Your Newsletter

Growing Older in Rhinebeck

April 1st 2015: 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 makes 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 caroleleib@mindspring.com.

Note: The printed version of this newsletter no longer contains information that doesn't change from month to month. The 2nd Edition of the *Growing Older in Rhinebeck Brochure* contains that information and is available wherever the printed version of the newsletter is found. We will continue to include the information that remains the same from month to month in the ONLINE version of the newsletter and calendar. The *Rhinebeck Community Forum,* at http://rhinebeck.wordpress.com/author/gr8full/ lists local events for all ages. Another website that provides excellent information for DC Seniors: Hudson Valley Home Matters is at info@hvhomematters.org. The *Spotlight On Seniors newsletter* is available at: http://www.co.dutchess.ny.us/CountyGov/Departments/Aging/sosfall2012.pdf. It's packed with information for DC Seniors. Also, sign up for regular emailed updates of information important to Seniors by sending your name and email address to agingservices@co.dutchess.ny.gov or see http://www.dutchessny.gov/CountyGov/Departments/Aging/AGIndex.htm or call 845-486-2555. The National Institute on Aging (www.nia.nih.gov) has information on health and aging topics.

Arts and Crafts

Local Art Shows:

Now-4/24 – *Andrew Halpern Fine Art Photography*. Montgomery Row.

Now-5/31 – *David Eddy (painting) and Polly W. Law (bricolage).* Albert Shahinian Fine Art, 22 E. Market St, 3rd fl. Information: 845-876-7578 or www.shahinianfineart.com.

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.

Mill Street Loft Figure Drawing Classes: Now-**5/8,** Tuesdays, 5:30-8:30PM, Red Hook site. Instructor Todd Poteet will teach a class in figure drawing from the nude model. $385 includes supplies and model fee. Call 845-471-7477 or email info@millstreetloft.org for an application. Ask about Senior discount.

Rhinebeck Photography and Art Center: offers weekend workshops and private instruction to all those interested in learning digital photography, portraiture, lighting technique, Adobe Photoshop, etc. www.rhinebeckphotoarts.com for schedule/special events. 516-286-5104.

Community

AARP meeting, 2nd Wed, 10:30AM social hour; 11:30AM meeting; 12:30PM entertainment. Reformed Church in Rhinebeck, Rt. 9 and South Rd. Speakers and discussion on topics of interest and concern to Seniors. No meetings in July/August. 845-758-8626. $10/year.
Now-4/15: *Free Tax Preparation and E-filing:* Once again this year, the AARP Tax-Aide program in conjunction with the IRS and the Hudson Valley CASH Coalition will be offering a free, volunteer run, tax preparation service for low to moderate income taxpayers, with special attention to those ages 60 and older. You do not need to be a member of AARP or a retiree to use this service. All Tax-Aide sites offer a free electronic filing service for both Federal and New York State returns. Sites in locations all around Dutchess County are now open for appointments. Dial 211 (or 1-800-899-1479). More information about the program as well as 24-hour, year round tax assistance can be found at their website: www.aarp.org/taxaide.

At Your Service: Auction and Antique Appraisals: On **4/25,** Rhinebeck Reformed Church, Mill Street.. Viewing at 4PM; appraisals 3-6PM (maximum of 3, no coins/stamps); auction 5PM. Absentee bids available. Light supper/snacks available to purchase. Donated auction services include things like: gutters cleaned, lawn and garden care, home repairs, learn to drive a team of horses, rides to area airports, prepared meals, fresh vegetables in season, kayaking for two on the Esopus, computer support, home repairs, NY Mets tickets, pet and child care, house appraisal, and more. Information: 845-876-3727.

Community Conversations and Town Hall Forums: On **4/29,** 6PM, at the Rhinebeck Town Hall, meet with the DC Executive Marc Molinaro to discuss the county issues important to you and your family and give him feedback about issues critical to Seniors.

Daffodil Tea at Wilderstein: On **4/11**, at 1PM, come and enjoy a fine tea and assortment of homemade delectables, tour Wilderstein, and stroll the grounds. $30/$20. Advance reservations are necessary. Please call Wilderstein at 845-876-4818 to RSVP and for additional information.

Eric Trump Foundation to Benefit the St. Jude Children's Research Hospital: On **4/19,** 3PM, at Calico Restaurant, come to a Dessert & Sparkling Wine Fundraiser to benefit St. Jude Children's Hospital. Reservations: 845-876-2749. Minimum donation $35.
Fare includes: FROZEN: Caramel Ice Cream, Milk Chocolate Ice Cream, Hazelnut Biscotti, Trump Sparkling Wine. CHOCOLATE: Mini domes dipped in Chocolate, White Cake with Raspberry Mousse, Chocolate Cake with White Chocolate Mousse, bittersweet chocolate, chunks & pistachios, Chocolate Cake with French Chocolate Mousse, Trump Sparkling Rose. TRIO OF MINI TARTS: Key Lime, Blueberry Browned Butter, Almond with Sour Cherry and Oatmeal Crumble. FINALE:

Cookies- Lemon Crisp, Orange Zinger & Raspberry Sable. Served with JB Peel Coffee or Harney & Sons Tea. YUM.

Kingston: Adult/Senior Programs & Activities: The City of Kingston Parks & Recreation Committee sponsors these mostly free programs at the Andy Murphy Neighborhood Center, 467 Broadway, Kgn. Rhinebeck residents are welcome to participate, but wouldn't it be wonderful if we had something like this in Rhinebeck? Information: Pat Johnson, 845-481-7332.
Mondays: Exercise 9:30-10:45AM; Ceramics 10AM-noon (fee); knitting/crocheting 12:30-3PM.
Tuesdays: Ceramics 10AM-noon (fee); Jewelry Class/beads 12:30-2PM.
Wednesdays: Line Dancing 9:30-10AM (beginners), 10-11AM (intermediate); card games 12:30-3PM in Seniors Lounge.
Thursdays: Bingo 12:30-3PM.
Fridays: Arts & Crafts 1-3PM.
8/14 – *Opera Gala Concert,* Kingston's Rotary Park, featuring highlights from operas by Verdi, Puccini, Rossini, Donizetti, etc.
8/20,22 – *The Marriage of Figaro.* Kingston's Rotary Park.

Rhinebeck Hudson Valley Full & Half Marathon Race: On **5/16**, the first annual Rhinebeck Hudson Valley Marathon promises to be fun for everyone. The race will feature rolling country roads on tree-lined streets, as well as views of the Hudson River, the Catskill Mountains. Information: http://www.travelbyfeat.com/rhvmarathon.

Rhinebeck Recreation's Ice Skating Rink Is Open: You can skate, dawn to dusk, at the Rhinebeck Recreation Park (behind the Starr Library). Free.

***New* Rhinebeck Senior Transportation Van Service:** The Town of Rhinebeck Senior transportation van has added a new service for Rhinebeck's Seniors. In addition to the Tuesday (grocery store) and Thursday (village and library) runs, the van will now add a run to the local nursing homes once a month on the third Monday. When more people volunteer to drive, more days/locations/events will be added. This is a free service for Rhinebeck Seniors who don't have other means of transportation. The van picks you up at your home and takes you to your location for a few hours – and then back home. Call 845-876-3409 to register for rides.

Northern Dutchess Hospital Foundation Events: Information/Reservations for these events at 845-871-1711 or email nsheehan@health-quest.org.
4/14 --*The Taste of Rhinebeck:* Starting at 6PM, you can visit and sample the fare at more than 20 participating area restaurants, spirit shops, and specialty food stores.
5/15 – *NDH Foundation Golf Classic & Awards Dinner:* Red Hook Golf Club. Register and breakfast at 8AM, begin at 9:30AM, Awards Dinner to follow play.
6/13 – *Starlight Ball:* 6:30PM. Dutchess County Fairgrounds. Black-tie dinner dance with live entertainment.
9/29 – *Friends/Family Garden Reunion:* 4PM. Hospital front lawn. Come and plant bulbs.
10/11 – *Fall Foliage Half Marathon:* partial proceeds benefit the NDH Foundation. Information or registration: www.fallfoliagehalf.com.

Tax Assistance Programs

Partial Exemption from Property Taxes in NYS for Seniors: Property taxes can be reduced up to 50% based on the income level of the resident Senior. Get the application from the town Assessor or the Office of Real Property Tax Services website: www.tax.ny.gov.
STAR Program: NYS School Tax Relief: Basic STAR (income less than $500,000) exempts the first $30,000 of property value from school taxes; Enhanced STAR exempts the first $63,300 if the primary residents are 65 or older. See the town Assessor to apply.
Partial Property Tax Exemptions for Persons w/Disabilities and Limited Income: The Basic exemption is 50% reduction in assessed value of legal residence. See the town Assessor to apply.
Partial Property Tax Exemption for Veterans: If purchased with pension, bonus, or insurance monies, assessed value can be reduced up to $5,000; if the veteran served during wartime or received an expeditionary medal, and additional 15% is reduced; if the veteran served in a combat zone, an additional 10% reduction is possible. See the town Assessor to apply.

Winnakee Land Trust Needs Big Night Volunteers: Spring is coming! As temperatures warm and snow melts, local amphibians' thoughts turn to love. Many species of frogs and salamanders return to the woodland pools where they were hatched to lay eggs of their own. They need our help to make it safely across the road! Honest! Information: call Shannon at 845-876-4213 or email landprojects@winnakee.org.

Dance

Bard: Senior Dance Concert: **5/8,9**(7:30PM) , **5/10**(2PM). LUMA Theater, Fisher Center. Reservations: fishercenter@bard.edu or 845-758-7900.

Kaatsbaan International Dance Center: located in Tivoli, this dance center provides year-round dance programs and classes. For prices/reservations/information, call 845-757-5106 x2 or 10, or email pgrkaats@bestweb.net. Saturday performances at 7:30PM; Sunday at 2:30PM.
Open Rehearsals:
4/2 – 2PM. ZviDance.
5/7 – 2PM. Carolyn Dorfman Dance Company
4/4 – *ZviDance: Surveillance*
4/11-6/15 (Fridays) – *Spring Session: 10-11:30AM:* adv.beg. & interm; 11:30AM-noon: Castanet.
4/18 –*UpsStream Showcase Performances:Thomas Ortiz Dance*
4/25 –*Alpha Omega Theatrical Dance Company*
5/9 – *Carolyn Dorfman Dance Company*
5/16,17 – *Flamenco Vivo/Carolota Santana*
5/23 – *Jennifer Muller/The Works.*
6/14 – *Maya Dance Company*

Education, Lectures, and Seminars

Healthquest Wellness Lecture Series: The hospital has expanded its talk locations to three sites, including one in Kingston. They are: The NDH cafeteria conference room; the Center for Healthy Aging; and the Hudson Valley Mall community room, 1300 Ulster Ave., Kingston. Reservations are required: 845-871-1720 x4 or sbradsha@health-quest.org. To register online, visit www.healthquest.org/wellness. (TTY 1-800-421-1220).
4/16 – 5:30PM, NDH conference room. **Music & Memory℠: A film screening of 'Alive Inside'**

Dr. Elizabeth Levine, NDH hospitalist; Dr. Jodi Friedman and social worker Allison Gould from NDH's Center for Healthy Aging; and Meg Boyce, VP of the Alzheimer's Association, HV chapter, will do guided meditation and discuss self-care for caregivers and loved ones of people with Alzheimer's, following the film, which follows social worker Dan Cohen on his quest to improve the lives of Alzheimer's patients by reintroducing them to the music they once loved. Refreshments.

