

Dutchess County Office for the Aging's

AGING NEWS

For the week of June 1st

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

CAN YOU HELP DELIVER 5,000 MEALS A WEEK?

Office for the Aging volunteers have been busy for 10 weeks, helping ensure nutritious meals for Dutchess County seniors who find themselves homebound due to the COVID-19/coronavirus pandemic. When the pandemic began, New York State expanded seniors' eligibility for the Home Delivered Meals Program, since many more seniors would find themselves homebound. OFA has been able to meet the increased need: During the last week of May, for example, OFA volunteers and staff brought 5,000 meals (as mentioned in the headline) to 840 qualifying seniors throughout Dutchess County. We're getting close to serving three times as many seniors as we did before the pandemic began, and we could

not have done it without the dozens of volunteers who stepped up to help.

We anticipate that more volunteers will be needed through the summer and into the fall. Many of our volunteers came to us after being furloughed from their jobs, and with Dutchess County in the initial stages of phased reopening, some of them will return to those jobs. That's why we're asking for more volunteers, so that any transitions will be smooth ones.

If you can help this summer, contact the Office for the Aging at (845) 486-2555 or ofa@dutchessny.gov. No matter where you are in Dutchess County, chances are we can use your help. It's a great volunteering opportunity for people of all ages. Volunteers under age 18 will require the signing of a parental waiver.

WHAT HAPPENS WITH THE SENIOR PICNICS?

Like many aspects of our lives, the current COVID-19 pandemic has affected our traditional OFA Senior Picnics this year. Social-distancing protocols and prohibitions on large gatherings will preclude us from hosting our Senior Picnics in person, as we have since 1993.

We are, however, working with County Executive Marc Molinaro on a curbside-pickup alternative for later this summer so we can all enjoy the spirit of our Senior Picnic Series from a safe distance.

We continue to work on the final plans – and we'll share them when they're complete – but we'll still need volunteers in many of our communities to make them successful. Volunteers will again be vital to ensuring this year's "picnic pick-up" plans are just as much fun for our seniors as past picnics. If you'd like to help at any of these summer events, you can connect with us through the contact information below.

If you've attended past Senior Picnics, we know you'll miss the gathering this year, but you'll learn more about what we've got in store for you and your friends as the summer goes on. If you've yet to enjoy one of our Senior Picnics, you'll see they are great opportunities to learn what the Office for the Aging does to help Dutchess County seniors continue living safely and independently.

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

ONLINE QIGONG FROM PAWLING (Mon 6/8)

Qigong (pronounced chee-gung) is a system of physical movement that is both ritual and exercises, breathing techniques and focused intention, and is the basis of Tai Chi. More information from the Pawling Library here:

<https://www.pawlingfreelibrary.org/event/qigong-with-nadiya-nottingham-4/2020-06-08/>

CENTER FOR HEALTHY AGING WELLNESS TALKS GO VIRTUAL

Older adults are invited to better their knowledge about Alzheimer's and Parkinson's diseases and more during the Center for Healthy Aging's Virtual

Wellness Series this spring and summer. These educational talks are at 2 p.m. Mondays, beginning June 15. All presentations will be online-only due to the novel coronavirus and safety precautions.

To register, visit nuvancehealth.org/wellness or call Nancy Walsh at (845) 876-4745 (TTY/Accessibility: (800) 421-1220). All registrants will receive an email confirmation with the link to access the event.

Wellness series schedule:

Understanding Parkinson's Disease - 2 p.m., Monday, June 15 - with Dr. Jennifer Pallone, Movement Disorder specialist, Nuvance Health

Alzheimer's Communication and Behavior - 2 p.m., Monday, June 29 - with Tara DeLuca, care consultant and director of client assistance, Alzheimer's Association Hudson Valley Chapter. Email tedeluca@alz.org for more information.

The Wellness Checklist: A Whole Person Perspective - 2 p.m., Monday, July 13 - with Dr. Jodi Friedman, medical director and Allison Gould, social worker, Center for Healthy Aging.

Other aging news online:

Tips on improving the chances of healthy aging during COVID restrictions:

<https://www.psychologytoday.com/ca/blog/the-psychology-aging/202005/helping-older-adults-find-happiness-during-covid>

About a decade from now, the last Baby Boomer will turn 65. Then what?

<http://www.providermagazine.com/reports/Pages/2020/Ten-Years-from-Senior-Aging-Apex-What-to-Watch-For.aspx>

Asking just two questions can help unlock a snapshot of someone's life:

<https://www.theguardian.com/global/commentisfree/2020/may/13/adrian-chiles-west-brom-coronavirus-phone-calls#comments>

This week in senior birthdays:

5/30: Mathematician Joan Birman (93)

5/31: Actor/director/producer Clint Eastwood (90)

6/1: Singer/actor Pat Boone (86)

6/2: Rolling Stones drummer Charlie Watts (79)

6/3: Novelist/screenwriter Larry McMurtry (84)

6/4: Therapist/author Dr. Ruth Westheimer (92)

6/5: Journalist Bill Moyers (86)

And here's the weekly Bad Joke.

Q: Where do you take somebody who's been hurt playing peek-a-boo?

A: To the I.C.U., of course.

USEFUL LINKS

[Centers For Disease Control](#)

(new) [Coronavirus Information specific to northeastern Dutchess County](#)

[Coronavirus Testing Sites in Dutchess County](#)

[Dutchess Business Notification Network](#) (DBNN)

[Dutchess Tourism Open Restaurant List](#) (Takeout/pickup/delivery only)

IRS Coronavirus Tax/Refund Information: www.irs.gov/coronavirus

[New York State Government](#)

[Office for the Aging Senior Friendship Center Contact Information](#)

Note: Friendship Centers are operating only as distribution hubs for the Home Delivered Meals program. They are not currently open to senior clients or the general public.

[Other Community Resources in Dutchess County](#) – this covers a little bit of everything, including a listing of what’s available in each municipality in Dutchess County.

[Scam Prevention Resources from the Office for the Aging](#)

[Spanish Language Coronavirus Information](#)