

Your Newsletter
Growing Older
in *Rhinebeck*

May 1st 2009: This Newsletter is published by the *Town of Rhinebeck Committee on Aging* to report on functions of interest to Seniors and to spread the word about activities during the upcoming months that are of interest or in support of Seniors in Rhinebeck. The Newsletter is viewable and maintained on the Town of Rhinebeck website www.Rhinebeck-ny.gov. Printed copies are distributed in town where Rhinebeck Seniors might visit. We would appreciate feedback from you regarding your experience of these activities and if you know of other things going on in town that we should include in the Newsletter. From time to time, your editor discovers egregious errors: if you spot any, please let us know. You can send comments or items for the newsletter to the newsletter editor at 845-876-2683 or email caroleleib@mindspring.com.

Note: The *Committee on Aging* is actively seeking more members. If you would like to participate and feel you have interests, skills, and talents that would benefit this committee, please contact the committee Chairperson Marsha DeBlasi at 845-758-9098 or email richardandmarsha@citlink.net.

Economic Recovery Payment — new scams

If you're receiving SS or SSI benefits, your special one-time recovery payment of \$250 from the American Recovery and Reinvestment Act of 2009 is automatic: you don't need to pay anyone to represent you. You will receive your payment in May – in the same manner as you currently receive your SS or SSI payments now – either by direct deposit, by check, or through the new Direct Express debit card. The one-time payment will be issued separately from your SS or SSI benefit. All payments should be delivered by late 5/09. If you have not received your payment by 6/4/09, you should contact the Social Security office. You can learn more about these payments at www.socialsecurity.gov.

Barn Restoration Workshop at Palatine Farmstead

On Saturday and Sunday, 5/8-9, 9AM-4PM, the Palatine Farmstead will be sponsoring a Barn Restoration Workshop. Bob Hedges, barnwright, will be leading this hands-on workshop. Participants will not only have an opportunity to learn how to do joinery to make braces and fashion the threshing doors for the rear of the barn, but will further the restoration of the 1770 Dutch barn. There will be a charge for the workshop of \$75 for one day or \$125 for both days. Lunch will be provided each day. Reservations will be limited to offer a maximum learning experience. For more information and to register, call 518-398-7773.

Celebration of Aging: Centenarian Search

DC residents who will be 100 years old or more in 2009 or couples who have been married for more than 70 years are invited as special guests (free) at the "Celebration of Aging." The event will take place on Monday, 5/18 at the Villa Borghese in Wappingers Falls. If you know of a DC resident who will be 100 years old or more this year, or a couple who will be married at least 70 years, contact Joe Ryan at the DCOA at 845-486-2555 or email the information to jryan@co.dutchess.ny.us. To attend the celebration, which features a hot lunch buffet, honors the Senior Citizens of the Year – Ellen 'Agnes' Smith, Lawrence Carpenter, and Tom & Sally Cross, presents the Senior Achievement Award to Ruth Oja and Thomas Usher, and recognizes centenarians and couples married (to each other) for more than 70 years – send reservations (\$25 ea, table of 10 \$250) to DCOA, 27 High St., Poughkeepsie, NY 12601. *Guests over the age of 100 are free!*

Laughter Club

Join the Laughter Club with Liz Walkden Morfea, Certified Laughter Yoga Teacher at the Starr Library Community Room on Wednesdays, 10:30-11:15AM, 4/29 through 5/27. Laughter is nature's stress buster, it strengthens our immune system, it makes us more creative and imaginative, it is an aerobic exercise, it releases endorphins (the body's natural pain-killers), it releases serotonin (the body's natural 'feel-good' hormone), and it is anti-aging. The Laughter Club is a program that combines laughter exercises with deep yoga breathing to enhance well being. It does not use jokes or comedy or yoga poses. It teaches how to laugh even when you don't feel like laughing. Drop-in -- no registration needed. (Suggested donation of \$5/person/class.) For more information, call Liz at 845-516-4330.