4/22 – 5:30PM, NDH conference room. **Symptoms: Do you have Rheumatoid Arthritis?** Dr. James Wise discusses rheumatoid arthritis: a serious autoimmune disease that attacks your joints and other body parts, but can sometimes feel like a sprain, body ache, muscle stiffness or carpal tunnel syndrome. Learn about the signs and symptoms and get answers to your questions.

5/14 – 6PM, NDH conference room. **Advancements in stroke care.** Dr. Alison Nohara (Div. of NeuroInterventional Surgery) and Dr. Fabio Danisi (Div. of Neurology) will cover the signs of stroke, what to do if you have a stroke, and new medical treatments that could greatly impact your quality of life after a stroke (innovative clot-removal procedure that restores blood flow and reduces debilitating consequences of stroke).

5/18 – 2PM, Center for Healthy Aging. **Speaking the unspeakable: The Death Café movement.** What exactly is a Death Café? Come and learn about the purpose of these gatherings and how they offer a safe and comfortable space for frank conversations about death and dying. The discussion explores this often taboo subject in the Death Café style: cake and coffee included. Speakers: End-of-life educator Suzanne B. O'Brien, *Circle of Friends for the Dying Co-Founder* Barbara Sarah, and Center for Healthy Aging staff.

5/20 – 5:30PM, Community Room, HV Mall, Kgn. **Bladder Matters: Laugh, sneeze and cough with confidence.** Cathy Leonard, NDH director of physical medicine and with Tylene Lizardi, physical therapist will discuss conservative, nonsurgical treatments for urinary incontinence to help eliminate and manage problematic symptoms. This bladder health discussion is designed for anyone who has experienced embarrassing social situations due to bladder control issues.

5/28 -- 5:30PM, Community Room, HV Mall, Kgn. **Understanding your blood pressure and cholesterol.** Dr. Lee Isabell of Health Quest Medical Practice's Kingston primary care office, Will discuss what your blood pressure and cholesterol tell about what is going on inside your body and whether you are at risk for heart disease, stroke, or other health consequences.

6/3 -- 5:30PM, Community Room, HV Mall, Kgn. **About Dementia: Get the facts.** Dr. Yul Rapoport of Health Quest's Division of Neurology in Kingston will discuss dementia: a general decline in mental ability that interferes with daily life, most commonly associated with memory loss. Some conditions that cause dementia are reversible; some are not. Early diagnosis can make a big difference. Find out more about prevention, warning signs and treatments.

6/15 – 2PM, Center for Healthy Aging. **Can we talk? Advance care planning.** Dr. Jodi Friedman and social worker Allison Gould will discuss advance care planning: the process of considering, discussing, and making decisions regarding your wishes for future medical care. You can examine your own resistances and learn strategies for talking to your loved ones about your plans aand will learn key terms and get step-by-step instructions to maintain control in a serious medical situation.

Higher Education Opportunities: There are a number of free or low-cost higher education opportunities available to Seniors in Dutchess County. Did you know that 65+ Seniors can register for non-credit classes for half-tuition (except for private music classes or online courses)? The brochure *Higher Education for Dutchess County Seniors* is on the Office for the Aging website: http://www.co.dutchess.ny.us/CountyGov/Departments/Aging/hesc.pdf.

NDH: National Prediabetes Prevention Program: **now-6/26,** 4:30PM or 6PM, on consecutive Mondays, in the NDH cafeteria conference room. This is a free 16-week program for people who are borderline diabetic and want to learn how to maintain weight loss, be more physically active and manage stress. The curriculum, led by the Centers for Disease Control and Prevention, is based on research that showed that losing a modest amount of weight (5 to 7 pounds) and increasing physical activity prevented or delayed type 2 diabetes by 58 percent in people with prediabetes. To find out if you qualify for the program, contact Amanda Sheffield at NDH, asheffie@Health-quest.org or 845-871-4380. Space is limited.

Omega: Located on the outskirts of Rhinebeck (as well as NYC, Costa Rica, and California), Omega is self-defined as a global community that awakens the best in the human spirit and cultivates the extraordinary potential in everyone. The 2015 program in Rhinebeck includes over 300 workshops covering six basic learning paths: body, mind, and spirit; health and healing; relationships and family; creative expression; leadership and work; and sustainable living. See their website eOmega.org or call 800-944-1001 for more information and fees.

Prescription Drug and Opiate Abuse Prevention: On **4/9,** 6-8PM, in the Red Hook High School, Dutchess County Executive Marcus Molinaro, with the Dutchess County Substance Abuse Workgroup, will host this Forum. The public is encouraged to attend this important event to learn about how they can prevent and/or treat substance abuse, particularly opiate abuse.

Roosevelt and Stalin: Portrait of a Partnership: On **4/2,** 7PM, in the Henry A. Wallace Center at the FDR Presidential Library and Home. Author Susan Butler will lead the presentation and will be available to sign copies of her book afterwards. Her book explores the complex partnership during World War II between Franklin D. Roosevelt and Joseph V. Stalin. This event is free and open to the public.

Rhinebeck Historical Society Events: These free events are held at 7:30PM in the Starr Library Local History Room. Refreshments will be served.
4/24 -- *Photographs, documents, and prints acquired from the local chapter of the DAR*. The main focus of the talk will be the 100-year-old photos of buildings in Rhinebeck. Don McTernan and David Miller recently re-photographed the properties for a "before and now perspective
5/29 – Professors Johanna and Robert Titus, authors of the *The Hudson Valley in the Ice Age: A Geological History & Tour*, will share their insights into how glaciers shaped the Hudson Valley, the Catskills, and the Rhinebeck area.

Do It Now!

Vitamin D Deficiency: Vitamin D deficiency can cause a lack of energy, feeling tired all of the time, stiff joints, and heaviness or pain in the legs, a weakening of the muscles, reduced skin thickness, weight gain, inflammatory bowel diseases like ulcerative colitis and Crohn's disease. Even 15 minutes/day of direct sunlight provides Vitamin D to help assimilate calcium, keeping bones, muscles, and teeth in good condition. Vitamin D actives mood altering brain chemicals like dopamine and serotonin, which combat depression and dementia. The RDA recommends a supplement of 600 IU daily for adults under age 70, and 800 IU for those over age 70.

"Time to Downsize: (This is reprinted from *Golden Living . . . News for Senior Citizens.* I've included it in this issue because it strikes home personally and also for most of the Seniors that I know.) Downsizing, the difficult process of letting go of long-term possessions is hard at any age, but especially daunting for older adults. The thought of sorting through a house full of memories to decide what to keep and what to discard can be so overwhelming, many people will simply put it off until a sudden crisis forces them to take action. Others may never take the first step, leaving a lifetime of memorabilia for family and friends to sort through after they pass.

For elders who grew up during the depression, throwing anything away can be difficult; always retaining the feeling they may need it someday. Depression (the state of mind) can also be a contributing factor to the desire to hold onto what others might consider "useless" items. The feeling of loss as they let precious items go builds their anxiety to such an extreme, they avoid it at all costs. In extreme cases, this can lead to hoarding, an illness closely associated with obsessive-compulsive disorder, depression and anxiety. In these cases, counseling with a mental health professional should be the first step.

Local Certified Professional Organizer Colleen Ashe of Ashe Organizing Solutions has a number of tips for those who find the idea of downsizing daunting. "Start the de-cluttering processes in stages by focusing on what is no longer needed or wanted, especially in the spaces you use regularly" she suggests. "Take a picture or make a scrapbook of items being held onto for the memories associated with them. I have also found it is easier for people to part with their items when they know someone else will put them to good use. It may take several passes through the items (on different days) to make real headway."

Not-for-profit organizations like the Salvation Army, Goodwill, the Dutchess County SPCA (who take items like blankets, towels, etc.), and ReStore Habitat for Humanity will gladly accept most donations. Local libraries take used books, CDs and DVDs. It is always best to call ahead to find out about donation procedures before heading out with a carful of items.

If you're a family member or friend who is trying to assist an older adult jettison junk, the key word is patience. Trying to leave a place that has been their home for decades to move into something smaller and unfamiliar is emotionally taxing, even more so if it is because of illness or financial hard times.

Ashe says "I am always amazed at how much stuff in a senior's apartment actually belongs to the adult children. Give a specific date to anyone who has items in your home but no longer lives there to come and get the items by. After the date has passed, donate the items to a charity or recycle as appropriate. Also, pass along those family treasures now to those who you think will want them. Don't wait for someday."

Once you've purged all of the unnecessary items from your home, make it a habit to go through your stuff on a regular basis keeping only the things you need, use and love."

Games, Games, Games!

Bingo!

Wednesdays, 7PM, the Red Hook VFW, corner of Fisk and Elizabeth Sts., hosts Bingo games PLUS! Opening at 6PM, games begin at 7PM. Snack bar. 845-758-6212.

Thursdays, 12:30-3PM, Andy Murphy Neighborhood Center, 467 Broadway, Kgn., Information: Pat Johnson, 845-481-7332.

Board Games: Town Hall, 1:30PM-3PM, 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 Roz and Russ Austin at 845-876-0264. The Tivoli library also has board games on Fridays, 5:30PM (845-757-3771, tivoliprograms@gmail.com).
Brain Games: Thursdays, 1PM, at the Starr Library, *Brain Games* use memory games/puzzles to expand brain power. A leader guides participants through mental exercises that stimulate and challenge the brain. Free. Just show up. For information, call Joanne Gelb at 845-876-8799.
Card Games: Wednesdays, 12:30-3PM, Andy Murphy Neighborhood Center, 467 Broadway, Kgn., in Seniors Lounge. Information: Pat Johnson, 845-481-7332.
Duplicate Bridge Game: 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). Contact: call Diane Martini, 845-795-1096.
Rubber Bridge Game: There is also a weekly rubber bridge game at 'the Woods' Clubhouse, 1PM, Mondays (all are welcome).
Scrabble: For the Senior wordsmiths, there is a drop-in scrabble game at the Starr Library every Wednesday from 1-3PM.

