

Dutchess County Office for the Aging's

AGING NEWS

For the week of June 27th

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

EATING DISORDERS IN OLDER ADULTS

Eating disorders like anorexia nervosa, bulimia nervosa, binge eating and similar disorders are often assumed to be issues for much younger people, but they can occur at any age. In later life, addressing the issue can be far more complex, with less margin for error.

The Academy for Eating Disorders (aedweb.org) notes nine truths about eating disorders:

1. Many people with eating disorders may be extremely ill despite outwardly healthy appearances.

2. Families are not to blame and can be patients' and providers' best allies in treatment.
3. An eating disorder diagnosis is a health crisis that disrupts personal and family functioning.
4. Eating disorders are *not* choices, but serious biologically-influenced illnesses.
5. Eating disorders affect people of all genders, ages, races, ethnicities, body shapes and weights, sexual orientations and socioeconomic statuses.
6. Eating disorders carry an increased risk for both suicide and medical complications.
7. Genes and environment play important roles in the development of eating disorders.
8. Genes alone do not predict who will develop eating disorders, or when.
9. Full recovery from an eating disorder is possible. Early detection and intervention are important.

The National Council on Aging (ncoa.org) sees three general patterns in later life eating disorders. Most common is a re-appearance of an eating disorder in a person who may have recovered from such a disorder earlier in life. The re-appearance can be triggered by a stressor like the loss of a family member, a

transition like a child leaving home, or reaching the age when an older family member died – especially if that family member died at a younger age than is typical. Another pattern involves people who have had long-standing eating disorders, who have struggled through life with considerable suffering. According to NCOA, eating disorders have the highest mortality rates of all mental illnesses outside of overdose deaths from opiates. A third pattern involves eating disorders that appear for the first time later in life.

Your health care providers should be aware of all three patterns, and the ways that later-life eating disorders can affect you or someone for whom you care.

Eating disorders can trigger musculoskeletal issues like osteoporosis; gastrointestinal, cardiovascular, and/or reproductive issues; and even dental issues. All these systems become more vulnerable with age.

The nutrition services division at the Office for the Aging (www.dutchessny.gov/ofanutrition) offers nutrition education and counseling, along with many other services to meet the nutrition needs of Dutchess County adults aged 60 and older. OFA operates eight Friendship Centers for older adults interested in social activities and fellowship as well as a nutritious lunch. The centers operate in Beacon, East Fishkill, Millerton, Pawling, Pleasant Valley (Tri-

Town), the City of Poughkeepsie, Red Hook, and South Amenia/Wassaic. Contact OFA to learn more.

Next week we'll discuss a nutrition-related condition that's increasingly common among older adults: diabetes.

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

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VOLUNTEERS WANTED FOR OFA PICNICS, KITCHEN AND HDM DELIVERIES

Are you a recent retiree, a college student home for the summer, or a student who needs to fulfill your school or house of worship's community service requirements? The Office for the Aging has plenty of volunteering opportunities available for helpers of all ages.

Right now we're looking for volunteer drivers for our Home Delivered Meals program in the Cities of Beacon and/or Poughkeepsie, along with Hyde Park. We're pleased to announce that for volunteer drivers who use their own vehicles, mileage reimbursement rates will increase to reflect increased fuel

prices, starting on July 1st. If you can volunteer elsewhere in the county, we'd love to hear from you! We'll work with whatever time you have available.

In the immediate future, OFA is looking for a limited number of clerical volunteers who can be available at OFA headquarters in Poughkeepsie, on any of the following dates:

Monday, June 27th

Tuesday, June 28th

Thursday, June 30th

We're also looking for outdoor-minded volunteers who can help on Wednesday, June 29th, at OFA's fifth Summer Picnic of the season, at Bowdoin Park in the Town of Poughkeepsie. If you can volunteer at other picnics, the complete OFA picnic schedule is at www.dutchessny.gov/OFApicnics.

For more information about all volunteering opportunities, email bjones@dutchessny.gov or call 845-486-2544. A printable volunteering form is available at www.dutchessny.gov/aging.

Volunteers under age 18 will be provided with a waiver form, which requires a signature from a parent or guardian.

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

Other news:

A study of older adults has found a higher likelihood that those who screen positive for dementia [may be more likely to be scammed](#).

New York State homeowners are receiving a one-time property tax credit [earlier than expected](#).

This week's birthdays:

6/26: Singer Billy Davis, Jr. ([The Fifth Dimension](#)) (84)

6/27: Designer [Vera Wang](#) (73)

6/28: Comedy legend [Mel Brooks](#) (96)

6/29: Actor [Gary Busey](#) (78)

6/30: Former Mets/Yankees outfielder [Ron Swoboda](#) (78)

7/1: Singer/songwriter Debbie Harry ([Blondie](#)) (77)

7/2: NASCAR legend [Richard Petty](#) (85)

And the Bad Joke is...well, if you're in charge of writing the weekly bulletin for your house of worship, avoid typos like these:

This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

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Pot-luck supper Sunday at 5:00 PM - prayer and medication to follow.

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Next Thursday there will be try-outs for the choir. They need all the help they can get.

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For those of you who have children and don't know it, we have a nursery downstairs.

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Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

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Rabbi is on vacation. Massages can be given to his secretary.

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The pastor would appreciate it if the ladies of the Congregation would lend him their electric girdles for the pancake breakfast next Sunday.