

Your Newsletter
Growing Older
in *Rhinebeck*

June 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 seeking members who would like to volunteer where they can make a difference. Please contact the committee Chairperson Marsha DeBlasi at 845-758-9098 or email richardandmarsha@citlink.net.

Now that Spring Is Here....

It's time to get out and do something different! Visit one of our area's architectural gems:

The DAR and Rhinebeck Historical Museum-sponsored open house and garden tour in Rhinebeck (6/6); or go see Wilderstein, Olana, the Vanderbilt Mansion, etc.;

Go to an area gallery show or museum:

Tivoli Artists' Co-op, presents "Three Women, Three Faces of Nature" featuring work by Cicely Perrotte, Ann Moring and Julia Aneshansley. 845-462-8875 for information;

Take your dog for an outing:

Hooked on Dogs celebration at the Chocolate Factory, Red Hook, 6/7 10AM-2PM 845-758-6951;

Try some musical theater at the *Center for Performing Arts of Rhinebeck* (the Fantastics is running on Fridays/Saturdays 8PM; Sundays 3PM. Call 845-876-3080 for tickets/information);

For some drama, try the Art Society of Kingston (ASK), presenting Sidney Norinsky's "Giordano Bruno", 8PM, 5/29 and 5/30. Call 845-338-0331 or www.askforarts.org for information;

Try a concert (free) and lunch at the First Evangelical Lutheran Church, 6/3, 12:45PM, First Lutheran Church, Mill & Catharine Streets, Poughkeepsie, NY. 845-452-6050;

Go to the *Farmer's Market* on Sunday, 10AM-2PM.

Read the *Growing Older in Rhinebeck Calendar* for lots of ideas about getting out in this glorious season!

AAUW Trips

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.)

Blood Drive

ND Hospital will host a Blood Drive on 6/12, 12:30-6:30PM, in the hospital's Cafeteria Conference Room. Healthy individuals who weigh at least 110 pounds are eligible to donate blood. Donors will be entered into the regional drawing for a chance to win a \$250 gas card. To sign up, call 845-871-3471.

Farmer's Market

In the last issue of the newsletter, I reported that the Farmer's Market would be open on Sundays, 1AM-2PM and on Thursday late afternoons. Unfortunately, this year, the market will only be open on Sundays.

Hawaiian Luau Planned for Senior Friendship Center

The DCOA Senior Friendship Centers have scheduled their annual Hawaiian Luau celebration for 6/4, 10AM-2PM. The day will include traditional Hawaiian music and a delicious lunch of Hawaiian ham, sweet potato, green beans, coconut cookies and more! Grass skirts, leis, Hawaiian shirts and other island or beach wear is encouraged. Suggested donation \$3/Seniors; \$4/others. For reservations, call 845-486-2555 or email ofa@co.dutchess.ny.us.

Rhinebeck Rotary Will Help Seniors Live At Home

The Rhinebeck Rotary and Rebuilding Together Dutchess County (RTDC) have created The Senior Home Assistance Program (SHAP) to make minor home repairs for Seniors who are physically or financially incapable of providing safe conditions in their homes. Members of the Rhinebeck Rotary Interact Club (juniors and seniors at Rhinebeck High School) will work with the Rotary teams. This program will help Seniors remain at home safely and independently. Requests must be non-emergency, such as installing grab bars in showers, difficult bulb replacements, installing smoke and carbon monoxide detectors, minor outdoor maintenance, gutter cleaning, repairing locks, etc. Call 845-454-7310 to request assistance.

Rhinebeck Quadricentennial Activities

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, go to rhinebeckhistorical@gmail.com or call 845-876-7462. Upcoming activities include: 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.

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 Tea Dance and "1909" Exhibition

The Wilderstein Historic Site is offering the opportunity to dance the evening away at its summer party on Saturday, 6/6, 5-8PM. This year's annual benefit fundraiser will have a traditional tea dance theme, including drinks, food, live music, dancing, a silent auction, and more. Tickets for this event are \$150, with proceeds supporting preservation, conservation, and programming at the site. For more information and reservations, call 845.876.4818 or visit www.wilderstein.org

2009 is the 400th Anniversary of the exploration of the Hudson River by Henry Hudson and of Lake Champlain by Samuel de Champlain, and 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 Quadricentennial. 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. This exhibition helps visitors experience life in the Hudson Valley of 100 years ago. It includes photos and mementos, and information about clothing, decorative arts, books, magazines, household gadgets, and overall lifestyle of the residents of Wilderstein at that time.

"1909" runs until 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! If you want to get Senior Citizen email from Dutchess County on a regular basis, send an email to ofa@co.dutchess.ny.us to get on their list. 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 has opened its *Conservatory concerts* to the public (free), with students and faculty performing. There are still a few concerts scheduled this semester, so please look for them on the calendar. The *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.

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 have moved to a new location and a new day.

The games are now being held in a room adjacent to the ND Hospital Cafeteria. In our continuing effort to find a place for a Senior Drop-In Center, we received an offer from ND 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 very 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

Meal Planning for Diabetics Lecture

The DCOA is giving a lecture '*The Diabetes Plate Method of Meal Planning*' on 6/23, 11:15AM, at the Senior Friendship Center, the Church of the Good Shepherd, 3 Mulberry St. The speaker is Ozie Williams, RD, RN, CDE of the DC Dept of Health. The talk describes an easy method of healthy meal planning that does not include weighing or

measuring food. Questions are welcome. Lunch follows the talk for a suggested donation of \$3 (Seniors) or \$4(others). For reservations, call 845-876-8134.

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 provides guidance for a very difficult time in people's lives -- when they need to face the reality of making funeral arrangements, helping people achieve simplicity, dignity, and economy in funeral arrangements and providing speakers who can provide a more comprehensive awareness of funerals and the rights of consumers. 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 would welcome new members. For more information, 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.

I understand that some home-protection companies also offer this type of emergency medical alert medallions as part of their protection services.

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.

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

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 type of assistance to be provided is based on income. Eligible repairs include minor/moderate repairs necessary to alleviate building code violations, such as: roofs, furnaces, decks/porches, structural problems, septs, 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>	1	2	3	4
<u>Income Limit:</u>	\$44,800	\$51,200	\$57,600	\$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), arrange for one-on-one *Medicare counseling* at a mutually convenient time for people who wish to meet up here in northern Dutchess (call 845-486-2566), 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.

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: 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. For more information and to apply, contact Anne Salamone at 845-452-5600, x104.