

Dutchess County Office for the Aging's

**AGING NEWS**

For the week of September 24

***Golden Living . . . News for Seniors, Their Families and Caregivers***

***Todd N. Tancredi, Director***

***Dutchess County Office for the Aging***

**MEDICARE "SPOTLIGHT" AND FALL "SPOTLIGHT" – BOTH NOW AVAILABLE**

With the October 15<sup>th</sup> beginning of Medicare's annual Open Enrollment season coming up, those of you on the Office for the Aging's mailing list should see the special Medicare edition of our "Spotlight on Seniors" newsletter in your mailboxes soon.

In this year's 2018/19 edition, you can find out more about our health insurance counseling services, the latest on the nationwide rollout of new Medicare cards, a look at how your health care bills get paid via Medicare and any private insurance you may have, and much more.

In the fall "Spotlight on Seniors" you'll see a preview of our November 1<sup>st</sup> "Senior Seminars" event, information on our new anti-scam presentations, an update on how construction is going at the new Office for the Aging building set to open in January 2019, and much more.

If you're not yet on our mailing list, you can join it by calling (845) 486-2555 or emailing [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov). We will also deliver paper copies of the "Spotlight" at every library in Dutchess County, as well as at every town, village and city hall. Look for them in October!

We also post each "Spotlight" on the Office for the Aging's website, at [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging), and we email a copy of the "Spotlight" to everybody on our e-mailing list, which you can join at [www.dutchessny.gov/DutchessDelivery](http://www.dutchessny.gov/DutchessDelivery). That's also the page you can use to sign up for important updates and alerts from many other Dutchess County departments and divisions.

#### **STILL A FEW LOW-PRICE SENIOR PROM TIX LEFT...MAYBE**

Seats and time are both in short supply for next month's 23<sup>rd</sup> annual Office for the Aging Senior Prom, being held Monday, October 15<sup>th</sup> from 12 noon to 4 p.m. at Villa Borghese in Wappinger.

\$20 per person admission to the prom continues until Friday, September 28<sup>th</sup>, or when the event sells out, whichever is first – and the prom almost always sells out. The lower price applies if you can deliver your payment to the Office for the Aging by 5 p.m. on that day (or have it postmarked by Saturday the 29<sup>th</sup>). After this week, the price increases to \$30 per person.

This year's theme is "The Big Game." If you'd like, you can dress for the prom as though you were headed out to watch or participate in your favorite sporting event, whether it's a football or baseball game, a golf tournament...even a cricket match!

Sponsors for the Senior Prom include Wingate Healthcare, EverCare At Home, Northwestern Mutual, and the Dutchess County Department of Community and Family Services.

*Golden Living is prepared by the Dutchess County Office for the Aging, 27 High Street, Poughkeepsie, New York 12601, telephone (845) 486-2555, email: [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov) website: [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)*

### **Office for the Aging upcoming events**

**Unless otherwise indicated, call (845) 486-2555 for more information**

Sat 9/22, 9:30 a.m. – 12:30 p.m. – At the Golden Gathering

Arlington High School, Route 55, LaGrangeville

With OFA and "A Matter of Balance" staff to answer questions

Tue 9/25, 11 a.m. – “Overcoming Food Cravings”

With OFA nutrition coordinator Nimesh Bhargava

City of Poughkeepsie Senior Friendship Center, 110 South Grand Ave.

Wed 9/26, 11 a.m. – Senior Forum public hearing (first of two)

Beacon Senior Friendship Center, 1 Forrestal Heights

Thu 9/27, 11 a.m. – Senior Forum public hearing (second of two)

Red Hook Senior Friendship Center, 59 Fisk St.

Tue 10/2, 11 a.m. - “The Facts About Diabetes”

With OFA nutrition coordinator Nimesh Bhargava

Red Hook Senior Friendship Center, 59 Fisk St.

