

RED HOOK SENIOR NEWS
WINTER 2015



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. No meetings July and August. Speakers and entertainment at meetings. Day trips and longer trips are organized. For more information, call (845)758-8626.

Brain Games

Red Hook Town Hall, 7340 S. Broadway, Red Hook, Thurs., 11:45 AM - 1:00 PM.

Historic Red Hook

Elmendorph Inn, N. Broadway, Red Hook, 3rd Wednesday 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. 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) 486-2555.

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)876-5940.

Luncheon

Church of the Messiah, Rt. 9, Rhinebeck, 3rd Thurs., Oct. - June, 11:30- 1 PM. Cost \$6.00. Luncheon of soup, sandwich, dessert and coffee. Money goes to a different charity each month.

Lunch, Shopping Trips & Activities

Rhinebeck Senior Friendship Center, 3 Mulberry St., Rhinebeck, Mon. - Thurs., 10:00 AM -2:00 PM. Hot lunch on Thurs. for \$3.00. Weekly grocery shopping. Monthly Walmart shopping. Activities & friendship. Van pick up and drop off. Call Cindy at 876-8134 for details.

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 758-9288.

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 www.redhooklibrary.org. Internet and wireless available. For Homebound Delivery Service, call the library.

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

Spinning Yarn Knitters, every Wed., 4:00 PM to 6:30 PM. All levels welcome.

Morton Memorial Library

82 Kelly St., P.O. Box 157, Rhinecliff, 876-2903, website at morton.rhinecliff.lib.ny.us.

Kids Chess Club, Mon., 5:30 to 7:30 P.M. from Sept. to May

Acoustic Music Group, 3rd Fri. at 8:00 P.M.

Various programs for adults and children.

Starr Library

68 W. Market St., Rhinebeck, 876-4030, offering a Book Club and various workshops for adults and children. Website at starrlibrary.org

Tivoli Free Library

86 Broadway, Tivoli, 757-3771, Mon. to Fri., 10:00 AM - 7 PM, Sat., 10 AM - 2 PM., Sun. closed.

Book Discussion Group, 3rd Thurs., 7 PM

Gentle Movement, Tues., 6:00 PM, starting Sept.

Hooks & Needles, 1st & 3rd Th., 10:00 - 2:00 PM, starting Oct.

Mixed Level Yoga with Barbara Eichin, two four week sessions, \$50 per session.

Offered in September and October.

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. Non-credit, 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.

AARP Driver Safety Program: AARP has an online program at www.aarpdriversafety.org which can be taken at home. The cost is \$15.95 for AARP members and \$19.95 for non-members. In person courses may be given by local AARP chapters.

RECREATION/HEALTH

SOME PROGRAMS MAY REQUIRE FEES. PLEASE INQUIRE

Stretch & Pool Exercises: Beginning in September, Christine Riedinger will conduct Stretch classes for active older adults from 9:00 to 10:00 A.M., with pool exercises from 10:30 to 11:15. The program will be held at Bard College Stevenson Gymnasium. For further formation, contact Jamie Hooper at the Gym at 758-7531.

Body Be Well: 7578 N. Broadway, Red Hook. Movement studio offering Pilates and exercise classes. Call 758-0790 Mon. to Sat., 9:00 AM to 10:00 AM.

Northern Dutchess Hospital Lecture Series: Northern Dutchess Hospital offers a lecture series in the Fall and Spring on health issues, many of interest to seniors. Call Sylvia Murphy at 845-483-6418 for more information.

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.eomega.org.

Local Publications Listing Community Activities

“About Town”, quarterly publication

“Enjoy” section, Friday Poughkeepsie Journal

“Preview” section, Friday Freeman

Hudson Valley Sampler

River Chronicle

The Mercantile

Check local papers for self-help & support group listings.

Senior Walk Program: The Senior Services Committee of Red Hook and the Red Hook Recreation Park Commission co-sponsor a leisure program for senior citizens at the Red Hook Recreation Park. The program is held each Wednesday from 10:00 A.M. to 11:00 AM from Spring to Fall. To attend, please go to the north entrance of the rec park on Fruitbud Lane, off Linden Avenue and meet at the park Pavilion. For further information, please contact Irene Rock at 758-6240 from 10:00 AM to 11:00 AM.

