

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of January 17<sup>th</sup>

*Note: the Office for the Aging and all OFA Senior Friendship Centers are closed on Monday, January 17<sup>th</sup>, for the national Martin Luther King, Jr. Day holiday. Clients of OFA's Home Delivered Meals program receive meals in advance of the holiday.*

Imagine, for a minute, being a pharaoh in ancient Egypt, planning for a journey into the afterlife.

What would you bring into the tomb for the trip? Keep in mind that even a pharaoh won't have unlimited storage space. King Tutankhamun himself was interred with 50 garments, and that was his wardrobe for all eternity. For somebody laid to rest in a solid gold coffin, his tomb took up a lot less space than you'd think he could afford, about the same as a small three-bedroom house.

In the 3,300 years since King Tut's day, we've learned that we *can't* take it with us, but too often we forget that as our homes fill up with a little of everything: many things we need, but far more things we *don't* need. We've all done it: We're at the supermarket, can't remember whether we needed mustard, so we buy another jar just in case. A decade or two goes by, and now we have 14 jars of mustard.

We don't fit the definition of a hoarder, which involves a mental health diagnosis, but still ... why did we do this? Why did we accumulate so many things we'll never need?

Fear is sometimes a factor, as anybody who stocked up on toilet paper and pasta during the first months of the COVID-19 pandemic would remember. There's another kind of fear: You'll throw something away but find out you need it. This almost never happens, but that "almost" is enough for people to keep that 50-year-old strand of Christmas lights. A desire to hold on to the past is another factor, and seniors have the most past to hold on to, even if it's things they haven't used in decades.

Winter is a great time to declutter. Think of the good things that'll result. You'll be able to find your important paperwork without having to dig through accumulated junk mail. With fewer things lying around, you'll reduce the risk of injury in a fall. You might even sleep better; a 2015 study by St. Lawrence University found that people who slept in cluttered bedrooms experienced less restful sleep.

If you haven't decluttered in a while, you might think the task is too much, so break it down into smaller pieces. Set up a decluttering plan that works for you. If you can only manage to declutter one room, one shelf, or even one drawer, that's still progress. If you can only sort out the clothing you need from the clothing you don't, that's still a plus.

Clutter is going to fall into four main categories: recyclables, hazardous materials, things that can be donated, and things that need to be thrown away. Your town, city, or village government will know more about what can and can't be recycled, and Dutchess County hosts several Hazardous Household Waste and Electronics

Recycling events throughout the year.

We'll have more decluttering tips next week. Until then, think twice before buying more mustard.

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

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

## **2021 SETS ANOTHER DRUG TAKEBACK RECORD**

Dutchess County STOP-DWI reports another record year for 2021 for the collection of outdated, unneeded, and unwanted medications in Dutchess County. 411.6 pounds of medications were collected at 2021 OFA Senior Picnics, up about four pounds from last year's figure.

STOP-DWI also collected 3269.6 pounds of medications at 11 participating drop-boxes throughout the county, as well as at other events through the year.

Including collections received via New York State Police Troop K, a record total of 3787.6 pounds of medications was collected in 2021.

Since the collection program began in 2013, over 11 tons of medications have been collected for safe disposal. These collections keep medications out of the wrong hands, as well as out of the water supply.

If you have medications that need disposal, [click here for the list of 11 participating drop boxes and their operating hours](#).

**OFA SEEKS VOLUNTEER EXERCISE LEADERS IN HYDE PARK, LaGRANGE,  
POUGHKEEPSIE, RED HOOK**

The Office for the Aging's Senior Exercise Program is looking for volunteer class leaders at venues throughout Dutchess County. Several classes in the Poughkeepsie area are looking for volunteer leaders, as are OFA classes in Hyde Park, LaGrange, and Upper Red Hook. (Many thanks to the volunteers who stepped up this week to fill vacancies in Pawling!)

Training is provided, and all current COVID-19 safety protocols are followed. We'll work with your availability, whatever it may be, as best we can. For more information, contact OFA at 845-486-2555 or [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov).

## Other aging news online

Looking for ways to connect? Volunteering is an excellent option. This is from a UK publication but the advice translates well:

[https://www.theguardian.com/society/2022/jan/09/loving-and-giving-try-volunteer-work?utm\\_term=61ded0d455ad621059b62c4139081eaa&utm\\_campaign=SocietyWeekly&utm\\_source=esp&utm\\_medium=Email&CMP=societyweekly\\_email](https://www.theguardian.com/society/2022/jan/09/loving-and-giving-try-volunteer-work?utm_term=61ded0d455ad621059b62c4139081eaa&utm_campaign=SocietyWeekly&utm_source=esp&utm_medium=Email&CMP=societyweekly_email)

(To find out more, visit [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging) and look for the printable volunteering brochure and sign-up form)

Six somewhat surprising tips for a healthier 2022: [https://seniorplanet.org/six-smart-moves-for-a-healthier-2022/?utm\\_source=Senior+Planet+Email+List&utm\\_campaign=f17f2f88ae-the-orbit\\_01-11-22&utm\\_medium=email&utm\\_term=0\\_7aaa498d1b-f17f2f88ae-419083417](https://seniorplanet.org/six-smart-moves-for-a-healthier-2022/?utm_source=Senior+Planet+Email+List&utm_campaign=f17f2f88ae-the-orbit_01-11-22&utm_medium=email&utm_term=0_7aaa498d1b-f17f2f88ae-419083417)

