

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of October 28<sup>th</sup>

The winter heating season is fast approaching, so it's time to make sure you're taking advantage of any heating assistance for which you qualify. The most well-known heating assistance program, the Home Energy Assistance Program (HEAP), provides eligible customers with assistance in paying home heating bills. The HEAP program for the 2024-2025 heating season is scheduled to open on Friday, November 1st. New applicants can apply for assistance, either in person or online. Applications have already been sent to qualified individuals in Dutchess County, who received HEAP last year and meet the eligibility criteria.

If this is your first time learning about HEAP and you're over 60, call OFA's HEAP Hotline during business hours at **845-486-2553** to request an application, or to find out if you qualify. Those under 60 can contact the HEAP hotline at the

Dutchess County Department of Community and Family Services, at **845-486-3249**.

HEAP offers a one-time benefit directly applied to customers' utility bills. This federally funded program is available to households with incomes at or below 175 percent of the federal poverty guidelines.

Customers who qualify for HEAP may also qualify a Clean and Tune benefit, providing for the cleaning and maintenance of primary heating equipment. Additionally, any household with at least one person who receives HEAP benefits and is a homeowner may qualify for the Weatherization Assistance Program (WAP).

### **What "Inflammaging" Means For Older Adults**

"Inflammaging" is a word coined by medical researchers about 20 years ago to describe the combination of aging and inflammation. While the word may be new to us, its potential consequences are well worth considering as we age.

Inflammaging occurs in all of us, but to different extents. The "aging" part of the word we understand well enough; but what about inflammation?

Inflammation is the human body's response to a perceived threat. By itself it can be helpful in fighting disease and healing, and goes away once healing is complete. Sometimes inflammation goes awry as we age, though. It often builds slowly, in the absence of an acute illness or injury, so that we might not take note of it as anything more than typical aches and pains. We might not notice inflammaging at all until a "sudden" stroke or heart attack occurs. In the brain, inflammaging can trigger Alzheimer's disease and dementia. Inflammation can also interfere with bone repair.

**We Can't Turn Back The Clock, But...**

There's a cycle we can try to break: when damage causes inflammation, and the inflammation ends up causing further damage instead of healing. Medication can help sometimes; the key is to suppress inflammation without weakening the immune system we need. There's a lot of ongoing research that may offer answers, but nothing yet that we can report with confidence.

What we *can* do is what we should be doing anyway: eating a healthy diet, getting enough exercise, not smoking, and getting 7-8 hours of sleep a night. Sleep is particularly important, says Rudolph Tanzi, director of the McCance Center for Brain Health at Massachusetts General Hospital in Boston. In the *Wall Street Journal*, Dr. Tanzi calls deep sleep a "rinse cycle" that rids the brain of inflammation triggers.

OFA's Nutrition Services division offers monthly issues of *Nutrition News* full of helpful information and healthy, tasty, easy-to-prepare large print recipes. Clients of OFA's Home Delivered Meals and Friendship Center programs receive copies of

the *Nutrition News* every month. We maintain a *Nutrition News* archive at [dutchessny.gov/ofanutrition](http://dutchessny.gov/ofanutrition), including three years of back issues.

***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](mailto:ofa@dutchessny.gov) website: [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging) Social media:***

***[www.facebook.com/DutchessCountyOFA](http://www.facebook.com/DutchessCountyOFA)***

**“YOU AND YOUR SMARTPHONE” PRESENTATION WITH AARP (Monday 11/4)**

**(Only one seat and a few waiting-list spots left!)**

These days, making calls is a small part of what you do on your smartphone. The computer in your pocket can help you buy groceries, monitor your health, snap a picture and share it with friends, work at home — even find your car in a crowded lot. Scores of surprising features are tucked inside your phone — find out about them at the upcoming “You and Your Smartphone” event co-hosted by OFA and AARP, on Monday, November 4<sup>th</sup> at 2:00pm at the OFA Poughkeepsie Friendship Center, 114 Delafield St. in Poughkeepsie. Open to Dutchess County

residents over 60. Space is limited; register in advance by calling OFA during business hours at **845-486-2555**.

Since the class has been so popular, we're going to work on scheduling another one depending on instructor availability.

## **2025 PROM THEME**

Our thanks to the older adults who enjoyed the 2024 OFA Senior Prom this past Monday at Villa Borghese in Wappinger Falls. Pictures from the prom are available at [www.facebook.com/DutchessCountyOFA](http://www.facebook.com/DutchessCountyOFA).

We know many prom "regulars" like to know what the following year's prom theme will be, so...without further ado...it's

### **"Masquerade Ball"**

The tentative prom date is Monday, October 20<sup>th</sup>, 2025. We'll confirm the date and venue during the summer of 2025.

Many thanks to The Pines at Poughkeepsie for their support of the prom, the music of the Bob Martinson Band in particular.

## **OFA AT “THRIVING IN RHINEBECK” (Saturday 11/2)**

Thriving in Rhinebeck: a Showcase of Services and Resources to Support our Multigenerational Community will be held on Saturday, November 2, 2024 from 9:30 AM to 12:30 PM at Rhinebeck High School (45 North Park Rd.).

