

Dutchess County Office for the Aging's

AGING NEWS

For the week of August 5

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

ANOTHER MEDICATION DROP-OFF SPOT IN DUTCHESS

In July, the Village of Rhinebeck opened a new MedReturn Drug Collection Unit, in the lobby of the village police station at 14 Center Street. Village officers use in-house security cameras to continuously monitor the return box, which is designed to help safely dispose of outdated, unwanted or expired medications. The return box will be available during the department's regular hours of operation, seven days a week from 7 a.m. to 11 p.m.

The following items are accepted for disposal:

- Prescription drugs, medicinal patches, samples, pet medications, and over-the-counter medications including vitamins;
- Properly sealed prescription ointments, lotions and liquid medications; and
- Pet medications.

Items NOT accepted for disposal are:

- Needles and other sharps;
- Aerosol cans or inhalers;
- Biohazard or infectious waste;
- Hydrogen peroxide or alcohol;
- Thermometers; and
- Food items.

According to the Dutchess County Resource Recovery Agency, needles and sharps from Dutchess County households can be taken to area hospitals for proper disposal. For more information, call (845) 463-6020.

There are seven other locations in Dutchess County open 24/7 for medication drop-offs:

- Dutchess County Law Enforcement Center, 108 Parker Ave., Poughkeepsie
- New York State Police, Troop K Headquarters, 2541 Route 44, Salt Point

- City of Beacon Police Department, 1 Municipal Plaza, Beacon
- East Fishkill Police Department, 2468 Route 52, Hopewell Junction
- Hyde Park Police Department, 3 Cardinal Road, Hyde Park
- Town of Poughkeepsie Police Department, 19 Tucker Dr., Poughkeepsie
- Wappingers Falls Police Department, 2628 South Ave., Wappingers Falls

The Sheriff's Office and Dutchess County Traffic Safety Board also accept prescription drugs for disposal at every Office for the Aging Senior Picnic. See www.dutchessny.gov/seniorpicnic for the schedule.

Three other drop-off locations have limited hours available:

- Village of Millerton Police Department, 21 Dutchess Ave., Millerton

Monday-Friday, 9 a.m. to 4 p.m.; Saturday, noon-midnight; Sunday, 4 p.m.-midnight

- Village of Red Hook Police Department, 7467 South Broadway, Red Hook

Daily, 8 a.m. to midnight

- Dutchess County Sheriff's Office Pawling substation, 9 Memorial Ave.,

Pawling

Call 845-486-3000 to arrange a drop-off.

SEE YOU AT LA GUELAGUETZA

Once again, the Office for the Aging will have staff at Waryas Park in Poughkeepsie for this coming Sunday's 11th annual "La Guelaguetza" event, celebrating the indigenous culture of the Oaxaca region of Mexico.

Over 5,000 guests are expected at the event, which runs from 1:00 to 7:00 p.m. with traditional dancing, food, crafts and costumes, along with kids' activities and information about community services. OFA will be there until 4:00 p.m. More information can be found at www.facebook.com/poklaguelaguetza.

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

To find out more, see the events calendar at www.dutchessny.gov/aging

or call (845) 486-2555 (unless a different number is indicated)

(All events subject to change)

Thu 8/15, 11 a.m. – Hydrating in the Summer Months

With OFA nutrition coordinator Nimesh Bhargava

OFA Senior Friendship Center - City of Poughkeepsie

(845) 486-2564 for more information

Thu 8/29, 11 a.m. – Diabetes Awareness

With Ozie Williams, Public Health Nutrition Coordinator, Dutchess County

Department of Behavioral and Community Health

OFA Senior Friendship Center - City of Poughkeepsie

(845) 486-2564 for more information

Sat 9/28, 9:30 a.m. – 12:30 p.m. – The Golden Gathering

Presented by OFA and state senator Sue Serino

Arlington High School, 1157 NY 55, LaGrangeville

(845) 229-0106 for information

Vendor contact information to be announced

BEACON OFA FRIENDSHIP CENTER NOW OPEN FRIDAYS

As of Friday, August 2nd, the Dutchess County Office for the Aging Senior Friendship Center in Beacon, at 1 Forrestal Heights, will join OFA Senior Friendship Centers in Poughkeepsie, East Fishkill and Red Hook in operating five days a week, Monday through Friday, 10 a.m. to 2 p.m. Residents throughout the County have come to know the great programming the Office for the Aging provides at its local centers – be it connections to their community, nutritious meals, cultural and exercise programs, or camaraderie with their peers – and Dutchess County is happy to continue providing them with exceptional services and programs at all our centers.

For more information about any of our Senior Friendship Centers, call us at (845) 486-2555 or email ofa@dutchessny.gov.

