

Dutchess County Office for the Aging's

AGING NEWS

For the week of June 20th

SUMMER 2022 OFA NEWSLETTER, WITH A NEW NAME

The Summer 2022 edition of the Office for the Aging's quarterly newsletter *Thrive60+* (formerly "Spotlight on Seniors") is now available. You can see the newsletter online, along with back issues, by going to www.dutchessny.gov/aging and clicking on the *Thrive60+* link.

Thrive60+ includes information on Home Energy Assistance Program (HEAP) cooling aid; an opportunity to get involved with OFA exercise programs; honors for the many Dutchess County residents turning 100 or more this year, or married 70 years or more; information on this summer's Senior Farmers Market Nutrition Program; tips on preventing scams and elder abuse; and pictures from the beginning of the 2022 OFA Summer Picnic series.

If you would like to become a regular email subscriber to *Thrive60+* and our weekly *Aging News*, sign up via www.dutchessny.gov/DutchessDelivery, which you can also use to subscribe to alerts and newsletters from other Dutchess

County Government departments. The *Aging News* is emailed every Friday, and clients of our OFA Friendship Centers and Home Delivered Meals program receive weekly print copies.

If you have subscribed to receive a print copy of the *Spotlight* through regular mail, you should receive it within the next few weeks. If you don't have internet access and want to be on our mailing list, you can request a copy of the *Spotlight* to be mailed by calling the office at 845-486-2555. We do not share or sell our mailing lists.

Thrive60+ will also be distributed at all Dutchess County public libraries. If you manage a senior housing complex or a medical office with a significant senior clientele, we can drop off a supply while they remain available. Email OFA Outreach Coordinator Brian Jones at bjones@dutchessny.gov to find out more.

ABOUT THE NEW TITLE

Why Thrive60+?

We don't assume that every Dutchess County resident over age 60 is pretty much the same, with the same experiences, so it follows that not everybody over 60 thinks of themselves as a "senior." In fact, when we talk to older adults, we've found that very few would apply the "senior" label to themselves until they're

well into their 80's and beyond – and perhaps not even then. More older adults are staying mentally and socially active for longer than ever. “Thrive” is the one word that encompasses this phenomenon, while 60+ describes the individuals served by OFA.

HAVEN'T SEEN AN EMAIL FROM US LATELY?

If you use an email address provided by your internet service provider (ISP), sometimes their email program's spam filters mistakenly classify legitimate emails as spam, including emails from OFA. That can mean our emails never make it to your inbox. If you don't immediately see our emails, check your spam filter and reclassify any OFA emails as “not spam.” That may help your ISP send more emails to their correct destination.

If you still don't see our emails, try setting up email subscriptions via Dutchess Delivery.

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

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CLERICAL AND OFA SUMMER PICNIC VOLUNTEERS WANTED

OFA is looking for volunteer assistance at our office in Poughkeepsie this coming week, with assembling goodie bags for future OFA Summer Picnics, as well as preparing our new summer newsletter for mailing to thousands of households. We have volunteering space available from 9am to 4pm on Monday, June 20th, from 12 noon to 4pm on Tuesday, June 21st, and/or from 9am to noon on Thursday, June 23rd.

We're also looking for volunteers to help at the June 22nd (Wednesday) OFA Summer Picnic at Regina Coeli in Hyde Park. Picnic volunteering is a great opportunity for students to meet their school and/or house of worship's community service requirements. A signed parental waiver is required for volunteers under 18 years of age. The full picnic schedule is at www.dutchessny.gov/OFApicnics.

As picnic season continues, there will be plenty of additional opportunities to help through July and August. Whether you're brand new to volunteering or you've helped as a volunteer for many years, email bjones@dutchessny.gov for more information.

DUTCHESS TOWN HALL FORUM WITH NYSEG (Mon 6/27)

Utility customers in the towns of Amenia, Beekman, Dover, and Pawling are encouraged to attend to have their questions answered as County Executive Marc Molinaro hosts a Town Hall Forum with representatives from [NYSEG](#) on Monday, June 27th, starting at 6pm at the Beekman Town Hall, to discuss NYSEG's rate increase proposal submitted to the [New York State Public Service Commission](#) last month.

NYSEG representatives will review the proposal, which would increase rates up to 22 percent starting in May 2023, if approved, and answer residents' questions.

Submit your questions or comments in advance at

DutchessNY.gov/NYSEGTownhall

FREE 8-WEEK PEER-TO-PEER CLASS FOR ADULTS WITH MENTAL HEALTH

CONDITIONS

The class, available on Zoom, sponsored by National Alliance on Mental Health (NAMI) Mid-Hudson, begins at 3:00 p.m. on Thursday, June 30th. This course teaches tools for enhancing recovery, knowledge about mental health conditions, treatment, self-care strategies, wellness, plus the skills to communicate with your providers more effectively.

To register please call 845-206-9892 or email contact@namimidhudson.org.

MORE FREE COVID TESTS AVAILABLE FOR ORDER

Need more home COVID tests? All households can now order a third set of 8 free at-home rapid tests through www.COVIDtests.gov.

Households that did not previously order tests can get two sets of 8 (16 tests total). The test kits are delivered through the mail by the US Postal Service and can be ordered online or at 1-800-232-0233 (TTY 1-888-720-7489).

Meanwhile, [Medicare now covers up to 8 at-home rapid tests per month per enrollee](#). People with Medicare Part B can get the over-the-counter tests at any participating pharmacy or health care provider with no cost sharing for the remainder of the public health emergency. Coverage of at-home tests with no

cost sharing is also available to [people with private health insurance and with Medicaid](#).

The [“test to treat” program](#) helps people who test positive for COVID-19 to receive antiviral pills immediately for free at participating local pharmacies, community health centers, and long-term care facilities. Starting antiviral treatment quickly is particularly important for older adults and others who are at high risk of becoming seriously ill from COVID-19. Here’s a [test-to-treat locator tool](#).

TIVOLI SESQUICENTENNIAL THIS WEEKEND (6/17-18-19)

In 1872 the settlements of Tivoli (down by the river) and Madalin (today's four corners in the middle of current Tivoli) joined together and officially incorporated into a Village of New York State. Find out more about this weekend’s fun to mark the village’s 150th anniversary at www.facebook.com/tivolisesqui.

Other aging news:

[A USA Today Network investigation of nursing home complaint numbers in New York State](#), comparing statistics from both before and during the COVID pandemic.

[Stress accelerates immune system aging](#) according to a new University of Southern California study.

Information from Social Security on [survivors benefits for same-sex partners](#).

[Vitamin D deficiency](#) has been directly linked to dementia.

(Podcast) This past Wednesday (June 15th) was World Elder Abuse Awareness Day; here's [an excellent summary of what elder abuse is](#) and how to spot it.

[Up in Maine there's a cabinet-level group](#) addressing aging issues.

This week's birthdays:

6/19: Author/academic [Salman Rushdie](#) (75)

6/20: Singer/songwriter [Brian Wilson](#) (The Beach Boys) (80)

6/21: Musician [Ray Davies](#) (The Kinks) (78)

6/22: Singer/songwriter/actor [Kris Kristofferson](#) (86)

6/23: Actress [Frances McDormand](#) (65)

6/24: Former NY governor [George Pataki](#) (77)

6/25: TV/stage actress [June Lockhart](#) (97)

And a Bad Joke:

I thought the dryer was shrinking all my clothes. Turns out it was the refrigerator.