

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

Meetings of Interest

"Focus the Nation:" The largest national teach-in in U.S. history, will take place at more than 1,000 universities and in all 50 states on January 31, and at Bard College on *February 1*. This event is an unprecedented teach-in model designed to educate students on global warming solutions and engage them in a discussion with their elected leaders about necessary policies to curb the climate crisis. For more information, please visit www.focusthenation.org or email ftn@bard.edu.

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 Art Exhibition Focusing on Environmental Issues: N.Y. Area artists are invited to submit work for inclusion in a one-day exhibition in the Fisher Studio Arts Building at Bard College on Friday, *February 1*. The exhibition is held in conjunction with the *Focus the Nation* conference at Bard College. Judging by the scope of the request for exhibitions, it should be an interesting day for observers as well as participants.

Submissions should address environmental issues, such as global warming and climate change. Any medium is welcome, including happenings, performances, scientific charting of information, posters, video, photos, paintings, installations, sound, etc. To submit your proposals for review, email Sigrid Sandström, assistant professor of studio arts at Bard, at sandstro@bard.edu by December 7. An organizational meeting for the exhibition will be held on December 12 at the Fisher Studio Arts Building at 6PM.

The Bard College Conservatory of Music: presents a *free concert* with the **Conservatory Chamber Orchestra**, conducted by **Melvin Chen**, in the **Sosnoff Theater**, Sunday, 12/16, 3PM. The featured soloist for the concert is world-acclaimed pianist **Peter Serkin**. No reservations are necessary for the concert; seating is on a first-come, first-served basis. For further information, call the box office at 758-7900 or visit www.fishercenter.bard.edu. The Conservatory Chamber Orchestra performs Wagner's Overture to *The Flying Dutchman*; Stravinsky's Capriccio for Piano and Orchestra and Movements for Piano and Orchestra, both with Peter Serkin; and Sibelius's Symphony No. 2.

Peter Serkin is one of the most thoughtful and individualistic musicians appearing before the public today. Serkin's rich musical heritage extends back several generations: his grandfather was violinist and composer Adolf Busch, and his father, pianist Rudolf Serkin. Serkin made his Marlboro Music Festival and New York City debuts with conductor Alexander Schneider. Invitations soon followed to perform with the Cleveland Orchestra, under George Szell, and the Philadelphia Orchestra, under Eugene Ormandy. He has since performed with major symphony orchestras with such eminent conductors as Seiji Ozawa, Pierre Boulez, Daniel Barenboim, Claudio Abbado, Simon Rattle, James Levine, Herbert Blomstedt, and Christoph Eschenbach. Also a dedicated chamber musician, Serkin has collaborated with Alexander Schneider, Pamela Frank, Yo-Yo Ma, and the Budapest, Guarneri, and Orion string quartets, as well as TASHI, of which he was a founding member. In May 2001, Serkin received an honorary doctoral degree from the New England Conservatory of Music in Boston. He was also the first pianist to receive the Premio Internazionale Musicale Chigiana in recognition of his outstanding artistic achievement. Serkin, who resides in Massachusetts with his wife, Regina, and five children, is a faculty member of the Bard College Conservatory of Music.

Conductor and pianist **Melvin Chen**, associate director of the Conservatory and associate professor of interdisciplinary studies at Bard, has performed at major venues in the United States, Canada, and Asia. He has collaborated with Ida Kavafian, Steven Tenenbom, David Shifrin, Robert White, Pamela Frank, Peter Wiley, and members of the St. Lawrence, Mendelssohn, Miami, Orion, Borromeo, and Arditti Quartets, is a member of Lincoln Center's Chamber Music Society Two, and has performed at Bravo! Vail Valley Music Festival, Chautauqua, Music from Angel Fire, and Bard Music Festival, among others.

Other concerts offered at Bard this month are:

The **Bard College Jazz Big Band** and the **Jazz Vocal Ensemble** present a concert on Monday, 12/10, 7:00PM in Blum Hall, room N211. Bard associate music professor Thurman Barker conducts, with Pamela Pentony directing the ensemble.

The **Bard College Symphonic Chorus and Chamber Singers**, directed by Bard associate professor of music James Bagwell, Sosnoff Theater, Wednesday, 12/12, 8PM. Seating is on a first-come, first-served basis.

