

Your Newsletter  
*Growing Older*  
in *Rhinebeck*

**October 1<sup>st</sup> 2008:** 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](http://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. Please submit comments or items for the newsletter to the newsletter editor at 845-876-2683 or email [caroleleib@mindspring.com](mailto:caroleleib@mindspring.com).

### **Senior Expo at DC Fairgrounds**

The Senior EXPO was a qualified success: those who attended were very pleased with the exhibitors and speakers and felt they got worthwhile information being there. The Senior Committees of the towns of Red Hook and Rhinebeck were pleased by the support of the community members who came and signed up to participate in future activities for Seniors. The weather was wonderful and the organizations who participated provided excellent information. The Red Hook and Rhinebeck Town Supervisors welcomed the attendees and were available for discussion throughout the day. Northern Dutchess Hospital was set up to provide several types of testing for Seniors on site. Tables were available for attendees to have the lunch that was provided, discuss some of the presentations with each other, and look over the handouts provided by all of the exhibitors. People came away from the EXPO with the knowledge that their communities wanted to provide what was needed and wanted by Seniors in our area.

This was the first combined Senior EXPO for Red Hook and Rhinebeck. The two groups worked very well together and will undoubtedly do this again next year. Once again, the Senior Committees of the two towns want to thank Arbor Ridge at Brookmeade and Ulster Savings Bank for their generous sponsorship of this EXPO. In addition, great thanks go to the Red Hook Chamber of Commerce, Red Hook Rotary, Rhinebeck AARP, American Legion Lodge 492, Hannaford, Stop and Shop, JB Peel, Dutchess County Fairgrounds, and Daytop for their donations and/or help.

### **Clearwater to dock at Rhinecliff**

The Clearwater has been the embodiment of the 20+ year effort by Pete Seeger and others to keep the Hudson River from dying and turn it back into the gem it is now. The Clearwater will be docking at Rhinecliff on October 13<sup>th</sup> and 14<sup>th</sup>. Let's make it welcome.

## Senior Dance at Rhinebeck Town Hall

On 10/18, 12:30-4PM, Seniors will be able to take a beginner swing dance lesson from DJ Vito, and then dance the afternoon away. For more information, contact Cathy Washburn at [CathyW876@aol.com](mailto:CathyW876@aol.com).

## Senior Prom

Do you still have your dancing shoes? The 13<sup>th</sup> annual *Dutchess County Senior Prom* is at the Villa Borghese in Wappingers on Monday, 11/3, noon-4PM, and features live music from the Bob Martinson Band. The theme for the prom this year is "Red, White and Blue" and participants are encouraged to show their patriotic colors. DC Seniors over 60 and their guests are invited. To make a reservation, send a check for \$15/person (\$150/table of 10) to the DC Office for the Aging, 27 High Street, Poughkeepsie, NY 12601, including the names for those covered by the enclosed check. Those wishing to sit together must send their reservations in together. Reservations received after October 3<sup>rd</sup> are \$20/person. The event includes a hot lunch, dancing, door prizes, cake, and the crowning of the Duke & Duchess of the prom by DC Executive William R. Steinhaus. For more information, call the DCOA at 845-486-2555 or email [ofa@co.dutchess.ny.us](mailto:ofa@co.dutchess.ny.us).

## Senior Services Directory

The DC Office for the Aging's *Directory of Senior Services* is now available on the County's website at [www.dutchessny.gov](http://www.dutchessny.gov) in an easy to download PDF format. The directory is a comprehensive guide that provides Seniors, and those who serve them, with easy access to the most up-to-date information regarding Senior services available in Dutchess County. The directory covers such topics as: transportation, nutrition services, housing, and volunteer opportunities. A printed version of the directory is available by calling the Office for the Aging at 845-486-2555.

