

Dutchess County Office for the Aging's

AGING NEWS

For the week of July 4

Note: the Office for the Aging and all OFA Friendship Centers are closed in observance of Independence Day on Monday, July 4th. Clients of OFA's Home Delivered Meals program receive their meals in advance of the holiday.

TYPE 2 DIABETES IN OLDER ADULTS

In last week's column we discussed the higher-than-expected prevalence of eating disorders in older adults, which leads us into the topic of this week's column: the continued growth of type 2 diabetes among older adults.

The general population is aging, *and* the over-60 population is continuing to grow beyond current birth rates. The Endocrine Society (endocrine.org) estimates that a third of adults aged 65 or older have diabetes. It's a number that's expected to rise significantly in the decades to come, especially when considering that not all those with diabetes know they have it. Maybe they say they feel "fine

for their age”: a little fatigued here and there; their feet are sometimes puffy and sore; their eyesight occasionally goes fuzzy. With diabetes, there’s often no obvious red-flag indicator that something’s very wrong until serious complications arise. This is why annual screenings for diabetes are so important for older adults. The screenings make it more likely that diabetes can be addressed through diet, exercise and medication while an individual is otherwise asymptomatic.

Preventing and reducing the risk of diabetes complications is well-understood:

- Keep your blood sugar and hemoglobin A1C within recommended range;
- Keep blood pressure and cholesterol under control;
- Stay physically active, especially with exercises that can be incorporated into daily routines;
- Quit smoking, and consume alcohol only in moderation as per a doctor’s recommendation.

Still goals for older adults with diabetes will differ and change over time. Older adults often have complex healthcare needs that will require a trained eye to monitor. It’s important to talk openly with healthcare providers, to aim for the best possible outcomes and prevent complications. Assessments specific to diabetes treatment can include eye exams to detect signs of diabetic retinopathy;

kidney screening (nephropathy); nerve damage (neuropathy); mental health and cognitive impairment screenings; body mass index (BMI) measurements; bone mineral density; measurements of functional status and activities of daily living (ADLs); and self-management and training.

The Office for the Aging can have a role to play in diabetes care, through OFA's nutrition services division (www.dutchessny.gov/OFAnutrition), the multifaceted OFA exercise program (www.dutchessny.gov/seniorexercise), and OFA's "A Matter of Balance" classes. There are OFA exercise classes available throughout Dutchess County, and we're always looking for volunteer class leaders. We provide the training.

You can find printable participant and volunteer leader applications for our classes on the website. The next "A Matter of Balance" classes begin this fall.

Not online? You can reach out to OFA at 845-486-2555.

In the meantime, remember that any kind of physical activity is good for you, and any level of exercise is better than none. It's never too late to start!

Golden Living is prepared by the Dutchess County Office for the Aging, 114

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OL' BLUE EYES IS (ALMOST) BACK

Frank Sinatra fans, have we got a show for you.

Steve Kazlauskas brings his "Echoes of Sinatra" show to the Grandview (176 Rinaldi Blvd., Poughkeepsie) on Thursday, August 25th, at 1:30 p.m. for a free end-of-summer Office for the Aging concert for older adults (60+). Steve will perform Frank's biggest hits like "Fly Me to the Moon," "New York, New York," "Strangers in the Night" and more. There'll be open floor space for dancing, and snacks available at intermission.

Reservations are required, and seating is extremely limited. Call **845-486-2555** during business hours (9 am – 5 pm, starting Tuesday, July 5th) to reserve a spot – they'll go fast!

OFA RETURNS TO "LA GUELAGUETZA" (Sunday 8/14)

Join the Office for the Aging on the banks of the Hudson at Waryas Park in Poughkeepsie on Sunday, August 14th for the return of the free “La Guelaguetza de Poughkeepsie” festival. The rain-or-shine event runs from 1 – 7 pm.

There will be dances with live music, featuring Grupo Folclórico de Poughkeepsie, New York Folkloric Ballet, Triquis Without Borders, Guadalupano Folkloric Ballet, Costa Oaxaca Folkloric Group, Natashuy Day House, Banda Azul de Oaxaca, and the singers Selines, Alberto Ojeda, Mariano Cerza and Araceli Mendoza. There will also be food and crafts for sale from restaurants and shops from the region, a free children’s activities tent, and information from local nonprofits - that’s where you’ll find OFA. We’ll have information available in both English and Spanish for older adults and caregivers.

More information at www.facebook.com/pokguelaguetza.

Other news:

Signing up for being an organ donor and signing up for being a brain donor...[are two different processes](#).

This week's birthdays:

7/3: Actor [Tom Cruise](#) (60)

7/4: Actress/photographer [Gina Lollobrigida](#) (95)

7/5: Singer/songwriter [Huey Lewis](#) (72)

7/6: Tenzin Gyatso, the 14th [Dalai Lama](#) (87)

7/7: Drummer/actor [Ringo Starr](#) (82)

7/8: Actor/musician/local resident [Kevin Bacon](#) (64)

7/9: Painter/photographer [David Hockney](#) (85)

And an Independence Day themed Bad Joke:

Q: What do you get when you cross Captain America with the Incredible Hulk?

A: The Star-Spangled Banner.