

RED HOOK SENIOR NEWS
Winter, 2008 - 2009



WELCOME. The Senior Services Committee of the Town of Red Hook has developed this brochure in order to help you easily identify local resources and bring to your attention important information regarding senior citizens. If you have any questions regarding various local contacts/resources pertinent to senior-related issues, please call the Red Hook Town Hall at (845) 758-4606.

RED HOOK TOWN HALL

7340 So. Broadway, Red Hook, NY 12571
758-4606

VILLAGE OF RED HOOK

7467 So. Broadway, Red Hook, NY 12571
758-1081

VILLAGE OF TIVOLI

1 Tivoli Commons, Tivoli, NY 12583
757-2021

CALENDAR OF ONGOING EVENTS

All are welcome to the following events!

AARP

Rhinebeck Reformed Church, Rt. 9 & South St., Rhinebeck, 2nd Wed., social hour at 10:30 AM, meeting at 11:30 AM. Speakers provide topics of interest and concern to seniors. Information is both local and national. Several trips (day and longer) sponsored throughout year. For more information, call (845)758-8626.

Brain Games

Red Hook Town Hall, 7340 S. Broadway, Red Hook, Thurs., 11:45 AM - 12:30 PM.

Also held at St. John's Reformed Church, 126 Old Post Rd. N., Upper Red Hook, Thurs., 10:15 AM - 1:15 AM.

Egbert Benson Historical Society

Elmendorph Inn, N. Broadway, Red Hook, 3rd Tuesday of each month, 7:30 PM. A different speaker is featured each month on a topic of general or local historical interest. An opportunity for questions/discussion follows. Refreshments provided.

Elmendorph Spinners

Elmendorph Inn, Red Hook, 3rd Friday of each month, 7:00 – 9:00 PM. Activities include spinning wool and other fibers, carding, felting, weaving and knitting. Club has a wool booth at the Dutchess County Fair. Equipment not needed. Loom, spinning wheel, etc. can be borrowed. Membership fee. The group can be contacted by mail at RD1, Box 14, Old Post Road, Red Hook or call Mary Kelly at 758-6296.

Exercise Classes

Red Hook Town Hall, Tues. & Thurs., 9:30 AM - 10:30 AM. Second session, 10:45 AM - 11:45 AM. For information, call Office of the Aging: (845)486-2566.

Also held at St. John's Reformed Church, Rt. 9 Upper Red Hook, Tues. and Thurs., 9 AM- 10 AM.

Knitting: The Shepherd's Knitters

Brogan Center, Church of the Good Shepherd, Rhinebeck, Wed., 7:00 – 9:00 PM. For information call (845)876-1044 or (845)876-5940.

Luncheon

Church of the Messiah, Rt. 9, Rhinebeck, 3rd Thurs., Oct. - June, 11:30- 1 PM. Cost \$5.00. Luncheon of soup, sandwich, dessert and coffee. Money goes to a different charity each month.

Local Libraries

Red Hook Library

7444 S. Broadway, Red Hook, 758-3241, Mon.- Fri., 10 AM - 7 PM, Sat. 10 AM - 4 PM. Website at rehook.lib.ny.us. Internet and wireless available. For Homebound Delivery Service, call the library.

Book Discussion Group, 2nd Tues., 2:30 PM and 3rd Mon., 7 PM.

Morton Memorial Library

82 Kelly St., P.O. Box 157, Rhinecliff, 876-2903, offering a Chess Club, Writers Group and various programs for adults and children. Website at morton.rhinecliff.lib.ny.us.

Starr Library

68 W. Market St., Rhinebeck, 876-4030, offering a Book Club and various workshops for adults and children. Website at starr.rhinebeck.lib.ny.us.

Tivoli Free Library

1 Tivoli Commons, Tivoli, 757-3771, Mon. & Fri., 2 PM -7 PM, Tues., Wed. & Thurs. , 10 AM - 7 PM; Sat., 10 AM - 2 PM.

Talks geared toward seniors, Tuesdays, 2:00 PM. Call library for monthly topic.

Book Discussion Group, 3rd Thurs., 7 PM

Yoga , check with library.

Zen Meditation, check with library.

Red Hook Seniors

Red Hook Firehouse, Firehouse Lane, Tues., 1:00 PM - 3:00 PM, Sept.- June. Social hour and bingo during meetings. Bus trips, luncheons and other activities during the year. For information, call 876-2428.

Scrabble

Starr Library, Rhinebeck, Wed., 1:00 PM, 876-4030.

ARTS, MUSIC AND EDUCATION

SOME PROGRAMS MAY REQUIRE FEES. PLEASE INQUIRE.

Bard College provides events and concerts (fee and free). Call (845)758-7412, email 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.,1-5 PM. Free. Full descriptions of the exhibitions can be found at www.bard.edu/ccs.

