

Dutchess County Office for the Aging's

AGING NEWS

For the week of January 31st

Note: the Office for the Aging and OFA Senior Friendship Centers are closed on Friday, February 11th in observance of the New York State holiday marking Lincoln's birthday; and will also be closed on Monday, February 21st in observance of the national President's Day holiday. Clients of OFA's Home Delivered Meals program will receive meals in advance of the holidays.

FEBRUARY IS AMERICAN HEART MONTH

Cardiovascular diseases have continued to be the top cause of death worldwide, in the United States, and in New York. According to the Centers for Disease Control and Prevention it's the leading cause of death for men, women, and people of most U.S. racial and ethnic groups.

The news isn't all gloomy, though. Most states, including New York, have seen steady declines in heart disease mortality, thanks in part to following the

recommendations of the American Heart Association. They've identified seven simple steps called "Life's Simple 7" that will help you live heart-healthy: stop smoking; maintain a healthy weight; eat a healthy diet; take charge of cholesterol; engage in regular physical activity; manage blood pressure; and keep blood sugar within healthy levels. More details are available at heart.org, and the February edition of OFA's Nutrition Program menu features "Facts on Fat" tips to help you incorporate healthy fats into your diet. Look for it at dutchessny.gov/OFANutrition.

SNOW CLEARING SAFETY

We can all benefit from improved heart health, especially in the winter – and men over 50 may benefit the most, with the right precautions. They're at the highest risk for heart attacks triggered by physical stressors that are most common in winter, like shoveling snow. Winter is also the time when people tend to be more sedentary than usual, which adds risk when physical activity does take place.

The safest option of all would be to ask a younger neighbor down the street to take care of the snow for you. Still, some older adults may have no option but to

clear snow themselves. If that sounds like you, the National Safety Council offers plenty of common-sense recommendations to act on before heading outside with the shovel:

Dress warmly, take plenty of breaks, and stay hydrated;

Bring emergency contact information and a phone with you;

Take it slowly, with a little stretching before you begin. That's not only to avoid heart attacks, but it'll also help you avoid soft tissue and back injuries;

Push the snow aside – don't lift it. If there's no choice but to lift the snow, use your legs and only fill the shovel partially;

Recognize the symptoms of distress: chest pain or pressure, nausea, cold sweat, unusual discomfort, shortness of breath, dizziness, or light-headedness. If you feel any of these, *stop shoveling and call 911*. Your local emergency services providers can begin treating you up to an hour sooner than if somebody tries to drive you to a hospital.

There's a printable Snow Clearing Safety Checklist available at www.dutchessny.gov/aging. It includes tips on snowblower safety from the American Academy of Orthopedic Surgeons.

*Golden Living is prepared by the Dutchess County Office for the Aging, 114
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ofa@dutchessny.gov website: www.dutchessny.gov/aging*

DRIVE-THRU COVID-19 TEST KIT DISTRIBUTION IN RHINEBECK (Fri 1/28)

Dutchess County Government is hosting a drive-thru distribution of free at-home COVID-19 test kits on Friday, January 28th, from 4 p.m. to 7 p.m. at the Dutchess County Fairgrounds, 6626 Route 9, Rhinebeck. Limit of two kits per vehicle. Each test kit includes two individual tests and are available for Dutchess County residents only on a first-come, first-served basis. Prior to arrival, check the county's website (www.dutchessny.gov) and/or Facebook page (www.facebook.com/DutchessCoGov) for updates.

Residents can find comprehensive information about COVID-19, including testing, vaccinations, prevention and more, at DutchessNY.gov/Coronavirus or by calling the COVID information line at 845-486-3555.

EMERGENCY BROADBAND BENEFIT PROGRAM UPDATED AND RENAMED

The federal Emergency Broadband Benefit (EBB) program has been replaced by the Affordable Connectivity Program (ACP) benefits as of 2022.

Visit the websites acpbenefit.org and/or fcc.gov/ACP for enrollment information.

Qualifying older adults may receive \$30 off their monthly internet bill, AND may be eligible for a one-time discount of up to \$100 off a laptop, desktop or tablet.

Households can combine ACP with Lifeline, which provides \$9.25 per month for bundled voice and data or broadband only service or \$5.25 per month for voice only.

Older adults who were enrolled in the EBB program as of December 31, 2021 will continue to receive their monthly benefit during a 60-day transition period, according to the Federal Communications Commission (FCC). An FCC statement says that more information will be available in the coming weeks about the actions that current EBB recipients will need to take to continue receiving the ACB benefit after the transition period.

Other aging news online:

Billionaires are backing a new “rejuvenation” venture that seeks to reverse the aging process, but to do so safely has been elusive thus far:

<https://www.scientificamerican.com/article/billionaires-bankroll-cell-rejuvenation-tech-as-the-latest-gambit-to-slow-aging/>

Businesses who disregard the economic power of older Americans are making a big mistake: <https://www.esquire.com/lifestyle/money/a38859723/the-new-retirement/>

Social Security field offices are expected to re-open at the end of March:

<https://www.disabilityscoop.com/2022/01/24/social-security-offices-expected-to-reopen-soon/29669/>

Social Security information for same-sex couples:

<https://www.ssa.gov/people/same-sexcouples/>

(video) Is forgetfulness normal or not?

<https://www.youtube.com/watch?v=wX68gvahj9Q>

(Also available in Spanish: <https://www.youtube.com/watch?v=YwvHN0Xs7y0>)

“Middle age spread” might actually be okay – but it depends:

https://www.theguardian.com/society/2022/jan/25/middle-age-spread-it-might-not-be-as-bad-as-you-think?utm_term=61f145d2a022e0f7f749e6bbf74f35a2&utm_campaign=SocietyWeekly&utm_source=esp&utm_medium=Email&CMP=societyweekly_email

This week in birthdays:

1/31: Baseball Hall-of-Famer Nolan Ryan (75)

2/1: Actor/comedian Garrett Morris (85)

2/2: Comedian/actor Tom Smothers (85)

2/3: NFL Hall-of-Famer Fran Tarkenton (82)

2/4: Former vice president Dan Quayle (75)

2/5: Soul singer-songwriter Barrett Strong (81)

2/6: Journalist/author Tom Brokaw

And, of course, a Bad Joke:

Why don't oysters donate to charity? They're shellfish.