

Your Newsletter
Growing Older
in *Rhinebeck*

June 15th 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.... Read the *Growing Older in Rhinebeck Calendar* for lots of ideas about getting during 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.

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.)

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: 7/4—Fireworks and Philharmonic at the DC Fairgrounds; 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.

USO Party

If you love the Big Band music of the WWII era, you'll want to head to the *DC Senior Friendship Center* at the Church of the Good Shepherd, 3 Mulberry Street, on Tuesday, 9/15, 10AM-2PM, for the annual USO Party. Lunch will include stuffed chicken breast, mashed potato, green beans, cookies, and more! Military uniforms and other dress from the swing era is encouraged but not required. The suggested donation for lunch is \$3/seniors; \$4/others. Make reservations early by calling the DC Senior Friendship Center at 845-876-8134. Come out and make some new friends and reminisce with the music!

Walkway Over the Hudson

It's really happening, folks. The amazing people who wouldn't let that RR bridge remain unused and disintegrating over the Hudson actually won! The Walkway Over the Hudson opens officially in a 3-day celebration 10/2-4, this year! Fred Schaeffer, CEO of Walkway Over the Hudson, will give a slide/talk describing the transition of the Poughkeepsie-Highland RR bridge from Railroad use to pedestrian use on 6/20, 4PM, at the Church of the Messiah Parish Hall. Mr. Schaeffer will also describe the 3-day opening event which includes a Grand Illumination, hot air lantern release, bands and parades, fireworks and kites, a vintage plane fly over, rowing races, and much more.

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!

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 2nd 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.

Lunch, Discussions, & Recreational Programs: This program for Seniors is at the *DCOA Senior Friendship Center*, hosted by the Church of the Good Shepherd, 3 Mulberry Street, Monday-Friday 10AM-2PM, with frozen 'take-home' meals available for the weekend. Hot, nutritious meals are provided for a suggested donation of \$2.50. Transportation to and from the church can be arranged and reservations can be made for the meals at 845-876-8134. This program, which is run by the Dutchess County Office of the Aging, is aimed at Seniors who hate to eat alone and feel the need for interaction with other Seniors in a social environment. For those residents who cannot get out or are unable to prepare their own meals – even on a temporary basis – the *Home Delivered Meals* program is available to Rhinebeck residents. This program provides meals to shut-ins M-F, with frozen meals available for the weekend, if needed. Call Rosemary at 845-876-8134 (10AM-2PM) to participate in this program.

Rhinebeck Senior Drop-In Center: at the Rhinebeck Reformed Church, corner of Rt.9 and South St., Thursdays 9:30AM-1:30PM, sponsored by the Association for Senior Citizens. This program is for active Senior citizens. They have a wonderful group of artists and wood carvers who offer advice and lessons for all levels of participants (beginners to experienced artists). Once a month, the group goes out to lunch or has a

party at the Center. Other possible activities are card playing (or games), crafts, ceramics, or trips. They are always looking for new members. The fee is \$2.00/person and everyone brings their own lunch. For information about the programs, call Vanessa Graff at 845- 876-7163 on Thursdays (9:30AM-1:30PM).

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 back at the Town Hall on Tuesday! The change to Mondays created problems for many of the players, so the Games have returned to the Town Hall, from 1PM-3PM on Tuesdays. 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 Parish Hall (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!**

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.

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.

Exercise Classes: *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 at Wells Manor -- 10:30AM, Tues/Fri, also sponsored by the DC Office for the Aging.

ZUMBA exercise classes – 10AM-Noon, through July 25th, at Town Hall on Saturdays. .

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, 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:

Family Size:	1	2	3	4
Income Limit:	\$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.