

Dutchess County Office for the Aging's

AGING NEWS

For the week of November 8th

Note: The Office for the Aging and OFA Senior Friendship Centers are closed

Thursday, November 11th, for Veterans Day. Clients of OFA's Home Delivered

Meals program will receive meals in advance of the holiday.

A HEALTHY THANKSGIVING VEGGIE RECIPE

The November issue of OFA's *Nutrition News* focuses on the nutritional powers of cauliflower and includes an easy and healthy recipe for roasted cauliflower that serves 6.

Ingredients: 1 medium cauliflower, sliced into small florets of half-inch-thick "steaks," 2 tablespoons olive oil, and 2 tablespoons unsalted melted butter, along with a few optional ingredients: ½ teaspoon garlic powder, ½ teaspoon salt, ¼ teaspoon ground paprika, and ¼ teaspoon ground black pepper. If you'd rather

not use any butter, add another 2 tablespoons olive oil instead.

Directions: Preheat the oven to 425 degrees and line a rimmed baking sheet with parchment paper for easier cleanup. Add the cauliflower to the center of the baking sheet, drizzle with oil and butter, and toss to coat. Season the cauliflower to taste, then spread into a single layer. Bake cauliflower for 15-20 minutes, or until desired tenderness. It should be golden at the edges. Baking time may vary depending on the size of your cauliflower pieces.

Cheese lovers can sprinkle ½ cup of shredded Parmesan over the cauliflower during its last five minutes of cooking.

You can find the *Nutrition News* at dutchessny.gov/OFANutrition, and printed copies are available while supplies last at OFA Senior Friendship Centers. They're also delivered to clients of our Home Delivered Meals (HDM) program.

Many back issues of the *Nutrition News* include recipes that are both tasty and healthy and may work with your family's Thanksgiving feast.

Watch future issues of the Aging News for more healthy holiday recipes.

VETERANS DAY, THANKSGIVING WEEK AND WINTER WEATHER ADVISORIES

The Office for the Aging and OFA Senior Friendship Centers are closed on Thursday, November 11th, for Veterans Day; and on Thursday, November 25th for Thanksgiving Day.

Friendship Centers are also closed on Friday, November 26th, but OFA offices will be open on that day.

Clients of OFA Home Delivered Meals programs will receive meals in advance of each instance a Friendship Center is closed. They will receive shelf-stable meals in anticipation of any days where Friendship Centers are closed by inclement winter weather.

When any or all Friendship Centers are closed or HDM deliveries cancelled by winter weather, advisories will be broadcast on area radio stations. Cancellation advisories will also be posted on Dutchess County Government social media, at www.facebook.com/DutchessCoGov and www.twitter.com/DutchessCoGov.

Subscribers to OFA's weekly email alerts will also receive advisories. You can

subscribe to all OFA publications, as well as emergency notifications, public surveys, press releases and much more, via the county's DutchessDelivery service at www.dutchessny.gov/DutchessDelivery.

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

DAYLIGHT SAVING TIME ENDS (at 2:00am) SUNDAY, NOVEMBER 7TH

Set those clocks back an hour before turning in on Saturday night, unless you're confident you'll remember to do it on Sunday when you wake up.

The clocks go forward an hour on March 13, 2022 – the day when Daylight Saving Time resumes.

12/6 FEMA ASSISTANCE DEADLINE

Residents and businesses impacted by Hurricane Ida are invited to attend a series of upcoming Mobile Disaster Recovery Centers (MDRCs) with

representatives from the Dutchess County Department of Emergency Response, FEMA, the Small Business Administration (SBA), and other State and Federal agencies. Come have your questions answered, receive help filing for Individual Assistance or applying for SBA loans, and check the status of your claim.

REMEMBER: The deadline to apply for Individual Assistance is Monday, December 6th.

The MDRCs will be open for walk-ins from 10am-6pm on the following schedule:

- **Monday, November 8th-Wednesday, November 10th:** Beacon Memorial Building, 413 Main Street, Beacon
- **Friday, November 12th-Sunday, November 14th:** Fishkill Town Hall, 807 State Route 52, Fishkill

Additional MDRCs are being planned for the towns of East Fishkill, Pawling, Dover, Amenia, and North East and the City of Poughkeepsie. The schedule will be updated on DutchessNY.gov and on county social media. To register for assistance, you can attend any of the locations, register online at DisasterAssistance.gov or call FEMA at 800-621-3362.

Additionally, FEMA Disaster Survivor Assistance (DSA) teams are going door-to-door throughout the county to assist with the registration process. DSA

personnel are equipped with FEMA apparel and credentials and will identify themselves to homeowners.

PROF. JUSTUS ROSENBERG, 1921-2021

Bard College professor emeritus and Dutchess County resident Justus Rosenberg passed away October 30th at age 100. You can read more about his extraordinary life in this 2020 profile: <https://forward.com/culture/439871/at-99-a-survivor-tells-his-daring-tale-of-heroism/>

More here:

https://www.annandaleonline.org/controls/email_marketing/view_in_browser.aspx?sid=990&gid=1&sendId=2920103&ecatid=4&puid=31be9922-f207-4666-8c46-84f1ac6986c9&fbclid=IwAR30pwZ0wCKQq67HD7ie1eHG-ZtWoKM0ufYzumA9JdX3HywkPC6fRY6mvME

Other aging news online

We've mentioned many times how insufficient sleep can lead to poor health outcomes as you age...but too much sleep has its downsides as well:

<https://www.theguardian.com/lifeandstyle/2021/oct/27/sleep-affluence-too-much-shut-eye-bad-health-older-people-oversleeping>

Does your metabolism slow as you age? Maybe not, says one study of people between age 20 and 60: <https://www.nbcnews.com/health/health-news/metabolism-adulthood-does-not-slow-commonly-believed-study-finds-n1276650>

Why are some seniors able to avoid dementia?

https://www.medpagetoday.com/neurology/dementia/95426?xid=nl_mpt_DHE_2021-11-04&eun=g1261622d0r&utm_source=Sailthru&utm_medium=email&utm_campaign=Daily%20Headlines%20Top%20Cat%20HeC%20%202021-11-04&utm_term=NL_Daily_DHE_dual-gmail-definition

London cab drivers are legendary for their navigation skills (without GPS); now their brains are being studied for Alzheimer's research:

<https://www.washingtonpost.com/lifestyle/2021/11/01/london-taxi-driver-alzheimers-research/>

This week in senior birthdays:

11/8: Jockey Angel Cordero, Jr. (79)

11/9: Bodybuilder/actor Lou Ferrigno (70)

11/10: Author/illustrator Neil Gaiman (61)

11/11: Actor/director Stanley Tucci (61)

11/12: Actor/playwright Wallace Shawn (78)

11/13: Actress/comedian Whoopi Goldberg (66)

11/14: US astronaut Fred Haise (Apollo 13) (88)

Here's a Bad Joke to wrap things up:

I came up with a joke without the letters C and H, but I forgot the pun line.