They will perform Bach's Cantata 21 ("Ich hatte viel Bekümmernis") and Vivaldi's *Gloria* in D Major. Featured vocal soloists are tenor Rufus Müller and bass Arthur Burrows. Admission is \$5 (free for Bard students and children 12 and under). For further information, call the Fisher Center Box Office at 758-7900. Seating is on a first-come, first-served basis.

The **Bard College Electro-Acoustic Ensemble**, directed by Marina Rosenfeld. Blum Hall, Monday, 12/17, 8:00PM. Seating is on a first-come, first-served basis.

The **Bard College Orchestra**, conducted by Nathan Madsen, Olin Hall, Tuesday, 12/18, 8:00PM, will perform Gluck's *Dance of the Blessed Spirits* from *Orpheus*, Bach's *Brandenburg Concerto No. 5*, Boccherini's *Sinfonia No. 18 in F*, and Bard professor Joan Tower's *Made in America*. Seating is on a first-come, first-served basis.

Upstate Films and **Rhinebeck Recreation** bring you a *FREE* showing of two movies: **The Red Balloon** and **White Mane**, Saturday 12/15, 11AM only..

In the deceptively simple tale of THE RED BALLOON, a young boy discovers a stray balloon with a mind of its own. Wandering through the streets of Paris, the two become inseparable, to the surprise of the neighborhood and the envy of other children. This wonderful movie won the Palme d'Or at the 1956 Cannes Film Festival. The movie is in French; with subtitles, but there is very little dialogue. 34 mins. unrated.

The movie WHITE MANE is about a magnificent stallion and the leader of a herd of wild horses, who lives in an arid region in the south of France. Folco, a young fisherman, manages to tame him, and they form a strong bond, but to maintain their freedom, they must elude a wrangler and his herdsman. The movie is presented in an English translation, faithful to the original French voiceover and dialogue, spoken by Peter Strauss. 40 mins. unrated. For more information, call Karri Wolfe – 943-9526

Tickets are limited for this event and will be distributed on a first come, first serve basis, with a limit of 6/family, at Town Hall M-F, 8:30-3:30PM..

Health-Related Activities

Brain Games and Exercise Programs – Jean Curlee is the coordinator for the exercise programs and Brain Games. We will highlight these activities in next month's issue.

Medicare Orientation - There is a 2-hour Medicare Orientation at the Starr Library on Thursday, Jan. 17, 6-8PM. One-on-one counseling on Medicare choices is available regularly at the Starr Library on Monday afternoons. For the latter, appointments need to be made through the Office of the Aging, at 486-2566.

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:

Supplier	Telephone
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 (Senior Exercise) – 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 and to register.

Spotlight on Seniors Newsletter: The Dutchess Country Office for the Aging provides a quarterly newsletter about services that are available to Seniors in Dutchess County. To subscribe to this newsletter call 486-2555, or use the County's website www.dutchessny.gov/CountyGov/Departments/Aging/AGIndex.htm. The only service on the following list that is not currently available in Rhinebeck is Dial-a-Ride. Call 486-2555 to find out how to take advantage of these services.

Senior Friendship Center - Church of the Good Shepherd, 3 Mulberry Street

Senior Citizen Picnic – annual – at Fairgrounds, hosted by DC Supervisor

Anything else from this list can be brought to individuals through outreach workers and case managers. People usually need to call 486-2555 to access any of the services. For instance, someone with need for help in the home will be assessed over the phone and a

follow-up visit from a case manager will be made, as appropriate. The same scenario would occur if someone called for a benefit program. Anyone wishing to join an exercise program or the “brain games” should call, obtain an application packet, return it, and then will be assigned to a class. Appointments for reverse mortgage counseling will be made on an individual basis.

Home Delivered Meals	Nutrition Education
Caregiver Support	CASA – Home Care, Case Mgmt.
Nursing Home Ombudsman	Nursing Home Information
Benefit and Entitlement Counseling	Information, Referral, or Advocacy
Health Insurance Counseling & Assistance	
Reverse Mortgage Counseling	***Dial-a-Ride (not available in Rhinebeck)
Tax Assistance	Legal Assistance
Housing Information	Home Energy Assistance
Senior ID Cards	Physical & Mental Fitness Programs
Medical Transportation	Grandparents Raising Grandchildren Help

Unless specifically indicated, these services are available from the Department of Social Services, Poughkeepsie NY. Call 486-2555 for information or use the County’s website www.dutchessny.gov/CountyGov/Departments/Aging/AGIndex.htm.

