

Dutchess County Office for the Aging's

AGING NEWS

For the week of April 1

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

"I HAD NO IDEA..."

Many of you are familiar with the term "sandwich generation," referring to adults who are attempting to raise children at the same time they take care of elderly family members. Either responsibility is massive on its own. Trying to handle both responsibilities well can require effort that's beyond what one person can manage by themselves.

Even if your children are grown and caring for an elderly loved one is your single biggest day-to-day concern, your own immediate needs can go unmet.

These are the kinds of situation for which the Office for the Aging was created. While you may consider caring for an elderly parent a labor of love, you don't have to do all the work on your own.

Those of you who have senior relatives elsewhere in New York should know that every county in the state has its own Office for the Aging, or an agency with a similar name and duties. New York City has its own Office for the Aging as well. We can help put you in touch with any of them.

If you and the senior for whom you care are both in Dutchess County, we can direct you to services that can help you, or somebody you know who's shouldering the burden of caregiving.

One phrase we hear a lot when meeting a caregiver for the first time is "I had no idea the Office for the Aging did all this," referring, in this case, to a range of services which we call Office for the Aging Continuing Care.

Office for the Aging Continuing Care provides access to anyone, regardless of age and payment source, to long term care services. OFA case managers and public health nurses can assess the clients in their home, a nursing home or hospital; establish a realistic plan of care; and provide advice on available funding sources. They may also make suggestions regarding other alternatives such as

Adult Day Care, Adult Homes, Assisted Living, Foster Care, Home Health Care, Respite Services, and Nursing Home placement. Office for the Aging Continuing Care can help arrange for the provision of long term care services which may include home care services such as homemaking and personal care. Homemaking tasks include light housekeeping, laundry, shopping, and meal preparation. Personal care tasks include assistance with bathing, dressing, grooming, toileting, and feeding. When indicated, nursing care may be arranged. To find out more, contact us using the information at the end of this column.

In other situations, it's the senior themselves who serves as caregiver for children whose parents are unable or unavailable to do so. Cornell Cooperative Extension's Relatives as Parents program is a free community-based program that works with non-parental caregivers and children to provide educational workshops, peer support, respite, referrals and other resources. To find out more, call (845) 677-8223 or email jmc646@cornell.edu.

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 upcoming events

Unless otherwise indicated, call (845) 486-2555

or email bjones@dutchessny.gov for more information

All events subject to unannounced schedule changes

Tue 4/2, 11 a.m. – OFA Scam Prevention, with outreach coordinator Brian Jones

Beacon Senior Friendship Center, 1 Forrestal Heights

Tue 4/2, 11 a.m. – Keeping Your New Year’s Resolutions

With OFA nutrition coordinator Nimesh Bhargava

Pawling Senior Friendship Center, 154 Charles Colman Blvd.

Thu 4/4, 1 p.m. – Eating Healthy for Longevity

With OFA Nutrition Coordinator Nimesh Bhargava

Town of Wappinger Senior Center, 20 Middlebush Rd. (Town Hall)

Tue 4/9, 10 a.m. – OFA Scam Prevention, with outreach coordinator Brian Jones

St. Kateri Tekakwitha Church, 1925 Route 82, LaGrangeville

Sat 4/13, 10 a.m. – OFA Scam Prevention, with outreach coordinator Brian Jones

Stanford Free Library, 14 Creamery Rd., Stanfordville

Sat 4/27, 10 a.m. – 2 p.m. – Senior Expo

Red Hook Community Center, 59 Fisk St.

For more information, call Rose Rider at (845) 758-8626

Mon 5/20, 11:30 a.m. – 1:30 p.m. – The Celebration of Aging

Villa Borghese, 70 Widmer Rd., Wappingers Falls

Admission information at this link:

<https://www.dutchessny.gov/Departments/Aging/Docs/Celebration-of-Aging-Reservation.pdf>

To request an Office for the Aging presentation for your senior, social and/or civic group, get in touch with outreach coordinator Brian Jones at (845) 486-2555 or bjones@dutchessny.gov. All your group needs to provide is a venue that's wheelchair-accessible and open to the public, with space to set up a projector and screen. We have our own projector and screen – but if you have those, let us know.

We feature presentations on Successful Aging, Office for the Aging services, Medicare/Medicaid, scam prevention, senior housing, a wide range of topics related to nutrition, and more!

BORN IN 1919 (OR EARLIER)? MARRIED IN 1949 (OR EARLIER)?

We're looking for Dutchess County residents who will be 100 or more years old this year, along with Dutchess couples whose marriages will reach the 70-year mark this year...to be our guests at the annual "Celebration of Aging" luncheon at Villa Borghese in Wappingers Falls (70 Widmer Rd.).

Every centenarian gets in for free, along with one guest. Every 70+-years-married couple also gets in for free. There's still time to RSVP by contacting Outreach Coordinator Brian Jones at bjones@dutchessny.gov or (845) 486-2555.

Admission to the luncheon is \$25/person if paid before April 26th. For a reservation form or more information, use this link:

<https://www.dutchessny.gov/Departments/Aging/Docs/Celebration-of-Aging-Reservation.pdf>

A copy of the reservation form will also be in the OFA "Spotlight on Seniors" newsletter, due out in April.

Other aging news online:

Last week, New York state legislators introduced a bill that would “ban” unwanted robocalls – but actually stopping the calls is easier proposed than done.

Here’s why, according to a leading robocalling researcher:

<https://theconversation.com/robocalls-are-unstoppable-3-questions-answered-about-why-your-phone-wont-quit-ringing-108554>

Not many seniors are getting routine memory checkups:

<https://www.nbcnews.com/health/aging/report-finds-few-seniors-are-getting-routine-memory-checkups-n979781>

A study in Sweden has found a possible link between milk consumption and a higher risk for Parkinson’s disease:

<https://parkinsonsnewstoday.com/2019/03/27/milk-linked-increased-risk-parkinsons-disease/>

When it comes to converting medical records to electronic, \$36 billion in spending over 10 years hasn't delivered: http://fortune.com/longform/medical-records/?utm_content=bufferb7068&utm_medium=social&utm_source=facebook&utm_campaign=buffer&fbclid=IwAR1GxDI0NObwpENFU51Y4b1TZkvuSEP6762JmF0fNGHFTNrNG_Oz8xMoYnk

A look back at "The Great Escape," the WWII Allied POW breakout that happened 75 years ago this past week:

<https://www.telegraph.co.uk/obituaries/2019/03/22/great-escape-75-years-story-extraordinary-bravery-resourcefulness/>

This week in senior birthdays:

4/1: Actress/singer/dancer Jane Powell (90)

4/2: Mets infielder Al Weis (81)

4/3: Anthropologist Jane Goodall (85)

4/4: Actor/director Craig T. Nelson (75)

4/5: Singer/songwriter Agnetha Fältskog (Abba) (69)

4/6: Actor/singer Billy Dee Williams (82)

4/7: Singer/songwriter John Oates (71)

And since it's April Fool's Week, we'll give the Bad Joke a one-week break and substitute a silly and safe April Fool's prank you can play on the (grand)kids:

Make (or purchase) a batch of brownies. Get some brown construction paper and cut out the letter "E" several times. Put the brown E's in a different baking dish, and cover it with foil like it was a real batch of brownies. Tell the grandkids you made brownies.

Reveal the brown E's...then, bring out the real brownies.

(Important: This doesn't work so well without the actual brownies.)