## Trips

**AAUW Trips:** All trips leave from and return to the rear of the former Ames in the Kingston Plaza. For reservations, call Pat Whelan, noon-9PM, at 845-657-6807 or email [PWHL8@aol.com](mailto:PWHL8@aol.com) then send your check, made out to AAUW-Kingston Branch, to Pat Whelan, 1321 County Rt. 2, Olivebridge NY 12461. (Ask about member discounts and cancellation policies.)

**Chinatown, the Chinatown Museum, and the Pearl River Mart:** 10/16, leaving Kingston at 9AM-5:30PM. Cost (for bus and driver tip) \$40.

**The Chocolate Show:** NYC. 11/7, leaving Kingston at 9AM-5:30PM. Show features CHOCOLATES, cooking lessons, and a fashion show. Cost (for bus, driver tip, and the show) \$65.

**New York City and The Metropolitan Museum of Art:** NYC. 12/18, leaving Kingston 8AM-6PM. Featuring special exhibits: Landscapes Clear and Radiant: The Art of Wang Hui -- The Montebello Years: Three Decades of Acquisitions; New York, N. Why?: Photographs by Rudy Burckhardt; Art and Love in Renaissance Italy; Calder Jewelry; plus the annual Christmas Tree and Neapolitan Baroque Crèche. Cost (includes bus, driver tip, and museum) Seniors \$55; Adults \$59; add \$4 to reserve an audio guide. NYC alone \$40.

**the Metropolitan Opera on Large Screen:** Hudson, NY. 1/17, Leaving Kingston at 9:30AM-5 PM. Puccini's "La Rondine". Cost (includes bus, driver tip and show) \$58

## **Health-Related Activities**

**Caregiver's Conference:** On 11/8, a caregiver's conference will be held at the Great Western Inn & Conference Center, Poughkeepsie, from 8AM-4PM. Topics covered will be: Care for the caregiver, medication education, legal and financial planning, Alzheimer's disease, NY Connects and Aging Support Services, and Retirement and Assisted Living Communities. The Keynote Speaker will be Dr. Albert Riddle. Breakfast and lunch will be provided. Call 845-471-2655 by 10/31 for reservations.

**Day Care -- Ferncliff,** on River Rd., has an active, participatory adult day care program, M-F, 8AM-4PM. The program, open to people with referrals from doctors, includes interesting recreational activities, meals and snacks during the day, physical/occupational therapy, medicinal and dietary supervision, transportation, podiatry, and lots more. For more information, call the Director, Regina Pasco, at 845-876-2011, x3248.

**In-Home Services:** *Hudson Valley Home Care* provides an extensive range of in-home services to Seniors, including: total nursing care, skilled intermittent care, home infusion therapies, congestive heart failure management, wound care, and diabetic care. They also offer a Care Connections program for Seniors who need some assistance with the activities of daily living. Call 845-471-4243 for more information.

## **Northern Dutchess Hospital Announces New Programs:**

**The following workshops and lectures are in the NDH Cafeteria Conference room at 6PM. To register, call 1-877-729-2444:**

**Men's Prostate Health: the Good, the Bad and the Ugly:** 10/29. Paul Pietrow, MD, of Hudson Valley Urology Associates, will discuss prostate health including benign disease, typical aging symptoms, and an overview of prostate cancer.

**Stroke Prevention and Treatment:** 10/30. Gerald Kufner, MD, of Kingston Neurological Associates, will discuss stroke risk factors, symptoms, and available treatments.

**Hip and Knee Replacement: Keys to Top Outcomes:** 11/5. Russell Tigges, MD, of Orthopedic Associates of Dutchess County, will discuss what you can expect from joint replacement surgery and the keys to top outcomes, as well as providing an overview of the latest new technologies.

**The A-to-Zzzzzs of Sleep Testing:** 11/6. Barbara Chatr-Aryamontri, MD, Medical Director of the NDH Sleep Lab, will speak about the benefit of sleep testing and solutions to apnea and other sleep disorders, including a tour of the Sleep Lab.