Gardening

Got Gardening Questions? Horticulture Hotline and Diagnostic Lab Now Open for 2015 Growing Season: Cornell Cooperative Extension of Ulster County's (CCEUC) Master Gardeners will help anxious gardeners prepare for the 2015 growing season through their Horticulture Hotline. Experts at the Master Gardener office, located at the CCEUC education Center at 232 Plaza Road in Kingston (in the Hannaford Plaza), will be available to answer home horticulture questions on Mon/Wed/Fri, 9AM-noon, through October. 845-340-DIRT (3478). The Horticulture Hotline offers free, unbiased, research-based information and gardening advice. Other services offered are pH soil testing and Insect/Disease Identification. The cost is $5 for plant and insect identification, $3 for general soil testing, and $1 for additional soil/plant/insect samples. Full soil analyses also available.

Horticulture Smart Gardening Newsletter: A series of free workshops are offered online by Horticuture magazine (email newsletter@horticulture-community.com to register) or www.hortmag.comsoil/plant/insect samples.

Rhinebeck Garden Club: Meetings are at 10AM, in the Town Hall. Free. For more information contact Steven Mann at 845-876-6892.
4/22 -- Rodney Johnson will talk about the role of birds, reptiles, and amphibians in home gardens.

Just for Fun

Adventures for Rascals: This group provides 'fun' tours with local pick-ups. Drinks & snacks provided en route. POK pickup, unless otherwise stated. Ask about the optional lunches when you call 845-471-9725 or chiefrascal@cs.com for reservation information/deposit/deadlines.
8/14-29/15 – *Ultimate Alaska Cruise and Land Tour.*
9/23-10/5/15 – *Explore New Mexico Tour.*
11/5-22/15 – *Cruise the Panama Canal.*

Country Living Fair: On **6/5-7,** at the Dutchess County Fairgrounds, featuring the Beekman Boys.

Libraries, Literature, and Writing

Bard:
4/13,20,27 – *Lenten Lecture Series*. 12:30PM, Bard College Chapel of the Holy Innocents. Lunch/lecture. Fee. Reservations: iat@bard.edu or 845-758-7279.
4/3 – 7:30PM. Sosnoff Theater. Neil Gaiman in Conversation with Laurie Anderson. $25/$5.
4/4 -- 3PM. Sosnoff Stage Right. Aaron Landsman: Perfect City Discussions. Free. Reservations: 845-758-7900.

Flamingo Publications: The Hudson Valley Journal *Henry* accepts submissions of fiction, memoir, poetry, art, essay, and interview. Writers and artists must reside, work, or attend school in the Hudson Valley, and submissions must reflect the life, culture, landscape, people, and history of the HV. The publisher is most interested in interviews of HV characters—the people who define the HV. Submission guidelines: www.flamingo-publications.com.

Libraries: Besides books, the ***Starr Library*** is a focal point for many Rhinebeck activities. You can surf the internet, play scrabble (Wed) or brain games (Thurs), do genealogical research (Tues & Thurs), go to a book sale and art show, or join the Starr Library Book Club. Call 845-876-4030 for reservations to these free events. The library outreach program --Starr At Home-- is for house-bound Rhinebeck residents. Participants can request specific titles or a genre of books that they enjoy. Volunteers deliver/pick up books once/twice a month. Call Nan Jackson at 845-876-4030, email starrathome@starrlibrary.org, or get an application at the library.
5/30 – 10AM-noon. *Death Café:* You are invited to come and talk about your experience and curiosity about death and dying. There is no agenda - simply an open conversation in a casual, confidential, and safe space. Death Cafe is a discussion group rather than grief support or counseling. In this gathering, you can explore, reflect, learn, and build community through these conversations. Free.
Saturdays – teen geeks will help you use your mobile devices effectively.
The ***Morton Library*** hosts 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.
On Thursday evenings, the library will host a free workshop for local playwrights to develop new works. To learn more or to join the group, email: hudsonvalleyplaywrights@gmail.com, or call 845-217-0734.
4/3 – 6-8PM. *River Road Presents: Cross River Art Group Opening.* Show runs **4/3-5/2.** Watercolor exhibitors: Barbara Bergin, Ellen Crimmins, Joanne Cuttler, Carolyn DeMichele, Deborah DeWan, Claudia Engel, Hana Gordon, Betsy Jacaruso, Denise Jalbert, Jim McFarland, Nathan Milgrim, Margaret Moebius, Krista Morris, Peg Maines, Judith Pedatella, Elisabeth Prenot, Ed Travis, and Francoise Ursat. Free. Refreshments available.
Sundays – 9AM. *Reading of the work of Jacques Lacan.* Information: Dr. McLellan at 845-876-5800. Register at 845-876-2903.
The ***Red Hook Library*** is expanding its presence in our area. Information: 845-758-3241 or www.redhooklibrary.org. Free seminars.
The ***Tivoli Library*** also hosts many activities of interest to Seniors: music & movement (Mon); yoga and Movement (Tues); Writer's Workshop, Zen Meditation, Yoga (Wed); yarncrafters, book club (Thurs); Senior games, Yoga (Fri); book to Movie Club and potluck dinner (4th Thurs); Teen Geeks help with computer skills (Sat, 10:30AM-1:30PM). tivoliprograms@gmail.com.

Oblong Books Author Talks: This creative bookstore in Rhinebeck invites authors to discuss their works on a regular basis. Free. Information: www.oblongbooks.com or 845-876-0500. Readings are at 7PM in Rhinebeck, unless otherwise noted.

Meals and Recreation

DC OFA Senior Friendship Center: The Center is hosted by the Church of the Good Shepherd, Mon-Thurs 10AM-2PM. Hot, nutritious meals are provided for a $3 donation. http://www.co.dutchess.ny.us/CountyGov/Departments/Aging/AGIndex.htm lists the monthly menus. For transportation to/from the church and meal reservations, call 845-876-8134. This program is for Seniors who hate to eat alone and want to interact with other Seniors in a social environment. The *Home Delivered Meals* program, for Rhinebeck residents who can't get out or are unable to prepare their own meals, provides meals to shut-ins M-Th, with frozen meals for Fri-Sun. Box lunches and frozen meals are also available -- designed to provide for the special needs of Seniors. Frozen and shelf-stable meals allow meals to be delivered for more than one day at a time in difficult to reach locations. They also provide assurances that those in the program will not go hungry in the event of inclement weather. Call the Rhinebeck site manager, Cindy Lefebore, 845-876-8134 (10AM-2PM) to participate in this program. Volunteers are needed to serve lunches Mon-Thurs, 10AM-2PM, at the Center and to deliver meals to house-bound Seniors. Email agingservices@co.dutchess.ny.us or call 845-486-2555 if you can help. See http://www.co.dutchess.ny.us/CountyGov/Departments/Aging/AGNutritionServices.pdf For the new DC OFA Nutrition Services Brochure.

Rhinebeck Food Pantries: The Rhinebeck Reformed Church and the Episcopal Church of the Messiah have food pantries to serve area residents with non-perishable canned/boxed food items, pet food, paper goods, toiletries, eggs, bread, dairy products, frozen meats, and fresh produce when available. Donations are gratefully accepted from retailers, local residents, the community garden, and food drives sponsored by the DC Fair, the U.S. Postal Service, the local Boy Scout Troops, and Starr and Morton Libraries. Both pantries have pre-packed bags of food for residents who are caught in an emergency situation or who cannot use the pantry during posted hours. For continued help, the Reformed Church requests an ID with a current address for all family members; they must live in the Rhinebeck School District. The Church of the Messiah has the same ID requirement, but also accepts residents of nearby areas in Staatsburg, Clinton Corners, lower Red Hook, and Hyde Park. The Reformed Church Food Pantry hours are Tuesdays 10AM-Noon (call 845-876-3727). The Church of the Messiah hours are Fridays 10AM-1PM, behind the church in the Parish Hall (call 845- 876-3533).

Rhinebeck Senior Drop-In Center: at the Rhinebeck Reformed Church, corner of Rt. 9 and South St., Thursdays 9:30AM-1:30PM. This program is for active Seniors. A group of artists and wood carvers offer advice and lessons for all levels of participants. Once a month, the group goes out to lunch or has a party at the Center. Other activities are card playing (or games), crafts, ceramics, or trips. New participants are welcome. $2/person: everyone brings their lunch. For information about the programs, call Vanessa Graff at 845-876-7163 on Thursdays (9:30AM-1:30PM).

Soup 'n Sandwich Lunch: On the 3rd Thursday of each month, October-May, you can enjoy a hot lunch and good conversation at the Church of the Messiah, Rt. 9, Rhinebeck for $6 and also

help to support a different not-for-profit organization each month. Lunches are 11:30AM-1PM: takeout is available, but people must call in orders before 11AM. 845-876-3533.

Soup Sale: Rhinecliff Fire Co. Ladies Auxiliary, 11AM-1PM, usually the 4th Thursday of the month. Call 845-876-6149 for information and the current calendar.

Trail Maps in Dutchess County: Did you know that Dutchess County has more than 70 trail systems totaling over 300 miles? The Dutchess County Department of Health, the Department of Planning & Development and OCIS have collaborated to provide information about the various trail systems located throughout Dutchess County. For more information, see http://www.co.dutchess.ny.us/CountyGov/Departments/DPW-Parks/21338.htm.

Music

Music at Bard:

Aston Magna: **6/19,26;7/17,** 7PM: lecture; 8PM: concert. Olin Hall.

American Symphony Orchestra Concerts: Fisher Center. Preconcert talks at 7PM, performance at 8PM. $25-$40. Tickets, reservations: 845-758-7900 or fishercenter.bard.edu.

4/24,25 – 7PM. Goetz's *Symphony No. 2 in F. Major,* Ginastera's *Harp Concerto,* and Janacek's *Sinfonietta.* $25/$40.

4/26 – 3PM. Brown University Orchestra: Nordic Celebration. Conductor Paul Phillips. Sibelius' *Symphony No. 1 in E Minor*; Ravel's *La valse*; Nielsen's *Saga-Dream*; Sarsate's *Zigeunerweisen* featuring violinist Alexis Lerner. Free. RSVP.

Bard: Spiegeltent 2015: **7/3-8/16.** Cabaret hosted by Justin Vivian Bond.

Bard: SummerScape 17: **6/25-8/16.** Featuring *Chavez and His World.* Carlos Chavez (1899-1978) was the central figure in Mexican music of the 20th century. This year's festival will showcase masterworks by Chavez and his contemporaries. For complete information and to order tickets, see fishercenter.bard.edu or call 845-758-7900.