Wed 10/3, 7:30 p.m. – Anti Scam Presentation

With OFA outreach coordinator Brian Jones

Union Vale Senior Center, 8 Tymor Park Rd., LaGrangeville

Thu 10/4, 11 a.m. - “The Facts About Diabetes”

With OFA nutrition coordinator Nimesh Bhargava

East Fishkill Senior Friendship Center, 890 Route 82

Thu 10/10, 11 a.m. – “The Facts About Diabetes”

With OFA nutrition coordinator Nimesh Bhargava

Millerton Senior Friendship Center, 21 Dutchess Ave.

Fri 10/11, 11 a.m. - "The Facts About Diabetes"

With OFA nutrition coordinator Nimesh Bhargava

Tri-Town Senior Friendship Center, 55 Overlook Rd., Poughkeepsie

**Mon 10/15, 12 noon – 4 p.m. – Office for the Aging Senior Prom**

**Villa Borghese, 70 Widmer Rd., Wappinger**

**Tickets \$20 each (\$200 per table of 10) if paid or postmarked by September 28**

**\$30 each after that...**

**This year's theme: "The Big Game" – dress as a spectator or participant in your favorite sport or athletic activity.**

**Any other questions? Email [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov)**

Wed 10/17, 11 a.m. - "The Facts About Diabetes"

With OFA nutrition coordinator Nimesh Bhargava

South Amenia Senior Friendship Center, 229 South Amenia Rd., Wassaic

Wed 10/24, 11 a.m. - "The Facts About Diabetes"

With OFA nutrition coordinator Nimesh Bhargava

Pawling Senior Friendship Center, 154 Charles Colman Blvd.

Thu 10/25, 11 a.m. - "The Facts About Diabetes"

With OFA nutrition coordinator Nimesh Bhargava

The Landing of Poughkeepsie, 251 Boardman Rd.

Thu 11/1, 9:30 – 12:30 a.m. – Senior Seminars

New Hackensack Reformed Church, 1380 NY 376, Wappingers Falls

Thu 11/8, 12:30 p.m. – Scam Prevention Presentation

With OFA outreach coordinator Brian Jones

St. Simeon II Community Room, 24 Beechwood Ave., Poughkeepsie

To request an Office for the Aging presentation for your senior, social and/or civic group, get in touch with outreach coordinator Brian Jones at (845) 486-2555 or [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov). All your group needs to provide is a venue that's wheelchair-accessible and open to the public, with space to set up a projector and screen. We have our own projector and screen – but if you have those, let us know.

We feature presentations on Successful Aging, Office for the Aging services, Medicare/Medicaid, scam prevention, senior housing, a wide range of topics related to nutrition, and more!

**SIX-WEEK QIGONG SERIES STARTS TUE 9/25 IN TIVOLI**

The Tivoli Free Library (86 Broadway, (845) 757-3771, [www.tivolilibrary.org](http://www.tivolilibrary.org)) is hosting a six-week-long series of Qigong classes with instructor Celeste Graves, starting on Tuesday, September 25th. All classes take place on the third floor of the Village Hall building that houses the library, starting at 11:30 a.m..

The free classes are intended for older adults, 55+. Wear comfortable clothing. Contact library to register; space is limited. Must commit to full six week series.

Celeste Graves holds a Masters degree in Dance Therapy from New York University and is also a Certified Yoga Therapist through the prestigious International Association of Yoga Therapists, trained in the Phoenix Rising Method. Over the last decade, as a board certified Instructor and Senior Trainer with the Tai Chi for Health Institute, Celeste has been focusing her work efforts in Tai Chi and Qigong - particularly with the aging population to which she herself belongs. She travels throughout Ulster County for Ulster County Office of Aging teaching Tai Chi for Arthritis and Fall Prevention.

### **“REBUILDING DAY” APPLICATION DEADLINE IS SEPTEMBER 30**

Many older Dutchess County homeowners find themselves having difficulty with physically or financially keeping their home in safe shape – which is where Rebuilding Together Dutchess County steps in with cost-free critical home repairs to qualifying homeowners.

