



SPOTLIGHT ON SENIORS

A Publication of the Dutchess County Office for the Aging

www.dutchessny.gov/aging

Winter 2018-2019

OFA's New Home



Our big move is getting closer!

In early 2019, the Office for the Aging will be settled in at our brand new headquarters at 114 Delafield St. in Poughkeepsie, near Route 9 and Marist College.

It's a long-overdue move, for reasons you can read about throughout this issue of the "Spotlight on Seniors."

So much will be new for us in 2019, but we're also continuing many OFA traditions. The Celebration of Aging takes place on May 20th, and on Page 4 you'll see the nomination form for the 2019 Senior Citizens of the year. Our annual Senior Prom will return in October. You can see highlights on Page 5, along with the prom's theme for next year.

And all summer we'll again be holding Senior Picnics, covering every community in the county. We hope to see you there!

Todd N. Tancredi
Director



**A Message from
County Executive
Marcus J. Molinaro**

Friends,

I've watched the construction of the Office for the Aging's new facilities with great interest and anticipation. With the county's senior population continuing to grow faster than the general population, a facility that's ready to meet that need is long overdue.

Our homebound seniors will be among the first to experience the benefits of the new facility, thanks to an improved central kitchen. Seniors in the City and Town of Poughkeepsie, as well as neighboring communities, will have a brand-new Friendship Center to enjoy, with easy access from Route 9.

With OFA staff and Poughkeepsie-area volunteers all in one place, local seniors will experience a more streamlined experience, not to mention more room for programming and services, which will be coordinated in a central hub.

Finally, seniors and guests with mobility issues will find it much easier to access services in the new facility, with the new reception area, key offices and Friendship Center all on the main floor.

Take a look at our plans for the new building inside this issue of the "Spotlight on Seniors." I think you'll be as impressed as I am.

Sincerely,

Marcus J. Molinaro
County Executive

WINTER HEADLINES

STOPPING SCAMS - THE JOB NEVER ENDS

The Office for the Aging now provides presentations on scam prevention. It's not only seniors who are victimized by scammers, so our presentations are appropriate not only for seniors, but for their caregivers and adult children as well.

Because scammers constantly change their tactics, we constantly keep our presentations up to date.

If your group would like to hear more about the subject, contact OFA Outreach Coordinator Brian Jones at bjones@dutchessny.gov, or call (845) 486-2544.

DON'T LOSE THAT NUMBER

Visible house numbers are vital when there is an emergency call for fire, police, or the ambulance service. To assist emergency personnel in finding you quickly, follow these tips to ensure visibility of your house number from the street:

- Display numbers next to the front door.
- Use contrasting colors, and ensure numbers are at least four inches high.
- Use numerals (7), not words (Seven).
- Use reflective numbers if possible.
- Display numbers near lighting.
- Clear bushes and vegetation from the area around the number.

If you live in a home with a long driveway, make sure the number is also posted on your mailbox, or posted in a safe location that's visible from the road and higher than a snowbank would be.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Now accepting reservations for late winter/spring 2019 classes in Dover Plains, Fishkill, Pleasant Valley, City of Poughkeepsie, Town of Poughkeepsie, Rhinebeck and Wappingers Falls

For more information, call (845) 486-2555.

Supported by Health Quest.

Class venues subject to change.

SPOTLIGHT ON SENIORS

Marcus J. Molinaro - County Executive
Todd N. Tancredi - Director, Office for the Aging
Brian Jones - Editor, Spotlight on Seniors

Dutchess County Office for the Aging
27 High St. (2018 address)
114 Delafield St. (2019 address)
Poughkeepsie NY 12601
(845) 486-2555 / toll free (866) 486-2555
Email: ofa@dutchessny.gov
Web: www.dutchessny.gov/aging

Available for free at libraries, senior centers and municipal buildings throughout Dutchess County.

Distributed in February, May, September and December, with a Medicare-focused edition each autumn.

To be added to or removed from the "Spotlight" mailing list, to change your contact information, or to suspend "Spotlight" delivery, email bjones@dutchessny.gov or call (845) 486-2544.

Debunking Winter Cold and Flu Myths

If you've ever had a case of influenza, you know how even a mild case can put you out of commission for a week - and the advice you may have gotten from non-medically-trained friends and family did more harm than good.

Since there's no shortage of misinformation about "the flu," let's combat that by debunking 10 of the most common cold and flu myths:

MYTH 1: You can catch the flu from its vaccine

Impossible. The vaccine is made from an inactivated virus and cannot cause infection. If somebody happens to get sick after receiving a vaccine, it means they were getting sick regardless of whether or not they got the shot. It can take a couple of weeks for the vaccine to be fully effective, and that sometimes leads to confusion.