**New Topics in Spine Surgery:** 11/12. Richard Perkins, MD, of Orthopedic Associates of Dutchess County, will discuss new topics in spinal surgery, including kyphoplasty, spinous process, spacer, laminectomy, minimally invasive surgery, same-day surgery, disc replacement, and other advances.

**The following workshops and lectures are in the Women's View, Health Annex Conference Room. To register, call 1-877-729-2444:**

**Feeling Crazy? It Could Be Your Thyroid, Part II:** 10/14. Sharagim Kemp, DO, of

Summitt Medical Healthcare, will further explore hard-to-detect symptoms, prevention, and management of thyroid disease as a continuation of her popular Spring lecture.

**Fall's Bounty of Nutrition:** 10/28. Roufia Payman, NDH Director of Outpatient Nutrition Education, explores the health benefits of choosing fresh, locally grown, in-season produce, and shares innovative recipes for healthful eating.

**Heart Health & Cholesterol, A Two-Pronged Lecture:** 11/18. Dr. Julie Ling, MD, FACC, will discuss detection and prevention of cardiac artery disease, followed by DeDe McKibbin, PA, MHP, speaking about advances in lipid disorder management. Both practitioners are with the Hudson Valley Heart Center.

**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.

<b>Local Suppliers</b>	<b>Telephone</b>	<b>initial fee</b>	<b>monthly fee</b>
Kingston Hospital/Lifeline	845-334-2747	\$75.	\$41.
Lifefone	(800) 882-2280 x365	\$49.	\$21.
Response Ability	(800) 685-5252	none	\$23.
St. Francis/House Watch	845-483-5528	none	\$36.

**Problems Sleeping? Sleep Studies Lab at Northern Dutchess Hospital:** More than 50 million Americans are plagued with some form of chronic sleep or wake disorder. Under the supervision of board certified physicians and registered Polysomnographers, the Sleep Studies Lab at Northern Dutchess Hospital diagnoses and treats patients suffering from sleep apnea, restless leg syndrome, snoring, and other forms of sleep disorders. Set in a hotel-like room, patients spend the night while technicians monitor breathing, snoring, sleep stages, and oxygen levels. After just one night's visit, a physician is often able to diagnose the condition and immediately prescribe a treatment plan. People who have problems sleeping can ask their doctor to call the Sleep Diagnostic Lab at Northern Dutchess Hospital and arrange for an evaluation or may call 845-871-3611 for more information.

**Weight-Lifting (Senior Exercise)** – Pump iron at the Rhinebeck American Legion, 10-11AM, Tues&Thurs. This activity is run by the DC Office for the Aging, and costs \$10/month to participate. Call 845-486-2555 for information and to register. Exercise classes are also available at Wells Manor in Rhinebeck, 10:30AM, Tues&Fri, also sponsored by the DC Office for the Aging.

The **Wellness Center at Northern Dutchess Hospital** in Rhinebeck, has an extensive program for fitness and wellbeing and is open M-Th, 6AM-8PM; F, 6AM-6PM; and S, 7AM-2PM. 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](http://www.northerndutchesshospital.org).

## **Libraries**

In the **Starr Library**, you can *surf the internet*, join the *scrabble game* or *brain games* (Wed), do *genealogical research* (Tues&Thurs), get *Medicare counseling* (Mon), go to the annual *book sale and art show*, or join the *Starr Library Book Club*. For information about events at the library, call 845-876-4030 or go to [www.starrlibrary.org](http://www.starrlibrary.org). The **Morton Library** has a *fiction writers' group* (alt.Sat) and the *Morton Advanced Novel Group* (2<sup>nd</sup> Wed). They are also a venue for *concerts, plays, poetry readings, & art shows* and have begun a monthly *cookie swap day*. The library is adding a disabled ramp for easier access to the building. For more information, call 845-876-2903 or go to <http://morton.rhinecliff.lib.ny.us>. To get on the Morton Library email list, go to [mortonmemlibrary@hvc.rr.com](mailto:mortonmemlibrary@hvc.rr.com).

