

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of June 15<sup>th</sup>

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

***Todd N. Tancredi, Director***

***Dutchess County Office for the Aging***

### AVOIDING LOCKDOWN WEIGHT GAIN

Many of us have had more free time over the past three months because of restrictions related to the coronavirus/COVID-19 pandemic, and have used that free time to seek out delicious new recipes. Learning new skills as we age is a key component of successful aging – but, having enjoyed the results of the recipes for a couple of months, some of us got on our scales and saw a number that was higher than we like to see. What can we do about that?

It can be as simple as going for an easy walk. A walk can help right away, especially if you've overindulged in something tasty but less than nutritionally

ideal.

## A SHORT WALK CAN GO A LONG WAY

The COVID-19 pandemic dominated the news in March, so it was easy to miss the results of a major study on walking published in March in the Journal of the American Medical Association. The study found that for those over 40, the more steps they took, the lower their risk for mortality from all causes. And here's a bonus if you can only walk slowly, or if slow-walking is what you prefer: the study indicated that the speed and intensity of the walking didn't matter. Fitness improved at any walking speed.

## WALK US NOT INTO TEMPTATION

If you've ever worked in an office, you know that there are often tempting snacks available, either right at one's desk or nearby. If you're retired, the snacks might be sitting there on your kitchen table, calling your name. But a quick stroll can help keep temptation at bay, according to a study in the journal *Appetite*. Participants in the study who got up for a 15-minute walk only consumed half as much chocolate as more sedentary workers.

## A CONSTITUTIONAL CLEARS THE COBWEBS

Ever feel like you're thinking more clearly after wrapping up a walk? There's science behind that feeling; a University of Maryland study of people ages 55 to 85 found that just one exercise session increased activity in the parts of the brain associated with memory. You can get plenty of thinking done during your "daily constitutional," too – especially if you have a walking companion with which to share the experience.

## BE PREPARED

There's an old Swedish saying that goes "There's no such thing as bad weather, only bad clothing." In other words, be ready for the weather: Dress appropriately and wear a wide-brimmed hat to block some of the sun's rays. Use sunscreen and bug repellent as needed, keep yourself well-hydrated, and avoid walking during the hottest parts of the day or when thunderstorms are expected.

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

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## **POUGHKEEPSIE DMV OFFICE REOPENS BY-APPOINTMENT-ONLY (Mon 6/15)**

Dutchess County Clerk Bradford H. Kendall has announced the Poughkeepsie NYS DMV location at 22 Market Street in Poughkeepsie, will resume in-person license, permits and non-driver ID transactions on June 15<sup>th</sup> - **by appointment only.**

The county's other DMV locations will remain closed, for now.

Full press release here: <https://www.dutchessny.gov/Departments/County-Clerk/39777.htm>

### **Other aging news online:**

Archived webinar – on why COVID-19 is especially dangerous to older adults:

<https://www.giaging.org/news-events/tester/archived-webinar/why-covid-19-preys-on-older-adults-what-the-science-says-and-doesnt-say/>

Look on the bright side of life...but why? One study indicates patterns of negative thinking are closely associated with dementia:

[https://www.medpagetoday.com/neurology/alzheimersdisease/86953?xid=nl\\_mpt\\_DHE\\_2020-06-09&eun=g1261622d0r&utm\\_source=Sailthru&utm\\_medium=email&utm\\_campaign=Daily%20Headlines%20Top%20Cat%20HeC%20%202020-06-09&utm\\_term=NL\\_Daily\\_DHE\\_dual-gmail-definition](https://www.medpagetoday.com/neurology/alzheimersdisease/86953?xid=nl_mpt_DHE_2020-06-09&eun=g1261622d0r&utm_source=Sailthru&utm_medium=email&utm_campaign=Daily%20Headlines%20Top%20Cat%20HeC%20%202020-06-09&utm_term=NL_Daily_DHE_dual-gmail-definition)

Three views of “virtual grandparenting”: [https://seniorplanet.org/virtual-grandparenting-three-views/?mc\\_cid=91d0a7931f&mc\\_eid=4149ad7bda](https://seniorplanet.org/virtual-grandparenting-three-views/?mc_cid=91d0a7931f&mc_eid=4149ad7bda)

How does line-dried laundry manage to smell so good? Here’s the science:

[https://www.nytimes.com/2020/05/29/science/laundry-smell-line.html?fbclid=IwAR0DroPyrH3zK\\_7ZLMQmYtBtnCRyyFJfQKrqwwt0fw\\_S0gWD0Mlp7OVezul](https://www.nytimes.com/2020/05/29/science/laundry-smell-line.html?fbclid=IwAR0DroPyrH3zK_7ZLMQmYtBtnCRyyFJfQKrqwwt0fw_S0gWD0Mlp7OVezul)

**This week in senior birthdays:**

6/13: Actor/comedian Tim Allen (67)

6/14: Actor/comedian Marla Gibbs (89)

6/15: "Dance Fever" host Deneen Terrio (70)

6/16: Writer Joyce Carol Oates (82)

6/17: Singer/songwriter Barry Manilow (77)

6/18: Singer/songwriter Paul McCartney (78)

6/19: Author/academic Salman Rushdie (73)

**And here's the weekly Bad Joke.**

Julie Andrews recently announced she would no longer be endorsing cheap lipstick, because it crumbles easily and makes her breath smell. As she explained...

(WAIT FOR IT)

"The super color fragile lipstick gives me halitosis."

## 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](http://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](#)