Center for Performing Arts at Rhinebeck: Rte. 308, Rhinebeck. Provisions are made for seating people with special needs. Senior discounts! For information, call (845) 876-3080 or go to www.centerforperformingarts.org.

Lifetime Learning Institute (LLI) – Bard College: The Lifetime Learning Institute is sponsored by Bard College. It provides opportunities for older persons to share their love of learning in a setting that fosters the exchange of ideas and experiences. The Institute is part of the Elderhostel Institute

Network. Noncredit, non-competitive courses are taught by volunteers on the Bard Campus. Classes are held in the Spring and Fall semesters and include a January mini-session. Special events include speakers' programs, cultural trips and moderated panels. For more information contact the Lifetime Learning Institute at (845)758-7314 or lli@bard.edu.

Red Hook Continuing Education: For a brochure or information on classes, call (845)758-2241, ext. 3505 or visit www.redhookcentralschools.org.

RECREATION/HEALTH

SOME PROGRAMS MAY REQUIRE FEES. PLEASE INQUIRE

Ageless & Moving: Located at Bard College Stevenson Gymnasium, Ageless & Moving is an RN-directed fitness and wellness program for active older adults. Program includes fitness classes, health education, customized fitness plans and full use of the gym. Exercises can be modified to meet individual needs. Sept. – June, Mon. – Fri., 7:30 AM - 12:30 PM. Rolling registration throughout the season. For information, contact Charlotte Michos, Director, at (845)758-8522 or e-mail cmichos@hvc.rr.com.

Body Be Well: 7578 N. Broadway, Red Hook. Movement studio offering Qigong, yoga, therapeutic touch, stress management and various senior classes. Call 758-0790.

Everyday Wellness for Women: Next door to Body Be Well. Offering all types of exercise equipment. Senior classes. Discounts for seniors.

Northern Dutchess Hospital Lecture Series: Northern Dutchess Hospital offers a lecture series throughout the year on health issues, many of interest to seniors. All lectures begin at 6:00 PM and are free to the public. Registration is required. For more information, call 1-877-729-2444 or visit the website at www.health-quest.org.

Omega Institute: 150 Lake Drive, Rhinebeck. Wellness and personal growth workshops, various classes and retreats. For more information, call 1-800-944-1001 or visit www.omega.org.

Local Publications Listing Community Activities

“Preview” section in the Friday Freeman.

“Enjoy” section in the Friday Poughkeepsie Journal.

“Weekend” section in the Thursday Gazette.

“About Town”, quarterly publication.

Check local newspapers for listings of self-help and support groups.

TRANSPORTATION

Dial-A-Ride: Curb to curb service, which can accomodate senior citizens and individuals who have a physical or mental disability which prevents them from using the regular LOOP buses. Available between Red Hook and Rhinebeck on Thursdays by appointment . For more information, call (845)452-7433 or visit: www.co.dutchess.ny.us/CountyGov/Departments/Planning/PLdialaride.

LOOP BUS

The Loop 1 bus offers service between Hyde Park and Tivoli. The fee is \$.50 with a Medicare card. For schedule information and location of stops, call (845)473-0171 or (845)454-9376, go to the Dutchess County website at www.dutchessny.gov or send an e-mail to loopbus@co.dutchess.ny.us.

NORTHERN DUTCHESS CAREGIVERS

This volunteer group provides medical and shopping transportation for individuals in the northern Dutchess area who need such assistance. Call (845)876-5683 to make arrangements.

COMMUNITY RESOURCES

(All phone numbers are in the 845 area code unless otherwise noted.)

Human Services Contacts

Dutchess County Community Action, Northern Dutchess Multi-Service Ctr. 44-46 East Market St., Red Hook. Provides the following services: Energy Crisis Intervention Program; Home Energy Assistance Program (HEAP); Heating Equipment Repair and Replacement; Weatherization and Referral Program (WRAP); Extra Helpings Food Co-Op. Call: 876-1611.

Office for the Aging, 27 High Street, Poughkeepsie. Provides the following services: Home Delivered Meals; CASA-Home Care; Dial-A-Ride; Energy and Housing Assistance including the Home Energy Assistance Program (HEAP), the Weatherization and Referral Program (WRAP) and Health Insurance, Counseling and Assistance Program (HICAP), Food Stamps Program. Call: 486-2555 or (toll free) 1-866-486-2555.

Spotlight on Seniors Newsletter: The Dutchess Co. Office for the Aging provides a quarterly newsletter about services that are available to seniors in Dutchess County. Call 486-2555 or visit www.co.dutchess.ny.us/CountyGov/Departments/Aging to subscribe.