Concerts at the Laszlo Z. Bito '60 Conservatory Building:

4/1 – 8PM. Thurman barker and his Percussion Ensemble.

4/6 – 8PM. Bardian Ensemble: the Bard College Conservatory and Bard College Music Program in an evening of chamber music with Dawn Upshaw.

4/8,15 – 8PM. First Songs: a Concert of Premiere Works. Bard Conservatory Graduate Vocal Arts students in performance.

4/11 – 7PM. the Bard Baroque Ensemble.

4/12 – 3PM. Faculty/Student Chamber Concert.

4/19 – 3PM. Conservatory Sundays: Bard Percussion and So Percussion.

4/23 – 7:30PM. Piano Duo Concert with Maki Namekawa and Hiroko Sakurazawa performing pieces for two pianos and four hands. Bach/Kurtag, Shostakovich, Cowell, Ichiyanagi, and Reich.

4/25 – 11AM-5PM. Chamber Music Day.

4/26 – 7PM. Chamber Music Evening.

4/27 – 8PM. Da Capo Student Composers Concert.

Conservatory Orchestra Concerts: Fisher Center. Free to Bard community (incl. LLI).
4/29 – 8PM. Olin Hall. Bard College Community Jazz Orchestra.
4/30 – 8PM. Down the Road Café, Bertelsmann Campus Center. Spring 2015 Jazz Vocal Concert.
5/2 – 8PM. Leon Botstein, Music Director. Lutoslawski's *Concerto for Orchestra*, Nielsen's *Clarinet Concerto* featuring Noemi Sallai, and Elgar's *Symphony No.1*.
5/6 – 8PM. Bard College Symphonic Chorus.
5/8 – 8PM. Billie Holliday Centenary Tribute. Aaron Diehl Quartet , featuring pianist Cecile McLorin Salvant. $25/$45.
5/13 – 8PM. Sosnoff Theater. Bard College Orchestra Spring Concert.

GAS Singers: The Golden Age Singers (GAS) perform at nursing homes and other community locations. Practices are held Monday afternoons, 1:30PM, at Admiral Halsey Senior Housing in Poughkeepsie. Performances are scheduled on Thursdays. Anyone interested in participating should contact Bob Fitzpatrick 845-229-2564 or Gretchen Gould at 845-485-2563.

Golden Age Singers: The Golden Age Singers are looking for men over 60 who love to sing. Rehearsals are Monday afternoons (1:30 PM) in Poughkeepsie. They perform about 3 times a month, usually on Thursday afternoons, in senior facilities/residences and at senior meetings. Experience is a plus, but not a requirement-just a love of singing. Information: call Ron Cole 845-462-1617 or Gretchen Gould 845-485-2563.

Hudson Valley Chamber Music Circle: Concerts 7PM, Bard: Olin Hall. Fee.
6/13 – JinJoo Cho, violin; Hyuan Soo Kim, piano.
6/20 – Carol Wincenc, flute; Cynthia Phelps, viola, Nancy Allen, harp.
6/27 – The Kalichstein-Laredo-Robinson Trio: Joseph Kalichstein, piano; Jaime Laredo, violin; Sharon Robinson, cello.

Kingston Festival of the Arts: On **8/14-22,** the Kingston Festival Ensemble will offer concerts at some of Kingston's historic buildings and gardens. Season passes and tickets will be available soon. Direct questions to info@kingstonfestival.org.

Maverick Concerts: Woodstock. Centennial season. It's worth the travel for good music.
6/27 -- percussion group NEXUS, featuring Peter Schickele's *Percussion Sonata No. 3, "Maverick,"** commissioned for the centennial.
6/28 -- the Shanghai Quartet with pianist Benjamin Hochman: Haydn's String Quartet No. 66 in D Major, Op. 77, No. 1; Max Bruch's Kol Nidrei, Op. 47, for cello and piano; Claude Debussy's 3 Preludes (1915); Robert Schumann's Piano Quintet in E-flat major, Op. 44.
7/3 -- A Benefit Performance for Maverick Concerts: pianist Simone Dinnerstein performs J.S. Bach's *Goldberg Variations,* in its entirety.
7/7 – Guitarist/composer Frederic Hand and flutist Paula Robison perform a new piece by Mr. Hand.
8/30 -- A new work by Russell Platt has its world premiere by the Borromeo String Quartet.
9/13 -- The American String Quartet performs George Tsontakis' *String Quartet 7.5 (Maverick).***

Rhinebeck Choral Club: Rehearsals are Wednesdays, 7:30-9:30PM, (except June-Aug.) in the auditorium at Ferncliff on River Road. The first weekend in May is Concert weekend. Rehearsals are open to the public. A brief voice placement exercise is required for membership. Dues: $30/season. More information: www.rhinebeckchoralclub.org or call Donna Stickle at 518-537-2884.

Theater

Center for Performing Arts: has shows of interest to all ages throughout the year and offers a Senior discount. For program/ticket/price information, call 845-876-3080 or go to www.centerforperformingarts.org. Fri/Sat showings are at 8PM; Sun at 3PM. Come early and picnic in the newly opened Pines, an outdoor picnic venue among the pines bordering the theater. You can buy food or bring your own.
4/10-26 – *Shakespeare Festival: Othello*. Modern interpretation.
4/11,18 – *Shakespeare on Broadway.* Revue from musicals that have been adapted from Shakespeare works.
4/26 – *Speaking Shakespeare.* Audience participation. Free.
5/1-3 – *Dark Echoes.* Psychological mystery thriller.
5/8-10 – *Hudson Valley Playwrights.* 1st annual short play festival. Voluntary payment.
5/15-6/7 – *The Producers.*

Cocoon Theatre: offers a wide range of acting, dance, and movement classes for all ages and abilities. Cunneen Hackett Arts Center, POK. 845-452-7870 or www.cocoontheatre.org.

Powerhouse Theater, Vassar College: If you don't mind travelling a bit, the Powerhouse Theater has many excellent programs. Contact the box office for prices, times, and reservations at 845-437-5599.

Stella May Gallery Theater: 101 Greenkill Ave., Kingston. 845-331-7955. A new theater group has been formed by Stephen Tenner and Lou Spina: Stella May productions. The company brings timely productions to the community.

Upstate Theater: Cutting edge films at this 2-screen theater. Visit www.upstatefilms.org or call 845-876-2515 for program listings and schedules.

Transportation

Rhinebeck Senior Transportation Van: See the paragraph at the beginning of the Newsletter (under 'Community') about the Rhinebeck Senior Transportation Van.

Friends of Seniors: Volunteers provide free basic support services to Seniors, including non-emergency medical transportation, grocery shopping (if the client has no other means to get food), visiting, respite for primary caregivers and telephone reassurance. Volunteers drive their own cars to take Seniors to their medical appointments and to the supermarket. For more information about the program, you can visit their website www.friendsofseniors.biz. If you know someone who is need of services or interested in volunteering, please call 845-485-1277.

DC LOOP Bus System Services: The DC Div. of Public Transit has announced a new phone system has been installed for the DC LOOP bus system. Effective immediately, the new phone number for all LOOP bus system information is 845-473-8424. For information about schedules, fares, Paratransit services and more, see www.dutchessny.gov.

Keeping Healthy in Rhinebeck

Health and Safety-Related Programs

Adult Day Care Offered through DC OFA: DC OFA's NY Connects division offers programs for Seniors and their caregivers in accessing and paying for Social Adult Day Care services. Always There also has a program in Kingston at 918 Ulster Avenue. It also benefits caregivers as a form of respite. There is a cost-share for some clients, depending on income. Outcome studies conducted by the DC OFA found that Social Adult Day Care Services have helped participants to remain living at home in the community. Call 845-486-2555.

Always There Adult Day Program: This program, at the United Methodist Church on East Market Street in Rhinebeck is an alternative to residential care. The program, running Tuesday through Thursday, has a professional and experienced staff, provides home-cooked meals, and a variety of recreational and therapeutic exercises for the participating Seniors. See their website for more information. Scholarship money is available to DC residents who qualify. Donna Slavin, the ADP Site Coordinator/Rhinebeck Location, can be reached at 845-249-8186 or dslavin@alwaystherehomecare.org. Volunteers are wanted to assist in the day program, teach art, bring music, etc.

Assisted Living Centers and Adult Homes

Arbor Ridge, Brookmeade	845-876-3344
Avalon Assisted Living & Wellness Center	845-463-0500
Dutchess Assisted Living Center	845-471-7930
The Fountains at Millbrook	845-677-8550
Palatine Manor	845-537-3232
Terraces at Brookmeade	845-876-5522
Vassar-Warner Home	845-454-3754

Cancer Support Group: On **4/7,** 10AM, at Vassar Brothers Medical Center. Pre-registration is required. To register or learn more, women may call 914-962-6402 or 1-800-532-4290. Support Connection, Inc. provides free, confidential support services and programs to people affected by breast and ovarian cancer. Services include: One-on-one peer counseling and support groups, offering women the opportunity to connect with other cancer survivors; ongoing wellness classes; holistic health workshops; public educational programs; information and referral services and a toll-free cancer information and support hotline (1-800-532-4290.) To learn more, visit www.supportconnection.org or call 914-962-6402.

Caregiver's Resource Center: The Poughkeepsie Public Library District, through support from the DC OFA, maintains a Caregiver Resource Center, featuring books, videos, and other informational materials related to care-giving. The materials are currently housed at the Arlington Branch of the library but can be sent to any Mid-Hudson Library System library for pick-up. For more information, call the Library District at 845-485-3445.

Caregivers Support Groups:
Alzheimer's Support Group meets on the 2nd Monday of the month, 4-6PM, at the Starr Library. Call the Alzheimer's Association at 845-471-2655 to register.
Northern Dutchess Hospital has opened a free Caregiver Support within their Center for Healthy Aging. Meetings will take place the 1st and 3rd Thursday of each month from 3:30-5PM. Information: Allison Gould LCSW-R, 845-876-4745.
Mid-Hudson Regional Home Care, 26 IBM Road, Poughkeepsie, hosts a free support group every 3rd Monday at 5-6 PM. Free. To register, call 845-483-5560.

Caregiver's Overnight Respite: The DC OFA's Family Caregiver Support Program has a limited amount of funding available to assist caregivers of older adults in accessing and paying for overnight respite at the Vassar-Warner Home in Poughkeepsie. If you qualify, you could be eligible for up to 14 days of respite in a one year period. Call 845-486-2555.

Dance and Movement Class: On Wednesdays, 10:30-11:30AM at ND Hospital Fitness Center. Free for Fitness Center members. For information, contact Marie Monroe at 845-337-1432 or mariem230@hotmail.com.

