

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of September 5<sup>th</sup>

*Note: OFA and OFA Friendship Centers are closed for Labor Day on Monday, September 5<sup>th</sup>; clients of the OFA Home Delivered Meals program receive meals in advance of the holiday.*

***Golden Living . . . News for Seniors, Their Families and Caregivers***

***Todd N. Tancredi, Director***

***Dutchess County Office for the Aging***

## **MAINTAINING STRENGTH AND GETTING STRONGER AS YOU AGE**

The benefits of strength training aren't just for athletes and weightlifters, people twice your size and one-third your age. Strength training is a key part of successful aging, too.

There are five key goals of strength training for older adults:

**Stronger bones.** Strength training puts the cells in your bones to work, leading

to improved bone strength and density.

**More muscle mass.** We lose muscle mass as we age, starting in our thirties.

Strength training helps you retain that muscle mass for longer, leading to improved balance as well as strength – and you can impress the grandkids by still being able to open that jar of jam!

**Better balance and overall function.** The activities we take for granted, like getting out of a chair, tying your shoes, and reaching an object from a high shelf, require strength, flexibility, and balance. The more you retain your strength, the lower your risk of falls.

**You'll look good.** The technical term for this is “improving body composition.”

The term the average person is more likely to use is “looking better in the mirror.”

Strength training reduces the risk of later-life obesity.

**Improved quality of life.** Older adults who participate in strength training often report greater psycho-social well-being.

**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, 82 Beach Rd., Pine  
Plains

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

A very small number of spaces remain in the “A Matter of Balance” classes beginning this month. Classes meet once a week for eight weeks. Walk-ins cannot be accepted, so class participants will be informed of class venues and times once their registration is complete.

Can't make an eight-week commitment right now? OFA Exercise classes are available year-round and countywide, with volunteer instructors welcome – training is provided. Contact OFA to find out more; look at [www.dutchessny.gov/seniorexercise](http://www.dutchessny.gov/seniorexercise) for a look at the full range of what's available to help older adults stay active.

***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)***

### **CLINTON COMMUNITY DAY RETURNS (Sat 9/3)**

The Town of Clinton is bringing back its annual Community Day celebration on Saturday, September 3<sup>rd</sup> from dawn till dusk, with an evening fireworks display, at the Clinton Historical Society property (2433 Salt Point Tpke., Clinton Corners). Clinton/Milan/Stanford-area aging-in-place group SSIP-Taconic will be on hand, with information about aging for rural older adults.

## **NEW NEWSLETTER, OFA SENIOR PROM INFORMATION COMING NEXT WEEK**

When OFA returns from the three-day Labor Day weekend, we'll publish our Fall 2022 THRIVE60+ newsletter, both online and in print. In it will be detailed information and an application form for the OFA Senior Prom, coming up Monday, October 24<sup>th</sup>. Look for THRIVE60+ to arrive in your email the week of September 6-9.

For those who aren't online, we'll mail THRIVE60+ to the OFA mailing list in September, with copies also available at libraries countywide.

## **FALL PREVENTION WEEK IS 9/19-23**

Fall begins this week, on Thursday, September 22<sup>nd</sup>. OFA marks the season change every year with *Fall Prevention Awareness Week*, September 19<sup>th</sup>-23<sup>rd</sup>, in conjunction with New York State Senator Sue Serino, New York State Assemblymember Didi Barrett, Lower Hudson Valley Falls Prevention Network, and Vassar Brothers Medical Center Trauma Department.

We have three Fall Prevention events scheduled for the week. Call 845-486-2555 to register for any of them:

Monday, September 19<sup>th</sup>, 11am – 1 pm

Freedom Park, 212 Skidmore Rd., LaGrange

Tuesday, September 20<sup>th</sup>, 1 – 3 pm

Boyce Park, 6420 NY 55, Wingdale

Thursday, September 21<sup>st</sup>, 1 - 3 pm

Lions Club Pavilion, 82 Beach Rd., Pine Plains

You can see the full regionwide calendar of free Fall Prevention Week events

[www.facebook.com/lhvfallprevention](http://www.facebook.com/lhvfallprevention)

### **ADDITIONAL OFA MEDICARE CLASSES FOR OPEN ENROLLMENT SEASON**

Medicare's annual Open Enrollment season runs from October 15<sup>th</sup> to December 7<sup>th</sup>, and OFA wants you to be prepared for any changes in coverage that may affect your individual situation in 2023. That's why we've scheduled additional Medicare classes throughout the county. You'll find up-to-date listings at [www.dutchessny.gov/Calendar-Page.htm](http://www.dutchessny.gov/Calendar-Page.htm).

