

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of April 11<sup>th</sup>

### **APRIL IS NATIONAL MINORITY HEALTH MONTH**

Dutchess County, like the United States, has become increasingly diverse over the past hundred years – but let's look back about a hundred years. New York was a community of immigrants in 1922, as it is now. The changes in population, technology, and culture that have happened since then are obvious, but the reasons people from all over the world make Dutchess County their home have stayed remarkably consistent: the opportunities to strive for success here that were unavailable elsewhere.

All of us should have the opportunity to pursue a healthy life, regardless of who we are and where we live. When we all have that opportunity, we're all in a stronger position to succeed, including when it comes to aging.

That's what makes April's National Minority Health Month important to all of us, regardless of whether an individual considers themselves part of a minority.

Health disparities experienced by some racial, ethnic, and other groups have a ripple effect on all of us.

## **WHAT'S A HEALTH DISPARITY?**

The Centers for Disease Control and Prevention defines health disparities as “preventable differences in the burden of disease, injury, violence, or in opportunities to achieve optimal health experienced by socially disadvantaged racial, ethnic, and other population groups, and communities.”

“Preventable” is the key word there. Let’s start with one example among many: osteoporosis, a common condition among older adults, especially women of all races. According to the National Institute of Health’s (NIH) Osteoporosis and Related Bone Diseases National Resource Center, although African American women tend to have higher bone mineral density than white women throughout life, that perceived advantage can lead to the misperception that osteoporosis is only a concern for white women, which can in turn delay prevention through improved nutrition, in addition to treatment.

Another example from the NIH: From 2014-2018, Asian and Pacific Islander men were 50 percent less likely to have prostate cancer, as compared to non-

Hispanic white men, but they were 70 percent more likely to have stomach cancer. If you're in this category, it's something to discuss with your health care provider.

## **WHAT CAN WE DO?**

Regardless of race, there's a great deal within our control. Some recommendations from the New York State Office for the Aging:

- Ensure you are getting enough calcium and vitamin D. Consult your doctor to determine if a supplement is necessary.
- Exercising can reduce the rate of bone loss; most bone fractures occur because of a fall. You can reduce your chances of falling by exercising to build your muscle strength and improve your balance. Exercise can also slow the rate of bone loss, which reduces the risk of fractures from osteoporosis. Consider an Office for the Aging "A Matter of Balance" class.
- Know your numbers and check your blood sugar regularly, especially if diabetic.
- Get all appropriate cancer screenings in a timely way (mammograms,

colonoscopies, etc.)

- Do not ignore changes to your health or symptoms that develop; always consult your health care provider.

*Golden Living is prepared by the Dutchess County Office for the Aging, 114*

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## **OFA NOW TAKING SUMMER PICNIC RESERVATIONS**

The 2022 OFA Summer Picnic schedule is now out, and available at [dutchessny.gov/OFApicnics](http://dutchessny.gov/OFApicnics). All picnics take place on Wednesdays. Because space is limited, reservations are required for every picnic and can be made by calling OFA at 845-486-2555. Every older adult in Dutchess County (age 60+) is entitled to make a reservation for the one picnic serving their home community.

We mail out picnic reminder cards 4 to 6 weeks before each community's picnic. You don't need to receive a reminder card to make a reservation.

Volunteers of all ages will be needed on Wednesdays at each picnic to help with set-up and clean-up, and to bring meals to attendees with mobility

challenges. Volunteers are also needed on Tuesday afternoons before each picnic at OFA's central kitchen in Poughkeepsie, to help prepare for the picnics. For more information about volunteer opportunities, email [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov) or call 845-486-2544.

## **DUTCHESS COUNTY PLANNING DEP'T. RELEASES HOUSING NEEDS ASSESSMENT**

Many older adults in Dutchess County, especially those on fixed incomes, have found it challenging to find affordable housing here. The Dutchess County Department of Planning and Development has prepared a new Housing Needs Assessment that explores the housing needs of older adults and other county residents. Link here:

<https://www.dutchessny.gov/Departments/Planning/docs/DCHousingNeedsAssesment-FINAL-PrinterFriendly.pdf>

## **CITY OF POUGHKEEPSIE SECTION 8 VOUCHER PROGRAM WAITLIST**

### **APPLICATIONS**

The City of Poughkeepsie Section 8 Office Housing Choice Voucher Program is accepting applications for placement on the Housing Choice Voucher Waiting list until April 29, 2022 at 11:30 am.

Applications are available for pick-up only, Monday through Friday, between the hours of 9:30 and 11:30 am, at the COP Section 8 Housing Office at 1 Civic Center Plaza in Poughkeepsie.

More information, including a list of income limits, can be found at this link:  
<https://www.cityofpoughkeepsie.com/DocumentCenter/View/1192/City-Section-8-Office-Housing-Choice-Voucher-Program-Will-Begin-Accepting-Applications-for-Placement-on-Waiting-List-PDF>

**Other aging news online:**

Most Americans haven't heard of a form of memory loss known as "mild cognitive impairment": <https://www.npr.org/sections/health-shots/2022/03/18/1087042353/mild-cognitive-impairment-dementia-alzheimers-association-report>

Local farmers markets are getting set to reopen for the spring:

<https://www.poughkeepsiejournal.com/story/life/food/2022/04/01/outdoor-farmers-markets-2022-mid-hudson-valley/7244062001/>

How to get started on advance care planning:

[https://www.nia.nih.gov/health/advance-care-planning-health-care-directives?utm\\_source=nia-eblast&utm\\_medium=email&utm\\_campaign=caregiving-20220407#started](https://www.nia.nih.gov/health/advance-care-planning-health-care-directives?utm_source=nia-eblast&utm_medium=email&utm_campaign=caregiving-20220407#started)

Researchers based at the University of Southern California have discovered 15 “hotspots” in the human genome that can affect brain aging in various ways:

<https://www.sciencedaily.com/releases/2022/04/220405171804.htm>

Even rock stars have to retire sometimes:

<https://www.rollingstone.com/music/music-news/genesis-final-song-farewell-concert->

[1328152/?fbclid=IwAR3feOkNskiSpOUKEBkGFpJKSDTBArxMHZaQGvPQh59HbKtJ](https://www.facebook.com/1328152/?fbclid=IwAR3feOkNskiSpOUKEBkGFpJKSDTBArxMHZaQGvPQh59HbKtJ)

[MdjibgskhY8](#)

You're never too old to learn. 86-year-old three-time Masters champion Gary Player this week welcomed defending champion Hideki Matsuyama to the tournament's champions dinner – in Japanese, a language he learned over the years during his touring days:

<https://www.augustachronicle.com/story/sports/pga/2022/04/06/masters-champions-dinner-menu-gary-player-hideki-matsuyama-japan-2022/9484237002/>

**This week in birthdays:**

4/10: Musician Brian Setzer (Stray Cats) (63)

4/11: Philanthropist Ethel Kennedy (94)

4/12: Singer/songwriter/guitarist Vince Gill (65)

4/13: Actor/singer Paul Sorvino (83)

4/14: Country music legend Loretta Lynn (90)

4/15: Actress/comedian Emma Thompson (63)

4/16: NBA Hall-of-Famer Kareem Abdul-Jabbar (75)

**And our Bad Joke is musical this week.**

I always keep a guitar in my car. It's good for traffic jams.