Rhinebeck Garden Club

Rhinebeck is very fortunate to have an active Garden Club that meets monthly – either at the Town Hall or the Village Hall – and provides a venue for horticultural education and awareness through Master Gardener presentations in a friendly, social atmosphere. The club meetings are usually on the 4th Wednesday of the month except for the December meeting and field trips, which are scheduled at different times. There are no meetings in July, August, and January. The meetings start at 10AM with a special program each month, followed by refreshments, horticultural discussion/presentation, and the business meeting. The *Growing Older in Rhinebeck Calendar* lists the monthly topics and speakers. Guests are most welcome! Call the club President, Brenda Brockett, at 914-475-3502 for information.

Rhinebeck Rotary Will Help Seniors Live At Home

The Rhinebeck Rotary and Rebuilding Together Dutchess County (RTDC) are collaborating on a new pilot program to assist Rhinebeck residents 60 and over. The Senior Home Assistance Program (SHAP) will address minor home repairs for Seniors who are physically or financially incapable of providing safe conditions in their homes. It is hoped that this initiative will contribute to their ability to remain at home safely and independently. The Rotary members have organized themselves into six teams to respond to the requests made by the homeowners. Call 845-454-7310 to request assistance.. Requests must be non-emergency in nature and will be scheduled on the

second weekend of each month. Services may consist of installing grab bars in showers, assistance at reaching difficult bulb replacements, installation of smoke and carbon monoxide detectors, assistance with minor outdoor maintenance, gutter cleaning, repairing locks, and other minor handyman type problems. Members of the Rhinebeck Rotary Interact Club (juniors and seniors at Rhinebeck High School) will work with the Rotary teams.

Rhinebeck Quadricentennial Committee

The Rhinebeck Quadricentennial Committee has many activities planned for this year's celebration—which are listed in the *Growing Older in Rhinebeck Calendar* individually. For more information about these activities, go to rhinebeckhistorical@gmail.com or call 845-876-7462. These activities include: 5/8-9—barn restoration workshop at the Palatine Farmstead; a school contest for the design on tee shirts for the 4-mile Quad race; 5/17—Museum of Rhinebeck History Dinner honoring Alan Coon at the Rhinebeck American Legion Hall, for his outstanding contributions to local history (documenting Rhinebeck's veterans from the Revolutionary War to the present); 5/23—Walking tour of Rhinebeck sponsored by the DAR; 5/25—Memorial Day Parade; 5/26—Float installed in front of Town Hall; 5/29—Lecture on the Architecture of Rhinebeck at the Starr Library; 6/6—3rd Rhinebeck Garden/House tour includes breakfast and registration at the DAR house, 6 gardens, the McKim, Mead and White carriage house, and Grasmere in the afternoon; 6/10—Viewing the flotilla at Rhinecliff (Half Moon will be staying overnight in Kingston) and Cynthia Owen Philip Lecture on Robert Fulton at the Morton Library, catered by the Rhinecliff Hotel.; 6/11—Flotilla sailing to Saugerties; 6/13—Hudson River Estates photography show opens at the Quitman House; 7/4—Fireworks and Philharmonic at the DC Fairgrounds; 7/25—Lecture by Nancy Kelly on Rhinebeck's Historic Architecture (Messiah Community lecture series); 8/16—Waterfront Day and lecture at Morton Library Phenomenon of the River Front Estates; 8/25-30—Float at the DC Fair and in daily Fair parade; 9/13—Progressive Dinner, sponsored by QRC & Museum of Rhinebeck History; 9/20—Let's Go Deutsch at the Palatine Farmstead Open House, including demonstrations of baking bread in an 18th century oven, churning butter, blacksmithing, peg-making in the barn, and carding and weaving fabric; 9/26—Dinner and lecture by Patrick Higgins, Milan Historian, Henry Hudson's Four Voyages at the Rhinecliff Hotel; 9/27—4-mile race over the Kingston/Rhinecliff Bridge; 10/1-10/8—Exhibit at Morton Library Light on New Netherland (14 double-sided panels, each containing text and graphics on topics such as, New Amsterdam, West India Company, Wiltwijck, Family Life, Dutch Legacy, Relations with the Indians, and the People of New Netherland; 10/3—Walkway over the Hudson opening and parade.

