

Dutchess County Office for the Aging's

AGING NEWS

For the week of December 16th

Note: The Office for the Aging and all OFA Senior Friendship Centers will be closed on Christmas Day, December 25th, and New Year's Day, January 1st. Senior Friendship Centers will also be closed on Tuesday, December 24th and Tuesday, December 31st. Clients of the OFA Home Delivered Meals (HDM) program will receive shelf-stable meals in advance of the holidays.

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

ABOUT THE HOME DELIVERED MEALS (HDM) PROGRAM

The HDM program prepares hot meals for midday delivery to hundreds of Dutchess County homebound seniors on non-holiday weekdays, helping seniors continue aging independently in their homes. Good nutrition is a critical part of successful aging.

The meals are developed to sustain and improve a participant's health, and prepared fresh under the supervision of OFA Nutrition Services Coordinator Nimesh Bhargava. For seniors in difficult-to-reach locations, frozen and/or shelf-stable meals may be provided so that more than one day's meal may be delivered. The meals provide at least 1/3 of the current Dietary Reference Intake established by the Food and Nutrition Board of the National Academy of Sciences, Engineering and Medicine.

The program also provides seniors with daily socialization with our trained delivery volunteers. The volunteers also serve as a second set of eyes to check on seniors' well-being. We train all volunteers in the procedures to follow if they encounter a senior in distress while making a delivery.

Home visit assessments are made by OFA Nutrition Program personnel to determine eligibility. The need for home meal delivery can be permanent or temporary. Some seniors only need delivery when returning from a hospital or rehab stay, and discontinue HDM participation once they're fully recovered.

For more information about the HDM program, or to volunteer as an HDM driver, call (845) 486-2555 or email nbhargava@dutchessny.gov. Volunteers are needed throughout Dutchess County, especially in rural areas. We can work with your schedule, including vacations, and mileage is reimbursed for HDM drivers who use their personal vehicles to make deliveries.

A printable volunteer application is available at www.dutchessny.gov/aging.

WINTER "SPOTLIGHT ON SENIORS" IS OUT

The Winter 2019-20 edition of our *Spotlight on Seniors* newsletter has been arriving in mailboxes throughout Dutchess County all month. This edition contains information on what's to come in 2020 for Dutchess seniors, including how to sign up for the next session of "A Matter of Balance" classes that begin in the spring; information on the 2020 "Celebration of Aging" coming up in May; OFA's new handyman-program collaboration with Rebuilding Together Dutchess County; information on the county's plans to look at transportation options; and a clip-and-save feature on snow removal safety.

You can find copies of the *Spotlight on Seniors* at libraries and municipal buildings throughout Dutchess County, and online at www.dutchessny.gov/aging.

If you don't have internet access and would like future issues of the *Spotlight on Seniors* mailed to you, contact the Office for the Aging at (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

MISSED THE SENIOR PROM?

Don't forget, there's a Google Drive link available where you can watch two hours' worth of OFA Senior Prom highlights:

<https://drive.google.com/file/d/1ICdG7pd8DD5AX689XUp9i8cySc2wA-SQ/view>

Many thanks once again for the crucial support of Senior Prom co-sponsor The Pines at Poughkeepsie, and sponsors EverCare At Home, Medicare Specialists, Home Energy Consultants and Wingate Healthcare.

FREE CHRISTMAS DAY DINNER FOR PINE PLAINS SENIORS

(Reservations strongly suggested)

Pine Plains-based Willow Roots will be hosting a free Christmas Day dinner from 2:00-5:00 p.m. for any seniors living in Pine Plains who may be alone that day and would like some company. Call Nelson Zayas at (518) 751-0164 by Friday, December 13th to reserve your spot. Transportation is available if requested.

Beyond the holidays, for any Pine Plains elderly who would like service through their food pantry, Willow Roots has weekly distributions at 23 North Main Street in Pine Plains. For more information, call (518) 751-0164 or email willowrootsinc@gmail.com.

Willow Roots' winter hours are 9:30-10:30 a.m. with delivery available for those who live in the village. To learn more about Willow Roots, go to www.facebook.com/WillowRootsSacredWays.

Other aging news online:

Promising news for hikers, gardeners, hunters, and anybody who likes to be active in the outdoors...human testing of a new Lyme disease vaccine is to begin in 2020:

<https://www.wbur.org/commonhealth/2019/11/27/lyme-disease-shot-2020?fbclid=IwAR2kvmZoKE5E4NvrfP5Ntusy8a6afNGUlgLBfjX-5zG6WzYskidY-gKu1o>

Here's the top five senior-targeting phone scams of 2019, according to Senior Planet:

<https://seniorplanet.org/2019/12/06/top-phone-scams-of-2019/>

And remember: if your seniors' group, faith community, civic organization, retirees' group etc. would like an OFA speaker to talk scam prevention with you, email bjones@dutchessny.gov or call (845) 486-2544.

Medicare's annual open-enrollment period ended earlier this month, but beneficiaries who had difficulties with the updated Medicare plan finder website may get a special enrollment period to get loose ends tied up: <https://www.post-gazette.com/business/healthcare-business/2019/12/08/CMS-Medicare-open-enrollment-Plan-Finder-website-problems-Bob-Casey/stories/201912060128>

If you like to play cards and board games, you could be helping your prospects for successful aging. Make sure you keep the games in rotation for the most positive effect:

<https://www.usnews.com/news/health-news/articles/2019-12-02/cards-board-games-could-be-a-win-for-aging-brains>

Some day, your blood could tell your doctors more than it does now about how you're aging.

<https://www.npr.org/sections/health-shots/2019/12/05/785065299/scientists-find-surprising-age-related-protein-waves-in-blood>

If you're over 45, have a million bucks, and can get to Columbia (the country in South America, not the county to our north), you can take part in an anti-aging study involving an unproven therapy.

We're skeptical, to say the least: <https://onezero.medium.com/scientists-dodge-fda-to-offer-a-1-million-anti-aging-treatment-in-colombia-38756dfb3ad1>

What's successful aging like in the remote Shetland Islands?

<https://www.telegraph.co.uk/christmas/2019/12/08/shetland-beautiful-can-quiet-lonely-life-silver-lines-remote/>

This week in senior birthdays:

12/16: Singer/songwriter Benny Andersson (Abba) (73)

12/17: Pope Francis (83)

12/18: Chef/author Jacques Pépin (84)

12/19: Actress Cicely Tyson (95)

12/20: Motown singer Kim Weston (80)

12/21: Talk show host Phil Donahue (84)

12/22: Mets pitcher Jerry Koosman (77)

And the Bad Jokes are turning holiday-festive. Be very afraid:

A snowman walked into the grocery store's produce section to look through the carrots. His wife got upset and told him to stop picking his nose.

Q: What do you get when you cross a bell with a skunk?

A: Jingle Smells!