

Dutchess County Office for the Aging's

AGING NEWS

For the week of April 22

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

SUMMER SENIOR PICNICS RETURN FOR A 27TH YEAR

The Office for the Aging Senior Picnic Program kicks off this year on Wednesday, May 29th. Residents age 60 and over are invited to socialize with their friends and neighbors at the event designated for their hometown, enjoy a nutritious meal, and learn more about the programs and services offered by the Office for the Aging. All picnics take place on Wednesdays, rain or shine. All picnics begin at noon. Each of the 12 picnics scheduled this year is open only to the senior citizen residents of each village/town(s) specified, and their guests.

Proof of residency and advance reservations are both required, and space is limited; therefore, we cannot accept walk-ins at the picnics. There is a \$4 charge for each non-resident guest and those 59 or younger.

The 2019 Senior Picnic Schedule is as follows.

May 29 – Town and Village of Pawling, Towns of Dover, Amenia and Union Vale

Boyce Park, 6423 Route 55, Wingdale

June 5 - Village and Town of Fishkill

Sarah Taylor Park, 17 Old Main Street, Fishkill

June 12 - Towns of North East, Pine Plains, Washington and Stanford and Villages of Millbrook and Millerton

Pine Plains Lions Club Pavilion, 82 Beach Road

June 19 – Village and Town of Rhinebeck, Village and Town of Red Hook, Town of Milan and Village of Tivoli

Tivoli Memorial Park, 1 Katherine Lane

June 26 - Town of Wappinger and Village of Wappingers Falls

Recreation Park, 95 Robinson Lane, Wappinger

July 10 - Towns of Hyde Park and Clinton

Fran Mark Park, 337 Clinton Hollow Rd., Salt Point

July 17 – City of Beacon

Memorial Park, 298 Fishkill Ave., Beacon

July 24 - Town of Pleasant Valley

Cady Field, 1554 Main Street, Pleasant Valley

July 31 - Town of Poughkeepsie

Bowdoin Park, 85 Sheafe Rd., Poughkeepsie

August 14 - Towns of LaGrange and Beekman

Freedom Park, 212 Skidmore Rd., LaGrange

August 21 - Town of East Fishkill

East Fishkill Recreation Park, 330 Route 376

August 28 - City of Poughkeepsie

Stitzel Field, 10-14 Lincoln Ave. *(new location for 2018)*

To make a reservation for the picnic corresponding with your municipality, call the Office for the Aging at (845) 486-2555.

The Senior Picnic Program has been held annually since 1993 and is made possible through private/public partnerships and support from many local municipalities and businesses. Special thanks to this year's Platinum sponsors: Home Energy Consultants, Wingate Healthcare, EverCare At Home, The Pines at Poughkeepsie, and the Dutchess County Department of Community and Family Services – Protective Services for Adults.

Additional picnic sponsorships are available for businesses that would like to reach out to the senior community. Contact the Office for the Aging to find out more.

Volunteers of all ages are needed at each picnic to help with set-up and clean-up, and to bring meals to attendees with mobility challenges; and at the Office for the Aging to make reminder calls prior to each picnic. For more

information about volunteer opportunities, email bjones@dutchessny.gov or call (845) 486-2544.

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 events schedule

See the online calendar at www.dutchessny.gov to find out more

(All events subject to change)

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

Wed 5/1, 11 a.m. – Scam Prevention

With OFA outreach coordinator Brian Jones

South Amenia Senior Friendship Center, 229 South Amenia Rd., Wassaic

(rescheduled from 4/17)

Wed 5/8 – Office for the Aging “Grand Opening” and Ribbon-Cutting

114 Delafield St., Poughkeepsie

10 a.m. – 2 p.m. – OFA activities and lunch (noon)

Call (845) 486-2555 to reserve a lunch space; seating is limited

Ribbon cutting at 4 p.m. (no reservations needed)

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>

Admission to the luncheon is \$25 per person if paid before Friday, May 10th; after then, it's \$40 per person.

Every Dutchess resident turning 100 or more in 2019 gets in free, along with any Dutchess couples married 70 years or more in 2019. Let us know they're coming by calling (845) 486-2544 or emailing bjones@dutchessny.gov.

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

Drumlin Hall, Dutchess Community College

Free, with required 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!

FALL PREVENTION AT MID HUDSON REGIONAL HOSPITAL (Tue 4/30)

The Department of Trauma Services and Rehabilitation Medicine Services at MidHudson Regional Hospital will provide FREE fall prevention screenings on Tuesday, April 30.

Schedule your FREE personalized fall risk, which includes a screening consisting of the following:

- Medication Review*
- Nutrition
- Hearing Screening
- Foot Health
- Vision Screening
- Balance/Mobility
- Assistive Devices
- Home Safety

- Exercise Exhibit

*Participants should bring with them their list of medications for review.

Reservations are required. Please call 845.483.5312 for an appointment.

For more information or questions, email: Angela.Katz@WMCHHealth.org

Light refreshments will be provided. Valet Parking will be available —

Please inquire at The Atrium entrance.

“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.

FREE WELLNESS RETREAT FOR ALZHEIMER'S CAREGIVERS (Tue 6/11)

The Alzheimer's Association is hosting a Wellness Retreat for family caregivers of people with early- and middle-stage Alzheimer's or related dementia, including respite care. It takes place on Wednesday, June 11th from 9:30 a.m. to 2:30 p.m. at the Locust Grove State, 2683 South Rd. (Route 9), in Poughkeepsie.

Activities include breakfast and lunch, hula hooping, laughter yoga, tours of the Morse mansion, and garden walks.

Register in advance for the free event by calling (800) 272-3900.

Other aging news online:

Turning 100? Why not run for office?

<https://www.theguardian.com/world/2019/apr/13/woman-stands-local-election-age-100-german-lisel-heise>

This week in senior birthdays:

4/22: Singer/songwriter/guitarist Peter Frampton (69)

4/23: Actor Lee Majors (80)

4/24: Singer/actress Barbra Streisand (77)

4/25: Actor/director Al Pacino (79)

4/26: Songwriter/guitarist Duane Eddy (81)

4/27: Musician/Hudson Valley resident Kate Pierson (The B-52's) (71)

4/28: Actress/dancer/singer Ann-Margret (78)

Uh-oh. It's the end of the Aging News and that means you get a Bad Joke:

Q: What breed of dog can do magic tricks?

A: A Labracadabrador.