Starlight Ball to Benefit ND Hospital

The 10th anniversary of the Starlight Ball will be held this year on Saturday, 6/13, 6:30PM, at the DC Fairgrounds. This black-tie event has become a major social event in the Rhinebeck community, drawing a crowd of over 400 and raising close to \$100,000 for the hospital. Tickets are \$250. This year's honorees are Dr. Nader Kayal and Lewis Ruge. *Dr. Kayal* has practiced in Rhinebeck since 1980 and has been on the NDH Board of Directors since 1994, serving as both Vice Chairman and as Chairman from 2001-2003. He has also been Vice President, President, and Chief of Service on the NDH

Medical Staff. Lewis Ruge is a lifetime member of the Rhinebeck community. He and his family operate Ruge's Subaru, Ruge's Chrysler/Dodge/Jeep, and Ruge's GMC dealerships in Rhinebeck and Copake Falls. Lewis has been on the NDH Board since 1975, serving as Treasurer (1979-2003), 2nd Vice Chairman (2003-2005) and Chairman of the \$10 million Campaign for ND Hospital (2003-2006) and the NDH Foundation Board (since 1986). Greg and Marita Rakow and Dr. Michael and Patty Moses are the event's co-chairs this year. The NDH Foundation is a not-for-profit foundation whose mission is to encourage philanthropic support for both ND Hospital and The Thompson House. For more information about events or about how to support the Foundation, please contact the Foundation's Executive Director, Deborah Breen at 845-871-3505.

AAUW Trips

Springtime in Boston: 5/3-4/09, the Worcester Museum and the Boston Museum of Fine Arts. The Worcester Museum has a magnificent exhibit of Japanese folding screens and a prodigious permanent collection of the masters. The Boston Museum of Fine Arts has a special (ticketed) exhibit of Titian, Tintoretto, Veronese: Rivals in Renaissance Venice. Accommodations will be at the Lenox, in Boston's historic Back Bay and Copley Square. For further info, call Linda Gold 845-255-5256 or email artladyLG@aol.com. Specify "art tours" in the space for "subject" so that your message is not deleted.

Kingston AAUW has announced its new trips for this Spring and Summer. All of the trips leave from Kingston, behind the old Ames store. Fees include entrance, transportation, and tip. For reservations, call Pat Whelan at 845-657-6807 (noon-9PM) or email pwhl8@aol.com.

- 6/7 The Brooklyn Museum and Botanical Gardens, \$53. Leaving Kingston 8:30AM.
- 7/11 Tanglewood Open Rehearsal of Beethoven's Egmont Overture, Bruch's Violin Concerto #1, and Dvorak's Symphony #8, followed by Jacob's Pillow performance of Galtim Dance Fresh. \$79. Leaving Kingston 8:30AM.
- 7/28 Cooperstown and Glimmerglass production of La Traviata by Verdi. \$86 – balcony; \$106 – orchestra; \$37 – Cooperstown only. Leaving Kingston - 8AM-8PM.
- 8/12 Boscobel – HV Shakespeare's production of Much Ado About Nothing. \$59. Leaving Kingston - 4-11:30PM. (Bring picnic supper to eat on lawn.)

Vitamin D to Keep Alert

Vitamin D levels have been tied to dementia risk in a British study reported in *The Journal of Geriatric Psychology and Neurology*. In a study of 1700 people over age 65, participants had their mental functioning assessed. It was found that the lower an individual's vitamin D level, the more likely they were to be in the cognitively impaired group. The study's lead author says that while dementia is not caused by a deficiency in vitamin D, using vitamin D supplements may play an important role in prevention.

Wednesday Movie Nights at Leonardo's Café

Leonardo's Café is showing free Italian-theme movies on (most) Wednesdays, at 7PM. People are invited to use the Café chairs or bring their own lawn-chairs. The store will be

open to get something to eat *before* the film starts and during the movie the café will have desserts and coffee/hot chocolate drinks available for purchase. This sounds like fun for people of all ages, so, Seniors – get out and see a free movie and have an espresso to keep you awake until it’s over!