Approximately 40 organizations including the Office for the Aging are expected to participate, along with health care / home care organizations to cultural / educational resources, transportation services, advocacy groups, and an array of civic organizations with programs benefiting older adults. Rhinebeck High School students from the Interact Club will be on hand to greet attendees and help them navigate the school spaces.

“Our target audience is Rhinebeck and our neighboring communities, and we hope to attract a wide range of interested people – not just older adults, but their families, their caregivers, and others who will at some point really need to know how and where to reach out,” said Nina Lynch, President of Rhinebeck at Home and a member of the organizing team and OFA Advisory Board. “We are trying to help build an age-friendly, resourceful community.”

Informational tables will fill the lobby and gym of Rhinebeck High School. Breakout sessions on Financial Literacy and Nutrition Tips will be offered in

classrooms. Printed programs for attendees with the schedule and names of all participating organizations will be available. In addition to Rhinebeck at Home, the organizing team includes Archcare at Ferncliff, Rhinebeck Central School District, Rhinebeck Rotary Club and Education Network for Teachers and Artists (ENTA).

For more information, call Rhinebeck at Home at 845-379-1114 or email [office@rhinebeckathome.org](mailto:office@rhinebeckathome.org)

## **NOVEMBER HOLIDAY HOURS**

The Office for the Aging and all Dutchess County Government offices are closed on the following holidays in November:

Tuesday, November 5<sup>th</sup> (Election Day)

Monday, November 11<sup>th</sup> (Veterans Day, national holiday)

Thursday, November 28<sup>th</sup> (Thanksgiving Day, national holiday)

OFA offices will be open on Friday, November 29<sup>th</sup>, but Friendship Centers will be closed.

## **FRAUD PREVENTION SEMINAR IN WAPPINGER (10/30)**

Dutchess County Comptroller Gregg Pulver will join District Attorney Anthony Parisi and the Dutchess County Sheriff's Office for the second of two fraud prevention seminars dedicated to educating Dutchess County's older adults.

Topics include but are not limited to:

- Recent/common scam types;
- Tips for fraud prevention, and
- What to do if you've been scammed.

The event is being held on Wednesday, October 30, 2024 from 2-3 PM at the Senior Center in the Town of Wappinger (20 Middlebush Rd., at Town Hall).

RSVP is not required.

For more on scam prevention, visit [dutchessny.gov/scamprevention](https://dutchessny.gov/scamprevention).

## **OFA "NAVIGATING MEDICARE" CLASSES FOR THE FALL (SO FAR)**

Medicare's annual Open Enrollment period began on October 15<sup>th</sup>, as it does every year; and the Office for the Aging has added additional "Navigating

Medicare” classes to the year-round schedule of classes at the Poughkeepsie Galleria Community Room (2001 South Rd., Poughkeepsie), Adriance Library in Poughkeepsie (93 Market St.) and Starr Library in Rhinebeck (68 W. Market St.).

Here’s what’s on the fall schedule so far, along with how to call and register for a class:

10/28/24, 4pm	Starr Library, Rhinebeck	Call OFA
10/30/24, 2pm	Howland Library  313 Main St., Beacon	845-831-1134 or  use the calendar at  beaconlibrary.org
11/7/24, 9:30am	Boardman Road Branch Library  141 Boardman Road, Poughkeepsie	845-485-3445 x3380
(NEW) 11/13/24, 10am	Starr Library	Call OFA
11/20/24, 10am	Poughkeepsie Galleria (Community Room)	Call OFA
11/25/24, 4pm	Starr Library	Call OFA
12/4/24, 3pm	Adriance Library	845-485-3445 x3380
(NEW) 12/4/24, 10am	Starr Library	Call OFA

*Medicare open enrollment closes on December 7<sup>th</sup>*

12/18/24, 10am Poughkeepsie Galleria (Community Room) Call OFA

We continue to add Navigating Medicare classes during Open Enrollment.

For the most up-to-date calendar listings, visit [www.dutchessny.gov/calendar](http://www.dutchessny.gov/calendar).

Classes are held on the third Wednesday of every month at the Galleria, and on the fourth Monday of the month at Starr Library.

### **Other news:**

The upper limits of human life expectancy may have been reached...[for now](#).

You may have heard the phrase “mild cognitive impairment” – [here’s some information to help define the term](#).

Why are hospital gowns [so ugly](#)?

Julia Hawkins was a sprinter. And what’s so special about that? [She started at age 100, and passed away this past week at age 108](#).

Meanwhile, 115-year-old Elizabeth Francis of Texas passed away this week, having been the oldest living American. She credited her longevity to faith, speaking her mind, and [eating whatever she wanted](#). The oldest living American is now 114-year-old Naomi Whitehead of Pennsylvania.

**This week's birthdays:**

10/25: Wrestler/coach [Dan Gable](#) (76)

10/26: Bassist William Earl "[Bootsy](#)" Collins (73)

10/27: Actor/comedian [John Cleese](#) (85)

10/28: Businessman/philanthropist [Bill Gates](#) (69)

10/29: Hockey Hall-of-Famer [Denis Potvin](#) (NY Islanders) (71)

10/30: Singer/songwriter [Grace Slick](#) (Jefferson Airplane/Starship) (85)

10/31: Director/producer [Peter Jackson](#) (64)

**And the weekly Bad Joke makes its return, like a bad penny!**

To the person who stole my camouflage jacket and flip-flops: you can hide, but  
you can't run!