Dental Discount Plan Available for Dutchess Residents: Residents who enroll in the *DC Dental Discount Program* will realize savings from 5-50% on dental procedures including routine oral exams, cleanings, dentures, root canals, crowns, etc. The cost is $59 annually for an individual and $69 annually for a family. County residents, can sign up for the discount card at 877-354-6226 (mention marketing code NACo) or go to www.nacodentalprogram.com.

Dutchess NY Connects: is the long-term care services division of the DC OFA. The agency provides information, referral, screening, and (sometimes) assessment and case management, including arrangement and provision of various services. Dutchess NY Connects helps people to stay at home, who are thinking about residential health care facilities, or alternative living. See http://www.dutchessny.gov/CountyGov/Departments/Aging/14263.htm for the online long-term care resource directory. The DC OFA offers the following considerations in selecting home care:
Licensing and Reputation: How long has the agency been operating in the community? Is the agency licensed by a government agency and/or are they accredited by a professional association? Is the agency able to provide "hands on" care or can it only provide companion and chore service? Can the agency provide references from clients?
Training and Supervision: How does the agency select and train its employees? Does it carry professional liability insurance? Does it insure or bond employees who provide financial services or who do banking and shopping for clients? By whom/how often are home care workers supervised? Who can you call with questions or complaints about services? On what grounds can you request a change in workers? Does the agency provide substitutes and how will an emergency request be handled?
Assessment: Will an assessment be performed, who will perform it, and what is the charge? Is there a charge for a reassessment? Will you receive a written plan of care, and how is it updated?

EPIC Benefits: EPIC lowered prescription drug costs for many New York residents over the age of 65 making $75,000 a year or less, or $100,000 or less if married. You must be enrolled in a Medicare Part D drug plan and not be receiving full Medicaid benefits to qualify. If your income is $1277 a month or less, or less than $1723 for a couple, you may also qualify to have your Medicare premiums paid for you, receive a free Medicare drug plan, and pay only very low drug co-payments. Seniors with questions should call the EPIC Helpline at 1-800-332-3742 (TTY 1-800-290-9138). To apply for EPIC, call 845-486-2555 or visit http://www.health.ny.gov/health_care/epic/.

File of Life: Copies of the *File of Life* are available at 27 High Street in Poughkeepsie during business hours. Each packet contains a magnetic red file that attaches to your refrigerator as well as a red sticker that you place on your front door. When emergency medical responders come to your home, they see the red sticker and know to look for the *File of Life* on your refrigerator. Inside the *File of Life* is your complete medical history including your allergies, medical conditions, blood type, medications you are taking, doctor contacts, emergency contacts, insurance information as well as where to find your Living Will and/or Health Proxy information. This can be a life saver during a medical emergency when every minute is critical.

Food Stamp Eligibility: Did you know that more than 60% of the Seniors who are eligible for food stamps are not receiving the benefit? Many Seniors are considered nutritionally at risk because they cannot afford to make healthy food choices. Some are even forced to choose between buying groceries and the medication that they need. Food stamp money is now provided to the consumer in an easy to use credit card format. Only you and the cashier at the grocery store will know that you are using food stamps. The average benefit amount is $90 a month. For more information on how to apply for food stamps, call DC OFA at 845-486-2555 or email ofa@co.dutchess.ny.us. A trained counselor will help you fill out the necessary paperwork and see if you are eligible for any other benefit programs.

Free Emergency Cell Phones: The Sherriff's Office can provide Seniors with a free 911 cell phone that can be used both inside and outside the home in an emergency. These phones are only able to call 911 and will not work for other calls. Call Helen Sample at 845-486-3839 for more information about receiving a phone and how the program works. Seniors who are homebound can receive telephone reassurance through the efforts of trained volunteers with the Friends of Seniors program. After an assessment of the client's needs, the isolated senior is connected with a volunteer who makes telephone contact. Volunteers are always needed for this program and the other services provided by Friends of Seniors. Call them for more information at 845-485-1277. Seniors who live alone should also consider a Personal Emergency Response System (PERS). There are a variety of different options available, but the general idea is to always have immediate assistance available at the touch of a button. Call DC OFA at 845-486-2555 to get a copy of the brochure *Staying Safe at Home*.

Funeral Consumers Alliance of the Hudson Valley (FCAHV): The FCAHV is a volunteer organization that provides guidance for a very difficult time in people's lives - making funeral arrangements, helping people achieve simplicity, dignity, and economy in funeral arrangements. The FCAHV holds three meetings/year and an annual meeting – all open to the public. Associated with the national *Funeral Consumers Alliance,* they are aware of activities and

practices throughout the United States. This chapter serves Columbia, Dutchess, Greene, Orange, Sullivan and Ulster counties. See www.fcahv.org/home for membership information.

Local Hospitals:
Benedictine Hospital, Kingston, 845-338-2500
Kingston Hospital, Kingston, 845-331-3131
Northern Dutchess Hospital, Rhinebeck, 845-876-3001
Mid Hudson Reginal Hospital of Westchester Medical Center (St.Francis), POK, 845-471-2000
Vassar Brothers Medical Center, Poughkeepsie, 845-454-8500

Medical Loan Closets: Dutchess County has a number of well-stocked Medical Loan Closets that can lend you needed equipment free of charge. Most Medical Loan Closets carry the most commonly needed items such as wheelchairs, walkers, canes, etc. Borrowed items should be cleaned with disinfectant before/after use. Medical Loan Closets will generally accept donations of medical equipment in good working order. They also accept monetary donations to help fund their programs.

Red Hook VFW	845-758-6212
Hendrick Hudson Lodge, Red Hook Masons	845-758-8185
St. John's Reformed Church, Upper Red Hook	845-758-8545
Red Hook United Methodist Church	845-758-9011
Medical Lending Program, Jewish Family Services of Dutchess County	845-471-9811
Mediquip Loan Closet, Reformed Church	845-452-0968

Medicare 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. Medicare preventive services, visit www.medicare.gov or call 1-800-MEDICARE. Counseling on Medicare choices can be arranged at the Center for Healthy Aging. Call 845-486-2555 to schedule an appointment. Medicare Part B changes include 8 face-to-face counseling sessions for people who want to stop smoking and obesity screening and intensive counseling for those who screen positive. Also, the Part D 'donut hole' is getting smaller and discounts are better for generic drugs (21%) and brand-name drugs (52.5%).

myRisk™ Genetic Test Offered by Health Quest Cancer Care: This hereditary cancer screening allows for simultaneous assessment of a broader number of genes. The genetic test uses a simple blood draw to determine the risk of a variety of cancers, including ovarian, breast, endometrial, pancreatic, prostate, colorectal, gastric, and melanoma. It is often covered by traditional medical insurance, and provides a way for physicians to evaluate risk and develop treatment plans. For more information, call Health Quest Cancer Care at 845-431-6807 or visit www.health-quest.org/cancer.

NDH Center for Healthy Aging: The Center for Healthy Aging is a resource for patients 65+ and their families. Inpatient, outpatient, and transitional care is available for aging adults who have concerns about declining functioning, memory loss, falls, or other aging-related problems.

The staff performs a full geriatric assessment and shares their insights and expert advice with patients, caregivers, and primary care providers. Social work services are available to assist patients who are struggling with depression, anxiety, life transitions, bereavement, and other emotional issues, and to support the patient's caregivers. Information: 845-876-4745.
DC OFA's Health Insurance Information Counseling and Assistance Program (HIICAP) offers Medicare 101 Orientation classes in Rhinebeck on the fourth Monday of each month at the Center for Healthy Aging, 4-5:30PM. Registration: 845-486-2555.

Northern Dutchess Hospital Lecture Series: ND Hospital sponsors free lectures on health issues of interest to Seniors, discussing new and innovative treatments for problems that affect us as we age. These lectures are held in the hospital's Community Center on the lower level. If you want information about these lectures, call 1-877-729-2444 or go to the hospital website www.northerndutchesshospital.org. In addition to the free programs, the hospital periodically offers specialized diet and exercise programs for a fee. Call 845-871-3600 for more information about these programs or watch this newsletter for announcements.

Parkinson's Support Group: meets in the STARR Library Community Room on the first Wednesday of the month, 2:30-4PM. Programs are informative and sometimes social events. Call Alice at 845-876-4289.

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.

Some Local Suppliers	Telephone	initial fee	monthly fee
Alert1	800-693-5433	none	$29.95;Q/$83.85/A$311.40
Med Alert	800-731-5437	none	$29.95;39.95 (mobile)
Kingston Hospital/Lifeline	845-334-2747	$75.	$38.
Lifefone	800-882-2280 x365	none	$27.95
Philips Lifeline	800-543-3546	?	$35;$49.99 (mobile)
Premier Home Health Care	845-214-0870	none	$35;$50 (mobile)
St. Francis	845-483-5528	none	$38.

Some home-protection companies offer emergency medical alert medallion as part of their protection services. The DC OFA (845-486-2555) can assist you in the selection of a supplier.

Residential Health Care Facilities (local):

Arbor Ridge: has added *The Terrace*—an Assisted Living Facility – to Brookmeade. It now provides continuity care from Housing, Assisted Living, and LTC (at the *Baptist Home at Brookmeade)*. 845-876-2071.

Archcare at Ferncliff—Nursing Home and Rehab Center: 845-876-2011.

Renaissance Rehab & Nursing Care Center: 4975 Albany Post Road, Staatsburg. 845-889-4500.

Thompson House: 6525 Springbrook Ave., PO Box 514, Rhinebeck. 845-871-3760. The Thompson House now offers Skype service to residents.

Satya Yoga! Gentle chair yoga to move and heal is available on Mondays, 10:30-11:30AM, at the Starr Library. The group is led by Max Leeming from Satya Yoga Center. This practice is

very gentle and for people who want to relieve stress, be revitalized, and address health issues including asthma, high blood pressure, diabetes, and insomnia. Suitable for people of any age. $10/class. For information, call 845-876-2528 or www.satyayogacenter.us.

Skilled Nursing Facilities

Arch Care at Ferncliff Nursing Home	845-876-2011
Baptist Home	845-876-2071
Lutheran Care Center	845-486-9494
Pines at Poughkeepsie	845-454-4100
Renaissance Rehabilitation & Nursing Care Center	845-889-4500
Thompson House	845-871-3760

Social Services Organizations:

Budget Counseling, Dutchess County Coop. Extension Service, 845-677-8223, x119
DC Department of Consumer Affairs, 845-486-2949
DC Department of Health, 845-486-3400
DC Department of Mental Hygiene (24-hour helpline), 845-485-5600
DC Office of the Aging (DC OFA), 845-486-2555
DC Office of Veteran's Affairs, 845- 486-2060
Eldercare Locator, 1-800-677-1116
Hands On! The Hudson Valley: Ombudsman program, 845-229-4680
Medicare, 1-800-633-4227
Patient Hotline for Nursing Homes, 1-888-201-4563
Department of Social Services, 845-486-3000
Protective Services for Adults, referrals 845-486-3300
Social Security, 1-800-772-1213, 845-452-3584
United Way Health & Human Services Helpline, 211

Social Services Programs: For information about these programs, contact the DC OFA at www.dutchessny.gov/countygov/departments/aging/agindex.htm or call 845-486-2555.