Wilderstein’s “1909” Exhibition

2009 marks the 400th Anniversary of the exploration of the Hudson River by Henry Hudson and of Lake Champlain by Samuel de Champlain, as well as the 200th anniversary of Robert Fulton’s maiden steamship voyage up the Hudson River. Many exciting events are planned throughout the Hudson Valley to commemorate the Hudson-Fulton-Champlain Quadracentennial. The Suckley family, who resided at Wilderstein in Rhinebeck and New York City, were enthusiastic observers of the 1909 Tercentennial, featuring a fleet of ships -- including replicas of Hudson’s Half Moon and Fulton’s North River Steamboat (better known as the Clermont) -- that sailed up the Hudson River. Wilderstein was a great vantage point from which to watch the ships and other activities that took place on the river. This special exhibition allows visitors to step back in time and experience life in the Hudson Valley 100 years ago. They will see photos and mementos, and learn more about the clothing, decorative arts, books, magazines, household gadgets, and overall lifestyle that connected the residents of Wilderstein to the Hudson River at that time. Many of the featured pieces will be on public display for the first time. “1909” runs from 5/1-10/31, Thursdays through Sundays, Noon-4PM. Call 845-876-4818 or visit www.wilderstein.org.

Arts, Crafts, Music, and Education

Keeping Informed About What’s Happening in Rhinebeck: I recently became aware of a local website that lists a tremendous amount of information about what’s happening in and around Rhinebeck, including links to various historical location websites, newspapers, and local organizations: www.rhinebeckataglance.com. Take a look at it! As I become aware of other sites of interest, I will add them here.

Bard College provides events and concerts (fee and free) throughout the year. Call 845-758-7412, email pr@bard.edu, or go to <http://www.bard.edu/nws/calendar/> to find out what’s happening. Bard is opening its *Conservatory concerts* to the public (free), with students and faculty performing. There are often several concerts each week, so please look at the calendar to read about the specific concerts. On 5/14, at the Weis Theater, Bertelsmann Campus Center, 10AM-Noon, there will be a panel discussion *Hudson River Art Now Panel*, with Albert Shahanian, Betsy Jacaruso, Linda & Kevin Palfreyman, and others as panelists. *CCS Bard Hessel Museum of Art* is open Wed.-Sun., 1-5PM. Free.

Embroidery: The *Starr Stitchers Needlework Group* meets at the Starr Library the 2ⁿ and 4th Wednesday of the month at 10AM. All are welcome.

Knitting: The *Shepherd’s Knitters* meets 7-9PM, Wednesdays, at the Brogan Center, Church of the Good Shepherd. For information, call 845-876-1044 or 845-876-5940.

Morton Day Celebration -- River Jazz Chorus: 5/17, 6PM, come to an evening of jazz and fun as the Morton Library celebrates its 101st year. Start at the library for a concert, then on to the Rhinecliff Hotel for hors d'oeuvres and cash bar and more jazz with the Peggy Stern Jazz Trio. The \$50 Fee will help refurbish the children's library and to make the downstairs bathroom handicap accessible. Call Richard Kopyscianski for information or mail checks to the library, PO Box 157, Rhinecliff, NY.

Wiltwyck Quilters Guild Meeting: The Wiltwyck Quilters Guild meets the 3rd Saturday of the month at 9:30AM, September-May (2nd Saturday in December), at the Town of Ulster Town Hall on Enterprise Drive off of Route 209. For more information: www.wiltwyckquilters.org or call 845-876-2556. The meetings start with refreshments, a lecture, and then working on projects. For more information, call 845-876-2556 or www.wiltwyckquilters.org.

Games, Games, Games!

