

Dutchess County Office for the Aging's

AGING NEWS

For the week of May 2nd

STATE OF THE COUNTY TOWN HALL FORUMS IN MAY

Join us and representatives of Dutchess County Government on Tuesday, May 3rd as County Executive Marc Molinaro kicks off his 2022 State of the County Town Hall Forum series starting at 12:30 p.m. at the Tri-Town OFA Friendship Center, at 1576 Main Street in Pleasant Valley. Come learn more about the initiatives and plans for Dutchess County Government over the coming year, as well as ask questions and offer comments.

There are two other upcoming town halls on the May schedule:

- Tuesday, May 10th, 5:30 p.m. – Red Hook Community Center, 59 Fisk Street, Red Hook. Join OFA and several other County departments at 4:30 p.m. for a County Government on the Road information fair.

- Tuesday, May 17th, 5:30 p.m. – American Legion Post 427, 7 Spring Street, Wappingers Falls

MAY 25TH CAREGIVER CONFERENCE

The Dutchess County Office for the Aging fields questions not only from seniors themselves, but from caregivers of all ages who may find the demands of caregiving more of a handful than they may have anticipated.

If you're trying to balance the demands of raising children with the needs of aging family members, there's an event coming up this month that can answer many questions – including ones you may not have thought to ask.

You have a short time left to reserve your seat at the free 16th Annual Conference on Caregiving, to be held on Wednesday, May 25th at the Grandview, 176 Rinaldi Blvd. in Poughkeepsie. This year's theme is "Caregiving: How to Stay on Track." The event begins at 8:30 a.m. and continues until 2 p.m.

The event is free but advance reservations, proof of vaccination and masks are required; space is limited. It'll be an outdoor event under a tent, so dress accordingly. To make a reservation, [click here](#) or call the Alzheimer's Association at 800-272-3900.

There will be plenty of time for your questions and concerns, and dozens of experts and vendors will be on hand with answers and solutions. Continental breakfast and lunch are included. The conference is organized by the Office for the Aging, the Alzheimer's Association Hudson Valley Chapter; Lutheran Care;

Parkinson's Disease Support Group of the Mid Hudson Valley; Hudson Valley Hospice; and community member Cathy Regan.

HOW TO LIVE TO 119

Kane Tanaka of Fukuoka, Japan held the title of world's oldest verified living person until her death last month at age 119. Her secret to long life? "Being myself," she told reporters at her nursing home in 2019. Her diet? Not just the classic Japanese diet that's credited with being a contributing factor toward Japan having the world's oldest population. Working on an American military base after World War II, she discovered she quite enjoyed the taste of Coca-Cola and chocolate.

Perhaps the most important factor for her was living within a community that values and respects long life – and that's one of the Office for the Aging's goals as well.

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

OFA / DUTCHESS COUNTY PARKS SEEK VOLUNTEERS IN MAY (and beyond)

The Office for the Aging is gearing up for another Summer Picnic season, and we'll need volunteers not only at the picnics, but also at our City of Poughkeepsie headquarters to help assemble goodie bags for thousands of picnic guests.

OFA is also looking for volunteers available to help in our central kitchen in Poughkeepsie, on any of or all the Tuesday afternoons before each OFA Summer Picnic (schedule at www.dutchessny.gov/OFApicnics). For more information, email bjones@dutchessny.gov or call 845-486-2544.

Also in search of clerical volunteers is Dutchess County Parks (<https://www.facebook.com/DutchessCountyParks>), who are preparing for a busy spring, summer, and fall. They're looking for 4-5 volunteers to help, one day a week, roughly from 11am-3pm, at their offices at Bowdon Park (85 Sheafe Rd., Town of Poughkeepsie). Volunteers would assist in answering general question

phone requests about hours of operation, pavilion use inquiries, summer camp questions, etc.).

MOTHER'S DAY BINGO/EXERCISE ALMOST FULL

Only a few spaces left!

The Office for the Aging and Dutchess County Parks are hosting a free Mother's Day Bingo and Exercise event on Friday, May 6th, from 1:00 to 2:30 p.m. at Bowdoin Park (85 Sheafe Rd., Wappingers). Reservations are required for this event, and can be made by calling OFA during business hours (9a-5p Mon-Fri) at 845-486-2555.

Other aging news online

A federal study of Medicare Advantage plans finds [many plans are denying care they should be approving](#). By the way...At the end of the article are links to several great articles on successful aging.

Yet another study has shown that [a healthy lifestyle can help fend off dementia](#).

Dutchess County's Quiet Cove Park [re-opens for the season on May 7th](#).

This week's birthdays (click the links for more):

5/1: Singer/songwriter [Rita Coolidge](#) (77)

5/2: Country/pop singer [Larry Gatlin](#) (74)

5/3: Singer/actor Frankie Valli (88) – [and still touring!](#)

5/4: Jazz bassist Ron Carter (85) – [he'll be celebrating his 85th at Carnegie Hall](#)

5/5: Actor/comedian [Michael Palin](#) (Monty Python) (79)

5/6: Baseball legend [Willie Mays](#) (91)

5/7: Singer/actress [Thelma Houston](#) (76)

This week's Bad Joke comes with a lesson in Greek mythology:

The half-human, half-horse centaur Chiron was famous for his knowledge of medicine. In other words, he was the Centaur for Disease Control.