

Dutchess County Office for the Aging's

AGING NEWS

For the week of February 3

Note: the Office for the Aging and all OFA Senior Friendship Centers will be closed on Wednesday, February 12th, for the New York state Lincoln's Birthday holiday; and on Monday, February 17th, for the national President's Day holiday. Clients of our Home Delivered Meals program will receive shelf-stable meals in advance of each holiday.

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

Every 10 years, the U.S. Census Bureau does its biggest job: tallying every person living in the United States. To give you an idea of its importance, consider that the nation's founders thought it should be part of the Constitution. It's right

there in Article 1, Section 2: “The actual Enumeration shall be made within three Years after the first Meeting of the Congress of the United States, and within every subsequent Term of ten Years, in such Manner as they shall by Law direct.”

Our entire representative democracy works best with an up-to-date and accurate count of people, so that each community is represented properly in federal and state government. Congressional and New York state legislative districts will be redrawn before the 2022 elections, based on data from this year’s census. The Census Bureau has been collecting increasingly refined information since the 1800 count.

The census also helps ensure that \$675 billion in federal funds is equitably distributed, including programs of specific interest to seniors. Dutchess County has one of the fastest-growing senior populations in the state, and it will be of utmost importance to get as many of our seniors counted as possible.

“You Count - So Be Counted!” is the motto of Dutchess County’s 2020 Census Complete Count Committee, which aims to improve on the county’s 2010 response rate, especially among the more than 56,000 county residents living in hard-to-count neighborhoods; that includes parts of the Cities of Beacon and Poughkeepsie, Town of Wappinger, and parts of the Harlem Valley in eastern

Dutchess.

What does the census have to do with Medicare?

Medicare has been accounting for an increasing share of total national health spending. 2018 net federal Medicare outlays were \$605 billion, or 15 percent of the federal budget. That percentage is going to keep growing as more of the baby boom generation become Medicare-eligible, and there are proportionately more baby boomers and older seniors here in Dutchess County than in both New York State and the nation. Your household should receive its first invitation to take part in the census in March. Households will be able to respond to the census online, over the phone, or through a paper questionnaire.

Why should I bother?

When communities are undercounted, it means they'll be underfunded by government and underrepresented in Congress and the state legislature.

Outside of government, many businesses base their plans on census numbers.

For example, if a grocery store is considering expansion to a new location near you, it may not choose to expand if there's a census undercount. They won't know that the population in your area has grown and can support a grocery store. The undercount becomes a missed opportunity for them and you alike.

Any questions about the role of the Census in the lives of Dutchess County seniors can be sent to completecount@dutchessny.gov. You can also call (845) 451-4241.

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

“GOLDEN LIVING” NOW IN FIVE LOCAL WEEKLY PAPERS

Share this next one with your friends and neighbors who don't have online access.

OFA Director Todd Tancredi's weekly “Golden Living” column now appears in

several local weekly print publications:

Beacon Free Press

The Hudson Valley News

Northern Dutchess News

Pawling Record

Southern Dutchess News

You should be able to find at least one of them available near you.

Other aging news online:

It takes diverse strategies to reach diverse communities, as this study of diabetes screening at barbershops for African-American men demonstrates:

https://www.upi.com/Health_News/2020/01/27/Diabetes-testing-at-barbershops-effective-for-screening-black-men/7981580137000/?sl=1

The “Wuhan coronavirus” has been in the news a great deal lately, but it’s plain

old seasonal influenza that's the greater danger in the US. Still plenty of time to get a flu shot: <https://khn.org/news/flu-far-deadlier-than-wuhan-virus/>

Tips for living alone with early-stage dementia:

<https://www.nia.nih.gov/health/tips-living-alone-early-stage-dementia>

Paul Farnes, the oldest Allied flying ace from the Battle of Britain (1940) passed away this past week, age 101:

https://amp.theguardian.com/world/2020/jan/29/last-battle-of-britain-flying-ace-paul-farnes-dies-aged-101?fbclid=IwAR0g1Q9CChhFpahtmjPJkifK0yXIsXg1knVgN_YI99o15oPCU9IEPZG1

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Remember the old Rheingold Beer jingle? Now you can impress your friends with your knowledge of the 19th-century composer on whose work the jingle was based: <https://www.youtube.com/watch?v=q6R5M52lqlw>

This week in senior birthdays:

2/3: NFL Hall-of-Famer Fran Tarkenton (80)

2/4: Former vice president Dan Quayle (73)

2/5: Baseball Hall of Famer Henry Aaron (86)

2/6: Journalist/author Tom Brokaw (80)

2/7: Journalist/author Gay Talese (88)

2/8: Journalist Ted Koppel (80)

2/9: Singer/songwriter Carole King (78)

This is supposed to be the “dead of winter” even though it doesn’t feel quite like it this winter, so to get you through it, a wintry collection of Bad Jokes:

Q: What did the Arctic detective say to the suspect?

A: Where were you on the night of October to March?

Q: What did the icy road say to the truck?

A: Want to go for a spin?

Q: What's the difference between an iceberg and a clothes brush?

A: One crushes boats and the other brushes coats.

Q: What do you call the bathroom in a house made of ice?

A: The iglloo.