The Town of Rhinebeck Board Games are moving to a new location and a new day. Beginning **Monday, 5/18, 1:30-3:30PM**, the games will move to a room adjacent to the Northern Dutchess Hospital Cafeteria. In our continuing effort to find a place for a Senior Drop-In Center, we received an offer from Northern Dutchess Hospital to use an air-conditioned room adjacent to the Cafeteria for our Board Games on a weekly basis. The facilities at the hospital have many advantages over using the Town Hall. The hospital has ample parking adjacent to the building and there is an elevator that will take you to the lower level if you don't do stairs. **Come early and have lunch with your friends in the Cafeteria before the games begin.** Menu prices are reasonable and the coffee is good! We are hoping that we will be able to increase the number of days we have use of this room, but for now it will be Monday afternoons – so bring your friends and the games you like to play: Mah Jong, Bridge, Mexican Train dominoes, or any other game you like. Grab a partner and learn to play Bridge at the Beginner's classes!

For more information, call Joanne Gelb at 845-876-8799. This is a welcome addition to the games already available on Wednesdays at the Starr Library, where you can join in the Brain Games or test your skill at Scrabble with other Seniors. For the 'serious' bridge players, there is a weekly duplicate bridge game on Tuesday mornings at 10AM in the Church of the Messiah community building (if you don't have a partner, the game director will find one for you).. There is also a weekly rubber bridge game at 'the Woods' Clubhouse, 1PM, Mondays (all are welcome). **Wouldn't it be nice if the town had a Senior Center where we could 'drop in' or meet friends to play games all week long? If you agree, make your wishes known!**

Health-Related Activities

Adult Day Care Services Offered Through the DCOA: The DCOA CASA division offers programs to assist Seniors and their caregivers in accessing and paying for Social Adult Day Care services. Potential clients are assessed and authorized for service at the Multi County Community Development Adult Day Care in Red Hook. Social Adult Day Care services benefit seniors and their caregivers, by providing frail older adults with

socialization, recreation and lunch in a safe and supportive environment. It also benefits caregivers as a form of respite. There is a cost-share for some clients. Outcome studies conducted by the DCOA have found that Social Adult Day Care Services have helped participants to remain living at home in the community. For more information, contact the DCOA at 845-486-2555.

Day Care: *Ferncliff*, on River Rd., has an active, participatory adult day care program, M-F, 8AM-4PM. The program, open to people with referrals from doctors, includes interesting recreational activities, meals and snacks during the day, physical/occupational therapy, medicinal and dietary supervision, transportation, podiatry, and lots more. For more information, call the Director, Regina Pasco, at 845-876-2011, x3248.

In-Home Services: *Hudson Valley Home Care* provides an extensive range of in-home services to Seniors, including: total nursing care, skilled intermittent care, home infusion therapies, congestive heart failure management, wound care, and diabetic care. They also offer a Care Connections program for Seniors who need some assistance with the activities of daily living. Call 845-471-4243 for more information.

Is Joint Replacement in Your Future? Nearly 700,000 Seniors have hip or knee joint replacement surgery every year, a number expected to rise dramatically in the coming decades. To help Seniors understand what's involved in joint replacement surgery, whether it's right for them, and what the potential risks are, the American Geriatrics Society (AGS) Foundation for Health in Aging (FHA) has released a comprehensive and easy-to-understand tip sheet, "*The Older Person's Guide to Joint Replacement.*" The tip sheet also describes newer, less invasive surgical techniques, outlines how Seniors should prepare for hip or knee replacement surgery, and provides detailed advice for optimizing and speeding recovery after surgery. The tip sheet may be accessed online at http://www.healthinaging.org/public_education/joint_replacement_tips.php. For those without internet access, call the DCOA at 845-486-2555 for a printed copy.

Medicare Preventive Services: One of the best ways to stay healthy is prevention: exercising, eating well, not smoking, and getting preventive services like screenings and shots. *Medicare beneficiaries are entitled to a wide array of preventive services.* These services include a one-time "Welcome to Medicare" physical exam, cardiovascular screening, various cancer screenings, bone mass measurements, diabetes screening, several vaccines, glaucoma tests for some, and help in quitting smoking. To learn more about Medicare preventive services, visit www.medicare.gov or call 800-MEDICARE.

