

Your Newsletter  
*Growing Older*  
in *Rhinebeck*

The *Growing Older in Rhinebeck Newsletter* is produced by the *Town of Rhinebeck Committee on Aging*. The reason for providing this newsletter is 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. 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 be including in the calendar. Each month, we intend to highlight a few of the activities, describing in some detail what is provided and who the activities are aimed at.

## Highlighted Activities of the Month

### Home Repairs

**Rebuilding Together Dutchess County** (formerly XMAS in April) is beginning its 17th year of providing home repairs for low income homeowners in our county. Applications are available in the Town Clerk's office and must be filed by November 30, 2007. Please call Barb Cunningham, 876-3409 for further information.

### Meetings of Interest

**Growing Older in Rhinebeck Forum meeting results:** The Forum meeting, held on 10/3 at the Town Hall, was a resounding success. There were about 80 attendees, all interested in discussing the results of the questionnaire sent out by the Town of Rhinebeck Committee on Aging. The results of the questionnaire were presented by Marsha DeBlasi, who chairs the committee. This was followed by a lively discussion of the results of the questionnaire and other items not covered by it. The following items seemed to be of most interest to the attendees:

**Transportation:** The loop bus schedules are hard to get (speaker told that they were available at the Chamber of Commerce kiosk). Phone 485-4690. The Loop Bus only stops at Metro North on Friday night at 7PM. It should stop there every trip. The Loop Bus should go into Kingston for shopping: much more convenient from Rhinebeck than going to POK, and better stores. Caregivers Coalition will give rides for medical purposes and shopping. A question was raised about Dial-a-Ride, which is no longer available in Rhinebeck, and what would have to be done to bring it back. A suggestion was made to start a 'buddy system' for rides to shopping centers.

Senior Center: There should be a permanent center for seniors in Rhinebeck. The Senior Center at the Good Shepherd Church is not really for active, alert seniors. Several people suggested that the Morton Library would make a great Senior Center.

Panda: Only available if you have cable: channel 23.

Growing Older in Rhinebeck newsletter: A discussion was held about whether the newsletter should be online and distributed in specified places in town, or if it should be mailed out, because many seniors don't have computers. A suggestion was made to arrange for a "not-for-profit" mailing stamp to cut mailing cost. There was a general approval of the newsletter and a few suggestions for additions to it (included in an updated version that will be available online as soon as the town website revision is completed).

Affordable housing: Long-time residents complained that newcomers are changing the character of Rhinebeck and making it too expensive for low-middle income people to stay here. Rents in town have driven out shops that cater to middle and lower-income seniors. Small grocery stores were driven out, as were shops with reasonably-priced goods. (There used to be 3 grocery stores in the village, now there are none.)

Senior Discounts: Suggestion that we publish a list of businesses in town that offer senior discounts. Good idea.

Sidewalks: Comments were made about the terrible condition of sidewalks in some places in town: particularly the south-east side of the intersection of 9 and 308. The sidewalks are dangerous and some of the Forum attendees expressed concern that seniors can have a bad fall from the uneven and jagged cement blocks. They also said that ice removal in winter is done poorly, if at all, in the village, forcing seniors to walk in the street to avoid falls.

The town Supervisor, Steve Block, thanked the attendees for their interest, lively discussion of Senior issues, and suggestions for improving the quality of life for Rhinebeck's Senior Citizens. He promised that the Committee on Aging would take their comments seriously and would follow up on many of the issues raised in the meeting. In a brief follow-up meeting of the committee after the Forum, Steve suggested several possibilities that will be discussed at the next committee meeting: bringing in professional speakers to address this age group; having the committee work as advocates for seniors in Rhinebeck; organizing subgroups for housing, recreation, and transportation dealing directly with senior issues, and requesting volunteers for the subgroups. These, and other issues, will be discussed at the next meeting of the Rhinebeck Committee on Aging.

