

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of September 19<sup>th</sup>

### **OFA FALL NEWSLETTER ARRIVES**

The Office for the Aging's fall newsletter *THRIVE60+* is being mailed to the thousands of local households on the OFA mailing list. It's also available at libraries throughout Dutchess County, online at [dutchessny.gov/aging](http://dutchessny.gov/aging), and in the front lobby at OFA headquarters at 114 Delafield St. in Poughkeepsie.

In this issue you'll find information on OFA's new program to help homebound older adults safely dispose of outdated and unneeded medications, when they're unable to make it to one of the county's 11 safe disposal locations.

The new *THRIVE60+* also includes key information on how to improve your odds of ensuring that a trip to the hospital doesn't lead to follow-up hospital trips; year-round volunteering opportunities with OFA and other Dutchess County organizations that serve older adults; and a full page of pictures from the 2022 Summer Picnic season.

There's also a registration form for the 2022 OFA Senior Prom inside

*THRIVE60+*. If all you need is the printable prom registration form, that's also available at [dutchessny.gov/aging](http://dutchessny.gov/aging).

If you represent a seniors' group, a medical facility, or a housing development with many older adult residents, we can get copies of *THRIVE60+* to you, while they last. Just contact OFA Outreach Coordinator Brian Jones at [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov) or call 845-486-2544.

### **PERIPHERAL ARTERY DISEASE (PAD) FREE SCREENING CLINIC (SAT. 9/24)**

September is Peripheral Artery Disease (PAD) Awareness Month. Dutchess County residents over age 50 can schedule an appointment to get a free ankle brachial index (ABI) screening from students in Marist College's Doctor of Physical Therapy (DPT) and Physician Assistant (PA) programs.

The event takes place Saturday, September 24, 9:00 am – 1 pm, at the Marist College Allied Health Building (29 Beck Place, Poughkeepsie), second floor. For registration info, email [holly.franzen-korzendorfer@marist.edu](mailto:holly.franzen-korzendorfer@marist.edu) or call 845-575-3489. Marist DPT students will also provide educational handouts to help participants understand what can be done to prevent and treat this condition.

PAD involves narrowing of the arteries that carry blood to the legs and feet.

PAD may cause cramping, pain, make it hard to walk, and impact quality of life.

Risk factors linked with PAD include smoking, high blood pressure, diabetes, high cholesterol, and being over age 50.

PAD can affect both men and women, but there is an increased risk of PAD in people of African American and Hispanic origin. The ankle brachial index (ABI) is a non-invasive screening for PAD that measures and compares the systolic blood pressure at the ankles and the arms using a handheld doppler and blood pressure cuff. Early diagnosis and treatment of PAD can help restore mobility and lower the risk of heart attack, stroke, and leg amputation.

*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)*

### **“GOLDEN GATHERING” AND CLERICAL VOLUNTEERS WANTED (Week of 9/19-24)**

OFA is participating in the Drive-Thru “Golden Gathering” on Saturday, September 24<sup>th</sup>, along with New York State Senator Sue Serino. The senator’s office is looking for assistance during the week leading up to the Golden

Gathering (9/19-23), in assembling about a thousand goodie bags for the older adults who have registered to participate.

If you can handle being on your feet outdoors for a few hours, we're looking for volunteer assistance at the Golden Gathering itself. If you're available to help on the morning of Saturday, September 24<sup>th</sup>, contact OFA Outreach Coordinator Brian Jones at [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov) or 845-486-2544 for details.

Older adults looking for information on registering for seasonal flu vaccinations at the Golden Gathering can call 914-962-2624. Leave a message and a representative from Serino's office will return your call.

OFA is also looking for clerical volunteers who can make reminder calls to those who have reserved spots at OFA's September 21<sup>st</sup> "Echoes of Sinatra" concert - which, like the August 25<sup>th</sup> show before it, is fully booked. Contact OFA if you are available to help: [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov) or 845-486-2544.

(The concerts have been tremendous successes, and we're exploring the possibility of more in the future.)