The deadline to apply for assistance is September 30. Income qualified Dutchess County homeowners, especially seniors, persons living with a disability, military veterans or parents

with school aged children are encouraged to apply. Since RTDC's founding in 1992, over 13,300 volunteers have been engaged assisting 600 Dutchess County homeowners with critical home repairs, accessibility modifications and energy-efficiency upgrades valued at over \$6.2 million in market value.

More information is available at <http://www.rebuildingtogetherdutchess.org/apply> or by calling (845) 454-7310.

**STILL WANTED: SUBSTITUTE HOME DELIVERED MEALS DRIVERS (CDL REQUIRED) AND  
SUBSTITUTE FRIENDSHIP CENTER SITE MANAGERS**

The Office for the Aging is looking for both paid and volunteer help at our Senior Friendship Centers and in our Home Delivered Meals program. The need for volunteers continues year-round, but right now there are paid part-time openings for substitute site managers at our eight Senior Friendship Centers throughout Dutchess County, and part-time openings for drivers with CDL licenses to join our Home Delivered Meals program.

To find out more, email Nutrition Services Coordinator Nimesh Bhargava at [nbhargava@dutchessny.gov](mailto:nbhargava@dutchessny.gov).

**Other aging news online:**

A daily low-dose aspirin may or may **not** be right for you, depending on your age. Talk it over at your next physician's visit: <https://www.nia.nih.gov/news/daily-low-dose-aspirin-found-have-no-effect-healthy-life-span-older-people>

There are 15 million unpaid and untrained Americans who are caring for seniors in the U.S.: <https://www.nytimes.com/2018/09/19/well/live/when-family-members-care-for-aging-parents.html>

Grandparents Day took place this month, and the state attorney general's office used the occasion to highlight the danger of "grandparent" scams. Long story short, that person calling you "from Europe" or wherever saying they're in jail and in need of bail money is NOT your grandchild: <https://ag.ny.gov/press-release/grandparents-day-ag-underwood-issues-warning-about-scam-targeting-grandparents>

(Contact [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov) for more on setting up an OFA anti-scam presentation for your group.)

A lot of the musicians we enjoyed in our youth are now seniors themselves – and staying busy. Here's three of them.

At age 76, Paul McCartney has released a new album that's getting his best reviews in quite

some time. It's his first #1 album since he was a mere lad of 40 or so:

<https://www.billboard.com/articles/columns/chart-beat/8475920/paul-mccartney-no-1-artist-100-chart>

Also recording after a nine-year break is 72-year-old Rev. Al

Green...[https://www.npr.org/sections/allsongs/2018/09/13/647053567/hear-al-greens-first-new-recording-in-nearly-a-](https://www.npr.org/sections/allsongs/2018/09/13/647053567/hear-al-greens-first-new-recording-in-nearly-a)

[decade?utm\\_source=twitter.com&utm\\_medium=social&utm\\_campaign=npr&utm\\_term=nprnews&utm\\_content=20180913](https://www.npr.org/sections/allsongs/2018/09/13/647053567/hear-al-greens-first-new-recording-in-nearly-a-decade?utm_source=twitter.com&utm_medium=social&utm_campaign=npr&utm_term=nprnews&utm_content=20180913)

...but retiring after 56 years on the road is 73-year-old Bob Seger:

<https://www.freep.com/story/entertainment/music/2018/09/18/bob-seger-final-concert-tour/1338925002/>

### **This week in senior birthdays:**

9/24: NFL legend "Mean" Joe Greene (72)

9/25: Journalist Barbara Walters (89)

9/26: Singer/songwriter Bryan Ferry (73)

9/27: Actor Wilford Brimley (84)

9/28: Actress Brigitte Bardot (84)

9/29: Singer/songwriter Jerry Lee Lewis (83)

9/30: Actress Angie Dickinson (87)

**That's a wrap for this week's Aging News, except for the Bad Joke of the Week:**

Q: What do you call a row of people lifting pieces of mozzarella?

A: A cheesy pick-up line.