**AARP Meeting** -- The Rhinebeck Chapter of AARP meets the second Wednesday of the month (except July and August) at the Reformed Church in Rhinebeck, Rt. 9 and South Road, at 11AM. Speakers provide topics of interest and concern to Seniors and there is often a lively discussion following the talks. The local chapter also arranges several interesting trips throughout the year to museums, points of interest, concerts, dinner theater, and sporting events and sponsors a driver safety course. The parent organization of AARP provides health-care and auto-insurance programs, as well as a newsletter covering topics of interest to Seniors.

## Music and the Arts

**Bard College Conservatory of Music** presents the **Third Annual Concerto Competition**. The preliminary round is held in Olin Hall on Sunday, 11/18, 10AM-5PM. The final round will be held in the Sosnoff Theater of the Richard B. Fisher Center for the Performing Arts on Monday, 11/19, 7PM. The public is invited to view the competition. No reservations are necessary. Winners of the competition will perform as soloists with the American Symphony Orchestra at Bard's Fisher Center in the 2008/09 season. For further information about The Bard College Conservatory of Music, call 758-7196, or e-mail [conservatory@bard.edu](mailto:conservatory@bard.edu).

**CENTERstage Productions / Auditions - Arthur Miller's The Crucible**. Are you an actor waiting for a chance to shine? There are open auditions being held on Sunday, 12/2 and Monday, 12/3, 7:00PM, in the Weintraub Studio, basement level of The CENTER for Performing Arts at Rhinebeck, 661 Route 308, Rhinebeck. Needed: Males, 20-80 years old and Females, 8-80 years old. All parts are open. Readings will be from the script. Call Lou Trapani at 876-3088, x14, or visit [www.centerforperformingarts.org](http://www.centerforperformingarts.org). Good luck!

## Health-Related Activities

**Personal Emergency Response Systems (PERS)** – Those of us who live alone often have concerns about falling or having a health or safety emergency that prevents us from reaching the telephone to get help. 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. This lightweight pendant is worn around the neck or wrist. In an emergency, the press of the button summons help. There is an initial installation fee for the PERS system of \$50.00-\$80.00 and a monthly rental of \$23.00-\$41.00 per month. The fee is determined by the individual supplier.

DUTCHESS NYConnects (CASA) case managers are available to provide information about PERS and other home care services offered by the Dutchess County Office For The Aging. If you have an interest in this service, call CASA at 486-2555. They can help you to make a decision about using a PERS unit and can tell you which of the following suppliers are available in our area:

<b>Supplier</b>	<b>Telephone</b>
Home Care Helpers, Inc. Alert One	(845) 471-9304
Kingston Hospital	(845) 334-2747
Lifefone	(800) 882-2280 x365
Hudson Valley Home Care	(845) 471-9304
Response Ability	(888) 737-3132
St. Francis Home Care	(845) 483-5551
DUTCHESS NYConnects (CASA)	(845) 486-2555

**Day Care** -- While we like to think that we will always be able to take care of ourselves, there are those of us who need more attention to ensure safety and wellness. **Ferncliff**, on River Road, has an active, participatory adult day care program, M-F, 8AM-4PM. The program is open to people with referrals from doctors, and includes interesting recreational activities, meals and snacks during the day, physical/occupational therapy, medicinal and dietary supervision, transportation, podiatry, and lots more. The environment is happy and nurturing. The cost of participation is covered by Medicaid, but not by Medicare. For more information about this program, call the Director, Regina Pasco, at 876-2011, ext.3248.

**Weight-Lifting** – Pump a little iron to keep fit at the American Legion in Rhinebeck, 10-11AM, Tuesdays and Thursdays. This activity is run by the Dutchess County Office of Aging, and has a cost of \$10/month to participate. Call 486-2555 for information.

