

Dutchess County Office for the Aging's

AGING NEWS

For the week of August 24th

Note: the Office for the Aging will be closed on Monday, September 7th, for the national Labor Day holiday. Clients of our Home Delivered Meals program will receive their 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

MID HUDSON VALLEY FALL PREVENTION WEEK IS SEPTEMBER 21 – 25

By this time next month, it'll be fall – the season begins on Tuesday, September 22nd, and the first day of fall coincides every year with Falls Prevention Week, September 21st – 25th. 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. Visit www.facebook.com/lhvfallprevention for a calendar of events.

Falls Prevention Week is an opportunity to debunk the myths surrounding the factors that lead to falls among older adults:

Myth 1: Falls will happen to other people – not me.

About one in three older adults will fall this year. That's about 20,000 Dutchess County seniors.

Myth 2: Falling is inevitable as you get older.

Falling is *not* a normal part of aging. Strength and balance exercises, managing medications, and checking your home for fall hazards are all steps that you can take.

Myth 3: I won't fall if I limit my activity

Just the opposite is true. A lack of physical activity will cause muscles to weaken through lack of use – and that increases your risk of falling. Physical

activities help you stay independent, and will improve your strength and range of motion. Social activities are also good for overall health.

Myth 4: I'll just stay home and that'll keep me safe from falls.

Over half of falls happen at home, so check your home for common fall risks like loose throw rugs, poor lighting, and clutter. Adding grab bars and hand rails at strategic locations around the house will be helpful, along with non-slip paint or similar modifications to outdoor walking areas.

Myth 5: I'm only going to get weaker as I get older.

We do lose muscle as we age, but physical activity can slow that process greatly.

Myth 6: Using a cane or a walker will make me more dependent.

Used properly, canes and walkers are a great help for mobility. Have a physical therapist fit the walking aid to you, and instruct you on its safe use.

Myth 7: My mom or dad is at risk of falling, but if I talk to them about it I'll hurt their feelings.

Communicating your concerns thoughtfully will go a long way. As we've said in this column before, a big part of aging gracefully is accepting help

gracefully. The goal is for your senior loved ones to be able to live independently and safely for as long as possible, and preventing falls is a key method of reaching that goal.

To find out more about Mid Hudson Valley Fall Prevention Week, contact Jill Bubel at jill.bubel@nuvancehealth.org or call 845-797-6768.

Golden Living is prepared by the Dutchess County Office for the Aging, 114

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HOME DELIVERED MEALS VOLUNTEERS WANTED (Various Locations)

Several young OFA volunteers are returning to college for the fall semester. Others are returning to work. They've been doing months of diligent work helping Dutchess County seniors stay safe at home during the COVID-19 pandemic. Now, new volunteering opportunities are available for OFA Home Delivered Meals drivers, especially in the Beacon, East Fishkill and Poughkeepsie areas. Volunteer drivers of all ages are welcome.

You can volunteer one weekday a week, all five, or any number of days in between; we'll work with whatever available time you have. For information about HDM volunteering, email ofa@dutchessny.gov.

FREE RABIES CLINIC (Sat 8/29, pre-registration required)

The Dutchess County Department of Behavioral and Community Health and the Dutchess County SPCA (www.dcsPCA.org, 845-452-7722) are co-hosting a FREE Rabies Vaccination Clinic on Saturday, August 29th.

From 8 a.m. to 12 p.m. your dog, cat or domestic ferret can receive their rabies vaccinations for FREE at the DCSPCA at 636 Violet Ave, Hyde Park. **Pre-registration is required. No walk-ins will be accommodated**, so please visit DCSPCA.org to register.

As part of COVID-19 safety precautions, those bringing pets to the clinic are asked to wear face coverings and practice social distancing throughout the event.

DUTCHESS COUNTY SEEKS SENIORS REACHING AGING MILESTONES

If you know a Dutchess County senior who will reach the age of 100 or more

this year, or a senior couple married 70 years or more this year, we'd like to honor their achievements in the Fall 2020 issue of our quarterly *Spotlight on Seniors* newsletter.

By our estimates, there are between 60 and 100 Dutchess County residents who have or will become centenarians this year. We recognized 16 of them in the summer issue of the *Spotlight on Seniors* and would love to find more, to give every one of them a moment in the *Spotlight*.

For more information, contact OFA Outreach Coordinator Brian Jones at bjones@dutchessny.gov or (845) 486-2544.

Other aging news online:

If your knees make cracking and popping noises, experts believe that it may not be that big a deal - unless the noises are accompanied by pain:

https://www.upi.com/Health_News/2020/08/17/Most-knee-cracking-is-normal-unless-it-hurts-expert-says/7041597667476/

The first recorded person to circumnavigate the globe without instruments passed away last week at age 104.

<https://www.nytimes.com/2020/08/17/sports/sailing/marvin-creamer-a-mariner-who-sailed-like-the-ancients-dies-at-104.html>

This week in senior birthdays:

8/22: Former Giants/Jets coach Bill Parcells (79)

8/23: Actress/singer Barbara Eden (89)

8/24: Author/poet A.S. Byatt (84)

8/25: Actor Sean Connery (90)

8/26: Singer-songwriter Valerie Simpson (74)

8/27: Actress/singer Tuesday Weld (77)

8/28: Yankees outfielder/manager Lou Piniella (77)

Bad Joke:

A truck carrying Worcestershire sauce lost control on a highway and tipped over.

The driver was uninjured. When first responders arrived on the scene, they asked the driver to describe the situation.

He told them "It's hard to say."