

Dutchess County Office for the Aging's

AGING NEWS

For the week of April 15

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

2019 SENIOR CITIZENS OF THE YEAR

The Dutchess County Office for the Aging Advisory Board has selected the 2019 Senior Citizens of the Year from nominations submitted by the community. Choosing each year's honorees is always a challenge, because of the outstanding volunteer work done by thousands of seniors in Dutchess County.

Ruth Hogan of Poughquag was chosen as the Female Senior Citizen of the Year; Michael Frazier of Rhinebeck is the Male Senior Citizen of the Year; and Ruth and Julius Jones of Staatsburg are the Senior Citizen Couple of the Year. Also,

Robert Haan of Red Hook was selected to receive a Senior Special Achievement Award. Their achievements will be recognized by County Executive Marcus J. Molinaro at the annual Celebration of Aging luncheon on **Monday, May 20th** at noon at the Villa Borghese, 70 Widmer Road in Wappingers Falls.

The public is invited to attend this uplifting event, which features a full buffet lunch at a cost of \$25 per person or \$250 for a table of 10, if payment is received **no later than Friday, May 10th**. After that date, seats (if they are still available) are \$40 per person. Checks and the names of each guest should be mailed or delivered to the Dutchess County Office for the Aging, 114 Delafield Street, Poughkeepsie, NY 12601. For those coming to the Celebration as a group, please include the names of all attendees.

The Celebration of Aging also honors Dutchess County residents who were born in 1919 or earlier – that is, they’re turning 100 years old or more at any time this year. We also honor couples who live in Dutchess and will celebrate a wedding anniversary of 70 years or more this year. If somebody you know fits either of these categories, we’d love to have them as our honored guests.

All honorees will attend the Celebration luncheon for free, and will have the opportunity to share their stories and wisdom. It’s an event that enriches the

lives of everybody in attendance. At previous Celebrations, the Office for the Aging has honored seniors as old as 113, and several couples married for over 75 years.

The Celebration of Aging is supported by the Pines at Poughkeepsie, JM Insurance, EverCare At Home, Wingate Healthcare, Fidelis Care and MVP. We are also grateful for a donation in memory of Marge and Ed Hogan.

To learn more about the Celebration of Aging, email OFA Outreach Coordinator Brian Jones at bjones@dutchessny.gov, or call (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

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

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>

Fri 6/14, 9 a.m. – 3 p.m. – OFA at World Elder Abuse Awareness Day 2019

Drumlin Hall, Dutchess Community College

Free, with advance registration

Space is limited to 450 attendees

Call (845) 486-2555 to reserve a seat

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!

“THE ‘S’ WORD” DOCUMENTARY AT DUTCHESS COMMUNITY COLLEGE

“The ‘S’ Word” is a documentary film by Lisa Klein that shines a light on the much-stigmatized topic of suicide. The film takes an intimate look at suicide

attempt survivors who are saving lives by turning their pain into action. Suicide is the 10th-leading cause of death in the United States

The screening is free and open to the public, and takes place on Wednesday, April 24th at 6:00 p.m. at Bowne Hall on the campus of Dutchess Community College (53 Pendell Rd., Poughkeepsie).

For more information, contact Jean-Marie Niebuhr, LCSW-R, Prevention Coordinator at (845) 486-2885 or jmniebuhr@dutchessny.gov.

Presented by Astor Services for Children & Families, Dutchess Community College, Dutchess County Resiliency Council for Suicide Prevention, and the Medical Reserve Corps of Dutchess County.

Other aging news online:

Scientists have found that a bit of electrical stimulus for the brain temporarily improves working memory...but remember that they were working under controlled laboratory conditions:

<https://www.nytimes.com/2019/04/08/health/aging-brain-memory.html?rref=collection%2Ftimestopic%2FElderly>

In other memory-related news, yet another study indicating something works well for memory improvement...in mice:

<https://www.sciencedaily.com/releases/2019/04/190408091259.htm>

The thing about a diagnosis of Alzheimer's disease is that it's rarely quite that simple: <https://www.nytimes.com/2019/04/08/health/alzheimers-dementia-stroke.html?action=click&module=Well&pgtype=Homepage§ion=Health>

Federal officials this past week announced 24 people were charged in a \$1.2 billion Medicare fraud scheme involving unneeded braces that elderly and disabled patients did not need:

https://www.npr.org/2019/04/10/711688988/feds-charge-24-in-alleged-1-2-billion-medicare-fraud-scheme?utm_source=facebook.com&utm_medium=social&utm_campaign=npr&

[utm_term=nprnews&utm_content=20190410&fbclid=IwAR1uUWoCxqj7IYxKUTKrHg3zTBBnpcz6b2Qv4rrL78UUKAI40e359aaxg](https://www.nprnews&utm_content=20190410&fbclid=IwAR1uUWoCxqj7IYxKUTKrHg3zTBBnpcz6b2Qv4rrL78UUKAI40e359aaxg)

If you or somebody you know who's on Medicare received unnecessary braces via Medicare, they can contact the state attorney general's consumer complaint line at (800) 771-7755.

In the UK, one out of four people over the age of 50 report being the victim of age discrimination: <https://www.telegraph.co.uk/news/2019/04/03/age-discrimination-rife-britain-ucl-study-finds-one-four-50s/>

This week in senior birthdays:

4/15: Actress/comedian Emma Thompson (60)

4/16: Pope Emeritus Benedict XVI (92)

4/17: Actress Olivia Hussey (68)

4/18: Actress Hayley Mills (73)

4/19: Actress Elinor Donahue (82)

4/20: Actor/activist George Takei (82)

4/21: Singer/songwriter/actor Iggy Pop (72)

And the Bad-with-a-capital-B Joke:

Q: Why is 5 o'clock in the morning like a pig's tail?

A: It's twirly.