

Dutchess County Office for the Aging's

AGING NEWS

For the week of April 18th

By our count, we have a record number of Dutchess County older adults celebrating birthdays of 100 years or more this year, as well as a record number of married couples celebrating wedding anniversaries of 70 years or more. As of early April, 20 centenarians and 10 70-year couples are being honored in OFA's summer newsletter.

If you know of a Dutchess County resident who is reaching either one (or both!) of these milestones at any time in 2022, please get in touch with OFA Outreach Coordinator Brian Jones at 845-486-2544 or bjones@dutchessny.gov. Publication deadline is Tuesday, May 10th.

The oldest living Dutchess County resident in our most recent records is 108, but over the years we've had at least three reach the supercentenarian milestone of 110. It's an unprecedented indication that Dutchess County's older adults are living not only longer but are also able to maintain their independence for longer, often well into a second century of life.

What's their secret? It's hard to say. We've asked over 100 centenarians this question over the years, and their explanations run the gamut from 20 minutes a day on an exercise bike, to having a strong faith, to enjoying nine golden raisins soaked in gin at bedtime. We looked into whether there was any science behind that last theory, and did find that some studies have indicated possible links to the anti-inflammatory properties of the juniper berries typically used to make gin, as well as the sulfur compounds used to preserve golden raisins. We don't know of any studies specifically examining gin-soaked raisins.

The explanation that appeals most to us came from Mary Summa, a remarkable Dover resident who lived to 106 and passed away earlier this year. A few years ago, Mary told us "I don't know why I'm still here, but I'm going to stick around until I find out!"

NEW TITLE FOR THE OFA NEWSLETTER

After fielding dozens of readers' suggestions, we've settled on a new title for the former *Spotlight on Seniors* newsletter. The summer OFA newsletter that'll be published just after Memorial Day will be entitled **THRIVE60+**.

60+ represents the community OFA serves, and "thrive" encompasses in one

word what older adults can achieve as they age.

Each letter in “thrive” also represents a key aspect of successful aging: **T** for tenacious; **H** for healthy; **R** for resilient; **I** for informed; **V** for versatile; and **E** for experienced.

THRIVE60+ will be a quarterly newsletter like its predecessor and will be available at public libraries throughout Dutchess County. It’s also distributed to every client of our Home Delivered Meals and OFA Friendship Center programs and mailed to everybody on OFA’s mailing list. Newsletters are also published at dutchessny.gov/aging. We also publish an annual *Medicare Spotlight* in the fall to coincide with Medicare’s Open Enrollment season, which runs from mid-October to early December.

If you would like to join OFA’s newsletter email list, email bjones@dutchessny.gov. Not online? Call 845-486-2555 to be added.

*Golden Living is prepared by the Dutchess County Office for the Aging, 114
Delafield St., Poughkeepsie, New York 12601, telephone 845-486-2555, email:
ofa@dutchessny.gov website: www.dutchessny.gov/aging*

ALZHEIMER'S EVENT AT OFA E. FISHKILL FRIENDSHIP CENTER (Wed 4/20)

Join the Office for the Aging and the Alzheimer's Association for a free Community Information Session at 12:30 pm on Wednesday, April 20th at the OFA Friendship Center at the East Fishkill Community Center, 890 NY 82 in Hopewell Junction. Learn about memory loss, Alzheimer's disease, and other dementias.

Invite a friend who has been affected and share your thoughts about how we can better help people in the community. The event is free, but registration is required; for more information, call OFA at 845-486-2555.

MOTHER'S DAY BINGO / EXERCISE FILLING UP QUICKLY (Fri 5/6)

Join the Office for the Aging at Bowdoin Park (85 Sheafe Rd., Wappingers) for Mother's Day Bingo and Exercise on Friday, May 6th from 1:00-2:30 pm. The event is filling up quickly; call OFA during business hours at 845-486-2555 to make reservations.

OFA NOW TAKING SUMMER PICNIC RESERVATIONS

The 2022 OFA Summer Picnic schedule is now out, and available at 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 during business hours 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 or call 845-486-2544.

FREE DEMENTIA-INCLUSIVE EVENT AT VASSAR COLLEGE (Fri 4/22)

Evergreen Minds, Inc., a local 501(C)(3) charitable organization, is celebrating the opening of their dementia-inclusive and intergenerational community garden on Friday, April 22nd, to coincide with Earth Day. The event will take place from 11 am to 4 pm at the Ecological Preserve at Vassar College ([51 Vassar Farm Lane, Poughkeepsie](#), 845-437-7414).

The free event includes music, art making, meditation, Qigong, educational sessions on Hudson Valley plants and Lenape culture, gardening/composting and more. Registration is free: <https://www.eventbrite.com/e/evergreen-minds-earth-day-celebration-tickets-314554068687?aff=ebdssbdestsearch>

For more information email Michelle at molson@evergreenminds.org.

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>

STRIDERS WALKING CLUB AT BOWDOIN PARK (starts 4/27)

The Striders Walking Club that traditionally convenes at the Poughkeepsie Galleria is moving outdoors to Bowdoin Park for the spring and summer, starting April 27th. The class is sponsored by MVP and is free regardless of MVP membership; it's led by fitness instructor Seth Tasetano. Online registration is required: <https://www.mvphealthcare.com/about-mvp/community-events/details/striders-walking-club-at-bowdoin-park-6266/>

Other aging news online:

If you had trouble reaching Social Security and/or Medicare by phone in 2021 for enrollment or disenrollment information, you've been granted until December 30th of this year to contact them. Full details and contact information here:

https://www.ssa.gov/benefits/medicare/?utm_source=social&utm_medium=facebook&utm_campaign=smt-medicare-22&utm_content=education

An annual shot that would block Lyme disease transmission from ticks to humans is nearing the end of phase one of clinical trials:

<https://www.timesunion.com/hudsonvalley/news/article/Lyme-disease-prevention-shot-17078270.php?IPID=Times-Union-HP-CP-spotlight>

This week in birthdays:

4/17: Actress Olivia Hussey (71)

4/18: Actress Hayley Mills (76)

4/19: Former Mets pitcher Frank Viola (62)

4/20: Actor/activist George Takei (85)

4/21: Singer/songwriter/actor Iggy Pop (75)

4/22: NBA Hall of Famer Spencer Haywood (73)

4/23: Actor Lee Majors (83)

The Bad Joke:

Did you know the inventor of the knock-knock joke won the No-Bell Prize?