

Dutchess County Office for the Aging's

AGING NEWS

For the week of December 12th

Holiday Advisory:

Dutchess County government observes Christmas Day on Monday, December 26th; and New Year's Day on Monday, January 2nd, 2023. Offices and Friendship Centers will be closed both days.

Clients of OFA's Home Delivered Meals program will receive meals in advance of each day that friendship centers are closed.

"OH, I DON'T NEED ANYTHING"

Many of us love to give gifts far more than we like receiving gifts, and the usual popular holiday gifts might not make sense for older adults who believe they already have all they could want and need out of life. Besides, who has room for more stuff?

Instead of viewing "oh, I don't need anything" as a source of confusion or frustration, take people at their word. There are countless ways to give a holiday

gift that don't involve a physical present, that will satisfy your desire to give and your older friend or loved one's desire to help.

Give Your Most Valuable Possession: Time

Looking at gift-giving this way, you can do anything from handling their long-delayed home repairs, snow shoveling, pet care, car maintenance, organizing, taking them on the winter errands they can't manage on their own...The full list could easily take up this column and many more like it for the rest of the holiday season.

If your older friend or loved one is trying to stay active, you can help them reach their goals while scratching that shopping itch if you so desire. Help a gardener get ready for spring with new seed packets or ergonomic garden tools. A home woodworker might appreciate ergonomic tools or improved workspace lighting that mean they'll be able to continue enjoying an activity they love, especially during winter days with little sun. Accompany and encourage them if they'd like to take up a new hobby or resume an old one.

If they've been having difficulty with their memory, putting together a "memory book" for them makes a tremendously moving and practical gift. Memory books serve multiple purposes:

- to celebrate the life and memories of a loved one;
- a way to comfort and redirect behavior at times when a senior is in an unfamiliar setting like a hospital;
- an activity to share with children, grandchildren, and visitors, and
- a way for caregivers to learn more about the person they're caring for.

If an older adult would like to volunteer in the community but find they're not physically up to the task, a younger person can volunteer in honor of the older person. The Office for the Aging is always in need of volunteers for our countywide activities. This time of year, when it's key to prevent isolation in senior citizens, we'd love to have you volunteer as a Home Delivered Meals driver, or at one of our eight OFA Friendship Centers countywide – which also happen to be excellent places for older adults to socialize and stay connected to the community. Contact OFA to find out more about volunteering.

*Golden Living is prepared by the Dutchess County Office for the Aging, 114
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VOLUNTEERING IN DECEMBER AND OVER THE HOLIDAYS

As we get closer to the holiday season and a new year, interest in volunteering often grows, and the Office for the Aging is ready with options, whether it's for yourself, a family member, or a college student home for winter break.

Demand for volunteer drivers throughout Dutchess County in our Home Delivered Meals program is a year-round need, and during winter our Home Energy Assistance Program (HEAP) needs clerical volunteers here at OFA offices in Poughkeepsie. Looking ahead to 2023, our various OFA Exercise programs are looking for volunteer instructors.

You can read about all of OFA's volunteering options and fill out a printable volunteering form at www.dutchessny.gov/ofavolunteer, and if you have follow-up questions you can email bjones@dutchessny.gov or call 845-486-2544.

Other news:

When it comes to forgetfulness, [what's normal and what's cause for concern?](#)

Social Security has [updated its website](#).

Avoiding [these home heating myths](#) can be helpful as we move into winter.

In case you're holiday shopping for the grandkids...here is an unofficial list of [the most annoying \(and sometimes dangerous\) kids' toys](#).

[Cold-weather pet care tips](#) from northeastern Dutchess.

This week's birthdays:

12/11: Actress/singer/dancer [Rita Moreno](#) (91)

12/12: Game show host/animal advocate [Bob Barker](#) (99)

12/13: Actor/singer/dancer [Dick Van Dyke](#) (97)

12/14: Tennis player [Stan Smith](#) (76)

12/15: Actor [Don Johnson](#) (73)

12/16: Singer/songwriter [Benny Andersson](#) (Abba) (76)

12/17: [Pope Francis](#) (86)

And our Bad Joke:

What question did the snowman keep asking?

“Does anyone else smell carrots?”