SIGN UP NOW FOR “A MATTER OF BALANCE” (starting September)

The latest session of “A Matter of Balance” falls prevention classes begins in September. Classes fill up quickly, so you’ll want to sign up quickly as well.

Each session lasts eight weeks, with classes held once a week at locations throughout Dutchess County. The evidence-based “A Matter of Balance” program is ideal for you, if you are a resident of Dutchess County, age 60 or more and ambulatory, and you’d like to maximize the likelihood that you’ll be able to live independently in your own home for as long as possible.

You can sign up for “A Matter of Balance” or get more information by calling the Office for the Aging at (845) 486-2555. Outside the 845 area code, our toll-free number is (866) 486-2555.

LaGRANGE/BEEKMAN SENIOR PICNIC VOLUNTEERS WANTED (Wed 8/14)

The tenth Senior Picnic on our summer schedule takes us to Freedom Park in LaGrange (212 Skidmore Rd.) on Wednesday, August 14th.

If you can help with setting up tables and chairs at the picnic site, guiding seniors as they park, bringing food and drinks to seniors, and breaking down tables and chairs afterwards, email bjones@dutchessny.gov for more details.

BOB MARTINSON BAND ON THE ROAD IN RHINEBECK (8/10)

Many of you know Bob Martinson from his performances at OFA Senior Picnics, but he and his full band perform at plenty of other venues as well.

On Saturday, August 10th, the full Bob Martinson Band will perform outdoors at the gazebo at ArchCare at Ferncliff in Rhinebeck (21 Ferncliff Dr., off River Rd.) from 6 to 8 p.m.

In the event of inclement weather, the band will perform at ArchCare's auditorium instead.

The Bob Martinson Band are back as well on October 21st, to perform at the annual OFA Senior Prom, 12 noon to 4 p.m. at Villa Borghese in Wappinger. For prom reservation information, contact bjones@dutchessny.gov.

Other aging news online

Some thoughts on managing retirement with limited income:

https://www.nextavenue.org/retiring-on-a-shoestring/?fbclid=IwAR1_ufBsFC2DMvlhB2luOAFaT3NuP_ncvyOiLugmP9or1NA6Op25mgthLi0

Elder care is proving to be a tricky topic for politicians:

<https://washingtonmonthly.com/magazine/july-august-2019/the-strange-political-silence-on-elder-care/>

When a stroke has no obvious origin, researchers theorize a “silent” heart attack

may have been to blame: [https://www.nia.nih.gov/news/silent-heart-attacks-](https://www.nia.nih.gov/news/silent-heart-attacks-may-help-explain-strokes-mysterious-origin?utm_source=NIA+Main&utm_campaign=e6cb413614-20190729_news&utm_medium=email&utm_term=0_ffe42fdac3-e6cb413614-7728681)

[may-help-explain-strokes-mysterious-](https://www.nia.nih.gov/news/silent-heart-attacks-may-help-explain-strokes-mysterious-origin?utm_source=NIA+Main&utm_campaign=e6cb413614-20190729_news&utm_medium=email&utm_term=0_ffe42fdac3-e6cb413614-7728681)

[origin?utm_source=NIA+Main&utm_campaign=e6cb413614-](https://www.nia.nih.gov/news/silent-heart-attacks-may-help-explain-strokes-mysterious-origin?utm_source=NIA+Main&utm_campaign=e6cb413614-20190729_news&utm_medium=email&utm_term=0_ffe42fdac3-e6cb413614-7728681)

[20190729_news&utm_medium=email&utm_term=0_ffe42fdac3-e6cb413614-](https://www.nia.nih.gov/news/silent-heart-attacks-may-help-explain-strokes-mysterious-origin?utm_source=NIA+Main&utm_campaign=e6cb413614-20190729_news&utm_medium=email&utm_term=0_ffe42fdac3-e6cb413614-7728681)

[7728681](https://www.nia.nih.gov/news/silent-heart-attacks-may-help-explain-strokes-mysterious-origin?utm_source=NIA+Main&utm_campaign=e6cb413614-20190729_news&utm_medium=email&utm_term=0_ffe42fdac3-e6cb413614-7728681)

High tech answers to low vision: https://seniorplanet.org/high-tech-answers-to-low-vision/?mc_cid=269699f396&mc_eid=4149ad7bda

This week in senior birthdays

8/5: Actress Loni Anderson (74)

8/6: Science fiction author Piers Anthony (85)

8/7: Yankees pitcher Don Larsen (90)

8/8: Actor/director Dustin Hoffman (82)

8/9: Actor/producer Sam Elliott (75)

8/10: Musician/songwriter Ian Anderson (Jethro Tull) (72)

8/11: Singer/songwriter Joe Jackson (65)

We hope you didn't just skip all the way to the end to see how this issue of the Aging News turns out. You should know by now that they end with a Bad Joke:

Q: Why did the broom miss the meeting?

A: It overswept.