Economic stimulus payment
Help for Medicare Prescription Drugs
SSI
Telephone Lifeline
STAR
Veteran's property tax exemptions
Home Energy Assistance Program (HEAP)
EmPower
Access to home
Medicare savings Programs
EPIC
Food stamps
Earned income tax credits
Real property tax credit
IT-214 NY State income tax refund program
Weatherization Referral and Pkg (WRAP)
Assisted Home Performance w/Energy Star

For Health Insurance counseling, call 845-486-2566 to arrange an appointment. The DC OFA's *Aging Services Directory* is a comprehensive resource providing Seniors and service providers with information about available programs and the DC Seniors. See http://www.co.dutchess.ny.us/countygov/departments/aging/srservdirectory.pdf for information about Nutrition & Recreation, Transportation, Long Term Care, Caregiver Services, Housing, Adult Homes, Nursing Homes, etc.

Telephone Reassurance: is provided by a volunteer caregiver's program: *Friends of Seniors* is an organization that trains volunteers to offer reassurance to those who live in isolation. Volunteers provide telephone reassurance to homebound seniors. To take advantage of this program, or to volunteer to be a caller, call Friends of Seniors at 845-485-1277.

Therapy Plateau No Longer Ends Coverage: It was reported in the February edition of *Aging News* that thousands, and possibly millions, of Medicare beneficiaries with chronic health problems can now continue to be covered for physical therapy because of an action by Congress and a recent court settlement.

Veterans Health Care Law: The Department of Veterans Affairs has launched an awareness campaign and a new website, www.va.gov/aca, to let Veterans know what the Affordable Care Act means for them and their families. Veterans receiving health care from the Department of Veterans Affairs will see no change in their benefits or out-of-pocket costs when portions of the Affordable Care Act take effect next year. Veterans can apply for VA health care at any time by visiting www.va.gov/healthbenefits/enroll, calling 1-877-222-VETS (8387), or visiting their local VA health care facility. Eligibility details: www.va.gov/opa/publications/benefits_book

Senior Sports and Exercise

Bard's Stevenson Gym: The Stevenson Gymnasium at Bard College has instructional classes for people of all ages. Go to www.bardathletics.com and click into the 'Community' tab for information about the programs -- or call 845-758-7531.

Coed Bowling League Looking for New Members: The local coed bowling league is looking for new members: the *Wednesday Morning AM League* meets 9-11AM at the Rolling Lanes Bowling Alley, between Rhinebeck and Red Hook on Rte.9G. They are looking for new bowlers – all ages: you can join in groups of 3 or individually.

Exercise Classes:
Exercise Classes at Wells Manor --10:30AM, Tu/Fri, sponsored by the DC OFA.
Qigong and "Tai Chi Easy" classes: 4PM, Wed, ND Hospital, Montgomery Street Health Annex, lower rear entrance. Qigong and Tai Chi are low impact, with simple, relaxed movements, full, deep breathing, and mindful awareness techniques. Benefits can include enhanced balance, tone, strengthening of bone and muscles, diminishment of aches and pains, relieving stress, lowering blood pressure, and invigorating the immune system. Classes are free for members of NDH's Wellness Center and are fee/session for nonmembers. 518-851-3250.

Omega Institute: Omega runs weekend, 5-day, and sometimes longer retreats. You can stay on campus or commute. Seniors receive 10% off most workshops. The Omega website describes the programs that are open for registration. When people attend programs at Omega, they also can participate in daily optional programs, such as meditation, yoga, Tai Chi, and movement. The Omega classes are offered on a daily basis at set times. Most are for any experience level. http://www.eomega.org/, 845-266-4444, or email registration@eomega.org for information.

Pickleball: This game is played on an indoor court with a net and a waffle-type ball and paddle. It doesn't entail much running. If you're interested in playing, or if you are interested in sports,

trail walking, or other recreational activities designed to promote fun and fitness for Seniors, call Arthur Kaufman at 845-876-2582 or email sticksandstones@frontiernet.net.

Senior Walking Groups: At 9AM, Seniors can meet to walk or bike at locations around the county. You can join any of the groups – just show up and walk or bike at your own pace. The walks are cancelled in the event of heavy rain. Volunteers are needed as co-leaders for each of the walks. If you are interested, call 845-486-2555.
Mondays - Harlem Valley Rail Trail: Meet at the Amenia Trail Head
Tuesdays - Walkway Over the Hudson: Meet at the Washington St. entrance
Wednesdays - Dutchess Rail Trail: Meet in the rear of Gold's Gym parking lot
Thursdays - Dutchess Rail Trail: Meet at the Hopewell Depot Trail Head
Fridays – Dutchess Rail Trail: Meet at the Morgan Lake Trailhead

Trails, Scenery, and Parks: Don't forget the wonderful places around Rhinebeck where you can take a walk and enjoy the views: *Burger Hill Park,* south of Violet Hill Road on 9G, is a private park owned by the Winnakee Land Trust, and a great place to get outdoor exercise every day. The top of the hill is 550 feet above sea level, with wonderful views of the Catskills, the Hudson Valley, and the Taghkanic Mountains. There are benches along the path, so stop often to enjoy the view. (Call 845-876-4213 for information);
The *Hyde Park Trail System* is a growing, 10-mile system of trails and walkways linking Town parks, nature preserves, and National Park sites with local neighborhoods and the Town's central business corridor. No vehicles are allowed on these trails.
Mills-Norrie State Parks, off Rte.9 in Staatsburg (hiking trails and many activities during the year, call 845-889-4646 for more information), *Ferncliff Forest* (on Mt. Rutson Rd., near the intersection of River Rd., 200 acres of land open for hiking, camping, mountain biking, skiing, fishing, and picnics). *Poet's Walk,* which is run by Scenic Hudson in Poughkeepsie, 845-473-4440, located on River Rd., Red Hook (trails take about 20 minutes one way, with one overlooking the Hudson River). *Wilcox Memorial Park* in Milan (offers swimming, miniature golf, hiking trails, fishing and campgrounds, open 9AM-7PM weekdays; 9AM-8PM weekends, call 845-758-6100 for more information).
The *Walkway Over the Hudson* is the longest pedestrian bridge in the world. Take advantage of this spectacular addition to our extended community and go look at the fabulous views of the Hudson River from the walkway. Not to be missed! Every Thursday, there is a Senior Walking group that meets at the entrance to the Poughkeepsie side of the bridge at 7PM for an early morning jaunt. (Parking is free before 8AM.) The group takes an easy-paced walk over the bridge that lasts about one hour. (Bring water to stay hydrated). See health-quest.org/walkway and walkway.org for more information on the Walkway Fitness Challenge.

Weight-Lifting and 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 DC OFA and has a cost of $10/month to participate. To register for a class, you must first fill out an application and receive your doctor's approval. Exercise classes are also provided at Wells Manor, 10:30AM, Tuesdays and Fridays. Call 845-486-2555 for information about these programs and for prerequisites to participation.

The Wellness Center at ND Hospital: The Center 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.

ZUMBA Exercise Classes: 10:30-11:30AM Saturdays at the Wellness Center. Free to members/ $10/session for drop-ins. 845-871-4300.

Keeping Up the Home Front

Central Hudson Powerful Opportunity Program (POP): Central Hudson has an enhanced utility payment assistance program, Powerful Opportunity Program (POP). POP provides a discounted budget bill that allows eligible customers to receive a discount off their regular budget bill each month and an arrears forgiveness benefit. The program has strict eligibility requirements. To be eligible, a customer must meet all of the following requirements:
1-Be a Central Hudson residential heating customer who uses and pays for natural gas or electric as a primary heating source.
2-Have a past due balance of at least $100.
3-Enroll in monthly budget billing.
4-Meet HEAP (Home Energy Assistance Program) income guidelines.
5-Be able to pay a discounted budget bill in full and on time each month. To inquire about the POP program, contact Central Hudson at 845-452-2700.

Do You Need Help?: Rhinebeck High School students must perform 40 hours of Community Service work before they graduate. If you are a Senior with a need for some temporary assistance with a task that you are unable to perform or pay someone to have done, and that task could be provided without compensation by a Rhinebeck high school student who is not a member of your family, please contact the Community Service Office. Some examples of services include cutting lawns, raking leaves, washing windows or cars, putting up or taking down screens, walking a dog, doing light shopping or minor housework, picking up meds at the drugstore, dropping in for brief visits, reading to the blind, picking up books at the library, and shoveling walks. A list of jobs will be generated and posted in the High School Community Service Office from which students can choose. Call Rena Genther at 845-871-5500, X5519 or email rgenther@rhinebeckcsd.org to post your requests.

Grandparents Raising Grandchildren: Cornell Cooperative Extension administers the Relatives As Parents Program (RAPP). This program was designed to encourage and promote the creation of services for grandparents and other relatives who have taken on the responsibility of surrogate parenting due to the absence of the biological parents. RAPP provides accessible support groups and other supportive services to relative caregivers and the children in their care. The primary goal of the mutual support groups, called "Coffee and Conversation," is to help the participants find an environment that provides comfort and safety for the expression of their successes and challenges as caregivers of relative children. The secondary goal is to assist caregivers to learn from and help each other (i.e. peer mentoring, informal care giving among families, etc.). Twice a year the support groups join together for special events: a winter holiday party and a summer picnic. Support groups are held on the 2nd Thursday of every month at St. Paul's Episcopal Church, 161

Mansion Street, POK. For more information about any of the programs and services offered by RAPP, contact Cornell Cooperative Extension at 845- 677-8223 or online: http://www.ccedutchess.org/family-finance/parent-family/relatives-as-parents-program.php.

HEAP: The DC OFA offers a Home Energy Assistance Program (HEAP) funded through the DC Dept. of Social Services to provide assistance with home energy needs for low-income Seniors and families. Services include financial assistance with fuel bills, emergency financial assistance for fuel/utility terminations, and referrals for weatherization service. Once your eligibility for this service is established, you will automatically get application forms for the following year. To inquire about your eligibility for this service or to get application forms to participate, call the DC OFA at 845-486-2555.