MYTH 2: I'm healthy and don't need the shot

While influenza commonly affects the very young, the very old, and those with chronic illnesses, the worldwide influenza pandemic of 1918 tended to strike down people in the prime of life, including thousands of soldiers who had survived World War I.

The Centers for Disease Control recommends an influenza shot for everybody over the age of six months.

MYTH 3: I got the shot, so I'll be fine

Even if your vaccine turns out to be effective, there's still plenty to do. Avoid contact with people who have the flu, wash your hands frequently, and consider taking anti-viral medications if you were exposed to the flu before being vaccinated.

MYTH 4: I feel fine, so I can't spread the virus

Between 20 and 30% of people carrying the influenza virus are free of symptoms.

(Myths 5-10 on Page 6)

**From the
Director's Chair**

Todd Tancredi
ttancredi@dutchessny.gov



Dear Friends,

If you haven't visited the Office for the Aging before, 2019 will be a great opportunity to get to know us.

Finding us will be easier than it's ever been, since our new headquarters will be in Poughkeepsie, within a few hundred feet of Route 9.

For those who have wanted to try out one of our Senior Friendship Centers, the center in the new building will likewise be easy to access. Give the Office for the Aging a call and find out how you can take part in Senior Friendship Center activities, either at our newest center or at any of the seven other centers located throughout Dutchess County.

The new building isn't the only new development you can expect from the Office for the Aging in 2019. We're also planning to extend operations to five days a week for at least one more Senior Friendship Center, joining the Red Hook and Poughkeepsie as five-day-a-week centers.

Sincerely,

**Todd Tancredi, Director
Office for the Aging**

DUTCHESS COUNTY SENIOR CITIZEN OF THE YEAR

2019 Nomination Form

Please use this form to nominate a senior citizen or senior citizen couple who you think deserve to be recognized as the 2019 Senior Citizen(s) of the Year!

Name of Nominee(s) _____

Address of Nominee(s) _____

Nominee's Phone Number _____ Email (if any) _____

Your Name _____

Your Address _____

Your Phone Number _____ Email (if any) _____

Please describe below why the person or couple you are nominating deserve the Dutchess County Senior Citizen of the Year Award. Be sure to include any volunteer and community activities, as well as information about their professional career and family. Use additional sheets as necessary. Clippings and other information are welcome but cannot be returned. Winners will be honored at the annual Celebration of Aging luncheon in May.

Mail completed form to:
Advisory Board, Dutchess County Office for the Aging, 27 High St., Poughkeepsie, NY 12601
(2019 address: 114 Delafield St., Poughkeepsie NY 12601)
Nominations must be received no later than Friday, March 29, 2019.



2018 Senior Prom - "The Big Game"



*Many thanks to our co-host,
The Pines at Poughkeepsie!*



**2018 Duchess and Duke
Pat and Joe Broun**

Join us for the 24th annual Office for the Aging Senior Prom

The '70s

Tentative date: Monday, October 14, 2019

(And you thought you'd never need that leisure suit again.)

Debunking Winter Cold and Flu Myths (continued)

MYTH 5: It's just a bad cold

Bad enough to kill over 80,000 Americans last winter, and hospitalize hundreds of thousands more. According to the Centers for Disease Control, over 90 percent of last year's flu victims were 65 or older.

MYTH 6: I got a shot last year

The influenza virus changes each year, so what prevented the 2017-18 flu will probably not prevent the 2018-19 flu.

Effectiveness of each season's vaccine varies between 20 and 60 percent. The vaccines are aimed at the strains most likely to cause an outbreak.

MYTH 7: Bundle up and you'll be fine

There are many great reasons to prepare for cold weather, but the only thing that winter and the flu have in common is that they take place at the same time. Only the influenza virus can cause the flu.

MYTH 8: Feed a cold, starve a fever

Whether you have a cold or the flu, you need fluids to help fight it. Poor nutrition will not help you recover more quickly.

MYTH 9: Grandma's chicken soup will cure it

Hot soup can soothe your throat and provide needed fluids, and there's some research that indicates chicken soup may have anti-inflammatory qualities. Good soup will certainly distract you from how badly you feel, but there's nothing that indicates it can kill off the influenza virus.

MYTH 10: How about some antibiotics?

Antibiotics work against bacteria, but the flu is caused by a virus. That said, some people may pick up a bacterial infection while battling the flu, so it may be a good idea to get checked out if symptoms worsen or drag out.

Practice Safe Shoveling

Clearing snow around your home yourself has both benefits and drawbacks. Done properly, it can help you stay active during the winter - but shoveling without taking the proper precautions can lead to injury or worse. The National Safety Council reports that every winter, snow shoveling is responsible for thousands of injuries and over 100 deaths every year.

Health problems tend to happen when somebody takes on a shoveling job after having been inactive for many months. Pushing a heavy snow blower can have the same effect, and cold air can increase blood pressure and increase the likelihood of blood clots.