## Libraries

The **Starr Library** in Rhinebeck and the **Morton Library** in Rhinecliff are wonderful resources for Seniors in our community. **Starr Library** is a great place to meet friends, read the newspaper, do the crossword puzzle, browse through a good book, or surf the internet. There is a lovely reading room with comfortable chairs and good lighting where you can spend a couple of hours catching up on your reading. The Starr Library is located on East Market Street, a couple of blocks east of the Rt. 9 traffic light. For the Senior wordsmiths, there is a **scrabble game** at the library every Wednesday, 1-3PM. No reservations are needed. Interested in tracing your ancestors in Rhinebeck? The archives of the **Rhinebeck Historical Society** and the **Town of Rhinebeck** are available for researchers on Tuesdays and Thursdays. The Library also has an annual art show and book sale for which Rhinebeck residents donate books and then buy back other books. To find what else is going on at the library, call 876-4030 or go online at [www.starrlibrary.org](http://www.starrlibrary.org).

The **Morton Library** is located in Rhinecliff. This gem of a community center/library has many innovative activities of interest to Seniors. They have a fiction writers' group meeting the last Saturday of each month. Rosary Hartel O'Neill and Barbara Riddle will provide input on crafting novels and plays. They also provide a venue for concerts, plays, poetry readings, and art shows. They are in the process of adding a disabled ramp to provide easier access to the building. To find more information about events at the library, call 876-2903.

## Wellness Center at Northern Dutchess Hospital

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. They can provide you with the support, guidance, programs and classes to help you build a healthy body and start enjoying real peace of mind. Their program includes various classes (stretch, pilates, Tai Chi) and specialized programs for

osteoporosis and weight management. For more information, call 871-4300 or visit their website: [www.northerndutchesshospital.org](http://www.northerndutchesshospital.org).

## Recreation

Many active Seniors have trouble finding other Seniors to share their interest in appropriate sports activities. If you are interested in sports, trail walking, or other recreational activities designed to promote fun and fitness for Seniors, contact Arthur Kaufman at 876-2582 or at [sticksandstones@frontiernet.net](mailto:sticksandstones@frontiernet.net).

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*This Newsletter is published by the **Town of Rhinebeck Committee on Aging**. It will be viewable and maintained on the Town of Rhinebeck Website [www.Rhinebeck-ny.gov](http://www.Rhinebeck-ny.gov). Printed copies will be placed in town where Rhinebeck Seniors might visit. Submit comments or items for the newsletter to the newsletter editor at [caroleleib@mindspring.com](mailto:caroleleib@mindspring.com), or at 876-2683.*

## Calendar of Events

### Monthly

- Mondays**                    **Rubber Bridge**, at “The Woods” Clubhouse, 1PM. All are welcome.
- Tuesdays**                **Duplicate Bridge Game**, meeting hall behind the Church of the Messiah, 10AM-1PM
- Wednesdays**            **Scrabble Game** at the Starr Library, 1-3PM.
- 2<sup>nd</sup> Wednesday**        **AARP meeting**, 11AM, Reformed Church in Rhinebeck, Rt. 9 and South Road. Speakers provide topics of interest and concern to Seniors and there is often a lively discussion following the talks.
- Sundays**                    **Farmer’s Market** in the village parking lot on Market Street, Rhinebeck
- Monday-Friday**        **Adult Day Care**, at Ferncliff, River Road, 8AM-4PM. Call 876-2011, ext.3248 for information.
- Monday-Friday**        **Lunch, conversation, and recreational activities** at the Church of the Good Shepherd, 10AM-2PM, sponsored by the Office of the Aging. Suggested donation for lunch is \$2.50. Call 876-8134 to arrange for transportation, if needed.
- Monday-Saturday**    **Wellness Center**, Northern Dutchess Hospital, M-Th, 6AM-8PM; F, 6AM-6PM, S, 7AM-2PM, call 871-4300 for information.
- Tuesday & Thursday** **Weight-Lifting** – at the American Legion in Rhinebeck, 10-11AM, sponsored by the Dutchess County Office of Aging. \$10/month to participate. Call 486-2555 for information.
- Thursdays**              **Senior Activities** at the Dutch Reformed Church, 10AM-2PM, sponsored by the Association for Seniors. Arts & crafts programs.
- Last Saturday**        **fiction writers’ group**, Morton Library, call 876-2903.

