

Dutchess County Office for the Aging's

AGING NEWS

For the week of December 23rd

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

REMEMBER US BEFORE YOU ASK “NOW WHAT?”

End-of-year holidays are the time when many seniors and their younger family members see each other for the first time in many months, some not since this time a year ago or longer. Younger family members often find themselves surprised to see that the senior they love is noticeably frailer, less able to take care of themselves, or less mentally sharp than at previous get-togethers.

We hope this isn't your situation – but one day it could be, and we want to ensure you think of the Office for the Aging right away when you ask yourselves “now what?”

The primary role of the Office for the Aging is to ensure that Dutchess County seniors can live happily and independently for as long as is safely possible. As one means to that end, we try to help younger family members prepare themselves for potential difficulties.

Even the seniors who already attend our summertime Senior Picnics, the Celebration of Aging in May, our Senior Prom in October or other OFA events, may be otherwise unaware of everything else the Office for the Aging does.

If you live in Dutchess County but the senior you're concerned about lives elsewhere in New York, keep in mind that every county in the state has an Office

for the Aging or an agency with a similar name and function, while New York City and the City of Yonkers each have a citywide Office for the Aging.

Some of the services we provide to residents of Dutchess County include:

- **Information and referral** about issues of concern to older persons;
- **Advocacy and case assistance** for Medicaid, food stamps, and other entitlement programs;
- **Home delivered meals** for homebound seniors;
- **Senior Friendship Centers** where nutritious, hot meals are served along with activities at centers in the Cities of Beacon and Poughkeepsie, and in the Towns of Amenia, East Fishkill, North East (Millerton), Pawling, Poughkeepsie and Red Hook;
- **Transportation services** include rides to Senior Friendship Centers and grocery shopping where available, as well as contracting for medical transportation;
- **Legal services** focusing on shelter and income issues;
- **Long term care services** through our NY Connects unit, providing a single point of entry for a variety of community-based services;

- **Home Energy assistance** for help with fuel bills and emergency fuel/utility terminations;
- **Health Insurance Information Counseling and Assistance Program (HIICAP)** to help seniors navigating the intricacies of senior health insurance;
- **Case management** to provide home care needs assessment;
- **Senior Exercise, Tai Chi and Brain Games classes** to keep the body and the mind active;
- **A Matter of Balance**, a program designed help reduce falls in the elderly. The next classes begin in the late winter in eight locations countywide;
- **Caregiver services** including workshops, counseling and assistance, case management, and services for grandparents raising grandchildren.

There's much more information at our website: www.dutchessny.gov/aging, or you can contact us using the information below.

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

IS YOUR GROUP LOOKING FOR SPEAKERS?

The Office for the Aging can send a representative to speak with your seniors' group, faith community, caregivers' group or civic organization on issues of interest to seniors and caregivers. We cover all kinds of topics:

Successful Aging;

Helping Your Aging Parents, Friends and Neighbors;

Scam Prevention;

Senior housing issues;

Office for the Aging Services;

Topics related to nutrition;

Preventing falls at home...and more!

We're available for presentations during weekday business hours, and on a case-by-case basis for evening and weekend events.

For more information about speakers from the Office for the Aging, email Outreach Coordinator Brian Jones at bjones@dutchessny.gov.

**VOLUNTEERS WANTED TO HELP ASSEMBLE TICK KITS AT THE MEDICAL RESERVE
CORPS (Wed 1/29/20)**

Winter may just be getting started, but it'll be tick season again before you know it – so it helps greatly to be prepared. The Medical Reserve Corps of Dutchess County has an opportunity for volunteers to help prepare for tick season - they need volunteer help in preparing 5,000 tick kits. They're hosting a "Tick Kit Assembly party" on Wednesday, January 29th at MRC headquarters, 85 Civic Center Plaza, Poughkeepsie (the Poughkeepsie Journal building).

If you have an hour or more to spare, please contact MRC Coordinator Joe Ryan: jryan@dutchessny.gov. Bring some treats to share if you'd like – it helps the work go faster!

Among their many other duties, MRC volunteers also help out at OFA Senior Picnics. They're the ones in the blue vests with silver reflective trim. You can also register to be an MRC volunteer at their Facebook page. Here's the link:

<https://www.facebook.com/Medical-Reserve-Corps-of-Dutchess-County-111332296998343/>

APPLY FOR AFFORDABLE HOUSING IN POUGHKEEPSIE

(deadline extended to 1/10/2020)

78 units of affordable housing are slated to open in March 2020 at the site of a previously vacant building on Rose Street in the City of Poughkeepsie.

According to Hudson River Housing, 41 of the new units will be studio apartments, and the remaining 37 units will be one-bedroom apartments.

There's on-site parking, with rents starting at \$500 per month.

All 78 affordable apartments are for households earning below 30% of Area Median Income (<\$20,300 and maximum household size of 1) and 50% of Area Median Income (<\$38,650 and maximum household size of 2).

39 of the units are reserved for tenants with mental illness. On-site services include care management and healthcare professionals.

Applications are available online at www.hudsonriverhousing.org or in person at 313 Mill Street, Poughkeepsie, NY 12601, and can be requested by telephone at 845-454-5176. Applications are available online in English, Spanish, Hindi and Mandarin.

Application deadline is January 10, 2020, with an initial tenant selection lottery to be held shortly thereafter.

“SPOTLIGHT ON SENIORS” FOR YOUR OFFICE, COMMUNITY ROOM, ETC.

We still have some copies of the winter edition of the OFA “Spotlight on Seniors” newsletter available for distribution at medical offices, community rooms...anywhere seniors and/or their families and caregivers might gather. Email bjones@dutchessny.gov if you’d like some.

Copies of the “Spotlight” are available at every library in the county, along with many municipal buildings and senior centers.

If you’re trying to reduce your use of paper, you can look online for the “Spotlight” – plus back issues - at www.dutchessny.gov/aging.

If you don’t have internet access but would like to be added to the mailing list starting with the Spring 2020 Spotlight, please call (845) 486-2555.

Other aging news online:

Holiday hints for Alzheimer's caregivers: <https://www.nia.nih.gov/health/holiday-hints-alzheimers-caregivers>

Some promising findings about a drug that curbs delusions in Parkinson's patients

– it may do the same for those with Alzheimer's:

<https://www.nbcnews.com/health/aging/drug-curbs-delusions-eases-anger-alzheimer-s-patients-researchers-find-n1096281>

She's 100...and finally retired from the newspaper business after 70 years. And if you need a recipe for rolls this holiday season, she thoughtfully provided one:

<https://www.desmoinesregister.com/in-depth/news/2019/11/26/iowa-columnist-evelyn-birkby-100-retires-70-years/4230835002/?fbclid=IwAR2b126ln3Ow84UWQCvOJMesZqyPubiZgmDsOzNUbX6ssKLBZ6QQcS-VVI>

This week in senior birthdays:

12/23: Singer/songwriter/guitarist Jorma Kaukonen (79)

12/24: Painter/engraver/sculptor Pierre Soulages (100)

12/25: Singer/songwriter Jimmy Buffett (73)

12/26: Singer Abdul "Duke" Fakir (The Four Tops) (84)

12/27: Yankees outfielder/coach Roy White (76)

12/28: Actor/director Denzel Washington (65)

12/29: Actor/producer Ted Danson (72)

'Tis the season to...share Bad Jokes! 'Tis always the season for that.

Q: How does Good King Wenceslas like his pizza?

A: Deep pan, crisp and even.