If you're worried about your heart or you haven't had enough exercise, put down the shovel and call a neighbor with a teenager who could use the money. Let them take care of the shoveling until your doctor gives you the all-clear.

Here are some tips for safe shoveling:

- Warm up your muscles before starting.
- Shovel many light loads instead of fewer heavy ones.
- Take frequent breaks.
- Drink plenty of water.
- Don't feel that you need to clear every speck of snow from your property.
- *Head indoors right away* if your chest starts hurting, you feel lightheaded or short of breath, your heart starts racing, or some other physical change makes you nervous. If you think you are having a heart attack, call 911 or your local emergency number.

SENIOR FRIENDSHIP CENTERS

(all 845 area code unless otherwise noted)

Beacon - 838-4871

East Fishkill - 226-3605

Millerton - (518) 789-3081

Pawling - 855-9308

City of Poughkeepsie - 275-2661

Red Hook - 475-1129

South Amenia - 373-4305

Tri-Town (Towns of Poughkeepsie,

Pleasant Valley & LaGrange) - 486-6363

The New OFA Building At A Glance

The new Office for the Aging facilities set to open in early 2019 will consolidate three parts of OFA operations in one location. For the first time ever, our offices, central kitchen and Poughkeepsie Senior Friendship Center will all be under one roof, at 114 Delafield St. in the City of Poughkeepsie.

For seniors traveling from outside Poughkeepsie, finding our facilities will be as simple as making one turn from Route 9. If you need a landmark to help navigate, we'll be on the east side of Route 9, opposite the southern end of the Marist College campus, about a mile north of the Mid-Hudson Bridge.

Seniors with mobility issues will be glad to know that whether they visit us to conduct business or enjoy the Friendship Center, virtually everything they need will be on one floor and accessible from the main entrance, and everything else will be accessible via elevator.

The new facilities will also be closer to a Dutchess County Public Transit bus route serving the City of Poughkeepsie. The Route P Westside Shuttle makes two hourly stops every weekday at the nearby intersection of Spruce St. and Delafield St.

Full countywide Public Transit schedules, fare information and a real-time map are available at www.dutchesstracker.org.

Dutchess County Office for the Aging

NEW LOCATION as of January 2019

114 Delafield St.

Poughkeepsie NY 12601

(845) 486-2555

toll free (866) 486-2555

email: ofa@dutchessny.gov

www.dutchessny.gov/aging

↑ Clip and Save! ↑

Bon Appétit!

Dear Friends,

As the Office for the Aging's Nutrition Services Coordinator, I've been proud to play a role in ensuring that Dutchess County's homebound seniors receive hot, nutritious midday meals every weekday.

Having a new central kitchen will enable us to improve the OFA's Home Delivered Meals program in many ways. Starting in 2019, we'll be able to improve delivery times and serve more seniors, which will be essential to meet the expected growth in the county's senior population. At the Senior Friendship Centers where we serve congregate meals across the county, we hope our guests will notice the difference too - in a more diverse assortment of tastier meals. Additionally, our seniors will be more socially engaged than ever before, with exciting new activities soon to come in 2019.

In particular, seniors at the Poughkeepsie Friendship Center will have the opportunity to learn and use computers, and have improved access to Office for the Aging staff for insurance counseling, legal services, the Home Energy Assistance Program (HEAP) and other services. After all, we'll all be in the same building now!

We couldn't provide all these great services without the help of volunteers. No matter where you are in Dutchess County, you can help out in our Home Delivered Meals program and any of our eight Friendship Centers. They're listed on Page 6 of this issue of the Spotlight.

Contact us at the Office for the Aging if you'd like to join us as a volunteer. We'd love for you to join us!

*- Nimesh Bhargava
OFA Nutrition Services Coordinator*

**Dutchess County Office for the Aging
27 High Street, Poughkeepsie, NY 12601**

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CURRENT RESIDENT OR

TO:

A “HEAP” OF HEATING COST HELP

The Dutchess County Office for the Aging offers a Home Energy Assistance Program (HEAP), funded through the Dutchess County Department of Community and Family Services, to provide assistance with home energy needs for low-income, older individuals and families. Services include financial assistance with fuel bills, and emergency financial assistance for fuel/utility terminations. HEAP is an income eligibility program. Most people who qualify have already been sent the application information.

HEAP benefit levels are based on household size, with maximum monthly gross incomes ranging from \$2,391 for a one-person household and \$3,127 for a two-person household, to \$6,918 for an 11-person household.

If you meet these requirements and would like to apply, please call 845-486-2555. There are some restrictions and you will need a face-to-face or phone interview, at which time your documents can be reviewed.

For more information
about the
Dutchess County
Office for the Aging,
visit us online

email ofa@dutchessny.gov

call
(845) 486-2555

or toll-free
(866) 486-2555



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