

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of November 1<sup>st</sup>

*Note: the Office for the Aging and OFA Senior Friendship Centers are closed for Election Day on Tuesday, November 2<sup>nd</sup>... for Veterans Day on Thursday, November 11<sup>th</sup>...and for Thanksgiving Day on Thursday, November 25<sup>th</sup>. Friendship Centers will also be closed on Friday, November 26<sup>th</sup>, but OFA offices will be open that day. Clients of the Office for the Aging Home Delivered Meals program will receive their meals in advance of each day Friendship Centers are closed.*

## **NEW OFA PRESENTATIONS AVAILABLE FOR YOUR GROUP**

With colder weather coming, the Office for the Aging is making two new presentations available for seniors' organizations and caregiver groups throughout Dutchess County.

Besides our popular Successful Aging, Scam Prevention and Medicare 101 presentations, we now offer presentations on Technology for Older Adults, as well as a seasonally-appropriate presentation covering the Home Energy

Assistance Program (HEAP) and how it can help heat the homes of qualifying seniors this winter.

If your group isn't meeting in person yet, but can host a remote presentation, it is possible for OFA to be there remotely. If your group prefers in-person presentations, those will continue to be available as well. To reserve your date for these free presentations, contact OFA Outreach Coordinator Brian Jones at [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov) or 845-486-2544.

OFA's Nutrition Services division also hosts regular presentations, with new topics covered every month. For more information, contact OFA Nutrition Services Coordinator Nimesh Bhargava at [nbhargava@dutchessny.gov](mailto:nbhargava@dutchessny.gov) or 845-486-2545.

## **FREE MEDICARE CLASSES AVAILABLE IN NOVEMBER**

Medicare's annual Open Enrollment period ends on December 7<sup>th</sup>. Even if you're happy with your Medicare arrangements for 2021, it's worth checking to be sure that your coverage will meet your needs in 2022.

The Office for the Aging offers free, unbiased, non-sales-oriented "Medicare 101" and Medicare website navigation classes year-round, with extra

classes added during Open Enrollment season. To reserve a space in a class, call the Office for the Aging unless otherwise indicated below. Here's what's coming up in November:

Monday, November 8<sup>th</sup>, 6:30 p.m. – Navigating the Medicare Website, at Adriance Memorial Library (93 Market St., Poughkeepsie); to register, call 845-485-3445 extension 3380 or email [dminnerly@poklib.org](mailto:dminnerly@poklib.org)

Tuesday, November 9<sup>th</sup>, 11 a.m. – Medicare 101 at City of Poughkeepsie OFA Senior Friendship Center, 114 Delafield St. Call 845-486-2564 to register. Space limited to 15.

Wednesday, November 10<sup>th</sup>, 1 p.m. – Medicare 101 at Dover Plains Library, 1797 NY 22, Wingdale (at the intersection of Dutchess County Route 21)

Wednesday, November 17<sup>th</sup>, 10 a.m. – Medicare 101 at Poughkeepsie Galleria Community Room (2001 South Rd., Poughkeepsie)

Monday, November 22<sup>nd</sup>, 4 p.m. – Medicare 101 at the Pavilion at Brookmeade, 34 Brookmeade Dr. (off Route 308, just east of the village)

Wednesday, November 24<sup>th</sup>, 9:30 a.m. – Navigating the Medicare Website, at Adriance Memorial Library (93 Market St., Poughkeepsie); to register, call 845-485-3445 extension 3380 or email [dminnerly@poklib.org](mailto:dminnerly@poklib.org)

Visit the Calendar page at [www.dutchessny.gov](http://www.dutchessny.gov) for a complete schedule of all OFA events.

### **SAVE THE DATE - CAREGIVER CONFERENCE RE-SCHEDULED (Wed 5/25/2022)**

The annual Caregiver Conference that was to have taken place on Thursday, November 18th has been postponed to Wednesday, May 25th, 2022. In anticipation of pandemic precautions possibly lingering into next year, organizers are preparing for an event with a sheltered outdoor option.

The daylong, free event is taking place at The Grandview, 176 Rinaldi Blvd., Poughkeepsie. Registration for this event through the Alzheimer's Association is anticipated to begin on Monday, April 25th, 2022.

**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](mailto:ofa@dutchessny.gov) website: [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)**

**"SENIOR LEGAL CLASS" IN HOPEWELL JUNCTION (Wed 11/10)**

The Office for the Aging is hosting a Senior Legal Class event on Wednesday, November 10<sup>th</sup> at 12:30 p.m., at the OFA East Fishkill Senior Friendship Center, 890 NY 82 in Hopewell Junction (the East Fishkill Community Center).

Attorney Paul Weinberger will discuss wills, powers of attorney, and related elder law topics and take questions from seniors.

Space is limited, so reserve your place by contacting OFA at 845-486-2555.

## **NOVEMBER OFA “NUTRITION NEWS” NOW AVAILABLE**

Seniors looking to improve their nutrition can check out OFA’s latest monthly Nutrition News, along with the menu for OFA’s Senior Friendship Centers. With the menu, you’ll also find handy advice on what to do with any extra candy you have left over from Halloween. [Click here for the Nutrition News](#), and [click here for the menu](#). Back issues are available, too – [click here](#) for those.

**Other aging news online**

Five things to know about ageism in healthcare:

<https://www.beckershospitalreview.com/hospital-management-administration/how-ageism-can-manifest-in-healthcare-5-takeaways-for-hospital-leaders.html>

Some tips for those who found themselves unprepared for retirement when the pandemic hit:

<https://www.nytimes.com/2021/08/12/business/retirement/pandemic-retirees.html>

Alzheimers.gov is now available in Spanish: [www.alzheimers.gov/es](http://www.alzheimers.gov/es)

Singer Jay Black of Jay and the Americans passed away last week of complications from pneumonia, just before what would have been his 82<sup>nd</sup> birthday:

<https://www.npr.org/2021/10/24/1048839862/jay-black-lead-singer-of-pop-group-the-americans-dies-at-82>

Dutchess County residents affected by Hurricane Ida in September can now apply for FEMA assistance, until December 6<sup>th</sup>: <http://www.villageofpawling.org/wp-content/uploads/2021/10/DR-4615-NY-NR-015-Dutchess-County-Residents-Affected-by-Hurricane-Ida-Can-Now-Apply-for-FEMA-Assistance.pdf>

Don't know how much Halloween candy to get? Here's a handy calculator:

<https://www.omnicalculator.com/other/trick-or-treat>

**This week in senior birthdays:**

11/1: Golfer Gary Player (86)

11/2: Singer/songwriter k.d. lang (60)

11/3: Singer/songwriter Lulu (73)

11/4: Singer/songwriter Delbert McClinton (81)

11/5: Singer/songwriter Art Garfunkel (80)

11/6: Actress Sally Field (75)

11/7: Singer/songwriter Johnny Rivers (79)

**Those who follow winter sports may appreciate this Bad Joke:**

Q: How do you stop Canadian bacon from curling in your pan?

A: Take away their little brooms.