The Mid-Hudson Memorial Society (MHMS): The MHMS is a nonsectarian, not-for-profit, educational organization that provides guidance for a very difficult time in people's lives -- when they need to face the reality of making funeral arrangements. The Society's aim is to help people achieve simplicity, dignity, and economy in funeral arrangements; it also has speakers who are available to provide a more comprehensive awareness of funerals and the rights of consumers for interested groups. Customarily, three Board business meetings are held (at the Friends Meeting House, Poughkeepsie) each year, with an Annual Meeting (location varies) in October. During its business

meetings, the Board discussions include operational finances, funeral-related legislation (local and national), speaker's bureau engagements, and newsletter content. At the annual meetings, the program includes a guest lecturer on various funeral-allied subjects (e.g., cremation, green burial, writing ethical wills). Members of the MHMS get a package of information (selection of funeral providers, recycling medical devices instructions) and documents (*Living Will Form*, *Health Care Proxy Form*, *Appointment of Agent to Control Deposition of Remains Form*) about end-of-life preparation. The society is currently looking for members to serve on the all-volunteer Board. For more information about the MHMS, or to inquire about membership, call 845-297-7700, 845-229-0241, or go to www.midhms.org.

Personal Emergency Response Systems (PERS): Wearing an *Emergency Medical Alert System* provides us with the ability to live active, independent lives without this concern. The PERS unit always keeps us connected to Fire, Police, and Medical emergency services. PERS consists of a voice-activated emergency alert unit.

Local Suppliers	Telephone	initial fee	monthly fee
Kingston Hospital/Lifeline	845-334-2747	\$75.	\$41.
Lifefone	(800) 882-2280 x365	\$49.	\$21.
Response Ability	(800) 685-5252	none	\$23.
St. Francis/House Watch	845-483-5528	none	\$36.

Weight-Lifting (Senior Exercise) – Pump iron at the Rhinebeck American Legion, 10-11AM, Tues&Thurs. This activity is run by the DC Office for the Aging, and costs \$10/month to participate. Call 845-486-2555 for information and to register. Exercise classes are also available at Wells Manor in Rhinebeck, 10:30AM, Tues&Fri, also sponsored by the DC Office for the Aging.

The **Wellness Center at Northern Dutchess Hospital** in Rhinebeck, has an extensive program for fitness and wellbeing and is open M-Th, 6AM-8PM; F, 6AM-6PM; and S, 7AM-2PM. Their program includes various classes (stretch, pilates, Tai Chi) and specialized programs for osteoporosis and weight management. For more information, call 845-871-4300 or visit their website: www.northerndutchesshospital.org.

Heating and Other Services Assistance Programs

For information about any of these programs, contact the DCOA at 485-486-2555 or www.dutchessny.gov/countygov/departments/aging/agindex.htm:

Economic stimulus payment	Medicare savings Programs
Help for Medicare Prescription Drugs	EPIC
SSI	Food stamps
Telephone Lifeline	Earned income tax credits
STAR	Real property tax credit
Veteran's property tax exemptions	IT-214 NY State income tax refund program
Home Energy Assistance Program (HEAP)	Weatherization Referral and Pkg (WRAP)
EmPower	Assisted Home Performance w/Energy Star
Access to home	

Loans Available for Critical Home Repairs – Funding is available to help low-income Seniors complete minor-moderate repairs on their homes. The 0% loans will be repaid through monthly payment while deferred payment loans have no monthly payment and are repaid when the homeowner leaves or sells the property. The type of assistance to be provided is based on income. Households making between 0-50% of the county median can receive deferred payment loans and households making between 50-80% of the county median can receive 0% interest loans. Eligible repairs include minor-moderate repairs necessary to alleviate building code violations, such as: roofs, furnaces, decks/porches, structural problems, septic, handicapped accessibility, electrical, and plumbing. Properties with necessary repairs that substantially exceed \$20,000 will not be eligible for assistance. Eligible applicants must be 62 years of age or older and their household income must be below the following maximums:

<u>Family Size</u>	<u>Income Limits</u>
1	\$44,800
2	\$51,200
3	\$57,600
4	\$64,000

Guidelines for eligibility and applications are available by contacting the DC Department of Planning and Development, 27 High Street, Poughkeepsie, NY 12601 at 845-486-3600 or at the County's website: www.co.dutchess.ny.us.