Here's the extra classes we've scheduled thus far:

Thursday, September 15 - Medicare 101 - East Fishkill Community Center, 890 NY 82, Hopewell Junction, 11:30 am

Tuesday, September 27 - Navigating the Medicare Website - Millbrook Library, 3 Friendly Lane, 3 pm

Tuesday, October 4 - Medicare 101 - East Fishkill Library, 348 NY 376 - 4:15 pm

Thursday, October 6 - Medicare 101 – Beacon (Howland) Library, 313 Main St., 3 p.m.

Tuesday, October 11 - Medicare 101 - Boardman Road Branch Library, 141 Boardman Rd., Poughkeepsie - 6:30pm

Monday, October 17 - Medicare 101 - Pleasant Valley Library, 1584 Main St. (US 44) - 2:30pm

Tuesday, October 18 - Medicare 101 - Millbrook Library, 3 Friendly Lane - 3:00pm

Wednesday, October 19 - Medicare 101 - Pawling OFA Friendship Center, 154 Charles Colman Blvd. - 12:30pm

Thursday, October 20 - Medicare 101 - Beacon (Howland) Library, 313 Main St. - 2:00 pm

Wednesday, November 9th - Medicare 101 - Hyde Park Free Library, 2 Main St. - 3:00 pm

Thursday, November 10 - Medicare 101 - Red Hook OFA Friendship Center, 59 Fisk St. - 10:30am

Tuesday, November 15 - Medicare 101 - Beacon OFA Friendship Center, 1 Forrestal Heights - 11:00am

Saturday, November 19 - Medicare 101 - Hyde Park Free Library, 2 Main St. -  
11:00 am

Registration is required for each class. Please call OFA at 845-486-2555  
during business hours to sign up.

### **SCAM OF THE WEEK: FAKE “STUDENT LOAN” MESSAGES**

Your phone rings.

*“Hi, this is Annie with the processing center, and your most recent income  
indicates you might qualify for student loan forgiveness...”*

Nope. That’s a scam.

One favorite tactic of scammers is to chase news headlines; in this case,  
recent news of possible student loan forgiveness. The scammers’ goal is to get  
you seeing dollar signs...but remember, if it looks too good to be true, it is.

Ignore these calls. Don’t pick up. If you did pick up by mistake, just hang up  
without saying anything or pressing any buttons.

Even if you do happen to have an outstanding student loan, you wouldn’t  
be informed of forgiveness by phone call, or text message, or an email out of the  
blue.



A printable Scam Prevention Resources sheet is available at

[www.dutchessny.gov/aging](http://www.dutchessny.gov/aging).

**Other news:**

[Might a mild electric shock help prevent memory loss?](#) Critics are unsure, it says.

The FDA has approved [an updated COVID-19 vaccine booster](#).

[Dogs can develop dementia](#), too.

If you've considered donating your brain after your death, [here are a few things to know](#).

**This week's birthdays:**

9/4: Actress/singer/dancer [Mitzi Gaynor](#) (91)

9/5: Comedy legend [Bob Newhart](#) (93)

9/6: Author/illustrator [Sergio Aragonés](#) (85)

9/7: Saxophonist/composer [Sonny Rollins](#) (92)

9/8: Senator/teacher [Bernie Sanders](#) (81)

9/9: Actor [Hugh Grant](#) (62)

9/10: Singer-songwriter/guitarist [José Feliciano](#) (77)

**There's a long weekend coming up...so we'll keep the Bad Joke short:**

I invented a new word. Plagiarism!