TRANSPORTATION

LOOP BUS

The Loop C bus offers service between Hyde Park and Tivoli. The fee is \$.75 with a Medicare card. For schedule information and location of stops, call (845)473-8424, go to the Dutchess County website at www.dutchessny.gov or send an e-mail to loopbus@co.dutchess.ny.us. Fares are as follows:

Fixed Route	\$1.75
Fixed Route for seniors, those with disabilities, veterans and students	\$.75
Paratransit (one way, ADA only)	\$3.50
Flex (within Red Hook)	\$5.00
Flex (to another town)	\$6.00

FRIENDS OF SENIORS

This volunteer group provides non-emergency medical and shopping transportation for individuals in the northern Dutchess area who need such assistance. They also have a visiting service, telephone assurance program and respite for primary caregivers. There is no fee for any services provided; however donations are accepted. Call (845)485-1277 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); Food Bank Pantry with fresh local produce in season; help with writing resumes and free internet access for job seekers. Donations accepted on site. Call: 876-1611 for more information.

Dutchess County Division of Aging Services, 27 High Street, Poughkeepsie. Following is a listing of services provided: Adult Day Care; Adult Homes; Advocacy Programs; Caregiver Services; Caregiver Support Groups; Dutchess NY Connects; Educational Opportunities; Home Care; Housing Services; Information and Referral Services; Long Term Care; Nutrition Services; Recreation Programs; Respite Program; Senior Friendship Centers; Supportive Programs; Support Services; Transportation and Volunteer Opportunities. There is a full description of services provided by the Dutchess County Department of Aging Services at their website at: www.co.dutchess.ny.us/county/gov/departments/srservdirectory.pdf. Go to "Aging Services Directory" or call 486-2555.

Senior Discounts

Senior Citizen Discount ID Cards are issued by the Office for the Aging, High St., Poughkeepsie on the second Wednesday of the month or at special events (such as the Senior Picnic). Proof of age is required, e.g. driver's license, passport or birth certificate. There is no fee for the card; however a \$2.00 donation is suggested.

Senior discounts are offered at such local businesses as Adams Fair Acre Farms on Rt. 9G in Kingston and Williams Hardware. Discounts are also available for performances at the Rhinebeck Performing Arts Center and Bard College.

Spotlight on Seniors Newsletter: The Dutchess County Division of Aging Services (formerly Office for the Aging) provides a quarterly newsletter about services that are available to seniors in Dutchess County. To subscribe visit www.co.dutchess.ny.us/CountyGov/Departments/Aging, call 486-2555 or toll free at 1-866-486-2555.

Guide for Personal & Family Disaster Preparedness, written by the Senior Services Committee of the Town of Red Hook and now under the auspices of the Disaster Preparedness Committee of the Town of Red Hook. The Guide is available at the Red Hook Town Hall and is on the website of the Town of Red Hook, www.redhook.org.

Veteran's Discounts

The following local businesses offer veteran's discounts if the veteran's card is presented:

Home Depot - 10%

Lowes - Rt. 9G, Kingston

Williams Hardware - 10% on Tuesdays

Are You OK

The Are You OK program is a free service offered by the Dutchess County Sheriff's Office and the Dutchess County Division of Aging Services for those who are disabled, homebound or infirm. A daily computer generated call asks the question "Are you OK?" If there is no reply after fifteen minutes the computer retrieves the emergency data released by the client and the Sheriff's Office dispatches the friend designated by the client or a police officer to check on the person's condition. Registration for this service requires the submission of an application which includes pertinent medical and emergency information. Call 486-2555 for an application.

Food Pantries

The following churches and organizations run pantries in the Red Hook area:

Community Action	876-1611
Red Hook United Methodist Church	758-6283
St. Christopher's Church	758-3732
St. John's Reformed Church,	758-1184
Upper Red Hook	(Open Mon. and Wed., 9:00 to 2:30 and Thurs., 9:00 to 12:30)

Home delivery of food in northern Dutchess County is available through the Breads Plus Program run by the Holy Name Society of St. Christopher's Church. For more information, call the Rectory at 758-3732.

