

Dutchess County Office for the Aging's

AGING NEWS

For the week of August 8th

DID YOUR COVID TEST KIT EXPIRE...OR NOT?

That “expired” COVID-19 test kit you have at home might not have expired after all.

An advisory from the Food and Drug Administration (FDA) regarding the extension of best-by dates on home COVID test kits flew under the radar when it was issued about a month ago.

When the kits were first issued, it was difficult to come by reliable information on the kits' shelf life. After further study, estimated shelf life as printed on each test kit box has turned out to be considerably longer, and the FDA has granted manufacturers extensions of anywhere from 3 to 12 months. Additional extensions are possible as more is learned about the kits' longevity.

For the iHealth kits distributed by the Office for the Aging and other Dutchess County departments – the ones in the orange and white boxes - that means the

July and August best-by dates on the kits were extended into October and November. For example: if your iHealth text kit's original best-by date read July 24th, now it's October 24th.

You can check your own kits' updated best-by dates online at dutchessny.gov/aging. Look for the OFA Updates section of the page to find the link you'll need.

OFA AT "LA GUELAGUETZA" SUNDAY (8/14)

The Office for the Aging will have staff at Waryas Park in Poughkeepsie for the return this coming Sunday (August 14) of the annual "La Guelaguetza" event, celebrating the indigenous culture of the Oaxaca (pronounced wa-HA-ka) region of Mexico. Poughkeepsie is home to one of the world's largest Oaxacan communities outside of Mexico.

Thousands of visitors are expected at the event, which runs from 1:00 to 7:00 p.m. with traditional dancing, food, crafts, and costumes, along with kids' activities and information about community services. OFA will be there until 4:00 p.m. More information can be found at www.facebook.com/poklaguelaguetza.

HABITAT FOR HUMANITY HOMEOWNERSHIP PROGRAM

The next application period for Habitat for Humanity's Homeownership Program is September 1 through October 1, 2022, according to Habitat director of operations Jen Radicone. Applications are digitally available at: habitatdutchess.org. Printed applications will be available at the Habitat ReStore Location, 1822 South Road (Route 9) in Wappingers Falls. It's important to wait until September to file the application; those submitted before or after the application period will not be reviewed or stored.

REBUILDING TOGETHER HOME REPAIR APPLICATIONS – THIS MONTH

For qualifying homeowners, Rebuilding Together Dutchess County (RTDC) (www.rtdutchess.org; 845-454-7310) offers a Rebuilding Day program for large-scale home repairs necessary to maintain a safe and healthy living environment, including, but not limited to major accessibility modifications; plumbing, heating, cooling and electrical repairs; stair, roof and porch repairs; and other critical repairs.

The program's application window opened on June 1st and runs through August 31st. Applications received during this time are considered for service in

2023. Call or contact RTDC through their website to find out more.

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

OFA BINGOCIZE DEMO RESCHEDULED TO THU 8/16

Due to the recent heat wave, we've rescheduled the free demonstration of our Bingocize program that was to have happened Thursday, August 4th, at OFA's Tri-Town Friendship Center at the First Presbyterian Church at 1576 Main St. (Route 44) in Pleasant Valley.

The new date is Tuesday, August 16th – same location.

Bingocize is a great way to combine games and exercise in a way that improves both health and social connections. If you like the demo, perhaps you'll consider signing up for a full multi-week Bingocize workshop.

An optional lunch before the Bingocize demo is included in the demonstration, and space is limited, so advance registration is required. Call OFA at 845-486-2555 during business hours to get registered.

The class cannot accept walk-ins; registration is required.

FOUR “MATTER OF BALANCE” CLASSES AVAILABLE, STARTING IN SEPTEMBER

If you're an older adult who's concerned about falling, has fallen before and wants to prevent a re-occurrence, the Office for the Aging has scheduled four venues where our “A Matter of Balance” classes will take place, beginning in September. Classes are taking place in Fishkill, Poughkeepsie, Rhinebeck and Wappingers Falls. Specific information on class venues and times will be made available once registration is confirmed. The classes cannot accept walk-in participants, and space in each class is limited.

“A Matter of Balance” is an 8-week structured group intervention that emphasizes practical strategies to reduce the fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

The program is designed to benefit older adults who:

- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance, and strength
- Are age 60 or older, community-dwelling, and able to problem solve

To learn more about “A Matter of Balance” call OFA during business hours at 845-486-2555, or visit www.dutchessny.gov/seniorexercise and click on the “A Matter of Balance” link.

Other news:

[8 things](#) that accelerate aging. On the other hand, [simple exercise](#) can help the aging brain. (Contact OFA or visit www.dutchessny.gov/seniorexercise to find out more about exercise and fall prevention classes near you.)

Experimental medications have consistently fallen short when used to battle Alzheimer's disease, so researchers are [looking for other angles and causes](#).

This week's birthdays:

8/7: Singer/songwriter/guitarist Bruce Dickinson (Iron Maiden) (64)...[who visited a Rhinebeck landmark earlier this year](#).

8/8: Actor/director Dustin Hoffman (85)

8/9: Actor/producer/owner of legendary mustache Sam Elliott (78)

8/10: Musician/songwriter Ian Anderson (Jethro Tull) (75)

8/11: Singer/songwriter Joe Jackson (68)

8/12: Actor George Hamilton (83)

8/13: World Trade Center tightrope-walker Philippe Petit (73)

And a Bad Joke to finish...or begin...the week:

My sister says I should do lunges to stay in shape. That would be a big step forward.