### November

- 11/15-12/31 **Annual open enrollment for Medicare** beneficiaries to chose a Prescription Drug Plan or Medicare Advantage program. Counseling available at the Starr Library. Call Office for the Aging, 486-2666, for appointment.
- 11/16 **Music at the Morton Library**, 8-11PM – local musicians ‘completely unplugged’. Refreshments. Free/donation.
- 11/16-18 **The Best of Broadway** – a tribute to Rogers and Hammerstein. - Center for Performing Arts, Rhinebeck
- 11/17-30 **Art Exhibit – Group show of local artists.** Gallery at Morton Memorial Library, Rhinecliff
- 11/17 **Public forum about the new draft Rhinebeck Open Space & Affordable Housing (OSAH) Plan\*\***, Upstate Films, Saturday, 10AM-Noon
- 11/18 **Bard College Conservatory of Music** presents the **Third Annual Concerto Competition**, preliminary round, 10AM-5PM, Olin Hall. The public is welcome to attend.
- 11/19 **Bard College Conservatory of Music** presents the **Third Annual Concerto Competition**, final round, 7PM, Sosnoff Theater of the Richard B. Fisher Center for the Performing Arts. The public is welcome to attend.
- TBD **Painful Joints- Arthritis and Beyond.** 6PM, NDHospital, lower-level conference room. Dr. Zeev Weitz will discuss different options for living with arthritis and other painful joint diseases. Call 1-877-729-2444 to register.
- 11/23-12/25 **Wilderstein Holiday Tours: 1-4PM**, Seasonal decorations
- 11/27 **Public forum about the new draft Rhinebeck Open Space & Affordable Housing (OSAH) Plan**, 6:30-8:30PM, Village Hall, 76 E. Market St., Rhinebeck
- 11/30 **History Talk:** Dutch Influence in Rhinebeck, 7:30PM, Bob Ulrich, Starr Library
- 11/30 **Rebuilding Together Dutchess Country**, deadline for submitting application requesting home repairs for low income homeowners. Applications are available in the town clerk’s office. Call Barbara Cunningham, 876-3409, for information.

\*\* It's important that everyone in Rhinebeck knows about the basics of the plan so that together we can make informed decisions about our future. The OSAH Plan is available at Town Hall, Starr Library, Morton Library and at the new Town/Village Web site, [www.Rhinebeck-NY.gov](http://www.Rhinebeck-NY.gov). Town Hall will mail a copy of the plan to any resident who requests it at 876-3409. The forums give you the opportunity to view planning maps and charts; learn about key elements of the plan such as funding, conservation, and affordable housing strategies; and ask questions of Rhinebeck Open Space & Affordable Housing Committee members.

## **December**

12/2-3

**CENTERstage Productions / Auditions - Arthur Miller's The Crucible.** Open auditions, 7PM, Weintraub Studio, basement

- level of The CENTER for Performing Arts at Rhinebeck, 661 Route 308, Rhinebeck. Needed: Males, 20-80 years old and Females, 8-80 years old. Readings will be from the script. Call Lou Trapani at 876-3088, x14, [www.centerforperformingarts.org](http://www.centerforperformingarts.org).
- 12/3 **Public forum about the new draft Rhinebeck Open Space & Affordable Housing (OSAH) Plan\*\***, Rotary Club Lunch at the Beekman Arms (luncheon fee and reservation details available on Town Web site [www.Rhinebeck-NY.gov](http://www.Rhinebeck-NY.gov).)
- 12/3 **Captain Cook's Endeavor:** Science and Exploration in the Pacific. Michele Dominy, Dean of Bard, 4:30PM, Bard College Olin Hall
- 12/12 **AARP meeting**, 11AM, Reformed Church in Rhinebeck, Rt. 9 and South Road. Speakers provide topics of interest and concern to Seniors and there is often a lively discussion following the talks.
- 12/16 **Conservatory Chamber Orchestra:** Conducted by Melvin Chen. 3PM, Bard College, Sosnoff Theater