniques. The AHA recommends:

- Planning ahead to help you with time management
- Focusing on one thing at a time
- Taking time to relax & not sweating the small stuff

Get enough sleep

Part of living a heart-healthy lifestyle means getting enough sleep. Why? Because your quality of sleep can impact your heart health. The American Heart Association recommends adults get six to eight hours of sleep per night. Over the holiday, get into bed early to give yourself enough time to wind down after your day and to fall asleep faster and more soundly.

For more tips, download the AHA's free Holiday Healthy Eating Guide at <http://bit.ly/AHAHolidayGuide2015>.

Learn more about a healthier lifestyle at www.heart.org/gettinghealthy and get free recipes at www.heart.org/recipes.

MORE AGING NEWS ONLINE:

Aging-in-Place

The question of where to live as one ages is not an easy one. As our Baby Boomers begin to explore their local housing options, many find they have more questions than answers. [Click here to learn more about Aging-in-Place](#).

[Shift workers more likely to develop metabolic syndrome than employees with ...](#)
Northern Californian -

A study has suggested that even routine sleep changes like getting up early for work during week could increase the risk of developing metabolic problems, including diabetes and heart disease.

[Thanks Is Not just for Thanksgiving](#)

Apex Tribune -

Some of you may have already considered that giving thanks is not just for Thanksgiving, but it's something we should try to do more than once a year.

Study: Your Morning Cup Of Coffee Is Adding Years To Your Life

CBS Local - Nov 21, 2015

SAN FRANCISCO (CBS SF) - Do you need a cup of coffee in the morning to get your motor running? Perhaps two... even three? Well, drink up.

DUTCHESS COUNTY BRAIN GAMES CLASSES:

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

ALZHEIMER'S NEWSLETTER:

http://act.alz.org/site/MessageViewer?autologin=true&em_id=204099.0&dlv_id=232144&utm_campaign=enews-2015-11-23&utm_medium=email&WT.mc_id=enews2015_11_23&utm_source=enews-aff-118

ARTHRITIS NEWSLETTER:

<http://view.em.arthritis.org/?j=fe8e12767067037e76&m=fe921570726c067f7c&l>

[s=fdfd10707366057d74137672&l=fec015727c630c79&s=fe191174726601747c1376&jb=ff2d15727d63&ju=fe2c15727467037b711176&r=0](https://www.fda.gov/oc/foia/s=fdfd10707366057d74137672&l=fec015727c630c79&s=fe191174726601747c1376&jb=ff2d15727d63&ju=fe2c15727467037b711176&r=0)