

Dutchess County Office for the Aging's

AGING NEWS

For the week of November 9th

Note: the Office for the Aging is closed on the following holidays:

Wednesday, November 11th – Veterans Day

Thursday, November 26th – Thanksgiving

Clients of our Home Delivered Meals program will receive their meals in advance of these holidays, and will also receive their Friday, November 27th meal in advance of Thanksgiving.

The Office for the Aging is open for all other regular business on Friday, November 27th – but please contact us before visiting. In the interests of physical safety, much OFA business can be handled remotely while you stay safe at home.

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

ONE LAST OFA DRIVE-IN BINGO FOR 2020

The response of Dutchess County seniors to this fall's series of Drive-In Bingo events has been fantastic. We started with three on the calendar, and seniors' demand made it necessary to schedule five. The fifth and final Drive-In Bingo event is taking place on Tuesday, November 10th at 1:00 p.m. in the parking lot of the Beekman Community Center, 31 Recreation Rd., Poughquag.

As with previous Drive-In Bingo events, advance registration for the free event is required and can be made by calling OFA at (845) 486-2555.

Many thanks to Sheriff Butch Anderson and the Dutchess County Sheriff's Office for providing the low-powered radio transmitter that makes our Drive-In Bingo events possible. Drive-In Bingo has been so successful, we're looking for ways to keep it going in 2021, as well as ways to adapt it for winter use for seniors staying safe at home. Stay tuned!

OFA SEEKS SUCCESSFUL AGING LIFETIME ACHIEVEMENTS

Since the May 2020 OFA Celebration of Aging was cancelled due to the pandemic, and it's too early to determine the status of future gatherings, we've been looking for alternative ways to honor Dutchess County seniors for outstanding feats of successful aging...such as right here in this newsletter.

If you know a Dutchess County resident who has recently turned 100 or more, or is about to; or a Dutchess County couple celebrating a marriage of 70 years or more, please contact OFA Outreach Coordinator Brian Jones at bjones@dutchessny.gov.

By our calculations, there are several dozen centenarians living independently in Dutchess County, dozens more living in skilled nursing and assisted living facilities, and several dozen married couples whose marriages have made it to the "seven decade club." We'd love to honor all those who'd enjoy such an honor.

REBUILDING TOGETHER DUTCHESS COUNTY HOME SAFETY & FIRE PREVENTION

Home fires can happen at any time, but December and January tend to be the peak months for these fires.

Rebuilding Together Dutchess County

(www.rebuildingtogetherdutchess.org) is working with income qualified homeowners, including seniors, to ensure their homes are warm and safe during the colder months.

RTDC's Home Safety and Fire Prevention program includes installation of the following: smoke and carbon monoxide detectors, fire extinguishers, motion activated solar lighting, LED light bulbs, and reflective house numbers. The work is free to qualified homeowners.

Call RTDC at (845) 454-7310 for more information.

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

Other aging news online:

The experimental Alzheimer's drug aducanumab was scheduled to go before an FDA panel on Friday, November 6th:

https://www.medpagetoday.com/neurology/alzheimersdisease/89491?xid=nl_mpt_DHE_2020-11-05&eun=g1261622d0r&utm_source=Sailthru&utm_medium=email&utm_campaign=Daily%20Headlines%20Top%20Cat%20HeC%20%202020-11-05&utm_term=NL_Daily_DHE_dual-gmail-definition

We've seen many studies that indicate people with a negative perception of aging tend to experience greater difficulties as they age...but here's a study that indicates that those difficulties could extend to the spouses of married people as well: <https://www.ajc.com/life/study-your-negative-thoughts-on-aging-could-hurt-your-spouse/OUHGS6Y2JNFM3GIXNTHZSR5FU/>

Marijuana use is on the rise among older men:

<https://www.nbcnews.com/health/health-news/marijuana-use-rise-older-adults-n1238914>

This week in senior birthdays:

11/6: Actress Sally Field (73)

11/7: Singer/songwriter Johnny Rivers (78)

11/8: World's oldest living stage and film actor Norman Lloyd (106)

And still receiving accolades: <https://variety.com/2020/film/news/la-film-critics-association-norman-lloyd-1234818313/>

11/9: Bodybuilder/actor Lou Ferrigno (69)

11/10: Author/illustrator Neil Gaiman (60)

11/11: Singer/songwriter/Hudson Valley resident Marshall Crenshaw (67)

11/12: Actor/playwright Wallace Shawn (77)

11/13: Actress/comedian Whoopi Goldberg (65)

And for this week, a veteran-themed Bad Joke:

The drill sergeant growled at the young soldier: "I didn't see you at camouflage training this morning."

"Sir! Thank you very much, sir!"