

Dutchess County Office for the Aging's

AGING NEWS

For the week of March 14th

SPRING 2022 "SPOTLIGHT" PUBLISHED

The Spring 2022 edition of our *Spotlight on Seniors* newsletter has been arriving in mailboxes throughout Dutchess County all month. This edition contains information on what's to come in 2022 for Dutchess older adults, including plans to return this summer's OFA Picnic season to its traditional sit-down status; OFA's eight Friendship Centers around the county; two aging-in-place organizations serving rural northern Dutchess; volunteering opportunities for older adults throughout the county; information on an April 26th OFA event for older adults with arthritis; an item on the exercise benefits of gardening; and a clip-and-save item on tech safety for older adults.

You can find copies of the *Spotlight on Seniors* at libraries and municipal buildings throughout Dutchess County, and online at www.dutchessny.gov/aging.

If you don't have internet access and would like future issues of the *Spotlight*

mailed to you, contact the Office for the Aging at 845-486-2555 to be added to the mailing list.

MEDICARE DEADLINE REMINDERS

There are three key Medicare-related deadlines at month's end.

The Medicare Advantage Open Enrollment Period ends March 31st. In what's left of March, you can change from one Advantage plan to another, or go back to Original Medicare and enroll in a Medicare Part D prescription plan.

The General Enrollment Period for Medicare Part B ends March 31st, with the Part B coverage taking effect July 1st, 2022. This enrollment period applies to Medicare beneficiaries who didn't enroll in Part B during their initial enrollment period when they became Medicare eligible.

MEDICAID CHANGE IN PROPOSED NY 2022-23 BUDGET

The deadline to pass a new New York State budget arrives at month's end, and within the \$216 billion budget proposal is a measure to expand Medicaid eligibility for older New Yorkers. Specifically, the budget calls for low-income New

Yorkers age 65 and up, along with those with disabilities, to be allowed to continue secondary Medicaid coverage after becoming eligible for Medicare. If passed in its present form, the expansion would eliminate the resource eligibility test for the populations noted above, effective January 2023.

The final budget is being negotiated between the state legislature and governor, with a due date of March 31st.

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

DEALING WITH DAYLIGHT SAVING TIME, WITHOUT TOO MUCH COFFEE

Nobody likes losing sleep, but that's what's going to happen after we turn in on Saturday night, March 12th.

Daylight Saving (no S) Time, which officially begins at 2:00 am on Sunday, March 13th, does mean that later sunsets are coming soon, but before we get to

spring we have to get through the time change and the lost hour of sleep that comes with it. The time change has been linked to increases in car crashes, strokes, heart attacks and cluster headaches, all spiking just after the date of the time change.

Thankfully there are ways to safely adjust:

Get the same amount of sleep. You'll wake up "an hour later," or you can go to bed earlier the night before. More below.

Adjust gradually. Eventually your body does need to get back in sync with the new time. Try going to bed 15 minutes earlier on Saturday, another 15 minutes earlier on Sunday, and so forth until Tuesday night. You'll wake up on Wednesday more well-adjusted.

Stay active. In a way, you're gaining an hour of daylight. Might as well use it to your benefit. Whatever exercise you do, make sure it's wrapped up at least two hours before bedtime.

Caffeine in the morning only. While your body is adjusting, you'll want to stay away from caffeinated beverages after lunchtime.

No screens. The blue light from electronic screens reduces the body's production of melatonin, the hormone that tells the brain it's time to go to sleep.

Take a break from naps. Unless you are disciplined about naptimes, you could oversleep, and the naps could backfire on you as you try to adjust.

For caregivers: watch for a bump in “sundowning.” You may know of sundowning as a symptom of dementia that feature increases in confusion and agitation. The time change can make the situation worse. You can smooth any rough edges by sticking as close to routine as possible, and make sure your loved one is getting plenty of time in light during the day. Additionally, avoid any noises or visual stimulation that could upset them.

SIGN UP FOR PANCAKES IN THE PARK AT BOWDOIN (Fri 3/25)

There’s still snow on the ground as we write this edition of the Aging News, but in less than two weeks it’ll be time for the FREE annual OFA “Pancakes in the Park” event for older adults (60+), co-hosted by Dutchess County Parks, at Bowdoin Park (85 Sheafe Rd., Wappingers Falls), from 11:30 am to 2:00 pm on Friday, March 25th.

