

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.

Senior Brain Games -- Dutchess County Executive William R. Steinhaus has Announced that the Office for the Aging will be holding a special Brain Games Training Session at the Rhinebeck Senior Friendship Center from 12:30-3PM on Tuesday, January 29, 2008. Volunteers who would like to lead a fun, regularly scheduled class in their area for senior citizens using memory games and puzzles to help them expand their brain power are invited to attend this fun afternoon. Current instructors and new volunteers will lead seniors at the center through an afternoon of challenging activities. Leaders will meet after the games and will be provided with materials and information to start their

own classes.

Age-related mental decline is expected to affect nearly 84 million people worldwide by the year 2040: according to the National Institute on Aging, recent studies have found that senior citizens who exercise their brains with games using reasoning, speed, and memory have long-lasting benefits. A large study published in the December 2006 issue of the Journal of the American Medical Association showed that the positive effects of regular brain exercise can last five years or more.

To register or find out more about the program, call the Dutchess County Office for the Aging at 486-2555, email them at ofa@co.dutchess.ny.us, or visit their website at <http://www.dutchessny.gov/countygov/departments/aging/agindex.htm>.

Walkway Over the Hudson – As long as I can remember, the railroad bridge over the Hudson has been a deteriorating eyesore. Several times, people have attempted to have it turned into a public pedestrian bridge, but have always been thwarted in their efforts. On Wednesday night, 1/9/08, a group called *Walkway Over the Hudson* will hold a public meeting at the Grand Hotel on Market Street in Poughkeepsie. The purpose of the meeting is two-fold: to inform the public of the details of the plan to convert the Poughkeepsie-Highland Railroad Bridge into the world's longest pedestrian bridge by 2009; to get input from the public into the design of the finished pedestrian park (walkway and bike path, etc.). The meeting is jointly sponsored by NYS Office of Parks, Recreation and Historic Preservation. They are the lead state agency for this project. The meeting schedule is:

5:30-7:00PM -- designers and engineers will be available to discuss the proposed plans.

7:00PM -- a half-hour presentation will be given.

7:30-8:30PM -- Open House with more discussions

All supporters of this project are encouraged to attend to let our public officials know that there is strong public support for this project.

Trips

AAUW Bus Trip to Washington, DC: April 25-28, 2008. Package includes 3 nights lodging, 3 breakfasts and dinners, transportation, tips, tax, luggage handling. Also included are: guided sightseeing tour, Arlington Cemetery tourmobile, National Cathedral, Union Station, National Archives, Embassy Row, Vietnam Memorial, WWII Memorial, Women in the Military Memorial, Capitol Hill and White House Visitor's Center, Famous Monuments, FDR Monument, Smithsonian Inst., USD Holocaust Memorial Museum. \$429/person double-occupancy, \$528/single. For information and reservations, contact Garnette Arledge, 679-5246, or write aloha.garnette@gmail.com. Checks, made payable to the AAUW--Kingston Branch, can be sent to Garnette at 1 Maverick Rd. #13, Woodstock NY 12498.

Health-Related Activities

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 for the 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 Dutchess County Office for the Aging, 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.

Movies, Readings, and Lectures at Bard College

January's calendar is rich with free movies and discussions at **Bard College**, where they are hosting an Italian Film Series. All of the movies will be at 1PM, room 102, in the Lecture Center. The films to be shown are:

On 1/4, Rome, Open City, directed by Rossellini

On 1/11, La Strada, directed by Fellini

On 1/18, The Easy Life, directed by D. Risi

On 1/25, PadrePadrone, directed by the Talliani Brothers.

Also in January, **Bard College** will host a series of lectures and films at the Weis Cinema, Bertelsmann Center, 10AM.

On 1/16, the 1-act comedy "Psycho Therapy" will be presented: it concerns a meek, first-time psychotherapy client who learns that help can sometimes arrive in unexpected, and even rather bizarre, fashion. The staged reading features Alan Lipper, Audrey Rapoport, and the playwright and it represents the first airing of a recently abridged version of the play. Following the performance, there will be a break for lunch, and then you can return for a filming of "Rear Window."

On 1/23, Novelist Steve Hamilton, author of the Alex McKnight detective series, and winner of many awards (Edgar, Shamus) has had one of his short stories adapted into a short film starring David Strathairn. He will be screening his film called "The Shovel." Steve will be speaking to us about the creative process involved in making the transition from short story to short film. This promises to be a most entertaining morning. Then, following lunch, you can return for a second film – "The Man Who Knew Too Much."

