

Dutchess County Office for the Aging's

AGING NEWS

For the week of March 16TH

Note: Continuously-updated information relevant to Dutchess County regarding coronavirus/COVID-19 preparedness is available at

www.dutchessny.gov/coronavirus.

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

THANKS, KIDS!

Social isolation and loneliness are all too common among seniors; at the same time, it can be difficult to recognize isolation since it's not often discussed, even though an estimated one-quarter of seniors over 65 live with it. Social isolation is

connected in repeated studies to increased risk of cognitive decline, high blood pressure, depression, malnutrition, obesity, and even early death. Conversely, efforts to battle social isolation tend to pay off in longer lives, a greater sense of purpose, improved mood, and better well-being in general.

That's why we want to thank the students, staff and faculty of Fishkill Plains Elementary School for their recent 100th-day-of-school project that brightened the days of hundreds of Dutchess County seniors. The students made hundreds of cards and drawings full of good wishes for seniors of all ages. It's the kind of simple gesture that can keep a senior connected to the community and reduce their social isolation. The cards are being delivered this month to members of our Senior Friendship Center in Hopewell Junction, along with homebound senior clients of the Office for the Aging's Home Delivered Meals (HDM) program.

With the estimated senior population of Dutchess County approaching 60,000, and OFA's Senior Friendship Centers and HDM programs serving hundreds of seniors, we could use more cards to brighten the days of even more of the seniors we serve. If your school, scouting group, children's arts group, house-of-worship children's group, PTA, or other organization serving children is seeking a community service project and a way to help seniors stay connected in their

communities, please contact OFA Outreach Coordinator Brian Jones for some helpful tips at bjones@dutchessny.gov or (845) 486-2555.

STILL TIME TO NOMINATE A SENIOR OF THE YEAR

You still have time to nominate someone for the 2020 Dutchess County “Senior Citizen of the Year” award.

Nominations are being accepted through March 27th in the categories of Senior Male, Senior Female, or Senior Citizen Couple of the Year. The awards are presented at the annual Celebration of Aging luncheon, held Monday, May 18th at Villa Borghese in Wappingers Falls in observance of Older Americans Month.

The nomination form and more information are available by emailing

bjones@dutchessny.gov or calling our office at (845) 486-2555. It can also be

found on Page 4 of the Winter 2019-20 “Spotlight on Seniors newsletter,”

available online at www.dutchessny.gov/aging.

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

Office for the Aging events calendar

Unless otherwise indicated, call (845) 486-2555 for more information

All times and venues subject to change

Complete county calendar of events at www.dutchessny.gov

Follow Dutchess County Government on social media to find out more

Tue 3/16, 1:00 p.m. – The 2020 Census in Dutchess County

With OFA Outreach Coordinator Brian Jones

King's Apartments Community Room, Pawling

Wed 3/18, 11:00 a.m. - The 2020 Census in Dutchess County, and Scam
Prevention

With OFA Outreach Coordinator Brian Jones

Temple Beth-El, 118 S. Grand Ave., Poughkeepsie

Tue 3/24, 11:00 a.m. – Scam Prevention

With OFA Outreach Coordinator Brian Jones

Pawling Senior Friendship Center, 154 Charles Colman Blvd.

Tue 3/24, 2:00 p.m. – Scam Prevention

With OFA Outreach Coordinator Brian Jones

Red Hook Public Library, 7444 S. Broadway (Route 9)

Thu 3/26, 11:00 a.m. – Office for the Aging Services

With OFA Outreach Coordinator Brian Jones

The Gables (community room), 8 Gables Blvd., Poughkeepsie

Sat 4/18, 9:00 a.m. – 12:30 p.m. – OFA at Extra Credit (For Adults and Seniors)

Rhinebeck High School, 45 North Park Road

Mon 5/18, 12 noon – The Celebration of Aging

Villa Borghese, 70 Widmer Rd., Wappinger

More information below!

2020 U.S. CENSUS NOW UNDERWAY

The first invitations for households and individuals to respond to the 2020 US Census started arriving in mailboxes on March 12th, continuing through March 20th. For about five percent of the population, Census surveys are being hand-

delivered. If you have no physical mailbox and only a P.O. box, chances are you'll get a hand-delivered Census invitation.

For the first time, you'll be able to respond to the Census invitation online, although the option of responding using the traditional paper questionnaire will also be available.

For more information, visit www.dutchessny.gov/census2020 or email completecount@dutchessny.gov.

The Census Bureau is delivering invitations to participate either through the U.S. mail, or in person. They will NOT contact people over the phone to respond, nor will they "cold call" you or email you. These are scam attempts and should be ignored.

If you pick up any kind of scam call by mistake, just hang up – there's no need to speak or press any buttons.

CELEBRATION OF AGING UPDATE

Besides the information you read earlier in this issue of the Aging News about Senior Citizen of the Year nominations, we're also looking for Dutchess County seniors who have achieved extraordinary feats of aging.

If you or a Dutchess County resident you know are turning 100 or more at any time in 2020, or if a couple you know will be celebrating a 70-year wedding anniversary, we'd love to honor them at the Celebration of Aging luncheon. It's happening on Monday, May 18th at 12 noon at Villa Borghese, 70 Widmer Rd. in Wappinger.

