

Dutchess County Office for the Aging's

AGING NEWS

For the week of September 7th

Note: the Office for the Aging is closed on Monday, September 7th, for the national Labor Day holiday. Clients of our Home Delivered Meals program will receive their meals in advance of the holiday.

VOLUNTEER HOME DELIVERED MEALS DRIVERS WANTED

Before the COVID-19 pandemic began, the Office for the Aging was providing daily midday meals to 130 seniors at OFA's eight Senior Friendship Centers, and delivering another 300 meals to homebound seniors throughout Dutchess County. Those numbers skyrocketed when the pandemic began - but OFA volunteers of all ages stepped forward to meet that demand. Many of our volunteer drivers have since returned to their pre-pandemic jobs, or have gone back to school, but the heightened demand for home delivered meals continues.

As of late August, OFA was delivering 2600 meals a week - over 500 every day. That's down somewhat from the number of deliveries made during the pandemic's peak in the spring, but it's still well beyond pre-pandemic demand. Additionally, the course of the pandemic remains uncertain for the fall and beyond. This would be a great time to step up.

We work around your availability, so it's fine whether you can commit to one weekday or all five. Contact us at (845) 486-2555 or ofa@dutchessny.gov and we'll help you through the application process.

ADDITIONAL VOLUNTEER OPPORTUNITIES

OFA assists four other Dutchess County organizations that provide transportation assistance for seniors, as well as other volunteer services. You can contact them directly with inquiries.

Friends of Seniors

www.friendsofseniors.org, (845) 485-1277

North East Community Center

www.neccmillerton.org, (518) 789-5249

Pawling Resource Center

www.pawlingresourcecenter.org, (845) 855-3459

Retired and Senior Volunteer Program

www.dutchesscap.org, (845) 452-5104

OFA has a limited number of volunteer clerical assistance opportunities, helping prepare our fall “Spotlight on Seniors” and “Medicare Spotlight” newsletters for delivery to the thousands of seniors on our mailing list. Our newsletters are available at www.dutchessny.gov, but if you’re not online and want to get on our

mailing list, call the Office for the Aging and we'll get you added in time for the fall mailings.

We're also accepting applications for volunteer group leaders, in preparation for whenever a full in-person schedule of OFA senior exercise, tai chi, and falls prevention classes may resume.

FALLS PREVENTION MONTH – TAI CHI CLASS SCHEDULED

A live, socially-distanced Tai Chi class is taking place on Thursday, September 24th at 1:00 p.m. at Bowdoin Park (85 Sheafe Rd., Poughkeepsie). Reservations are required; capacity for the class is 25. Face coverings are also required. To register, call the Office for the Aging at (845) 486-2555.

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:

A closer look at Lewy body dementia, complications of which led to the death this past week of legendary Mets pitcher Tom Seaver at age 75:

<https://www.alz.org/alzheimers-dementia/what-is-dementia/types-of-dementia/lewy-body-dementia>

Any form of exercise is helpful as you age, but cycling may be even more so, according to these findings. If you do find that riding a bike really is “like riding a bike” then get yourself a helmet:

<https://www.nytimes.com/2020/09/02/well/move/aging-exercise-walking-cycling.html>

This week in senior birthdays

9/5: Comedy legend Bob Newhart (91)

9/6: Author/illustrator Sergio Aragonés (83)

9/7: Saxophonist/composer Sonny Rollins (90)

9/8: Senator/teacher Bernie Sanders (79)

9/9: Singer Inez Foxx (78)

9/10: Singer-songwriter/guitarist José Feliciano (75)

9/11: Singer/dancer Lola Falana (78)

And the Bad Joke to complete your week!

If a cow doesn't produce milk, is it a milk dud or an udder failure?