On 1/30, Larry Winters, author, poet, and psychotherapist will speak about his book "The Making and UnMaking of a Marine." In this provocative and stimulating talk, Larry demonstrates how he used his poetry as a healing tool with veterans in and out of Four Winds Hospital who suffered from PTSD (Post Traumatic Stress Disorder.) Copies of his book will be for sale. Following lunch, return to Weis for the film "Vertigo."

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/Sports

A small group of adults ranging in age from 40 to 80 have been meeting this winter to play squash at Bard College. Any squash players or tennis players who want to learn a racquet game that requires less running than tennis are invited to join the group. 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.

Gymnastics Assistant Coaches Needed: Gymnastics experience a plus, but not required. Must have a sincere interest in coaching children and feel confident leading groups independently. \$7.35/hr. Volunteers of all ages are welcome and appreciated. To apply, please pick up an application at Town Hall or Rhinebeck High school office, return it to Town Hall as soon as possible. Applicant will then be called for an interview. For further information, contact Karri Wolfe, Recreation Director for the Town of Rhinebeck, at (845)943-9526 or kawolfe@frontiernet.net. Assistant Coach hours: Saturdays 8:30AM-1:00PM; Program Dates: 1/5/08(training), 12, 19, 26, February 2, 9, 23, March 8, 15, 29, April 5. The program is for children ages 4-12 years. Sessions will be held at Chancellor Livingston Elementary School.

*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.

January

- 1/2 Time to reflect and break all those New Year's resolutions
- 1/4 **Italian Film Series, Bard:** 1PM, room 102, Lecture Center.
Rome, Open City, Rossellini
- 1/9 **AARP meeting:** Rhinebeck Reformed Church, 11:30AM meeting, 12:30PM speaker: Mr. Michael Olender, AARP Assoc. State Director.
- 1/9 **Walkway Over the Hudson:** 5:30-8:30PM, Grand Hotel, Market Street, Poughkeepsie. The purpose of the meeting is to inform the public of the details of the plan to convert the Poughkeepsie-Highland Railroad Bridge into the world's longest pedestrian bridge by 2009 and to get input from the public as to the design of the finished pedestrian park (walkway and bike path, etc.).
5:30PM--designers and engineers will be available to discuss the proposed plans.
7:00PM -- a half-hour presentation will be given.
7:30-8:30PM -- Open House with more discussions
- 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.
- 1/11 **Acoustical Music at Morton Hall:** 8-11PM, Morton Library, 82 Kelly St, Rhinecliff. Musical performances by top local artists. Donations requested. Call 876-7007 for information.
- 1/11 **Italian Film Series, Bard:** 1PM, room 102, Lecture Center.
La Strada, Fellini
- 1/12 **Cocoon Theatre:** 6384 Mill Street (Rt. 9), Rhinebeck, 3PM , *Annual Open House.* Come see scenes from past productions - find out about new programs - register for classes - potluck - free of charge - for all ages - come early for a seat. For information, call 876-6470, or contact marguerite@cocoontheatre.org.

- 1/16 **Bard:** Weis Cinema, Bertelsmann Center, 10AM -The 1-act comedy *“Psycho Therapy; 1:00PM*, following lunch, return for filming of *“Rear Window.”*
- 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.
- 1/18 **Italian Film Series, Bard:** 1PM, room 102, Lecture Center. *The Easy Life*, D. Risi
- 1/23 **Bard:** Weis Cinema, Bertelsmann Center, 10AM. Novelist Steve Hamilton’s film called *“The Shove,”* plus Steve will speak about the creative process involved in making the transition from short story to short film: 1PM. Following lunch, return for the second film – *“The Man Who Knew Too Much.”*
- 1/25 **Italian Film Series, Bard:** 1PM, room 102, Lecture Center. *PadrePadrone*, Talliani Brothers
- 1/29 **Brain Games Training Session:** 12:30-3PM, Rhinebeck Senior Friendship Center, Church of the Good Shepherd, 3 Mulberry Street
- 1/30 **Bard:** Weis Cinema, Bertelsmann Center, 10AM. Larry Winters, author, poet, and psychotherapist will speak about his book *“The Making and UnMaking of a Marine:”* 1PM. Following lunch, return to Weis for the film *“Vertigo.”*

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.
- 2/1 **Bard Art Exhibition Focusing on Environmental Issues:** One-day exhibition in the Fisher Studio Arts Building at Bard College, held in conjunction with the *Focus the Nation* conference at Bard College.
- 2/13 **AARP meeting:** Rhinebeck Reformed Church, 11:30AM meeting, 12:30PM speaker: Mr. Dennis J. Sullivan, Prof. of Economics – Marist.

March

April

- 4/25-28 **AAUW Bus Trip to Washington, DC** - For information and reservations, contact Garnette Arledge, 679-5246, or write aloha.garnette@gmail.com.