

Dutchess County Office for the Aging's

AGING NEWS

For the week of June 8th

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

THE CENSUS CONTINUES

The coronavirus/COVID-19 pandemic has caused delays in the U.S. Census Bureau's efforts to count the nation's population. As of last week, Dutchess County's self-response rate for the 2020 Census stood at 59.2%, which trails the 2010 final self-response rate of 65.7%.

Starting this month, 2020 Census questionnaire packets were being dropped off at front doors of households in New York that had yet to respond. In many cases, these will be households who do not receive mail at their physical address. In Dutchess County, the communities where this phenomenon is most

common are the Towns of North East (21% of households), Washington (19%), Amenia (17%), Rhinebeck (8%) and Red Hook (7%). Coincidentally, these are some of the same communities where self-response rate thus far is the lowest, although in previous Censuses the final response rates proved to be much higher.

Temporary field staff from the Census Bureau will wear official government-provided personal protective equipment for their safety and the safety of the public. They're trained to observe all social distancing protocols. This operation is contactless and follows the most current federal health and safety guidelines. That means census field staff will NOT knock on your front door or interact with you.

It is vital you complete your household's census to be counted; a few minutes of your time will make a tremendous difference for all the residents of Dutchess County, including our seniors. The final numbers will determine how much federal funding comes to Dutchess County. It's money that will be critical as we continue to respond to COVID-19 and work to restart our economy.

Businesses use Census information as well, to make decisions on whether and where to expand. In rural and urban Dutchess County alike, one major concern for seniors is the distance and time spent traveling to buy groceries. Businesses, like

supermarkets looking to build new stores, look for areas with enough customers for them to succeed – and a Census undercount means businesses are less likely to know where their willing customers are, and might not build that new store you were hoping for.

If you have internet access, you can still go to [My2020Census.gov](https://my2020census.gov) and fill out your census. It only takes a few minutes, and your personal information is kept confidential – and will remain so for 72 years, by Federal law. You can also complete the Census over the phone or via mail.

Online Census assistance is available in 59 non-English languages, including Braille, American Sign Language, and large-print formats. Phone numbers for assistance are 844-330-2020 for English; 844-468-2020 for Spanish; and 844-467-2020 for TDD users. Phone assistance is also available in 12 other languages.

Delafield St., Poughkeepsie, New York 12601, telephone (845) 486-2555, email:

ofa@dutchessny.gov website: www.dutchessny.gov/aging

DUTCHESS PUBLIC TRANSIT RESUMES (Sat 6/6)

As “Restarting Dutchess” efforts continue, Dutchess County Public Transit (DCPT) has announced full bus service will resume for all 13 fixed routes, as well as rail link services, this Saturday, June 6th. Extensive social distancing and cleaning protocols are in place to protect the health and safety of riders and drivers and prevent the spread of COVID-19. Bus fares for all services have been temporarily suspended for a pilot period to allow passengers to adjust to the various safety protocols.

“With more and more residents returning to work and as businesses reopen under the State’s phased reopening plan, Dutchess County Public Transit will return to full service to help get people to work and other activities,” said Dutchess County Executive Marc Molinaro. “We are all navigating uncharted waters, so we ask everyone to be patient and cooperative with safety measures that are designed to protect our community’s health and safety. During the initial

transition to full service, there will be no charge to passengers, and we will continue to offer our special same day on-demand service for our more vulnerable residents.”

Since the COVID-19 pandemic first arrived in Dutchess County, DCPT has implemented significant cleaning and sanitization procedures, as well as new public health safety policies for drivers and passengers including:

- Vehicles are cleaned and sanitized daily with sanitizing spray;
- Drivers are given daily temperature checks at the start of their shifts;
- Bus drivers continue to wear face masks and gloves;
- All riders are required to wear a face covering or mask; masks will be available on the buses for riders who need them;
- Social distancing markers are in place; and
- Passengers must board and disembark buses through the rear door.

DCPT is also anticipating further regulations to be required from the State’s Department of Transportation and will publicize any updates as they become available.