Congress recently approved additional funding for the HEAP program extending benefits for DC residents who qualify through March. Additionally, HEAP offers a furnace repair and/or replacement benefit for households with inoperable heating equipment. If you are eligible for HEAP, another great program you may be interested in is the Weatherization Referral and Packaging program (WRAP) which is designed to help Seniors with energy related problems or needs. If you have a cold, drafty house, a WRAP representative will assess your needs and develop a plan to help you link to weatherization, energy, and other human services and programs in the community. They can even help you apply for the benefits or programs and work to help you obtain the services.

Money Available to Seniors for Home Repairs: If you are 62 or older and your household annual income is at or below the following limits: 1 person - $45,100; 2 people – $51,550; property owner or life tenant of single-family home where the house is your principal residence; property located in a Dutchess County town (other than Poughkeepsie, Wappingers Falls, Fishkill, and East Fishkill). Up to $20,000 is available either as a 0% interest loan or deferred payment loan to correct building code violations ($1,000 minimum). The focus of the program is repairs to "major systems" such as: roofs, furnaces, decks/porches, structural problems, handicapped accessibility, electrical and plumbing. Guidelines and applications are available through: Dutchess County Dep't. of Planning and Development, 27 High Street, Poughkeepsie, NY 12601, 845-486-3600, email cdhousing@co.dutchess.ny.us or www.dutchessny.gov.

Rebuilding Together Dutchess County (RTDC): RTDC, a non-profit organization that repairs/modifies homes to return owners to a warm, safe, dry, and independent environment, is currently accepting applications for their 2015 Rebuilding Day Program. The deadline for applications for Fall Rebuilding Day in October is **3/31/15.** RTDC serves DC homeowners with a focus on low-income seniors, veterans, the disabled, and families. All repairs are completed by volunteers at no cost to the homeowner. Information or application: 845-454-7310 or www.rebuildingtogetherdutchess.org.

Rhinebeck@Home: is a member organization dedicated to helping its members remain in their own homes and stay connected within the community as they grow older. Members share a common concern that anyone may need assistance occasionally to maintain a fulfilling life. Rhinebeck@Home encourages and coordinates the efforts of members to give and receive support. The Center for Healthy Aging at ND Hospital has provided office space for the group.

Membership fees are set at an annual amount of $120 per person for 2015. See www.rhinebeckathome.org or call 845-876-4663

Rhinebeck Rotary Helps Seniors Live At Home: The Rhinebeck Rotary Club has a program in place that helps Seniors live at home. Members of the club make minor home repairs for Seniors who are unable to maintain safe conditions in their homes. Student members of the Rhinebeck Rotary Interact Club work with the Rotary teams. This program helps Seniors remain at home safely and independently. Requests must be non-emergency, such as installing grab bars in showers, installing smoke and carbon monoxide detectors, gutter cleaning, repairing locks, correcting minor electrical and plumbing problems, etc. There is no fee for this service. Call 914-244-0333 and leave a message for David Albahary or email RhinebeckRotary@gmail.com to request assistance.

Senior Citizen Email Alert List: The DC OFA sends out email alerts with news and information for Seniors on a regular basis. To get this email, send your name and email address to ofa@co.dutchess.ny.us. You will also receive the online quarterly newsletter *Spotlight on Seniors.*

Isolated Senior Alert: The DC OFA wants to remind Seniors about several programs aimed at getting help if needed.

Are You Okay? Program: If you subscribe to this free program, a computer-generated call will be made daily at a time that you set. If you don't answer the call after 15 minutes, the Sherriff's Office will call the friend or relative you designated or a police officer will check that you're OK. Go to http://www.co.dutchess.ny.us/CountyGov/Departments/Sheriff/13924.htm or call DC OFA to sign up at 845-486-2555.

Personal Emergency Response Systems (PERS) assist people who live alone by linking them to Fire, Police, and Medical assistance 24/7. PERS are lightweight pendants worn around the neck or wrist that can summon help with the press of a button. Dutchess NY Connects case managers can provide information about PERS by calling 845-486-2555 or look in the *Growing Older in Rhinebeck Brochure* and the online version of this newsletter for a list of local providers.

Telephone Reassurance Calls are offered by Friends of Seniors. To sign up for this free service, call 845-485-1277.

Cell Phones can be preprogrammed so Seniors can use them to easily contact emergency services by the push of a button. The DC Sheriff's Office can provide Seniors with a 911 cell phone that can be used both in and outside the home in an emergency. Call Lynn Vecchio at 845-486-3839 to sign up. The DC OFA also suggests that we keep in touch with our neighbors to be sure everything is okay before or during a major storm, or if they appear to not be following their normal routine (going out for the mail, picking up the newspaper, etc.).

Important Things You Can Do To Prevent Falls: free brochure from DC OFA. Call 845-486-2555 or http://www.co.dutchess.ny.us/CountyGov/Departments/Aging/fallprevention.pdf.

Legal Services for Seniors

The DC OFA contracts with a private attorney, Paul I. Weinberger, to provide legal advice, and in some cases, representation to Dutchess County residents age 60 and over. The program is intended for those who would otherwise be unable to afford legal assistance. Call 845-486-2555 to make an appointment. Legal services are also available for Seniors over 60 with a focus on shelter and income issues. Mickey Haggerty is the Dutchess County Bar Association representative for Senior legal issues. Contact him at 845-876-3300. Go to

http://www.co.dutchess.ny.us/CountyGov/Departments/Aging/legalservices.pdf for the online Updated Dutchess County Legal Services for Seniors Brochure.

Low-Income Housing for Seniors

Wells Manor: Adequate, affordable, and appropriate housing remains a critical concern for Seniors in Dutchess County. The only facility available for low-income housing in Rhinebeck is Wells Manor, 56 Astor Drive, which is provided for Seniors and handicapped or permanently disabled people of all ages with an income ceiling. The complex contains 19 studio apartments and 55 1-bedroom apartments. To inquire about availability of apartments at Wells Manor, call the manager, Barbara Jeck, at 845-876-8053, 9:30AM-2:30PM. Vouchers and certificates may also be used to help pay a portion of the rent for qualified applicants in approved, privately owned apartments. There are waiting lists for these vouchers, which have a ceiling income requirement that is the same as that of Wells Manor. For more information, contact the Rural Opportunities Dept. of the DC OFA at 845-298-8998, or visit their website www.ruralinc.org.

Volunteering

Architectural Heritage Sites

Clermont: Clermont is a large multi-faceted historic house museum with a variety of opportunities for individuals to contribute their talents and dedication toward serving the community. Clermont sponsors many special events, as well as offering tours of the mansion and the grounds, and they welcome the help of interested people. Volunteers are invited to training sessions prior to the start of each new season. Additional training on specific tasks is provided as needed. Volunteers are a valuable part of the team at Clermont and are included in the annual regional staff training program. To become a museum volunteer, get a copy of their volunteer's application on their website:
http://www.friendsofclermont.org/volunteers/index/html and mail it to: Kjirsten Gustavson, Director of Education, Clermont State Historic Site, 1 Clermont Avenue, Germantown, NY 12526 .

Eleanor Roosevelt at Val-Kill: This historical site is looking for volunteers for: Data entry, receptionist, general administrative work, and general assistance. Contact Kathleen Durham at 845-229-5302.

FDR Home and Museum: Part of the National Park System, the home and Presidential Museum are open to the public. The admission fee also lets you visit the *Vanderbilt Estate, Top Cottage (FDR's hideaway),* and *Valkill Cottage (*Eleanor Roosevelt's retreat, office, and home until her death in 1962). These properties are an interesting study in contrast of styles. *Vanderbilt,* with its magnificent grounds and elegant presentation, is an impressive structure – and meant to be so. The *Roosevelt* properties are homes that were meant to be lived in. These historic sites offer several ways for someone to volunteer: Volunteer in Parks (VIP), work with park staff giving or backing up tours, and assisting with school groups. To request a Volunteer in Parks application, see www.nps.gov/volunteer or call 845-229-7770.

F.W. Vanderbilt Garden Association: Gardeners, committee members, and plant sale volunteers are needed. If interested, call 845-229-5630.

Staatsburgh State Historic Site (Mills Mansion): This 79-room mansion was the country estate of Ruth Livingston Mills and her husband, Ogden Mills. Volunteers assist site staff by

conducting guided tours from **4/1-10/31**, being room docents during open house programs, the holiday season, and other special events, helping in the bookstore and the Museum shop, greeting tours at the door, helping in the office, doing research, cataloging, gardening, and selling food at outdoor events. Volunteers for special events such as the Spring Gala Silent Auction, Tennis Tournament, Shotgun Scramble Golf Tournament, and Children's Outreach Christmas Program, require some special talents: doing hospitality, leading workshops, being cashiers, baking Christmas goodies, and working with children are some examples. The *Volunteer Committee* needs committee members. To volunteer for any of these needs, call 845-889-8851.

Montgomery Place: One of the magnificent Livingston estates built along the Hudson, *Montgomery Place* is a 434-acre riverfront estate, containing orchards, herb and rose gardens, stately woods, and scenic walking trails. The mansion, built in 1805, is furnished with 200 years of family possessions and offers magnificent views of the Hudson River and Catskill Mountains. The estate is now owned by Historic Hudson Valley. Call Sara Price, Director of Horticulture and Volunteers, 845-271-5461, x13.

Quitman Resource Center: located on Rte. 9, volunteers help with the gardens during the Spring, Summer, and Fall seasons, help with events like their Progressive Dinner, and prepare mailings. Call 845-871-1798 for information. The *Palatine Farmstead* is located on Rte. 9, north of the 9/9G intersection, in what was the historic center of Old Rhinebeck. It is currently being restored. It is one of a small number of surviving structures built by first-generation Palatine immigrants. This remarkably intact farmstead, with its house, barn, service buildings, and landscape, was deeded to the *Quitman Resource Center for Preservation*. Volunteers perform skilled and unskilled restoration work, fund raising, public relations, and landscaping. Call 845-871-1798 for information.

Vanderbilt: The Vanderbilt Mansion, built by Frederick Vanderbilt, is an example of Hudson River architecture on a grand scale. In 1984, a group of local gardeners joined together to restore the gardens to their former glory. Since then, the volunteers of the FWVGA have grown to over 100 and have put in nearly 100,000 hours raising money, researching garden history, planting, weeding, and caring for the plants and fountains of the garden. All the money necessary to purchase plants, equipment, and make repairs is raised by the volunteers through various special events, activities, and donations. Non-garden jobs include fundraising, event planning, greeting visitors on the weekends, grant research and writing, and being on various committees. The gardens and the grounds of the *Vanderbilt Mansion Historic Site* are open daily until dusk and admission is free. There is a charge to tour the mansion. Call Jordan at RSVP 452-5104 ext. 109 or email rsvp@dutchesscap.org for information.

