

Dutchess County Office for the Aging's

AGING NEWS

For the week of August 29th

Note: The Office for the Aging and OFA Friendship Centers are closed for Labor Day on Monday, September 5th. Clients of the OFA Home Delivered Meals program will receive shelf-stable meals in advance of the holiday.

SAFE MEDICATION DISPOSAL FOR HOMEBOUND OLDER ADULTS

When older adults need to take multiple medications for various conditions, it's easy for medicine cabinets to become cluttered with unused and expired prescriptions and other medications. It can become a harmful situation in many ways, mainly when the medications fall into the wrong hands or are disposed of improperly. Medication mix-ups and accidental ingestions also become more likely. Emergency departments nationwide report approximately 1.3 million visits a year, along with 350,000 hospital visits for further treatment, with mix-ups and/or accidents as the root cause.

While Dutchess County offers many pharmaceutical collection sites, collects hundreds of pounds of medications during OFA's Summer Picnic program, and takes part in the national drug takeback days that happen in April and October, a homebound older adult may find it impossible to take advantage of these opportunities. They can easily be overwhelmed by the sheer volume of medication, and the potential for dangerous situations grows.

There needs to be a simple way for homebound older adults to dispose of medications.

That's why Dutchess County OFA is joining the New York State Office for the Aging (NYSOFA) and Office of Addiction Services and Supports (OASAS) in distributing environmentally-sound Deterra drug deactivation and disposal pouches to homebound older adults in our Home Delivered Meals program, in September. These pouches are designed to destroy unwanted and expired medications safely and permanently. The medications are rendered inert, and the pouches can be disposed of in regular household trash.

How Detera Pouches Work

Step 1: Tear open a pouch and pour in the unused medication

Step 2: Fill halfway with water

Step 3: Seal, shake well, and toss in the trash

And that's it. Each Detera pouch has a recommended capacity printed on it. Used as directed, the Detera system will deactivate organic medications, including opioids. It cannot deactivate inorganic medications like antacids, lithium and iron supplements. Some medications list specific disposal instructions. Consult your pharmacist to find out the specifics.

To emphasize: *this is a program designed for homebound older adults*. For those who can go to one of the county's secure disposal sites, a list of locations and operating hours is available at www.dutchessny.gov/aging. The next Drug Enforcement Administration National Prescription Drug Take Back Day is Saturday, October 29th.

For homebound older adults seeking more information about the OFA Home Delivered Meals program, call 845-486-2555 or email ofa@dutchessny.gov.

Don't Just Flush Old Medications

Most medications should not be flushed. Water treatment facilities typically have difficulty filtering out pharmaceuticals. As a result, drugs can wind up in our drinking water and surface water. A 2018 study in the journal Water Research found 16 different pharmaceutical compounds in the Hudson River, with some of the highest concentrations not near New York City as you might expect, but upriver as far north as Kingston, Albany, and Troy.

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

“ECHOES OF SINATRA” BACK FOR A SECOND SHOW IN SEPTEMBER – ONLY A FEW SEATS LEFT

This week’s “Echoes of Sinatra” concert proved so popular with Dutchess County older adults that we’ve added another “Echoes of Sinatra” show for all the people who were unable to secure a seat at this week’s show.

Those who were on our waiting list for the August 25th show were phoned by OFA to be offered opportunities for the next show, taking place on Wednesday, September 21st at the Grandview (176 Rinaldi Blvd., Poughkeepsie).

Only a few seats are left – so if you were on the August 25th waiting list and haven’t checked in with us, check your voice mail or answering machine quickly, because the few remaining spots at this free show are now being opened to all Dutchess County older adults.

For more information, call the OFA front desk during business hours (9a – 5p, Mon-Fri, closed Labor Day) at 845-486-2555.

If you already booked a spot at the 9/21 show but later find out that you can’t make it, please call us so that we can free up as many seats as possible – thanks!

SAVE THE DATE – OFA SENIOR PROM RETURNS (Mon 10/24, noon-4)

When can I sign up for the prom?

Soon!

In the meantime, save Monday, October 24th on your calendar for the Silver Anniversary OFA Senior Prom.

The prom will begin at noon with a buffet lunch. Once again, the full Bob Martinson Band will help fill the dance floor playing your favorites. There'll be prizes; including a 50-50 raffle to benefit the Office for the Aging.

Reserved admission is required and will remain at the same price as 2019 - \$20 per person (\$200 for a table of 10) until October 7th or when the event sells out, whichever comes first. After that date, the price increases to \$30 per person. We cannot accept walk-in guests.

Once the venue is announced, printable reservation forms will be available at dutchessny.gov/aging, on request from the Office for the Aging, and will be printed in the fall edition of the OFA "THRIVE60+" newsletter, which will be published shortly.

STILL TIME TO SIGN UP FOR OFA EXERCISE CLASSES – STARTS SEPTEMBER

Whether you've been advised by a doctor to increase physical activity levels, or you have a more generalized interest in fitness for older adults, the Office for the Aging has exercise class options available.

Our popular "A Matter of Balance" class begins its latest sessions in September, and there are a few spaces left – especially in our classes in Fishkill and Rhinebeck.

OFA Exercise programs are available year-round, and our Tai Chi classes are about to begin September sessions.

We also welcome volunteer class leaders, and can train as needed.

For more information about OFA's exercise options, visit

www.dutchessny.gov/seniorexercise.

THE LATEST SPIN ON UTILITY SCAMS

Here's a phone scam attempt that's been popping up on answering machines and voice mail lately. Have you heard this one before? "Hello. This is your utility company. It has come to our attention that you have been

overcharged for the last several months. This is to notify you that you will be reimbursed plus you will receive an extra \$35.00. Please press one to get your reimbursement....”

Sounds too good to be true - because it is. It's a scam.

No utility company contacts consumers in this way regarding billing or refund-related issues. The “press one” part only alerts the scammer that they've got a potential victim on the line.

Don't answer this call. If you did pick up, just hang up. No need to say anything. Delete any message that was left.

You can find a printable Scam Prevention Resources flyer at www.dutchessny.gov/aging.

CLINTON COMMUNITY DAY RETURNS (Sat 9/3)

The Town of Clinton is bringing back its annual Community Day celebration on Saturday, September 3rd from dawn till dusk, with an evening fireworks display, at the Clinton Historical Society property (2433 Salt Point Tpke., Clinton

Corners). Clinton/Milan/Stanford-area aging-in-place group SSIP-Taconic will be on hand, with information about aging for rural older adults.

Other news:

[Don't just sit there watching TV](#). It raises the risk of dementia even among the otherwise active.

[Poor heart health can predict brain aging](#). Hint: Speak with a health care provider and find out if an OFA Exercise class could be right for you.

[Five key eye care tips](#) for older adults.

Interesting findings for those of you who [find it difficult to operate newer cars'](#) [touch screen](#) features.

Noninvasive brain stimulation can improve short-term memory – [but only for a while](#).

A few words with Micky Dolenz, the [last surviving member of the Monkees](#).

This week's birthdays:

8/28: Actor/producer [Luis Guzmán](#) (66)

8/29: Actor/producer [Elliott Gould](#) (84)

8/30: Businessman/philanthropist [Warren Buffett](#) (92)

8/31: Singer/songwriter [Van Morrison](#) (77)

9/1: Comedy legend [Lily Tomlin](#) (83)

9/2: NFL Hall of Famer [Terry Bradshaw](#) (74)

9/3: Singer-songwriter [Al Jardine](#) (The Beach Boys) (80)

Of course, we have a Bad Joke for you.

My dad suggested I register for organ donation. He's a man after my own heart.