

MARCUS J. MOLINARO  
COUNTY EXECUTIVE



JOSEPH RYAN  
ACTING DIRECTOR

## COUNTY OF DUTCHESS

OFFICE FOR THE AGING

Dear "A Matter of Balance" Participant:

Thank you for your interest in the Dutchess County Office for the Aging "A Matter of Balance Program," sponsored by, Health Quest.

*A Matter of Balance* is designed to reduce the fear of falling and increase activity levels among older adults. Participants agree to attend eight two-hour sessions designed to help them learn to view falls and fear of falling as controllable and set realistic goals for increasing activity and to promote exercise to increase strength and balance.

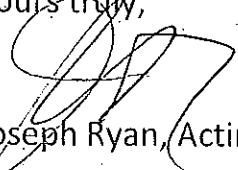
Please fill out the attached Participant Application and return it to the Office for the Aging, 27 High Street, Poughkeepsie, NY 12601.

There is a suggested contribution of \$10 for the entire 8-week program. The A Matter of Balance Program is partially funded by the New York State Office for the Aging and the U.S. Administration on Aging, which require all participants be given the opportunity to make a confidential, voluntary donation toward the cost of the service. **This is a suggested donation only, and a decision not to contribute, or the inability to contribute, will in no way impact the level of service you receive.** This suggested donation can be mailed with your application. Checks should be made out to Office for the Aging with A Matter of Balance on the memo line.

There is no need for a doctor's note for placement into A Matter of Balance; however you must be at least 60 years of age, ambulatory and able to problem solve.

We will call you upon receipt of your application and let you know where and when the next class is.

Yours truly,

  
Joseph Ryan, Acting Director  
Dutchess County Office for the Aging

27 High Street, Poughkeepsie, New York 12601 • (845) 486-2555

Aging Fax (845) 486-2571 • NY Connects Fax (845) 486-2599

[www.dutchessny.gov](http://www.dutchessny.gov)

## FREQUENTLY ASKED QUESTIONS

Is there a waiting list to attend the class?

- Yes we do have a waiting list and will call you when space is available in the next class in your-area or an area that you indicated that you are willing to drive to.

How will I know when/what class to attend?

- You will be called prior to the start of the class and given all the details.

Do I need a Doctors order or permission?

- No you do not.

Can I bring anyone to the class with me?

- No! Only registered participants are allowed in the class.

How long does the class last?

- This is an 8 week class where you will attend once a week for 2 hours.

Does it cost to take the class?

- No! There is a suggested \$10 donation but you will not be held from attending the class if you cannot make a donation.

Should I bring a lunch or snack?

- A light snack will be provided but if you have any dietary restrictions please bring your own light snack.

Do I need to be able to stand or walk?

- Yes! You must be ambulatory to take the Matter of Balance class.

Will I be doing any movement or exercise?

- Yes you will be required to move without the assistance of others and stand for short periods of time.

How should I dress for the class?

- Dress in comfortable loose fitting clothes and wear supportive shoes.



# The Dutchess County Office for the Aging

PRESENTS

A Matter of Balance: Managing Concerns About Falls

## Participant Application

Date: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Best way to contact me: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Gender:  Female  Male

Age Group:  Less than 50 yrs  50 -54 yrs  55-59 yrs  60-64 yrs

65-69 yrs  70-74 yrs  75-79 yrs  80-85yrs  Over 85 yrs

I acknowledge that I have read and understand the information sheet pertaining to A Matter of Balance Program and that I'm agreeing to attend this class once a week for eight weeks.

Signature \_\_\_\_\_ Date \_\_\_\_\_

*The Dutchess County Office for the Aging is a County Agency funded under Title III of the U.S. Older Americans Act, the New York State Office for the Aging , and the County of Dutchess.*

Sponsored by:



**HEALTHQUEST**

NORTHERN DUTCHESS HOSPITAL PUTNAM HOSPITAL CENTER VASSAR BROTHERS MEDICAL CENTER