



Hudson Valley Home Matters Staying in Touch Newsletter - Fall 2015

From the President

Greetings to our members, supporters, and volunteers. I hope you were able to enjoy the Fall season here in the Hudson Valley. With temperatures now turning colder we are all hoping for a "mild" winter this year to give us all a break from the past two winters.

You probably have noticed that we have changed the format of our Newsletter. We hope to make it more readable while continuing to update you on our activities and providing more information pertinent to our members. Speaking of activities we are continuing to hold our monthly luncheons at the Hyde Park Brewery facility. The guest speakers and their topics have been very informative. Last month's guest speaker, a retired Vassar College professor of geography, spoke about the effects of IBM on Poughkeepsie/Dutchess County and the impact from the 1940s' forward. We are continuing to have very interesting and pertinent topics for these luncheons.

In this Newsletter we are also adding articles spotlighting both an HVHM member and a volunteer. This will provide an interesting way to learn more about the members and those who give of their time to support our members.

Karl DeKeukelaere
President, HVHM Board of Directors

[HVHM](#)

Visit Our Website

Upcoming Events

Members - Please plan to join us for our Annual Holiday Party on December 9 from 2:00 to 4:00 pm. The party is at the same location as in past years, Christ Episcopal Church Community room, 20 Cannon St., Poughkeepsie. Contact us at 845-452-4846 for further information.

Member Spotlight

Lyn Burnstine

Lyn Burnstine's name is familiar in the area, after 23 years playing the auto harp and dulcimer, "spending my whole life being active in folk music." She has played at various Unitarian Universalist fellowship services, did



public relations and bookings for the Hudson Valley Folk Guild in the '90s, and continues to perform at Open Mic nights three times a month with a friend.

After growing up in Villa Grove, Illinois, Lyn majored in voice and minored in piano at Milliken U. in Decatur. She was an accompanist at a dance school while living in Biloxi, Mississippi with her Air Force husband, and they moved to the Hudson Valley in 1955 as a Kingston IBM family. She gradually resumed a childhood fondness for writing, starting with the U.U. newsletter and working up to a published book on the life story of a female Unitarian minister. These days Lyn conducts the Silver Pens, a select, small memoir writing group of 70-90 year-olds! She is also an avid photographer, with 300 followers on Facebook.

Lyn joined HVHM two years ago when she gave up her car. "I enjoy meeting people with interests we share; I especially like the in-home luncheons; and I enjoy talking with the volunteer drivers. I appreciate their involvement in driving me mostly to medical appointments." Lyn is a resident of the St. Simeon community, sharing her quieter moments her six-year-old rescue cat, Amber. She is especially attentive to her two daughters, a son and grandchildren all nearby.

All in all, infirmities aside, Lyn is "determined to keep on doing things and enjoying things as long as I can." Way to go for all of us.

Volunteer Spotlight

Burke Chandler

Meet Burke, an HVHM volunteer from Hyde Park who has driven members to various appointments for the past two years. He's a "firm believer in people staying in their homes," after his mother and father stayed at home until they were 86 and 94, respectively.



Burke comes by volunteering naturally. At Ferndale High School in Pleasant Ridge, Michigan (a suburb of Detroit) he was a member of the junior Kiwanis Key Club and also an Eagle Scout who earned 27 Merit badges. He majored in finance at Michigan State University and later earned an MBA. In 1966, he moved to Poughkeepsie when IBM recruited him to work in Financial Management, first with hardware development, then software development financial support. Ask him about his many titles! One highlight he shared was about the pricing, the 370 Main Frame in 1969. At only 27, he had the opportunity to present his work to the Sr. Vice-President and participate in the product celebration announcement at The Plaza in NYC.

Since retiring from IBM in August 2011 after quadruple bypass surgery, Burke wants "to be generally productive, to limit the stress, to enjoy my family life." He spotted an HVHM ad in the newspaper and told himself, "I can get behind that!" He enjoys spending time with his grandchildren, including attending his 16-year-old grandson's track meets, and he takes pleasure in driving around locally in his 38-year-old 1977MGB. As he said, "I'm healthy; I have a retirement; I'm fortunate that I'm in a position to give back."

...and Hudson Valley Home Matters is surely fortunate to have Burke on its team!

I Can't See Clearly*

As your eye ages, some of the proteins in the lens can clump together and cloud

your vision. This is called a cataract. The chances of getting a cataract increases with age so that by age 80, more than half of all Americans will have at least one. If you are noticing changes in your eyesight, be sure to speak to an eye care professional and have your eyes checked regularly. Once a cataract is interfering with your sight, the doctor may suggest surgery.

Cold Related Illnesses*

As we age, the body's ability to maintain and hold a normal internal temperature decreases. Hypothermia occurs when body temperature dips below 96 degrees, and you lose heat faster than it can be produced. Illnesses or health problems such as heart, circulatory or thyroid diseases; diabetes; arthritis; and other conditions can contribute to a person's risk. Some medications can also lower the body's resistance to the cold.

Consuming alcoholic beverages before going into the cold can draw heat away from the body's vital organs.

Warning Signs

- *Difficulty walking, confused thinking
- *Weakness or fatigue
- *Shallow breathing, slurred speech
- *Trembling on one side of the body
- *Shivering, weak pulse
- *Bloated face, drowsiness

The head is the body's major point of heat loss, so wear a hat and several layers of clothes. A scarf will help keep your ears warm; they are especially prone to frostbite.

Wear gloves to protect your hands. If someone is suffering from hypothermia, wrap them in warm blankets. If they have been outside, remove all wet clothing. Place heat packs, electric heating pads, hot water bottles, or even another person in the blankets with the victim. (Do

not warm the victim too quickly). If conscious, give them warm liquids to drink and try to keep them awake. Get them to a medical facility as soon as possible.

Hudson Valley Home Matters is part of the Village to Village Movement and provides services and assistance that can help seniors remain in their homes and communities.

**Covering Poughkeepsie and the surrounding towns, we are ready to help!
Call us today at 845-452-4846**

*Reprinted from the Dutchess County Office for the Aging Spotlight for Seniors Fall/Winter 2015

Hudson Valley Home Matters
845-452-4846
www.hvhomematters.org