Centenarian honorees are admitted to the luncheon for free, along with one guest. Couples married 70+ years are likewise admitted free. Please contact OFA outreach coordinator Brian Jones at (845) 486-2555 or bjones@dutchessny.gov to find out more.

For other guests, admission to the Celebration luncheon is \$25 per person if paid by May 8th.

For those planning to go to the Celebration as a group: each table seats a maximum of 10.

CITY OF POUGHKEEPSIE SECTION 8 HOUSING NOW ACCEPTING APPLICATIONS

The City of Poughkeepsie Section 8 Housing Program is accepting applications for placement on the Housing Choice Voucher Waiting List, and will do so until April 30.

Applications will be available at the Section 8 Housing Office at 1 Civic Center Plaza, Suite 301, Poughkeepsie. Applications will be available for pick-up Monday through Friday between 9 a.m. and noon only. Applications cannot be filled out at the Section 8 office.

Completed applications must be mailed to The City of Poughkeepsie Section 8 HVC Office, 1 Civic Center Plaza, Suite 301, Poughkeepsie, NY, 12601. All applications must be postmarked by April 30. Hand-delivered or faxed applications will not be accepted. Applicants must be 18 years or older. The Head of Household or primary applicant is responsible for ensuring all information provided in the application is true and complete. Any incomplete, illegible, or late applications will be returned to sender. Waiting list preference will be given to Dutchess County residents.

If you are disabled and require a reasonable accommodation in order to submit an application, please call (845) 451-4020.

Income limits: (subject to change)

Family size	Household Income Limit
1	\$33,850.00
2	\$38,650.00
3	\$43,500.00
4	\$48,300.00
5	\$52,200.00
6	\$56,050.00
7	\$59,900.00
8	\$63,800.00

The City of Poughkeepsie Section 8 Housing Program is an Equal Opportunity Housing Provider.

SUICIDE PREVENTION DOCUMENTARY AT EAST FISHKILL, MILLERTON LIBRARIES

A documentary film by Lisa Klein, *The S Word* takes an intimate look at suicide attempt survivors who have turned their pain into actions and changed the way we talk about suicide, saving lives in the process. The film shines a light on a topic that has long been stigmatized, opens the conversation, and strives to reduce the silence and shame often associated with this 10th leading cause of death in the United States.

The S Word is showing at the following Dutchess County libraries:

- Millerton (75 Main St) – Thursday, May 14th, 6 p.m.
- East Fishkill (348 NY 376) – Thursday, May 21st, 6 p.m.

Both events are free and open to the public. For more information contact Patricia Munk, Public Health Education Coordinator, at (845) 486-3559 or pmunk@dutchessny.gov.

Other aging news online:

The emotional toll of being victimized by scams may be even worse than the financial toll: <https://www.marketwatch.com/story/scams-are-taking-a-heavy-emotional-toll-on-senior-citizens-2020-03-05?fbclid=IwAR0GoMnl7TegitlegK8gPVpTyLcfkUOfyL7XORew1YUMZeRx4-Lx2457V8Y>

Healthy eating and its relationship to dementia and Alzheimer's: https://www.nia.nih.gov/health/healthy-eating-and-alzheimers-disease?utm_source=NIA+Main&utm_campaign=7a88129082-20200310_ADEARsafeeating&utm_medium=email&utm_term=0_ffe42fdac3-7a88129082-7728681

Old-school Star Trek fans may have an idea when it comes to preventing the spread of communicable disease – greet each other like Spock: https://www.cnet.com/news/spocks-vulcan-salute-should-replace-handshakes-in-coronavirus-era/?PostType=link&ServiceType=facebook_page&TheTime=2020-03-05T22%3A22%3A27&UniqueID=CBD421DC-5F2F-11EA-8344-B407933C408C&ftag=COS-05-

[10aaa0a&fbclid=IwAR2Bmb9vP5NyfoMN_ott9GKqJ6K8cDonK6mKBW7jRGY4AoW
utDnip3hMQao](https://www.nytimes.com/2020/02/27/us/marine-plank-record.html?fbclid=IwAR2Bmb9vP5NyfoMN_ott9GKqJ6K8cDonK6mKBW7jRGY4AoWutDnip3hMQao)

An interview with the 62-year-old retiree who set the world “planking” record last month: https://www.nytimes.com/2020/02/27/us/marine-plank-record.html?fbclid=IwAR27fvT0jQioYTpjOonn_fLsCZX6qwd4YkW1-nGITDnxNvBqN_sCdSqxuxbE

This week in senior birthdays:

3/16: TV personality Chuck Woolery (79)

3/17: Singer/songwriter/Hudson Valley resident John Sebastian (76)

3/18: Pianist/composer John Kander (93)

3/19: R&B singer and pianist Clarence “Frogman” Henry (83)

3/20: English singer Vera Lynn (103)

3/21: Soul singer Russell Thompkins Jr. (The Stylistics) (69)

3/22: Actor/singer/starship captain William Shatner (89)

And while COVID-19 may have disrupted people's schedules, there's nothing known to science that can stop a Bad Joke:

I was in the attic yesterday when I found my granddad's old wig-making machine.

It's a family hair loom.