Wilderstein: Built in 1852, *Wilderstein* began as an Italianate villa and was transformed into an elaborate Queen Anne mansion in 1888. The building has a polychromatic paint scheme, stained glass windows, and a wide, inviting veranda. The original planting scheme, trails, gazebos, and seats were designed by Calvert Vaux to take advantage of the sweeping vistas of the Hudson. Margaret Suckley -- known as 'Daisy'—was a cousin and friend of Franklin Roosevelt, and his dog Fala was a gift to FDR from Daisy. Daisy donated the house and grounds to *Wilderstein*

Preservation in 1983, and lived there until her death in 1991. Wilderstein volunteers welcome visitors, conduct guided tours, work in the gift shop, etc.

Community

AARP Create The Good®: This group helps you find and organize volunteer activities in your area. If you sign up to receive their monthly e-mail updates, you will be notified about upcoming volunteer events and projects in your neighborhood. *Create the Good* is a national network of people dedicated to helping others. If interested, click on So join Create The Good today.

Burger Hill Park: The Park is a great place to volunteer. Volunteer stewards sign up for a week at a time, coming to open and close the park every day. They get a hat, an ID button, and an invitation to an annual party every Spring. If interested, call Valerie Kilmer, who organizes the stewards, at 845-876-6961.

Foster Grandparents: The Foster Grandparent Program in Dutchess County provides volunteer opportunities for low-income seniors. If you are age 55+ and meet the income eligibility requirements, you can receive a tax free stipend for 15 to 35 hours of weekly service. Foster Grandparents provide mentoring and tutoring to students in the classroom. For more information, call 914-592-5600.

Friends of Seniors: Friends of Seniors volunteers provide these services:
Friendly Visiting: Spend some time with a Senior who is isolated or homebound. Many just enjoy having someone to talk with, playing a game, or having a book read to them.
Telephone Reassurance: Help an isolated Senior stay in touch by merely calling the Senior at your convenience. Even if you're homebound, you can be a telephone reassurance volunteer.
Respite for Caregivers: Stay with a homebound person at their home for a few hours to give their primary caretaker some quality time to themselves.
You can make a real difference in the life of a DC Senior! To volunteer for any of these services, or for more information about the program, call Friends of Seniors at 845-485-1277.

Golden Age Singers: Golden Age Singers are looking for new members to go to nursing homes, perform concerts, etc. If interested, call Bob at 845-889-4221.

Libraries
Morton Library: Volunteers are wanted to organize and promote programs for Seniors in the community room, Morton Hall. If you would like to volunteer, call 845-876-2903 or contact Joanne, the executive director, at mortonmemlibrar@hvc.rr.com or Sandy, the assistant director, at mortonlib@hotmail.com.
Starr Library: Do you like being in the library? Do you have time to assist at the desk, shelving books, and other tasks needed to keep the library functioning well? Call 845-876-4030 for more information about volunteering at the library. The Starr Library also has a tradition of supporting local history. It currently provides a home for the DAR collection and Historical Society Archives in the Library building. ***The Rhinebeck Historical Society*** needs volunteers to help process the historical material and to assist researchers with their work. Organizational skills, ability to use Microsoft Word, and an interest in history would be a 'plus' but are not mandatory. There is also a need for individuals with an interest in genealogy to help members of the public

do research in the local history room and in the archives of the Rhinebeck Historical Society. If you would like to volunteer to assist the Rhinebeck Historical Society, call Mike Frazier at 845-876-7462 or email him at michaelfrazier@earthlink.net.

RSVP: You have the opportunity to make a difference in the world by volunteering your time and expertise to help others. *The Retired and Senior Volunteer Program of Dutchess County* (RSVP) is currently looking for new members. RSVP is America's largest volunteer agency for Seniors. Members are reimbursed for mileage and covered by a supplemental accident insurance policy. With RSVP, you choose how and where you want to serve. You choose the amount of time you want to give and whether you want to draw on your current skills and life experiences, *or develop new skills*. In short, you can select the opportunity that's right for you. If you want to join RSVP or would like an RSVP representative to speak to your organization or church about volunteering, call Jordan at 845-452-5104, ext109. RSVP volunteers deliver meals to the homebound, help at our Senior Friendship Centers, lead exercise or brain games classes, or train to help Seniors with the Health Insurance Counseling program. There are lots of other opportunities for volunteers. If you haven't registered with RSVP yet, or would like to start volunteering, call 845-452-5104, x114. All RSVP members are eligible for mileage reimbursement and supplemental automobile insurance coverage.

Schools: Seniors have an opportunity to give back to their community by supporting the school system through volunteerism. Providing talks on life experiences, first-hand experience of participation in historical events, mentoring, tutoring students who are having difficulty with reading or math skills, etc. is a way to provide meaningful support for the Rhinebeck students. If you are interested in volunteering in this way, contact the principal of the Elementary School at 845-871-5570 or the principal of the Middle School at 845-871-5500.

Town of Rhinebeck Senior Van: volunteers are needed to drive the van. Call 845-876-3409, x40 to volunteer.

Health-Related Organizations

American Cancer Society: The American Cancer Society is looking for volunteers for their *Road to Recovery* program. Volunteers transport cancer patients and their families to/from treatment facilities. Contact Wendy at 845-452-2635 or Linda at 452-5104 x109.

American Heart Association: Contact: Toni Grundig at 845-485-4703.

Archcare at Ferncliff—Nursing Home and Rehab Center: Archcare is looking for volunteers in their gift shop (Mon., Sat., Sun.); as transporters for Mass (Mon., Wed., Sat., Sun.) and to work with the pastoral care staff to assist residents in attending Mass; and clerical assistance in various offices. If you can help, call Michelle Feller, Director of Recreation and Volunteers Services, at 845-876-2011, x3180.

Baptist Home: Call 845-876-2071 for more information.

DC Home-Delivered Meals: Volunteer drivers deliver meals each weekday just before noon. Drivers usually volunteer one day/week for an hour or less, to deliver meals from the Senior

Friendship Center. Drivers use their own vehicle, but can be reimbursed for mileage. In addition to providing clients with a hot, nutritious, midday meal, the volunteer driver may be the only contact a Senior has each day. If you are interested in volunteering as a driver, call the DC OFA at 845-486-2555 or ofa@co.dutchess.ny.us.

DC OFA: The DC OFA is always looking for volunteers. Right now, the *Health Insurance Information Counseling and Assistance* Program is looking for a volunteer to provide administrative support services to the Health Insurance Information Counseling & Assistance Program (HIICAP) to: maintain the appointment calendar for Health Insurance Counselors; copy and prepare handouts as needed; assist in maintenance of records by on-line reporting and file management; responding to calls and gathering information; making client satisfaction calls. 845-486-2555.

Friendship Center Volunteers: Call the DC OFA at 845-486-2555.

Health Insurance Information & Counseling Assistance Program (HIICAP): Call the DC OFA at 845-486-2555.

Home Delivered Meals, Friendship Centers, Exercise Leaders: The DC OFA needs volunteers to help deliver meals to the homebound and elderly. Volunteers usually deliver once a week on a late-morning route that takes just under an hour. To find out more about volunteering, call 845-486-2555.

ND Hospital and Thompson House: Volunteers can help as patient escorts, pet therapy providers, assisting patients at meal time, media services, and generally improving the experiences that patients have during their visits to the hospital or residence at the Thompson House. Volunteers are needed to greet and help visitors at the main entrance, work in the Gift Shop or Thrift Shop, or help with filing, answering phones, or preparing mailings. Area residents are also welcome to join the Northern Dutchess Hospital Auxiliary, which is a not-for-profit organization of people who support the Hospital through healthcare advocacy and fundraising projects. Please call Volunteer Services at 845-871-3470 to arrange an interview and to determine if they have a need that meets your interests.

NYS Long-Term Care Ombudsman Program: This is an advocacy program that represents nursing home residents, when they are unable to do so themselves, to ensure that their treatment is considerate, humane, and supportive in maintaining their quality of life. Volunteers for this program must attend a 36-hour training program and be certified before being assigned to a facility to ensure that the rights of the residents are protected. If you are interested in participating in this program, call *Hands On! The Hudson Valley* at 845-229-4680 ext. 102.

Respite, Telephone Reassurance, & Transportation: These services are provided by a volunteer caregivers program and organization that trains volunteers to offer reassurance to those who live in isolation. Volunteers provide telephone reassurance to homebound Seniors. To volunteer to be a caller, call 845-454-9530.

RSVP: This is a Retired Senior and Volunteer Program (RSVP). To volunteer or for more information, call 845-485-8170.

Transportation, Respite: To volunteer, call Friends of Seniors at 845-485-1277.

Businesses Giving Senior Discounts

Senior Citizen Discount ID Cards are provided at the Division of Aging Services, 27 High Street, Poughkeepsie on the 2nd Wednesday of the month or at special events such as the Dutchess County Fair, the Golden Gathering, and Division of Aging Services picnics. Proof of age (driver's license, passport, birth certificate) is required ($2)

Many local businesses offer discounts for people 65 and over: Adams Fairacres Farm (Kingston, Rt.9W), Wed., 5:30PM (not just for Seniors); Bard concerts and programs; Breezy Hill Orchard – Farm Market; Face Stockholm cosmetics shop; Omega programs; Rhinebeck Department Store; Rhinebeck Health Food Store; Rhinebeck Performing Arts Center; Upstate Theater (membership includes discounts in many local shops and restaurants); Satya Yoga Center; SummerMoon/WinterSun.

Restaurants: Applebee's: 15% off with Golden Apple Card (60+); Boston Market: 10% off (65+); Burger King: 10% off (60+); Dunkin' Donuts: 10% off or free coffee (55+); GiGi Trattoria; KFC: free small drink with any meal (55+); McDonald's: discounts on coffee everyday (55+); Sonic: 10% off or free beverage (60+); Subway: 10% off (60+); Taco Bell: 5% off; free beverages for seniors (65+)

Retail and Apparel: Kohl's: 15% off (60+); Modell's Sporting Goods: 10% off; Rite Aid: 10% off on Tuesdays & 10% off prescriptions

Travel: Amtrak: 15% off (62+); Trailways Transportation System: discounts over 50

Activities/Entertainment: AMC Theaters: up to 30% off (55+); Cinemark/Century Theaters: up to 35% off; U.S. National Parks: $10 lifetime pass; 50% off additional services including camping; Regal Cinemas: 30% off

Cell Phone Discounts: Jitterbug: $10/month cell phone service (50+)

NOTE: Since many senior discounts are not advertised to the public, ALWAYS ask if they give a senior discount.