

Dutchess County Office for the Aging's

AGING NEWS

For the week of April 21

OFA PICNICS AND PICKLEBALL MAKE THEIR ANNUAL RETURN

"Oh, you're the ones who do the picnics."

That's how many Dutchess County residents react when they first hear about the Office for the Aging. They haven't yet found out about all the things OFA does - but the picnics they know.

After over 30 great years, OFA's Summer Picnics are among our longest-running and most successful programs, serving thousands of older adults throughout the County ever summer. We're gearing up for another season, starting just after Memorial Day. Many thanks to The Pines at Poughkeepsie, Central Hudson, and Hudson Valley Medicare Group for their support.

We know some of you can't wait to save yourself a seat at your community's picnic, but you'll have to wait just a little longer. **Picnic reservations open on May 1st.**

The Picnics Are New To You?

An OFA Picnic is more than a free lunch with a few hundred of your closest friends and neighbors. Reserve your spot at a picnic and:

- enjoy a day of re-connecting with friends and neighbors you might not have seen in a while;
- find out about OFA programs and services of which you might not have been aware;
- talk with your community's elected officials;
- find out about offerings from other agencies, service providers, and non-profit organizations;
- enjoy some time on our "dance floor" with the music of Bob Martinson.

To get a feel for the picnic atmosphere, visit dutchessny.gov/ofapicnics, where you'll see Facebook postings looking back at all 12 of last year's picnics. While you're on social media, don't forget to like and follow OFA at facebook.com/DutchessCountyOFA where we're approaching the first anniversary of our Facebook page's launch.

Introductory Pickleball Lessons At Quiet Cove Are Back

Pickleball has been the fastest-growing sport in America for years. The game is played on a badminton-sized court with paddles and a plastic ball similar to a Wiffle ball. It resembles tennis somewhat, but scaled down so that players of all ages can get the basics down without too much trouble or expense. OFA and Dutchess County Parks have joined again this year to host Introduction to Pickleball classes for older County residents, at the courts at Quiet Cove Park (1 Clear Water Dr., Town of Poughkeepsie). Classes are scheduled for three Tuesdays: May 13, 20 and 27, from 9-11 am. Registration opens Thursday, April

24th. Participants must be able to commit to all three classes. Space is limited to the first 16 County seniors who sign up via OFA by calling **845-486-2555** during business hours. Equipment can be provided.

Benefits of Pickleball

Improved Cardiovascular Health: Pickleball gets your heart pumping, improving blood circulation and reducing the risk of heart disease.

Enhanced Balance and Coordination: The quick movements and focus on hand-eye coordination help seniors maintain and even improve their balance, reducing the risk of falls.

Increased Flexibility and Range of Motion: Reaching for shots and moving around the court helps keep joints flexible and improves overall range of motion.

Cognitive Stimulation: Pickleball requires strategic thinking, quick decision-making, and focused attention, keeping the mind active.

Stress Relief: The enjoyable exercise and social environment offer a great outlet to unwind.

Community Building: Pickleball is incredibly social. You'll meet new people, make friends, and feel part of a welcoming community.

Improved Sleep: Regular exercise, like pickleball, can help you fall asleep faster and experience more restful, restorative sleep.

Boosted Confidence: Mastering a new skill and seeing progress on the court can be a significant confidence booster for people of all ages.

Adaptability: Pickleball can be modified for all skill levels and physical abilities.

Those just learning can start slowly and gradually increase the intensity as they become more comfortable.

Bone Health: Though low-impact, the weight-bearing activity of pickleball can help improve bone density, which is important for reducing the risk of osteoporosis.

“EMPOWERED CAREGIVER SERIES” AT OFA THIS SPRING

Are you the caregiver of a Dutchess County resident living with dementia? The Dutchess County Office for the Aging is partnering with the Alzheimer’s Association Hudson Valley Chapter to host the “Empowered Caregiver Series” in May and June at OFA headquarters, 114 Delafield St. in Poughkeepsie.

Each session takes place on a Tuesday at 3:00pm. Seating is limited, so reservations are required. Call the Office for the Aging to save your seat at any session(s) you can attend, at 845-486-2555 during business hours. We cannot

accept reservation requests made via voice mail or email.

Topics in the program include:

- May 6 - Building foundations of caregiving
- May 13 - Supporting independence
- May 20 - Communicating effectively
- May 27 - Responding to dementia-related behaviors
- June 3 - Exploring care and support services

This free program is open to caregivers of all ages and is supported in part by a grant from the New York State Department of Health.

Other news:

Want to get started exercising but don't want to overdo it? [Here's some tips](#). See more at dutchessny.gov/seniorexercise.

A new way to track and predict aging? [At least that's what the headline says](#).

One clear way to indicate how you're aging: [how long you can stand on one leg](#).

This week's birthdays:

4/18: Actor/comedian [Rick Moranis](#) (78)

4/19: Former Mets pitcher [Frank Viola](#) (65)

4/20: Actor/activist [George Takei](#) (88)

4/21: Model/actress [Andie MacDowell](#) (67)

4/22: Singer/songwriter/guitarist [Peter Frampton](#) (75)

4/23: Actor [Lee Majors](#) (86)

4/24: Singer/actress [Barbra Streisand](#) (83)

And the Bad Joke!

Did you hear about the rabbit who wouldn't leave the den because she was having a bad hare day?