## **Music, Arts, Crafts, and Education**

**Bard College** provides events and concerts (fee and free) throughout the year. Call 845-758-7412, email [pr@bard.edu](mailto:pr@bard.edu), or go to <http://www.bard.edu/nws/calendar/> to find out what's happening.

**CCS Bard Hessel Museum of Art**: The CCS Galleries and Hessel Museum of Art at Bard College are open Wed.-Sun., 1-5PM. Free. Full descriptions of the exhibitions can be found at [www.bard.edu/ccs](http://www.bard.edu/ccs).

**Embroidery**: The *Starr Stitchers Needlework Group* meets at the Starr Library the 2<sup>n</sup> and 4<sup>th</sup> 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.

**Montgomery Row, 2<sup>nd</sup> Level**: until 10/26, gallery hours 9AM-6PM (mon-fri); 10AM-6PM (weekends). New show of Jeannie Friedman's mixed media paintings, featuring diverse subject matter: clothes, women, animals, and landscapes. The works are for sale through the artist at [www.jeanniefriedman.com](http://www.jeanniefriedman.com), 845-876-5588, or [www.jeannie@jerseyandginger.com](mailto:www.jeannie@jerseyandginger.com). For information about the show, call Sue Hartshorn at 845-876-0543 or [www.montgomeryrow.com](http://www.montgomeryrow.com).

## **Recreation/Sports**

**Squash, Tennis, or Pickle Ball**: sports for Seniors available at Bard. To join them or go on trail walking or other recreational activities that promote fun and fitness for Seniors, call Arthur Kaufman at 845-876-2582 or [sticksandstones@frontiernet.net](mailto:sticksandstones@frontiernet.net). Visit Wilcox Memorial Park. Milan (swimming, miniature golf, hiking trails, fishing, campgrounds, 9AM-7PM weekdays; 9AM-8PM weekends, 845-758-6100); Burger Hill Park off Rte.9G, (845-876-4213); and the Mills-Norrie State Parks, off Rte.9, Staatsburg (hiking trails, other activities (889-4646).

## **Transportation for the Disabled**

Paratransit service is available to those with physical or mental disabilities who cannot use regular bus service. Those who meet the requirements are eligible to schedule next

day service for trips that start and end within ¾-mile of an existing DC LOOP bus route. The trip days and times must coincide with existing fixed route schedules. So, for Seniors who are disabled and live several blocks from a bus route, this service could be quite beneficial, as the vehicle would travel to their homes. For more information, including an application and reservations, call 845-473-0171 (select '0', ask to speak with someone in Operations, and state that you are looking for “ADA Complementary Paratransit Service.”

## **Volunteering Opportunities**

**Drivers needed for meal delivery:** The DC Office for the Aging is looking for new volunteers to supplement the Dutchess County Home Delivered Meals program. Volunteer drivers deliver over 300 nutritious meals each weekday just before the noontime hour. Drivers usually volunteer one day a week for one hour or less, to deliver from one of the Senior Friendship Centers located throughout the county. Drivers use their own vehicle, but can be reimbursed for mileage. In addition to providing clients with a hot, nutritious, midday meal, the program also facilitates much needed socialization for homebound seniors. In some cases, the volunteer driver may be the only contact a senior has each day. If you are interested in volunteering as a driver, call the Office for the Aging at 845-486-2555 or email [ofa@co.dutchess.ny.us](mailto:ofa@co.dutchess.ny.us).

**Ombudsman Program is Looking for Volunteers:** The Hudson Valley Ombudsman Program is seeking bright, motivated people who would like to make a difference to residents in nursing homes and other long-term care facilities. If you have a few hours each week to volunteer, you can become an Ombudsman and play a crucial role in resolving conflicts and maintaining a high quality of life and care for residents of long-term care. The Hudson Valley Ombudsman program offers free training and ongoing support in exchange for your good will and life skill. A new training session is beginning in October. For more information and to apply, contact Anne Salamone at 845-452-5600, x104.