In addition to the regular fixed route service, the County's special same-day, on-demand service, which was implemented when Public Transit limited service in response to the COVID-19 pandemic on March 24th, will continue to be available Monday thru Friday, 9:00 am – 5:00 pm for senior citizens, those with disabilities, and veterans. Other riders may be accommodated if seat availability allows. The on-demand service is for trips originating and ending within Dutchess County for the limited purpose of visiting:

- Pharmacy for pick-up and drop-off of prescriptions
- Food shopping center
- Doctor's office or health care facility for medical needs only.

To schedule this service, please call Dutchess County's Coronavirus Hotline Monday through Friday, 9:00 am – 5:00 pm at 845-486-3555, option 6. Please have the following information ready when calling:

- Passenger name
- Phone number
- Pick up address
- Destination address

Please note, this service is not intended for medical emergencies. Anyone

experiencing a medical emergency should dial 9-1-1.

All Dutchess County Public Transit's routes and schedules are available online at www.DutchessNY.gov/publictransit. DCPT also offers a newly redesigned mobile app with real-time bus tracking. The DCPT app is available for IOS and Android on Google Play and Apple App Store, from DoubleMap.

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 from the Federal Trade Commission on avoiding COVID-19 impostor scams:

<https://www.consumer.ftc.gov/blog/2020/06/how-avoid-covid-19-government-imposter-scams?fbclid=IwAR3aPKv9aXfc0m9VFmYzKD9qBq3I xvTleNqEYcZliqfgk3IiSQfjFgXo>

[BTI](#)

A free webinar on the latest science relating to COVID-19 and senior citizens is taking place on Tuesday 6/9: <https://nutritionandaging.org/training-events/why-covid-19-preys-on-older-adults-what-the-science-says-and-doesnt-say/#wbounce-modal>

Courtesy of Vassar Brothers Medical Center, five tips to avoid fall risk for older adults: <https://healthquest.org/hq/hudson-valley-health-hub/190.aspx>

One of the keys to falls prevention is wearing the right kind of shoes. Scientists at MIT have used a Japanese “kirigami” technique to come up with unusually effective nonskid patterns for the soles of shoes:

<https://www.theguardian.com/technology/2020/jun/01/cutting-edge-japanese-paper-art-inspires-a-non-slip-shoe>

If you haven't picked up a hobby yet during the

lockdown...[https://www.discovermagazine.com/mind/the-psychological-benefits-](https://www.discovermagazine.com/mind/the-psychological-benefits-of-picking-up-a-hobby?fbclid=IwAR0UNlyMppzxNAPMEs9OPpsd3IXGIZz5uu1YnVxQ3jGnoAmr4MdTtwVa1PU)

[of-picking-up-a-](https://www.discovermagazine.com/mind/the-psychological-benefits-of-picking-up-a-hobby?fbclid=IwAR0UNlyMppzxNAPMEs9OPpsd3IXGIZz5uu1YnVxQ3jGnoAmr4MdTtwVa1PU)

[hobby?fbclid=IwAR0UNlyMppzxNAPMEs9OPpsd3IXGIZz5uu1YnVxQ3jGnoAmr4M](https://www.discovermagazine.com/mind/the-psychological-benefits-of-picking-up-a-hobby?fbclid=IwAR0UNlyMppzxNAPMEs9OPpsd3IXGIZz5uu1YnVxQ3jGnoAmr4MdTtwVa1PU)

[dTtwVa1PU](https://www.discovermagazine.com/mind/the-psychological-benefits-of-picking-up-a-hobby?fbclid=IwAR0UNlyMppzxNAPMEs9OPpsd3IXGIZz5uu1YnVxQ3jGnoAmr4MdTtwVa1PU)

This week in senior birthdays:

6/6: Astronaut David Scott (Apollo 9 and 16): (88)

6/7: Director/producer/screenwriter James Ivory (92)

6/8: Singer/actress Nancy Sinatra (80)

6/9: Comedian/actor Jackie Mason (92)

6/10: Prince Philip, husband of Queen Elizabeth II (99)

6/11: Race car driver Jackie Stewart (81)

6/12: Sportscaster Marv Albert (79)

And here's the weekly Bad Joke.

Q: Why does Peter Pan keep flying?

A: Because he neverlands.

(We like Peter Pan jokes because they never grow old.)

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](#)