

Dutchess County Office for the Aging's

AGING NEWS

For the week of April 29th

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

MAY IS OLDER AMERICANS MONTH

Each May, the nation celebrates Older Americans Month to help recognize older Americans for the positive impact they make on our communities. This year's theme is: **Connect, Create, Contribute**. Seniors **connect** with friends, family and services that support participation. They **create** by engaging in activities that promote learning and health; and they **contribute** time, talent and experience to the community.

To honor the outstanding contributions made by Dutchess County's older adults, the Office for the Aging hosts our annual Celebration of Aging which honors our Senior Citizens of the Year, residents turning age 100 or older this year, and couples married 70 or more years. Awardees this year are Ruth Hogan of Poughquag, Michael Frazier of Rhinebeck, and Ruth and Julius Jones of Staatsburg. In addition, Robert Haan of Red Hook was selected to receive a Senior Achievement Award. They will all be honored at the annual "Celebration of Aging" luncheon on **Monday, May 20th** at noon at Villa Borghese, 70 Widmer Road in Wappingers Falls.

For ticket information, visit www.dutchessny.gov/aging, email bjones@dutchessny.gov, or call (845) 486-2555. We have extended the deadline for lower-priced admission to the luncheon through Friday, May 10th while tickets remain available. You can enjoy the inspiring Celebration of Aging for \$25 per person or \$250 per table; after May 10th, the price increases to \$40 per person.

Each centenarian and one guest are admitted for free, as are all couples married 70 years or more. If those descriptions match somebody you know in Dutchess County, it's not too late for them to be honored. If their 100th birthday or 70th anniversary isn't until later this year, that's okay. Get in touch with us to find out how they can be honored.

Hearing our honorees' stories of rich experiences and continued successful aging is sure to brighten your day. Centenarians are the fastest-growing age segment in much of the developed world, and their numbers are expected to grow by a factor of eight between now and 2050.

Our best estimates indicate there are at least 70 centenarians living in Dutchess County, which means that you may have a centenarian for a neighbor. There's still time to ask them if they'd like to attend the Celebration of Aging.

The Celebration of Aging is proudly sponsored by EverCare At Home, JM Insurance, The Pines at Poughkeepsie, and Wingate Healthcare. We're also thankful for a donation in memory of Marge and Ed Hogan.

Golden Living is prepared by the Dutchess County Office for the Aging, 114 Delafield, 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)

Fri 5/3, time t/b/a – Friday hours begin at East Fishkill Friendship Center

Watch the calendar at www.dutchessny.gov for more information

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~~

Midday lunch and activities are booked BUT we’re planning another similar event for the summer, so stay tuned!

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!

RED HOOK SENIOR EXPO INFO (Sat 4/27, 10a-2p, Red Hook Community Center)

The Senior Expo has been on our calendar since the winter, and here's a lot more information about what will be available for seniors to check out:

Informational tables will include:

- Dutchess County Office of the Aging, with File of Life signups
- Ulster Literacy Program

- New York State Health Department
- Hudson Valley Long Term Care Ombudsman
- Rebuilding Together Dutchess County - home repairs for low income seniors
- Association for the Blind and Vision Impaired
- Captel - Free Caption Calls for the deaf and hearing impaired
- Anytime Home Care Agency
- The Grand Rehab and Nursing
- Next Step Home Care Agency
- Red Hook Public Library
- Weatherization Sign Ups for Summer – free and low cost programs
- Hudson Valley Woodcarvers
- Friends of Seniors Transportation
- Southern Tier Seniors
- AARP
- Red Hook Seniors
- Mediation Center Coalition on Elder Abuse
- Hospice
- Archcare (Ferncliff) Nursing and Rehab

- Red Hook Community Center
- NYS Senator Sue Serino
- Bard Mobile History Project – Oral History Interviews

Fitness demonstrations will include: Yin Yoga, Tai Chi, Qi Gong, Feldenkrais, and Karate

Healthy food cooking demonstrations: Savona's Trattoria and The Ascienzo Foundation will present, with delicious, nutritious samples.