Hospitals

	<u>General Number</u>	<u>Emergency Room</u>
Benedictine Hospital	338-2500	Refer to Kingston Hosp. ER
Columbia Memorial Hospital (518)	828-7601	(518) 828-8500
Kingston Hospital	331-3131	331-3131
Northern Dutchess Hospital	876-3001	871-3440
Mid Hudson Regional Hospital of Westchester Medical Center (Formerly St. Francis Hospital)	483-5000	431-8220
Vassar Brothers Medical Center	454-8500	431-5680

Medical Equipment and Supplies

Suppliers

	<u>Telephone</u>		
Clinical Prosthetics & Orthotics	486-1060	Prosthetics & Orthotics	454-1620
Home Health Pavilion	569-1250	Nekos Red Hook Drug Store Inc.	758-5057

Medical Loan Closets

	<u>Telephone</u>
Red Hook VFW	758-6212
Hendrick Hudson Lodge, Red Hook Masons	758-8185
St. John's Reformed Church, Upper Red Hook	758-8545
Red Hook United Methodist Church	758-9011

Pharmacies

	<u>Telephone</u>		
Apria Health Care	336-3333	Hannaford Red Hook Pharmacy	758-9331
CVS Red Hook Pharmacy	758-9612	Stop & Shop Rhinebeck Pharmacy	876-3202
Nekos Red Hook Drug Store Inc.	758-5057		

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	Lifefone	800-882-2280, X365 or 877-843-9495
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Lifeline Systems/Personal Emergency Response Systems (PERS)

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.

Local Suppliers

ADT Medical Alert	(800) 554-3322	Kingston Lifeline	334-2747
Dutchess NY Connects	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).

Agency

Telephone

Any-Time Home Care	485-2666	St. Francis Hospital Home Care	483-5000
Hudson Valley Home Care	471-4243	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.

Residence

Telephone

Arbor Ridge, Brookmeade	876-3344	Palatine Manor	(518) 537-3232
Avalon Assisted Living & Wellness Ctr.	463-0500	Terraces at Brookmeade	876-5522
Dutchess Assisted Living Ctr.	471-7930	Vassar-Warner Home	454-3754
The Fountains at Millbrook	677-8550		

Skilled Nursing Facilities

These 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
Arch Care at Ferncliff Nursing Home	876-2011	Pines at Poughkeepsie	454-4100
Thompson House	871-3760		
Renaissance Rehabilitation & Nursing Care Center	889-4500		

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	876-1611/452-5104
Lutheran Care Center (6 days per week)	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 or 471-1900

Tax Assistance Programs

Partial Exemption from Property Taxes in NYS for Senior Citizens

This program reduces the amount of property taxes paid by qualifying senior citizens by reducing the taxable value of residential property owned by seniors by 50%. A sliding scale allows for reductions of less than 50% depending on the income level of the resident seniors. Applications for this program can be obtained from the Assessor for the Town of Red Hook at the Town Hall or from the Office of Real Property Tax Services website: www.tax.ny.gov.

STAR Program, NYS School Tax Relief

There are two components to the Star Program. Basic STAR is available for owner occupied primary residences where the owners' total income is less than \$500,000. It exempts the first \$30,000 of the full value of the home from school taxes. Enhanced STAR exempts the first \$63,300 of the full value of the home if the primary residents of the home are age 65 or older. To apply for this program, see the Assessor for the Town of Red Hook at the Town Hall.

Partial Exemption from Property Taxes in NYS for Persons with Disabilities and Limited Incomes

The basic exemption is a 50% reduction in the assessed value of the legal residence of the qualifying person. To qualify, persons with disabilities must have documented evidence of the disability and

meet certain income limitations and other requirements. To apply for this program, see the Assessor for the Town of Red Hook at the Town Hall.

Partial Exemption from Property Taxes in New York State for Veterans

There are two components to this program. The first component provides a partial exemption where property owned by a veteran or certain other persons designated in the law has been purchased with pension, bonus or insurance monies referred to as "eligible funds". In this case the exemption reduces the property's assessed value to the extent that "eligible funds" were used in the purchase, generally up to a maximum of \$5000. Under the second component of the program, a property tax exemption of 15% of the assessed value may be given to veterans who served during wartime or received an expeditionary medal and an additional 10% to those who served in a combat zone. An additional exemption may be given to disabled veterans equal to one half of their service connected disability ratings. To apply for this program, see the Assessor for the Town of Red Hook at the Town Hall.

AARP Tax Assistance Program

The AARP Foundation Tax Aide Program is a volunteer based program which helps low to moderate income taxpayers have more money for everyday essentials, such as food and housing, by assisting with tax services and ensuring that they receive applicable tax credits and deductions. It is available free and especially targets those 60 years old and older. Sites are open locally from late January or early February through April 15th. In order to make an appointment, call "211" and you will be directed to a site near you.

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

Reminder About Medicare Part D Drug Plans

There is an open enrollment period from November 1st to December 7th for seniors to have their present drug plans reviewed for the following year. Call the 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.