Hospitals

	<u>General Number</u>	<u>Emergency Room</u>
Benedictine Hospital	338-2500	338-2500, x4902
Columbia Memorial Hospital	518) 828-7601	(518) 828-8500
Kingston Hospital	331-0092	334-2890

Northern Dutchess Hospital	876-3001	871-3440
Saint Francis Hospital	483-5000	431-8220
Vassar Brothers Medical Center	454-8500	431-5680

Medical Equipment and Supplies

Suppliers

Clinical Prosthetics & Orthotics	486-1060
Home Health Pavilion	569-1250
Medequip Loan Closet	452-0968

Telephone

M & M Prosthetics Associates	454-1620
Nekos Red Hook Drug Store Inc.	758-5057

Pharmacies

Apria Health Care	336-3333
CVS Red Hook Pharmacy	758-9612
Nekos Red Hook Drug Store Inc.	758-5057

Telephone

Red Hook Hannaford Pharmacy	758-9331
Rhinebeck Stop & Shop Pharmacy	876-3202

Personal Emergency Response Systems (PERS)

A PERS is an electronic device designed to let you summon help in an emergency. When emergency help (medical, fire or police) is needed, the PERS user presses the transmitter's help button. A radio signal is sent to the console, which automatically dials one or more pre-selected emergency telephone numbers.

Local Suppliers

Kingston Hosp./Lifeline	334-2747	Response Ability	800-685-5252
Lifefone	800-882-2280, X365	St. Francis/House Watch	483-5528

Lifeline Systems/Personal Emergency Response Systems

While at your home, a neck-worn pendant allows you to push a button in order to immediately contact/alert Fire, Police or Medical Emergency Services. These units are particularly useful if you live alone or are left alone during the day and/or night.

Supplier

ADT Medical Alert	(800) 554-3322	Kingston Hospital	334-2747
Dutchess NY Connects (CASA)	486-2555	St. Francis Home Care	483-5551
Hudson Valley Home Care	471-4243		

Home Health Agencies

Agencies specializing in the provision of in-home (hourly and live in) certified nurse aides, personal care aides, home health aides, nursing assessments and care, physical, occupational and speech therapies. Contact specific agencies to learn about their services, how to qualify for services, fees, and options for reimbursement (i.e. insurance, Medicare, Medicaid, self-pay).

<u>Agency</u>	<u>Telephone</u>		
Any-Time Home Care	485-2666	St. Francis Hospital Home Care	483-5000
Hudson Valley Home Care	471-4402	Willcare Inc.	485-5688
Royalty Care Givers	758-2293		

Assistive Living Centers/Adult Homes

Residential facilities that provide an array of services (i.e., room/board, personal care assistance, housekeeping, case management). Contact specific facility to learn about their service offerings, how to qualify for services, fees and options for reimbursement.

<u>Residence</u>	<u>Telephone</u>		
Arbor Ridge, Brookmeade	876-3344	Green Briar Adult Home	677-9997
Avalon Assisted Living & Wellness Ctr.	463-0500	Palatine Manor	(518) 537-3232
Dutchess Assisted Living Ctr.	471-7930	Vassar-Warner Home	454-3754

Skilled Nursing Facilities

Provide a higher level of skilled nursing/medical services to residents. Contact specific facility to learn about service offerings, how to qualify for services, fees, and options for reimbursement.

<u>Facility</u>	<u>Telephone</u>		
Baptist Home	876-2071	Lutheran Care Center	486-9494
Ferncliff Nursing Home	876-2011	Pines at Poughkeepsie	454-4100
Hyde Park Nursing Home	889-4500	Thompson House	871-3760

Adult Day Care Programs

Provide on-site daytime services (i.e., recreational activities, meals/snacks, medicinal and dietary supervision as well as transportation). Contact specific program to learn about how to qualify for services, service offerings, fees and options for reimbursement.

<u>Facility</u>	<u>Telephone</u>
Dutchess Co. Community Action, Red Hook location (Northern Dutchess Adult Day Services)	876-1350
Ferncliff Nursing Home	876-2011
Lutheran Care Center	486-9494

Miscellaneous Resources

<u>Agency</u>	<u>Telephone</u>		
Hospice Inc.	485-2273	Red Hook Village Clerk	758-1081
Northern Dutchess Paramedics	876-0338	Sheriff	911 or 758-6300
Red Hook Police	758-6300	State Police	911 or 876-4033
Red Hook/Tivoli Fire Dept/Ambulance	911	Tivoli Village Clerk	757-2021
Red Hook Town Clerk	758-4606	United Way	211

******FOR YOUR INFORMATION******

Reminder About Medicare Part D Drug Plans

There is an open enrollment period from November 15 to December 31, 2008 for seniors to have their present drug plans reviewed for 2009. Call Office for the Aging at 1-866-486-2566 (toll free) or 845-486-2566 to make an appointment. Counseling is available in the Red Hook area.