

Dutchess County Office for the Aging's

AGING NEWS

For the week of February 13th

Note: the Office for the Aging, OFA Friendship Centers, and Dutchess County

Government are closed on the following holidays:

Monday, February 13th – Lincoln's Birthday (New York State legal holiday)

Monday, February 20th – Presidents Day (national holiday)

Clients of OFA's Home Delivered Meals program receive their meals in advance of the holiday.

YOUR INPUT NEEDED

The New York State Office for the Aging is conducting a Community Assessment Survey of Older Adults, to better understand the contributions that older adults make to their communities, as well as the needs they have and challenges they experience. Your feedback will help us be sure that OFA policies and programs align with Dutchess County and New York State residents' values.

You can find the survey here: www.polco.us/nyalbany23. It is intended to be

taken by residents aged 60 and up and will only take a few minutes to complete.

This survey is conducted in partnership with Polco, an online civic engagement platform that enables residents to provide direct input to local government decision-making processes.

Once you have completed the survey, you will be asked to provide your ZIP code to confirm where you live. This allows survey organizers to be sure of hearing from each person only once and to know which general area they live in. Responses will remain anonymous, with information will securely stored on Polco. You will also have the option to provide an email address to Polco, which will only be used to let you know about future surveys from New York State or other public agencies that need your feedback.

If you have any questions about the survey, please contact OFA at 845-486-2555 or email bjones@dutchessny.gov.

OFA “MEDICARE 101” CLASSES FOR 2023

OFA “Medicare 101” classes are a great way for older adults to learn about the many aspects of Medicare and related programs. The classes are designed to help people interested in obtaining information on Medicare enrollment, Medicare

Advantage Plans, benefits, supplement choices, EPIC (Elderly Pharmaceutical Insurance Coverage) and other prescription options, Medicaid and the Medicare Savings Programs and long term care payment choices. Classes are open to individuals who are newly eligible for Medicare, current Medicare beneficiaries, and those who want to learn more about the Medicare program.

In partnership with the Office at the Aging, the Pavilion at Brookmeade (34 Brookmeade Drive, Rhinebeck) hosts Medicare 101 classes on the fourth Monday of every month at 4 p.m.; the next class will take place on February 27th.

OFA also hosts “Medicare 101” classes in the Community Room of the Poughkeepsie Galleria (2001 South Road, Poughkeepsie) on the third Wednesday of every month, starting at 10 a.m., with the exception of February and March classes, which are taking place on February 22nd and March 22nd respectively.

Additionally, there’s a “Medicare 101” class taking place on Wednesday, March 15th, at the Boardman Road Branch Library in the Town of Poughkeepsie (141 Boardman Rd.)

Space is limited for all Medicare 101 classes; residents can reserve their space at either the Galleria or Brookmeade venues by calling 845-486-2555. To register yourself for the March 15th class at Boardman Road, call 845-485-3445.

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

WOMEN'S VETERANS SUPPORT MEETS IN PLEASANT VALLEY (Fri 2/10 - **TODAY)**

The Vet2Vet veterans' organization is hosting a Women's Veterans Support Group on Friday, February 10th from 12 noon to 1 pm at 1335 US 44 in Pleasant Valley. A remote option for the meeting is available at <https://zoom.us/j/94564753775>.

For more information, contact Alyssa Carrion at 845-473-2500 ext 1306.

BLACK HISTORY MONTH ORGAN MUSIC CONCERT (Sun 2/12, 3:00p)

The Central Hudson Valley Chapter of the American Guild of Organists (www.chvago.org) presents a concert of organ music composed by African Americans on Sunday, February 12th at 3:00 pm at St. Paul's Episcopal Church in Poughkeepsie (161 Mansion St.).

Composers being honored include Samuel Coleridge-Taylor, Adolphus Hailstork, Carl Haywood, David Hurd, Ruth Norman, Florence B. Price and George Walker. The concert is free, with free-will donations benefitting the Catharine Street Center in Poughkeepsie.

Call 845-232-8601 for more information.

NYSEG UTILITY ASSISTANCE WORKSHOP (Mon 2/27)

The Amenia Wassaic Community Organization (AWCO) and NYSEG are holding a Utility Assistance Workshop for NYSEG customers on Monday, February 27th at Amenia Town Hall at 5:30 pm.

Topics include but are not limited to: HEAP (Home Energy Assistance Program), Electric and Gas Bill Relief Programs, Bill Assistance during hardship, energy saving tips and much more.