Classroom presentations will include:

- Identity Theft and Fraud Protection for Seniors with Carl Newman
- Budgeting and Frugal Living for Seniors with Victoria Rolfe
- If Cars Could Talk – Occupational Therapy for Older Drivers with Kimberly Vranovics, OT
- Get the Most Out of Your Meal – Nutrition for Seniors with Lauren Jackson, Registered Dietitian
- Gardening For Seniors with Kayla Bell, Old Dutch Village Garden Club
- Local History Presentation with William Jeffway, representing Historic Red Hook
- Carol Annas will introduce event attendees to the Sewing Room

- Red Hook High School Students will offer tech help for seniors in the Computer Lab
- Dan Totten will offer instruction in making window boxes in the Maker Space
- Mira will demonstrate water color painting in the Dining Room
- Charlie Rubin will welcome prospective players to the Ping Pong room.

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.

VOLUNTEER MEAL DELIVERY DRIVERS WANTED IN SOUTHEAST DUTCHESS

Many thanks to those who stepped up as volunteer delivery drivers during our most recent recruitment effort this past winter; thanks to them, we've been able to improve OFA Home Delivered Meals services in the Town of Union Vale and nearby communities.

We've determined that there's still a need for volunteer drivers in southeastern Dutchess, so please get in touch with us if you are able to help us out in any of the following communities:

Beekman, Holmes/Whaley Lake, Pawling, Poughquag, Stormville, Union Vale, Verbank, and/or Wingdale

For more information, including details on insurance and reimbursement issues for volunteer drivers, contact nbhargava@dutchessny.gov or call (845) 486-2545.

FREE CONCERT IN AMENIA (Thu 5/9)

The GoldenAge Singers will perform a free concert at the Amenia Town Hall Auditorium (4988 NY 22) at 2 p.m. on Thursday, May 9th. Refreshments will be available.

MARIST LIFETIME STUDY LECTURE AT POUGHKEEPSIE TOWN SENIOR CENTER (Fri 5/17)

The Marist College Center for Lifetime Study's (CLS) Spring 2019 lecture series continues with a look at Ancient Greece on Friday, May 17th at 1:00 p.m., at the Town of Poughkeepsie Senior Center (14 Abe's Way, just west of Route 9). Presented by Mary and Jim Temple of the CLS. For more information call (845) 462-0265.

Other aging news online:

A little light housework may keep your brain young:

<https://www.theguardian.com/science/2019/apr/19/household-chores-keep-brain-young-research-suggests>

Aging middle-class people sometimes have trouble affording assisted living:

<https://www.philly.com/health/assisted-living-middle-class-afford-seniors-20190424.html>

An excellent look at the things to think about if a neighbor is showing signs of dementia: <https://www.nytimes.com/2019/04/23/magazine/should-i-get->

[involved-in-helping-a-neighbor-with-dementia.html?rref=collection%2Ftimestopic%2FElderly&action=click&contentCollection=timestopics®ion=stream&module=stream_unit&version=latest&contentPlacement=1&pgtype=collection](http://www.fox.com/2014/04/29/involved-in-helping-a-neighbor-with-dementia.html?rref=collection%2Ftimestopic%2FElderly&action=click&contentCollection=timestopics®ion=stream&module=stream_unit&version=latest&contentPlacement=1&pgtype=collection)

This week in senior birthdays:

4/29: Singer/songwriter/guitarist/actor Willie Nelson (86)

4/30: Science-fiction author Larry Niven (81)

5/1: Singer/songwriter Judy Collins (80)

5/2: Singer/pianist Engelbert Humperdinck (83)

5/3: Singer/actor Frankie Valli (85)

5/4: Journalist/commentator George Will (78)

5/5: Actor/comedian/writer Michael Palin (76)

You tried to avoid it, didn't you? But you've read all the way to the end of this issue of Aging News, so now you get a Bad Joke:

Q: Why was the broom late for the meeting?

A: It overswept.