

Dutchess County Office for the Aging's

AGING NEWS

For the week of March 9th

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

CORONAVIRUS INFORMATION AVAILABLE

You've undoubtedly heard about Coronavirus (COVID-19) in the news, and it's important for all residents, including seniors, to stay informed with the most up-to-date facts to keep themselves healthy.

Dutchess County Government has established a website, www.dutchessny.gov/coronavirus, with the most current facts about this evolving

health situation, as well as a hotline (845-486-3555) to provide information 24 hours a day.

The Dutchess County Department of Behavioral and Community Health is led by Dr. Anil Vaidian, who has 15 years of experience as an infectious disease expert, and his department encourages basic steps we can all take to protect ourselves from the spread of viruses, including Coronavirus. They include:

- Washing hands regularly with soap and water, or a hand sanitizer, for 20 seconds
- Disinfecting frequently touched surfaces and objects
- Avoiding contact with sick people; keeping them six feet away from yourself and others is recommended
- Staying at home if you feel sick; rest and recover
- Covering your mouth and nose with a tissue when you sneeze or cough

If you suspect you have contracted Coronavirus, or if you experience flu-like symptoms, it's important to first call your doctor or healthcare provider; they will provide you further guidance, based on your specific symptoms.

Dutchess County Government will continue to monitor the latest on Coronavirus and update residents through its website (www.dutchessny.gov/coronavirus), Facebook page (<https://www.facebook.com/DutchessCoGov>) and Twitter feed (www.twitter.com/dutchesscogov).

STILL TIME TO NOMINATE A SENIOR OF THE YEAR

You still have time to nominate a hard-working senior volunteer 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 3/10, 2:00 p.m. – The 2012 Census in Dutchess County

With OFA Outreach Coordinator Brian Jones

Wappinger Town Senior Center (at Wappinger Town Hall)

Wed 3/18, 11:00 a.m. - The 2012 Census in Dutchess County

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

“SPOTLIGHT ON SENIORS” NEWSLETTER NOW AVAILABLE ONLINE

You can find it at www.dutchessny.gov/aging. We’ve also printed 4000 copies of the quarterly OFA newsletter, for mailing to seniors who don’t have internet

access, as well as distribution to libraries and municipal buildings throughout the county.

If you'd like to volunteer your help in preparing the Spotlights for mailing, and you're available on March 9 and/or March 10, contact OFA Outreach Coordinator Brian Jones at bjones@dutchessny.gov.

“AGING NEWS” REDESIGN COMING

It's the same Aging News content you've come to rely on, but it'll be in an attractive layout suitable for both printing and online use. We don't know which issue of the Aging News will arrive in the new format, but we hope to have it ready soon. Stay tuned!

FREE PET FIRST AID TRAINING IN RED HOOK (Thu 3/19)

The Medical Reserve Corps (MRC) of Dutchess County and the Dutchess County Animal Response Team (DCART) invite you to take part in FREE pet first aid training, taking place at the Red Hook Fire Department (42 Firehouse Ln., just east of Route 9).

Paul S. McNamara, DVM, Chief of Surgery at Hudson Highlands Veterinary Medical Group will be the presenter. You'll learn skills that could save your pet's life. Topics being covered include Pet CPR, heat stroke, hypothermia, gastrointestinal issues, allergies, poisonings, burns, eye issues, wound care and more.

Advance registration is suggested. To register, contact Joe Ryan at the MRC: jryan@dutchessny.gov or (845) 486-2493.

Other aging news online:

Overweight? That might be problematic for aging lungs:

<https://www.usnews.com/news/health-news/articles/2020-02-26/weight-gain-is-no-friend-to-aging-lungs>

A 75-year-old woman mourning the loss of her son found comfort by...going to a Dead & Company concert? Whatever works.

<https://www.huffpost.com/entry/grateful-dead-parenting->

[grief_n 5e554901c5b63b9c9ce41e4a?ncid=fbklnkushpmsg00000037&utm_medium=facebook&utm_campaign=hp_fb_pages&utm_source=parents_fb](https://www.facebook.com/5e554901c5b63b9c9ce41e4a?ncid=fbklnkushpmsg00000037&utm_medium=facebook&utm_campaign=hp_fb_pages&utm_source=parents_fb)

This week in senior birthdays:

3/9: Former New York US senator James Buckley (97)

3/10: Actor/martial artist Chuck Norris (80)

3/11: Journalist Sam Donaldson (86)

3/12: Singer/actress Liza Minnelli (74)

3/13: Cartoonist Al Jaffee (99)

3/14: Actor/author Michael Caine (87)

3/15: U.S. Supreme Court Justice Ruth Bader Ginsburg (87)

Avast, mateys – it's a pirate-themed Bad Joke!

Q: Why did Blackbeard have trouble walking across the deck of his ship?

A: Arrrrrrrthritis.