

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of January 5

Dutchess County's older adult population is expected to grow again this year, both in real numbers and as a percentage of total County population. We expect this trend to continue well into the 2040s, which means the Office for the Aging plans to build on existing services for many years to come.

### **A Quick Look Ahead**

OFA is seeking out medical providers large and small in Dutchess County, to educate their staff more broadly regarding the programs and services that OFA provides. Think about the last time you needed to visit a hospital or urgent care facility, and prepared to return home. It would be a great time to learn how OFA services can help ease the transition back home, wouldn't it?

OFA's Ambassador and one OFA Case Manager have been designated as the point of contact for area hospitals, with a goal of taking part in discharge planning for high-risk patients who have no or limited supports in the community.

### **Caregiver Support Is Key**

For every older adult in Dutchess County, there's a caregiver who may themselves be an older adult, or who may be carrying their own full plate of job and family responsibilities. To help meet the needs of working caregivers, OFA recognizes that providing community resources and support is crucial. Options to be made available for caregivers include caregiver support groups, respite care services, education workshops, social adult day services, and resources for working caregivers.

### **OFA Anti-Ageism Efforts**

We touched on the topic of ageism in a few recent newsletters; now, as we start the new year, we bring you more details. As part of our plans for 2026, OFA will:

- Emphasize education regarding ageism, neglect and exploitation to the public at large, community agencies, business groups and government officials;
- Work toward eliminating ageism by asserting the economic, social and intellectual value of older adults in the community;
- Regularly highlight the issue of ageism, thereby making the community at large more aware of existing biases;
- Encourage the use of intergenerational contact as a method to help dispel ageism. OFA will build upon affiliations with local colleges and high schools to pursue opportunities for intergenerational activities.

## **The Old Reliables**

Summer Picnics will be back, with another 12-picnic season starting right after Memorial Day. If this is the first time you've heard of the picnics, visit

**dutchessny.gov/ofapicnics** for a recap of the 2025 season. We'll announce the 2026 picnic schedule in April.

The OFA Senior Prom? It's planned for October. We know many of you start preparing for the following year's prom as soon as you can, so we'll let everybody know now that **Hawaiian Luau** is the theme of the upcoming prom. Want to see what an OFA Prom is like? Visit **dutchessny.gov/prom** for highlights from the 2025 Prom.

Our Friendly Calls program keeps growing as it enters its fourth year, reducing the risk of loneliness and social isolation for Dutchess County's older adults. To be a participant and/or volunteer, see **dutchessny.gov/friendlycalls** or call **845-486-2548**.

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**INVITE AN OFA SPEAKER TO YOUR ORGANIZATION'S NEXT MEETING**

All kinds of Dutchess County organizations include older adults and caregivers among their members, and we'd love to stop by your 2026 meetings to talk with you and your group about what the Office for the Aging offers to the county's older adults and caregivers. Wherever your groups meet in Dutchess County, OFA can be there. We offer presentations on OFA services, nutrition, scam prevention, Medicare and health insurance, the importance of physical activity, the "Friendly Calls" program, home safety and fall prevention, and plenty more.

If your group isn't sure where to begin and would like an overview of OFA's many roles in the community, contact us at 845-486-2555 or [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov) to find out more.

## **HELP SPREAD THE WORD**

Support services for Dutchess County's older adults are more than a nice benefit – they're essential, and can be the key bridge to continued safe, independent living at home.

Many older adults here are unaware of OFA services, don't realize how OFA could help them stay independent, or don't know how to access them.

Just by reading this article, you're able to help them make an essential new connection.

We've lost count of how many times a new, happy OFA client has said to us "I had no idea" that OFA provided the services that put many of their concerns to rest.

That's why we try to meet the older adults and caregivers of Dutchess County where they are, not where someone may think they should already be. Connecting our older adults and caregivers with supports can let them know something huge: they're not alone.

We can easily be overwhelmed with choices as we age; but together we can make it much easier for our aging friends, family and neighbors to find OFA, remember us, and maybe even visit us. Visit [dutchessny.gov/aging](http://dutchessny.gov/aging) to start exploring OFA's offerings.

**HELP SPREAD THE WORD, PART 2**

**(SUBSTITUTE SITE MANAGERS WANTED)**

The Office for the Aging is looking for candidates for Substitute Site Manager positions at our eight OFA Friendship Centers, with locations in Poughkeepsie, Beacon, Hopewell Junction, Millerton, Pawling, Pleasant Valley, Red Hook, and Wassaic (South Amenia).

A typical day for a substitute site manager covers any weekday, from 8:30am-2:30 pm, and includes coordinating with OFA's nutrition coordinator, senior site manager, friendship center staff and volunteers. A background check is required. You'll be able to fill in at any site that fits your schedule.

Interested? Send an email, with an attached résumé, if possible, to [ofa@dutchessny.com](mailto:ofa@dutchessny.com); or contact Janet Nuccilli at OFA, during business hours at 845-486-2555.

For more information on OFA's Home Delivered Meals and Friendship Center services, visit [www.dutchessny.gov/ofanutrition](http://www.dutchessny.gov/ofanutrition).

### **“SAIL” EXERCISE RETURNS FROM HOLIDAY BREAK (Wed 1/7/26)**

OFA's “SAIL” (Staying Active and Independent for Life) remote exercise class is on holiday break, and will resume in the new year on Wednesday,

January 7<sup>th</sup> at 10:00am. Classes are also held on Fridays at 2:30pm, starting on January 9<sup>th</sup>.

If you have an internet connection and want to take part in SAIL via “Zoom,” contact OFA for details at [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov) or 845-486-2555.

Visit [dutchessny.gov/seniorexercise](https://dutchessny.gov/seniorexercise) for details on all our older adult exercise options.

## **OFA NUTRITION NEWS AND FRIENDSHIP CENTER MENU LINKS**

[January 2026 OFA Friendship Center and Home Delivered Meals Menu](#)

[January 2026 OFA Nutrition News](#)

### **Other news:**

It's not Alzheimer's, [but a recently recognized form of dementia called “LATE”](#) comes with its own challenges.



Japan has one of the world's oldest median populations, which means [the challenges Japan faces now](#) could easily be the challenges facing the US before long.

What's an [epigenetic clock](#)? And why's it important to the aging process?

Watch for "[bitcoin ATM scams](#)" to continue growing in 2026...and [here's why it's important to report](#) all kinds of scams and scam attempts.

### **This week's birthdays:**

1/2: Zoologist/author [Jack Hanna](#) (79)

1/3: Singer-songwriter-guitarist [Stephen Stills](#) (81)

1/4: Author/historian [Doris Kearns Goodwin](#) (83)

1/5: Actor/director [Robert Duvall](#) (95)

1/6: Chef/author [Nigella Lawson](#) (66)

1/7: Singer/songwriter [Kenny Loggins](#) (78)

1/8: Singer [Shirley Bassey](#) (89)

### **The new year begins with another Bad Joke!**

I had to return the sweater I got for my birthday because it was picking up so much static. The store gave me a new sweater free of charge.