A smarter way to manage food cravings:

[https://www.nytimes.com/2022/01/10/well/eat/food-cravings-strategies.html?unlocked\\_article\\_code=AAAAAAAAAAAAAAAAACEIPuonUktbfqYhkSVUaAybKUNwj6RCPmb\\_Bx7sww3TkJTaUTzIziv8JGYGc9kjMaLEIZ8c2237TYu59B4IVZa44yP5DbQsqQhO0o5CAldNeLik7o93vACZphJmUGO0zqGCvPmTpc6lln-bus0LdbDXvUKPPwDZ2clYe1JhmdV2t3XwOwb6UUblmn4kjgopyQ8xyVjwCZyKVvwH3Cx0YONqOahjU6wJeSPgOEHiI3obas-RcBV0UXVHWT3p\\_4nl-6MdcPL4UO6X4Lh0iegnukDHiezQ8UDr07Nm4tPPKSGA&smid=url-share](https://www.nytimes.com/2022/01/10/well/eat/food-cravings-strategies.html?unlocked_article_code=AAAAAAAAAAAAAAAAACEIPuonUktbfqYhkSVUaAybKUNwj6RCPmb_Bx7sww3TkJTaUTzIziv8JGYGc9kjMaLEIZ8c2237TYu59B4IVZa44yP5DbQsqQhO0o5CAldNeLik7o93vACZphJmUGO0zqGCvPmTpc6lln-bus0LdbDXvUKPPwDZ2clYe1JhmdV2t3XwOwb6UUblmn4kjgopyQ8xyVjwCZyKVvwH3Cx0YONqOahjU6wJeSPgOEHiI3obas-RcBV0UXVHWT3p_4nl-6MdcPL4UO6X4Lh0iegnukDHiezQ8UDr07Nm4tPPKSGA&smid=url-share)

Faith and Big Macs is what got this Philadelphia woman to her 106<sup>th</sup> birthday:

[https://www.fox29.com/news/106-year-old-philadelphia-woman-credits-longevity-to-faith-big-macs?utm\\_source=fark&utm\\_medium=website&utm\\_content=link&ICID=ref\\_fark&fbclid=IwAR2LHMYpnEoXbAOnoPISWBgbVWAP8hrYNMPuubeZNMmw\\_nbl-SLvkjpCw-0](https://www.fox29.com/news/106-year-old-philadelphia-woman-credits-longevity-to-faith-big-macs?utm_source=fark&utm_medium=website&utm_content=link&ICID=ref_fark&fbclid=IwAR2LHMYpnEoXbAOnoPISWBgbVWAP8hrYNMPuubeZNMmw_nbl-SLvkjpCw-0)

He's in his early 60's and still surfing...in January...on Lake Superior: Faith and Big

Macs is what got this Philadelphia woman to her 106<sup>th</sup> birthday:

[https://www.fox29.com/news/106-year-old-philadelphia-woman-credits-longevity-to-faith-big-](https://www.fox29.com/news/106-year-old-philadelphia-woman-credits-longevity-to-faith-big-macs?utm_source=fark&utm_medium=website&utm_content=link&ICID=ref_fark&fbclid=IwAR2LHMYpnEoXbAOnoPISWBgbVWAP8hrYNMPuubeZNMmw_nbl-SLvkipCw-0)

[macs?utm\\_source=fark&utm\\_medium=website&utm\\_content=link&ICID=ref\\_far](https://www.fox29.com/news/106-year-old-philadelphia-woman-credits-longevity-to-faith-big-macs?utm_source=fark&utm_medium=website&utm_content=link&ICID=ref_fark&fbclid=IwAR2LHMYpnEoXbAOnoPISWBgbVWAP8hrYNMPuubeZNMmw_nbl-SLvkipCw-0)

[k&fbclid=IwAR2LHMYpnEoXbAOnoPISWBgbVWAP8hrYNMPuubeZNMmw\\_nbl-](https://www.fox29.com/news/106-year-old-philadelphia-woman-credits-longevity-to-faith-big-macs?utm_source=fark&utm_medium=website&utm_content=link&ICID=ref_fark&fbclid=IwAR2LHMYpnEoXbAOnoPISWBgbVWAP8hrYNMPuubeZNMmw_nbl-SLvkipCw-0)

[SLvkipCw-0](https://www.fox29.com/news/106-year-old-philadelphia-woman-credits-longevity-to-faith-big-macs?utm_source=fark&utm_medium=website&utm_content=link&ICID=ref_fark&fbclid=IwAR2LHMYpnEoXbAOnoPISWBgbVWAP8hrYNMPuubeZNMmw_nbl-SLvkipCw-0)

### **This week in senior birthdays:**

1/17: Actor and Dutchess County resident James Earl Jones (91)

1/18: Actor/director Kevin Costner

1/19: Actress/activist Tippi Hedren

1/20: Astronaut Buzz Aldrin

1/21: Golf legend Jack Nicklaus

1/22: Singer-songwriter Steve Perry (Journey)

1/23: Actor/MacGyver Richard Dean Anderson

**And a Really Bad Joke:**

Heard about these new corduroy pillows? They're making headlines.