**BIG BAND BENEFIT IN RED HOOK (Saturday 10/1)**

VFW Post 7765 in Red Hook is hosting a benefit musical tribute to WWII and Korean War era veterans at 4 p.m. on Saturday, October 1<sup>st</sup> at the new auditorium at Red Hook High School (103 W. Market St.), with “The Gene Krupa Story,” a multimedia big band swing show that’s been performed at venues worldwide. Proceeds beyond event expenses will be earmarked for a new event hall kitchen for the VFW post, located at 30 Elizabeth St.

For information on ticket prices and more, visit [www.vfw7765.org/bigbandbenefit](http://www.vfw7765.org/bigbandbenefit), or call the Red Hook VFW at 845-758-6212.

Potential sponsors are also wanted to assist area veterans with transportation and ambulatory issues in getting to the show.

### **FALLS PREVENTION WEEK – SEPTEMBER 19-23**

Fall begins on Thursday, September 22<sup>nd</sup>, and the first day of fall coincides every year with Falls Prevention Week. This year that’s the week of September 19<sup>th</sup> – 23<sup>rd</sup>. In Dutchess County, Mid Hudson Valley Fall Prevention Week is hosted by the Office for the Aging along with New York State Senator Sue Serino, Lower Hudson Valley Fall Prevention Network, and the Vassar Brothers Medical Center

Trauma Department. OFA is participating in three falls prevention week events this year. Contact OFA to sign up for any of the following:

Monday, September 19<sup>th</sup>, 11 a.m. – Freedom Park, 212 Skidmore Rd.,  
LaGrange

Tuesday, September 20<sup>th</sup>, 1 p.m. – Boyce Park, 6420 NY 55, Wingdale

Thursday, September 22<sup>nd</sup>, 1 p.m. – Lions Club Pavilion, 101 Stissing Ave.,  
Pine Plains

Visit [www.facebook.com/lhvfallprevention](http://www.facebook.com/lhvfallprevention) for a full calendar of events.

## **MORE SCAM WARNINGS**

The Dutchess County Sheriff's Office is reporting that a recent series of attempted phone scams is making itself present in the county, this time [impersonating the sheriff's office itself](#).

Be sure to mention to your older friends and neighbors, especially if they're not online, that no county department (including OFA) makes unsolicited phone calls asking for money, gift cards, or other forms of cash transfer.

## **DUTCHESS BRIDGE ASSOCIATION OFFERS FREE LESSONS**

The Dutchess County Bridge Association was one of the many organizations who spoke with older adults this summer at our recently concluded season of OFA Summer Picnics – and for those of you who didn't catch up with them, they're repeating their offer of six weeks of free bridge lessons, beginning in October. They'd like to know what time of day you'd prefer to come to lessons – morning, afternoon or evening, among other things.

For more information, email [ntchristensen@gmail.com](mailto:ntchristensen@gmail.com) and/or [joparry40@gmail.com](mailto:joparry40@gmail.com).

### **Other news:**

The official cost-of-living-adjustment (COLA) for 2023 will be announced in October; [a Senior Citizens League estimate](#) puts it at 8.7%.

Information on [how dementia is diagnosed and treated](#).

The [best breakfast foods, by age](#). (Sorry, you'll have to skip the Froot Loops.)

Legendary TV producer and writer David Milch was diagnosed with Alzheimer's disease several years ago; nonetheless, [he was able to complete and publish his biography](#) recently.

The annual federal Medicare and You book is being delivered this fall. It's available online in several languages. [Click here to find out more](#).

[A press release of interest](#) to those interested in a Lyme disease vaccine.

The [top ten benefits of aging](#).

A newly renovated Broadway theatre now bears the name of [a certain Dutchess County resident](#).



**This week's birthdays:**

9/18: Actor/singer Frankie Avalon (82)

9/19: Model/actress/singer Twiggy (73)

9/20: Actress/singer Sophia Loren (88)

9/21: Author/screenwriter Stephen King (75)

9/22: Singer/songwriter/guitarist Joan Jett (64)

9/23: Singer/songwriter/guitarist Bruce Springsteen (73)

9/24: NFL legend "Mean" Joe Greene

**And the Bad Joke is lyrical this week.**

Elton John bought his pet rabbit a treadmill and now...it's a little fit bunny.