

Dutchess County Office for the Aging's

AGING NEWS

For the week of December 20th

Note: The Office for the Aging and all OFA Senior Friendship Centers will be closed in observance of Christmas on Friday, December 24th; and in observance of New Year's Day on Friday, December 31st.

Clients of OFA's Home Delivered Meals program will receive their meals in advance of each holiday.

RECENTLY RETIRED AND WONDERING WHAT TO DO?

The COVID-19 pandemic has spurred many older workers who had been on the fence about retiring to make the decision to step away from full-time work. According to The New School's Schwartz Center for Economic Policy Analysis, the ranks of the retired in the U.S. include about two million more people than expected during more typical times. That works out to about 1800 Dutchess County residents who retired when they hadn't expected to as recently as two years ago.

If that sounds like your situation, and you find yourself wanting to avoid “idle hands,” the Office for the Aging has plenty of ways you can help as one of our volunteers.

While our primary focus is on volunteering by seniors, volunteers of all ages are welcome. Schools and houses of worship that feature a community service component for their students are welcome; contact OFA Outreach Coordinator Brian Jones at bjones@dutchessny.gov or 845-486-2544 to find out more.

HOME DELIVERED MEALS – DRIVERS WANTED

Whether you’re reading this in Poughkeepsie, Pine Plains, Pawling or Pleasant Valley – or anywhere else in Dutchess – there’s an OFA Senior Friendship Center near you that would gladly welcome another volunteer driver for the Home Delivered Meals program.

We’ll work with whatever time you can commit to, whether that’s every weekday or only occasionally, and with whatever places you’re willing and able to get to. Fuel reimbursement is available for volunteers who deliver using their own vehicles.

COMBINING VOLUNTEERING WITH EXERCISE

OFA's Senior Exercise, Bingocize, Tai Chi and "A Matter of Balance" programs welcome volunteer instructors. No specific exercise expertise is required but is always welcome. We offer both in-person and remote class opportunities.

A NEW OFA VOLUNTEERING OPPORTUNITY

Dutchess County is full of seniors who are adapting to life online, and others who would like to but are unsure of how to start. They're in search of a jargon-free introduction to the online world. They're interested in getting smartphones, for example, but want a guiding hand to help them get started. If you can help in this way, get in touch with OFA.

BECOME AN OFA OUTDOOR EVENT VOLUNTEER

Our 2022 calendar of outdoor events is expected to begin in the early spring, continuing through the summer and into the fall. Our annual Senior Picnic program can use as many extra pairs of hands as we can get, whether the picnics are in drive-through or sit-down format. With 12 picnics covering every

community in the county, we're sure to be near you at some point – but you can volunteer at several or all the picnics if you're motivated. Volunteering at OFA outdoor events is a great way to keep on your feet and socially engaged.

HOW DO I BECOME AN OFA VOLUNTEER?

There's a printable volunteering form available at www.dutchessny.gov/aging. If you're not online, call 845-486-2555 and we'll mail you a form.

OTHER VOLUNTEERING OPTIONS

OFA works closely with the following organizations that provide volunteer services for our seniors:

Friends of Seniors – 845-485-1277, friendsofseniors.org

Pawling Resource Center – 845-855-3459, pawlingresourcecenter.org

North East Community Center – 518-789-4258, neccmillerton.org

For a wider range of volunteer opportunities based in Dutchess County, visit www.dutchessny.gov/Business/volunteer-opportunities.htm

*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*

VOLUNTEERING OVER THE HOLIDAYS

The Office for the Aging and Senior Friendship Centers are closed for the Christmas and New Year's holidays, on December 24th and December 31st respectively, with our Home Delivered Meals volunteers bringing meals to homebound seniors in advance of the holidays. If you're looking for volunteering opportunities on the holidays themselves, here's the Dutchess County Government link to volunteer organizations that serve within the county:
<https://www.dutchessny.gov/Business/volunteer-opportunities.htm>

DISASTER DAMAGE ASSISTANCE REMINDER

FEMA has extended the application deadline for those in need of recovery assistance from damages following Hurricane Ida to Tuesday, January 4th.

Businesses, residents, renters, and nonprofits are eligible to apply at

[DisasterAssistance.gov](https://www.fema.gov/disaster-assistance), on the FEMA mobile app or by calling the FEMA Helpline

at 800-621-3362.

Other aging news online:

Don't forget about the flu; case numbers are up in Dutchess, Putnam and Orange

counties: [https://www.timesunion.com/hudsonvalley/news/article/Flu-cases-](https://www.timesunion.com/hudsonvalley/news/article/Flu-cases-spike-in-Hudson-Valley-16704501.php)

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The "O" word is a no-no for those who are trying to get seniors' attention:

[https://www.nytimes.com/2021/12/08/business/dealbook/marketing-older-](https://www.nytimes.com/2021/12/08/business/dealbook/marketing-older-people.html?smid=url-share)

[people.html?smid=url-share](https://www.nytimes.com/2021/12/08/business/dealbook/marketing-older-people.html?smid=url-share)

Telehealth has its benefits for seniors wary of traveling to doctors' offices during a pandemic – but it's also attracted more than its share of scammers:

<https://www.natlawreview.com/article/recent-national-health-care-fraud-enforcement-action-telemedicine-fraud-takes-gold>

More evidence that stress can accelerate aging:

<https://www.medicalnewstoday.com/articles/more-evidence-that-stress-accelerates-biological-aging#Cumulative-stress-accelerates-aging,-but-resilience-slows-it-down>

Might it be possible to stop arthritis before it starts?

<https://stemcell.keck.usc.edu/stopping-arthritis/>

Is there a link between trauma...particularly in wartime...and dementia?

<https://khn.org/news/article/wartime-trauma-dementia-vietnamese-american-research/>

One always useful link is the E-news archives from the Alzheimer's Association:

https://www.alz.org/e-news/e-news_archives. You may want to bookmark that one.

After 50 years, George Harrison's hit "My Sweet Lord" has a music video:

<https://www.georgeharrison.com/officialvideo-mysweetlord-outnow/>

This week in senior birthdays:

12/20: Musician/producer Alan Parsons (74)

12/21: Actor/producer Samuel L. Jackson (74)

12/22: Mets pitcher Jerry Koosman (80)

His #36 jersey was retired by the Mets this past summer:

<https://www.youtube.com/watch?v=QUCDYtRzKd8>

12/23: Actor/voice artist Harry Shearer (79)

12/24: French artist Pierre Soulages (102)

12/25: Singer/songwriter Jimmy Buffett (75)

12/26: Singer Abdul "Duke" Fakir (The Four Tops) (87)

And you know the man in the red suit always appreciates a Bad Joke:

Please don't smoke – it's bad for my elf.

What do you call an obnoxious reindeer? Rude-olph.

What do you call a bunch of chess players bragging about their games in a hotel lobby? Chess nuts boasting in an open foyer!

Where do polar bears vote? The North Poll!

One night a Viking named Rudolph the Red was looking out the window when he said, "It's going to rain."

His wife asked, "How do you know?"

"Because Rudolph the Red knows rain, dear."