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. . **One-on-one counseling on Medicare choices** is also available regularly at the Starr Library on Monday afternoons. For the latter, appointments need to be made through the Office of the Aging, at 486-2566. To find what else is going on at the library, call 876-4030 or go online at 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.

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.

*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. 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, or at 876-2683.*

Calendar of Events

Monthly

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| Mondays | Rubber Bridge , at “The Woods” Clubhouse, 1PM. All are welcome. |
| Mondays | One-on-one counseling on Medicare Choices is available at the <u><i>Starr Library</i></u> on Monday afternoons. Appointments need to be made through the Office of the Aging, 486-2566. |
| Tuesdays | Duplicate Bridge Game , meeting hall behind the Church of the Messiah, 10AM-1PM |
| Wednesdays | Scrabble Game at the Starr Library, 1-3PM. |
| 2 nd 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.

December

- 12/8 **Innovative Alternatives: Discussion on Use of 'Magic Salt'** on our roads: 10AM, Rhinebeck Town Hall. Speakers: Town Highway Superintendent Kathy Kinsella, Les Hulcoop (Biomass Expert from Cornell Cooperative Extension of Dutchess County), Dan McMaster (local Magic Salt dealer), and Joel Tyner. For more on Magic Salt, see: <http://www.magicsalt.info/Press%20Releases.htm> and <http://www.magicsalt.info/Dealers.htm>. Brad Johnson of Albany may also speak about his proposal to convert one of the LOOP busses to run on discarded cooking oil. See related websites: <http://www.petitiononline.com/greenbus>, <http://www.TheBigGreenBus.org>, and <http://www.GreaseCar.com>
- 12/10 **Bard College Jazz Big Band** and the **Jazz Vocal Ensemble** present a concert, Blum Hall, Room N211, 7PM. Bard associate music professor Thurman Barker conducts, with Pamela Pentony directing the ensemble.).
- 12/12 **Bard College Symphonic Chorus and Chamber Singers**, directed by Bard associate professor of music James Bagwell, perform Bach's Cantata 21 ("Ich hatte viel Bekümmernis") and Vivaldi's *Gloria* in D Major, Sosnoff Theater, 8PM. Seating is on a first-come, first-served basis. Featured vocal soloists are tenor Rufus Müller and bass Arthur Burrows. Admission is \$5 (free for Bard students and children 12 and under). For further information, call the Fisher Center Box Office at 758-7900.
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- 12/16 **Conservatory Chamber Orchestra:** Free concert conducted by Melvin Chen. 3PM, Bard College, Sosnoff Theater, performing Wagner's Overture to *The Flying Dutchman*, Stravinsky's *Capriccio for Piano and Orchestra* and *Movements for Piano and Orchestra*, both with featured soloist **Peter Serkin**, and Sibelius's *Symphony No. 2*. No reservations: seating is on a first-come, first-served basis. For further information, call the box office at 758-7900 or see www.fishercenter.bard.edu
- 12/16 **Morton Library Cookie Swap:** 82 Kelly St, Rhinecliff, 2-4PM. Bring 3 dozen cookies to swap and a healthy appetite. Call 876-2903 for details.
- 12/17 **Bard College Electro-Acoustic Ensemble performance:** Blum Hall, 8PM, directed by Marina Rosenfeld.
- 12/18 **Bard College Orchestra**, Olin Hall, 8PM. Conducted by Nathan Madsen. Free program features works by Bach, Boccherini, Gluck, and Tower. For further information, call the Music Program at 758-7250.

January

- 1/2 Time to reflect and break all those New Year's resolutions.
- 1/9 **Get Real Weight Loss Results:** NDH Wellness Center, 11AM or 7:30PM. Fee (\$149) includes nutrition and weight loss education and membership to the NDH Wellness Center. Call 871-3600 to register.
- 1/16 **The New Leaf Program:** 6-week personalized nutrition and exercise program, including weekly visits with NDH Nutritionist, phone support, weekly personal training sessions, and full use of the NDH Wellness Center during the program. \$499 fee. Call 871-3600 to register.
- 1/17 **Medicare Orientation** - Starr Library, 6-8PM.

February

- 2/1 **"Focus the Nation:"** is the largest national teach-in in U.S. history, designed to educate students on global warming solutions and engage them in a discussion with their elected leaders about necessary policies to curb the climate crisis. For more information, visit www.focusthenation.org or email ftn@bard.edu.
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