Advance registration with OFA is required; call us at 845-486-2555.

Each participant gets a to-go breakfast of pancakes, sausage and orange juice, plus a splash of maple syrup from Bowdoin’s own trees.

“Pancakes in the Park” is part of Maple Weekend at Bowdoin, March 25-27.

For more information on the weekend, visit this link:

<https://www.dutchessny.gov/Departments/County-Executive/Maple-Weekend>Returns-March-2022.htm>

DUTCHESS COMMISSION ON HUMAN RIGHTS SEEKS APPLICANTS

(Deadline Thu 3/31)

The Dutchess County Commission on Human Rights is seeking individuals who are dedicated to the cause of human rights and who seek to ensure Dutchess County is an inclusive and respectful community for all to join the commission as terms expire. Applications are available online at dutchessny.gov/humanrights and the deadline to apply is March 31, 2022.

SUBZERO HEROES (Sat 3/12)

Supporters of the Alzheimer’s Association from Dutchess and Ulster Counties are gathering at (and even jumping into) Berean Lake in Highland on Saturday, March 12th for the 12th annual “Subzero Heroes” fundraiser benefitting

research for the prevention, treatment, and maybe one day a cure for

Alzheimer's. Details at the following link:

https://act.alz.org/site/TR/ActiveEvents/NY-HudsonValleyChapter?pg=entry&fr_id=15264

LIVING WELL WITH ARTHRITIS (Tue 4/26)

Arthritis is a common condition that affects many adults in the United States. According to the Center for Disease Control, about half of all adults 65 or older have been told they have some type of arthritis. Pain due to arthritis can impact daily tasks, but there are resources that can help improve your quality of life.

The Office of the Aging is teaming with Marist Doctorate of Physical Therapy students Lilian Tang and Ksenia Mack for an in-person presentation about how physical therapy can help manage pain for those with arthritis. As students in their third and final year, Lilian and Ksenia will be using their knowledge and experience to cover topics about medication use, nutrition, exercise, and tools to help improve daily living. Please join us in an informative

and fun conversation on Tuesday, April 26th at 10:30 am in the Poughkeepsie friendship center.

Space is limited to 20 participants; to reserve your seat, call OFA at 845-486-2555.

If you have online access: before the event, please fill out this anonymous survey: <https://www.surveymonkey.com/r/SNMG3TP>

Other aging news online:

New York State's springtime ban on open burning begins on Wednesday, March 16th. This link from the state Department of Environmental Conservation explains what kind of burning is and isn't allowed:

<https://www.dec.ny.gov/chemical/32060.html>

10 Women Who Influenced History in Dutchess County:

<https://dutchesstourism.com/spotlights/top-10-women-who-influenced-history-in-dutchess-county>

And another notable Dutchess County woman...Doris Mack, who also recently celebrated her 100th birthday. Doris met Eleanor Roosevelt at an NAACP meeting in the 1940's and...the rest of the story can be found at this link:

<https://www.facebook.com/watch/?v=1007065603492759>

How to spot “government impostor” scammers: https://blog.ssa.gov/slam-the-scam-how-to-spot-government-imposters/?utm_medium=email&utm_source=govdelivery

The National Nutrition Program for the Elderly was passed by Congress 50 years ago; since then, over one billion meals have been served to older adults throughout the state: <https://aging.ny.gov/news/nysofa-marks-50th-anniversary-nutrition-program-and-over-one-billion-meals-served-older-adults>

After almost 107 years, the wreck of Sir Ernest Shackleton’s ship the *Endurance* has been found, after being crushed by Antarctic sea ice and sinking in 1915:

<https://endurance22.org/endurance-is-found?fbclid=IwAR2d-5exiVPkyzG17hrVZLW4AcOZtBiGJubU1zpiM0pT9MoL7UZFva6KAeM>

This week in birthdays:

3/13: Cartoonist Al Jaffee (101)

3/14: Actor/author Michael Caine and singer-songwriter-producer Quincy Jones
(both 89)

3/15: Bassist/songwriter Phil Lesh (The Grateful Dead) (82)

3/16: Actor Erik Estrada (73)

3/17: Singer/songwriter/Hudson Valley resident John Sebastian (78)

3/18: Pianist/composer John Kander (95)

3/19: Actor/producer Bruce Willis (67)

And with spring almost officially here...really!...a Bad Joke:

Q: What do you call a rabbit with fleas? A: Bugs Bunny!