For more information, call 845-863-4862 or email dmollica@siloridge.com.

GET TO KNOW OFA AND “ELLI*Q” (Wed 3/8)

The Dutchess County Office for the Aging is holding a free demonstration and discussion of a new voice-operated smart technology companion for older adults, that goes by the name “ElliQ” (pronounced ELLY-Q). It’s the first-ever proactive and empathetic care companion.

You can meet ElliQ on Wednesday, March 8th at 1 pm at the Lexington Club at Galleria (1964 South Rd (Route 9), Poughkeepsie. Space is limited to 50 participants, so please RSVP to 845-486-2555 if you can be there.

We’re working to identify older adults who would most benefit from the technology.

ElliQ is designed with input from older adults, to foster independence and provide support through daily check-ins, assistance with wellness goals and physical activities, connection to family and friends, and more using voice commands and/or on-screen instructions. The technology, which recently launched commercially after years of pilots and early production deployments, has shown unprecedented engagement levels with older adults. Users have an average of 20 daily interactions.

[Watch a variety of ElliQ demonstrations here.](#)

MARIST CENTER FOR LIFETIME STUDIES EVENT (Wed 3/8)

The Marist College Center for Lifetime Study is inviting the community to come to its open day information session on March 8 at the Locust Grove Estate on Route 9 in Poughkeepsie, from 10 am to noon. The event is open to adults, age 55 and above, who might be interested in CLS and its array of educational and social programs.

The Center for Lifetime Study is an organization that has served the adult community for 30 years. Its purpose is to allow seniors to maintain meaningful social and collegial experiences through lifetime learning, travel, and discussion. Course offerings range from science, arts, social sciences, and exploration of individual hobbies and experiences. These are taught by college faculty, as well as our own membership. OFA staff have also participated in course offerings.

CLS sponsors guided travel and trips to places of common interest and mark special events with social programs.

Refreshments will be served and opportunities for discussion about the program with prospective new members are scheduled. Admission is free, but reservations are required at least five days before the event by emailing

mc.cls@marist.edu or calling 845-575-3902.

More information at www.marist.edu/professional-programs/cls.

VOLUNTEERS WANTED IN THE RHINEBECK AREA

Do you sing, play an instrument, have an interesting hobby, occupation, or pet or have you taken trips and returned with slide show, photos, or memorabilia? If so, the Terraces at Brookmeade would enjoy having you share your talents and experiences with a great group of seniors in a beautiful environment. Please contact Donna at 845-876-2071, ext. 339 if you are interested or for further information.

Other aging news:

[How to have a happy life](#) – from the results of a study that's gone on for 84 years.

The Federal Trade Commission has updated its [scam prevention website](#).

On continuing to find purpose while aging, [specifically directed toward older men](#).

Be doubly careful with where you put your credit cards; [due to a chip shortage](#), [it's taking longer](#) to deliver replacement cards.

[Answers to common questions](#) about Alzheimer's disease.

Some [interesting perspectives on ageism](#).

Go easy on the alcohol; there's more evidence that [long-term drinking speeds up biological aging](#). On the other hand; a study from South Korea indicates that mild to moderate alcohol consumption was associated with a [decreased risk of dementia](#).

Musician/activist Peter Gabriel turns 73 on Monday the 13th and has a busy 2023 planned, by releasing an album [one track at a time, every full moon of the year](#).

Legendary songwriter Burt Bacharach passed away this past week at age 94. Got a favorite song of his? [Here's our pick](#), as performed by Aretha Franklin.

For those of you with grandchildren who are fascinated by penguins, show off your knowledge of [this huge \(350 lb.\) prehistoric penguin](#).

This week's birthdays:

2/12: Guitarist/songwriter [Steve Hackett](#) (73)

2/13: Musician/activist [Peter Gabriel](#) (73)

2/14: Former New York City mayor [Michael Bloomberg](#) (81)

2/15: Actress/producer [Jane Seymour](#) (72)

2/16: Actor/director [LeVar Burton](#) (66)

2/17: NFL Hall of Famer/actor [Jim Brown](#) (87)

2/18: Multimedia artist Yoko Ono (90)...who is getting a lot of walking in. [80](#)
[Manhattan city blocks a day.](#)

**And this week's Bad Joke has been contributed by Kate in Wappingers Falls,
who has gone into hiding just in case after providing us with...this:**

I had to give up biscuits. They're too kneady.