Libraries

On a regular basis in the **Starr Library**, you can *surf the internet*, join the *scrabble game* or *brain games* (Wed), do *genealogical research* (Tues&Thurs), get *Medicare counseling* (Mon), go to the annual *book sale and art show*, or join the *Starr Library Book Club*. For information about events at the library, call 845-876-4030 or go to www.starrlibrary.org. The **Morton Library** has undergone some renovation to make it wheel-chair accessible. This wonderful resource to our community sources many activities of interest to Seniors. To find out what's happening at the library, call 845-876-2903 or go to <http://morton.rhinecliff.lib.ny.us>.

Transportation for the Disabled

The **ND Caregiver's Coalition** gives rides to medical appointments and shopping for those unable to drive themselves. To schedule a ride, call 845-876-5683 or 845-486-2555 (DCOA).

Paratransit service is also available to those who cannot use regular bus service. Those who meet eligibility requirements can schedule next-day service for trips that start and end within ¾-mile of an existing DC Loop bus route. The trip days and times must coincide with existing fixed route schedules. So, if you are disabled and live close to a bus route, the vehicle could travel to your home. For more information, including an application and reservations, call 845-473-0171 (select '0', ask to speak with someone in Operations, and state that you are looking for "ADA Complementary Paratransit Service."

Volunteering Opportunities

Drivers needed for meal delivery: The DCOA is looking for new volunteers to supplement the Dutchess County Home Delivered Meals program. Volunteer drivers deliver over 300 nutritious meals each weekday just before the noontime hour. Drivers usually volunteer one day a week for one hour or less, to deliver from one of the Senior Friendship Centers located throughout the county. Drivers use their own vehicle, but can be reimbursed for mileage. In addition to providing clients with a hot, nutritious, midday meal, the program also facilitates much needed socialization for homebound seniors. In some cases, the volunteer driver may be the only contact a senior has each day. If you are interested in volunteering as a driver, call the DCOA at 845-486-2555 or email ofa@co.dutchess.ny.us.

Medicare Information Training Sessions: The DCOA has announced a 3-part intensive training session series on Medicare. These training sessions are for caregivers, those working with an older population, and people who may be interested in volunteering for the Office for the Aging's Insurance Counseling program. Sessions will be held in the Office for the Aging Conference Room at 27 High Street, Poughkeepsie on three consecutive Thursday afternoons beginning May 7th from 12:30 PM to 4:00 PM. Nina Lynch, the DCOA Information Specialist, will be the presenter. The series will cover hospital, medical, and preventive services covered by Medicare, supplemental insurances, Medicare Prescription Drug Plans, EPIC, Medicare Advantage Plans, benefit programs and Long Term Care Insurance. There is no cost for these programs, but space is limited. To register, call DCOA at 845-486-2555 or ofa@co.dutchess.ny.us.

The Northern Dutchess Caregivers Coalition (NDCC) is a not-for-profit, all volunteer organization. Volunteers provide transportation to medical appointments and shopping for those unable to drive themselves. Many of the recipients of service are older adults who live in the Town of Rhinebeck. Volunteers typically provide as few as one trip a week or even one trip in two weeks. NDCC wants to expand the number of residents they serve and the distances they drive. They'd also like to serve a wider range of transportation needs and offer more volunteer visiting, shopping assistance, and other services. They currently place a priority on medical appointments. Any expansion of services will require more volunteer drivers. If you are interested in volunteering as a driver, leave a message with the NDCC (845-876-5683) voice-mail.

Ombudsman Program is Looking for Volunteers: The Hudson Valley Ombudsman Program is seeking bright, motivated people who would like to make a difference to residents in nursing homes and other long-term care facilities. If you have a few hours each week, you can become an Ombudsman and play a crucial role in resolving conflicts and maintaining a high quality of life and care for residents of long-term care. The HV Ombudsman program offers free training and ongoing support in exchange for your good will and life skill. A new training session is beginning in October. For more information and to apply, contact Anne Salamone at 845-452-5600, x104.