

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. 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.

Trips

AARP: Halloween Trip – 10/31/07, 8:30AM from Rhinebeck Town Hall and return at 5:30PM. This trip is sponsored by the local chapter of AARP, which is very active in planning trips of interest for Rhinebeck's Seniors. The trip is a "Halloween Party and Murder Mystery in TV Land" at Chez Joseph in Agawam, MA. The premise is that a murder has occurred in TV land, and everyone is a suspect. Attendees become part of the cast, recreating TV characters from the past. You are expected to help solve the mystery. These mystery dinners are great fun and are very popular. Call Althea Triebel, 758-6589 or Lilian Schad, 758-6139 to reserve a place on the bus for this trip. The price of \$67.00 covers transportation, lunch, the show, and the bus driver's tip and must be paid by 10/10/07 to Jane Scism, 15 N. Loop, Rhinebeck, NY 12572, 876-6394.

AARP: A Legendary Christmas at the Beacon Resort in New Hampshire – 12/2-3/07, from Rhinebeck Town Hall at 6:00AM on 12/2 and returning mid-afternoon on 12/3. The price of \$229.00 (single), \$209.00 (double), and \$205.00 (triple) occupancy covers all expenses: a family-style lunch at Dad's Restaurant, afternoon activities including free bingo (with prizes), use of the indoor pool, jacuzzis, and other game room activities, dinner at the hotel, the "Legendary Christmas Show" at the Beacon, and breakfast the next morning before returning home. . Call Althea Triebel, 758-6589 or Lilian Schad, 758-6139 to reserve a place on the bus for this trip. The price of the trip must be paid by 11/2/07 to Jane Scism, 15 N. Loop, Rhinebeck, NY 12572, 876-6394.

Health-Related Activities

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 Rhinecliffe 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.

The **Morton Library** is located in Rhinecliffe. This gem of a community center/library has many innovative activities of interest to Seniors. They have a fiction writers' group starting the end of September, which will meet 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

- 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.
- 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.

October

- 10/31 **AARP Halloween Party & Murder Mystery in TV Land** trip to Chez Joseph in Agawam, MA. Bus leaves from Rhinebeck Town Hall at 8:30AM and returns about 5:30PM. \$67.00 covers all expenses (bus, lunch, show, and driver’s tip). Sounds like a real romp!

November

- 11/1 **Podiatry 101- How a doctor's visit can help**, 6PM, NDHospital lower-level conference room. Michael Faraldi, DPM, will discuss current trends in foot and ankle care, as well as new technology. Call 1-877-729-2444 to register.
- 11/2 **Conservatory Concerts and Lectures**, Chamber Music, 8PM, Bard College, Olin Hall

- 11/3 **Golden Gathering for Seniors**, 9:30AM–12:30PM, Columbia-Green Community College, Hudson: Seminars, demos, educational info, health screening.
- 11/6 **Election Day**: get out and vote to support your local candidates. Polls will be open from 6AM-9PM.
- 11/7 **Hip and Knee Replacement: 2008**, 6PM, NDHospital, lower-level conference room. Russell Tigges, MD, will discuss new options for hip and knee replacement surgery, including computer-assisted surgery, surface and partial replacement, minimally invasive options, materials used, and pain control and rehabilitation options. Call 1-877-729-2444 to register.
- 11/8 **Town of Rhinebeck Committee on Aging** meeting, 1PM, Town Hall.
- 11/9 **Human Rights Project Lecture**, Israeli writer Michal Govrin speaks about her recent novel “Snapshots,” 7PM, Bard College Olin Humanities Bldg. - Rm.102
- 11/12 **Alzheimer’s Support Group**, Thompson House Conference Room, 6PM. This group meets the second Monday of every Month. Call 871-3760 to participate.
- 11/13 **Public Talk by Orhan Pamuk**, Nobel laureate and Turkish novelist, 7:00PM, Bard College, Olin Hall
- 11/14 **AARP meeting**, Reformed Church in Rhinebeck, Rt. 9 and South St., 11:30AM meeting; 12:30PM presentation TBA
- 11/14 **New Treatments for the Spine**, 6PM, NDHospital, lower-level conference room. Richard Perkins, MD, will discuss advances in spinal surgery, including an overview of Spinous process spacers, the X-stop procedure, Kyphoplasty, Laminectomy, and Microdiscectomy. Wow. If you are considering spinal surgery, this is the lecture for you! Call 1-877-729-2444 to register.
- 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.
- 11/16-18 **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
- 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
- 11/30 **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.

December

12/2-3/07

AARP trip: A Legendary Christmas at the Beacon Resort in New Hampshire –

12/3

Captain Cook's Endeavor: Science and Exploration in the Pacific. Michele Dominy, Dean of Bard, 4:30PM, Bard College Olin Hall

12/16

Conservatory Chamber Orchestra, Conducted by Melvin Chen. 3PM, Bard College Sosnoff Theater