

Dutchess County Office for the Aging's

AGING NEWS

For the week of January 20th

Note: the Office for the Aging is closed on Monday, January 20th, for the national Martin Luther King, Jr. holiday. Clients of our Home Delivered Meals program will receive shelf-stable meals in advance of the holiday.

*Note: The OFA's "Golden Living" column was discontinued by the Poughkeepsie Journal at the start of the year. It's still available here within weekly Aging News emails, which are also posted on the Dutchess County website at **www.dutchessny.gov/aging**. For those who don't have internet access, we're working on plans to relocate "Golden Living" to other print media outlets as soon as possible.*

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

SNOW DAY ACTIVITIES FOR SENIORS

Waking up to see a pile of new snow outside your home probably doesn't elicit the same reaction it did when you were younger. You'd go outside and build a snow fort, maybe make a few bucks shoveling out the neighbors.

But now you may be grumbling. You had errands to run, things to do, and now you're stuck at home.

Instead of being upset with nature's disruption of your schedule, look at it as an opportunity to catch up on an important plan you may have put off: to take a close look at your home and learn what needs to be done to make it senior-friendly for as long as you are able to live independently.

You'll need a yardstick or tape measure to develop this plan, but no tools other than that.

First, imagine trying to navigate your current home in a wheelchair. Are your hallways at least 36 inches wide at their narrowest point? That's the absolute minimum width for a hallway to accommodate a wheelchair, according to the

Americans With Disabilities Act (ADA). For existing doorways, the minimum ADA width is 32 inches at their narrowest. If you're in an older home, it's likely your halls and doorways are narrower. What can be done about that? You'll have to decide if renovation is worth the investment, or whether you should consider looking for a new place instead.

Now, to your stairs. While it's true that stair-climbing can be excellent exercise, stairs are also a potential fall hazard, especially when they lead to a dark basement. Are there ways to minimize your use of stairs? Can your bedroom be located on the same floor as the rest of your living space? Are you able to move appliances like your washer and dryer out of the basement? Will you need to augment your front stoop with a ramp? Once again, you'll have to weigh the costs and benefits of renovation versus moving to a home where everything's on one level.

While you're doing your research, you may see a key phrase come up: universal design. Google the phrase and you'll get over seven million results. The goal of universal design is to make homes accessible for all generations and ability levels, without making homes look sterile or institutional. It's possible to find

safety options that will blend well with your home, whether it was built in 1920 or you're having renovations done in 2020.

Admittedly, renovations can be expensive. Putting off the decision, though, may also prove to be expensive, if an assisted living or skilled nursing facility becomes necessary sooner than expected because of safety and accessibility upgrades that weren't done. Thinking things through costs you only time. For income-qualified seniors, Rebuilding Together Dutchess County (rebuildingtogetherdutchess.org) provides both large- and small-scale home repairs necessary to maintain a safe home environment. For application information, visit the website, call (845) 454-7310, or email info@rebuildingtogetherdutchess.org. Please note that mobile homes are only eligible for limited improvements through their services.

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 calendar

Unless otherwise indicated, call (845) 486-2555 for more information

All times and venues subject to change

Follow Dutchess County Government on social media to find out more

Wed 1/22/2020, 2:00 p.m. – Scam Prevention

With OFA Outreach Coordinator Brian Jones

Interfaith Towers, 66 Washington Ave., Poughkeepsie

Fri 1/24/2020, 11:00 a.m. – Scam Prevention and Elder Abuse Awareness

With OFA Outreach Coordinator Brian Jones

and Arlette Murrain, Elder Abuse Awareness Coordinator, EverCare At Home

Pleasant Valley Town Hall, 1554 Main St. (Route 44)

Tue 1/28/2020, 11:00 a.m. - Keeping Your New Year's Nutrition Resolution

With OFA nutrition coordinator Nimesh Bhargava

Pawling Senior Friendship Center, 154 Charles Colman Blvd.

Tue 2/11, 2:00 p.m. – Scam Prevention

With OFA outreach coordinator Brian Jones

Castle Court at Concord Village, 386 Van Wagner Rd., Poughkeepsie

Tue 3/24, 1:00 p.m. – Scam Prevention

With OFA Outreach Coordinator Brian Jones

Red Hook Public Library, 7444 S. Broadway (Route 9)

Thu 3/26, 11:00 a.m. – Office for the Aging Services

With OFA Outreach Coordinator Brian Jones

The Gables (community room), 329 Salt Point Turnpike, Poughkeepsie

REPAIR CAFÉ IN RED HOOK (Sat 1/18) (weather permitting)

Got some well-loved items that need sprucing up? Repair Café may be able to help. There's a January 18th (Saturday) Repair Café event coming up, starting at 10 a.m. at the Red Hook Community Center (59 Fisk St.), with repair coaches specializing in bikes, computers, electronics/electrical, jewelry, general repairs on appliances and household items, sewing and knitting.

Other aging news online:

Many young people have little interest in inheriting their ancestors' fine china and so forth, either due to a lack of interest or a lack of space:

https://apnews.com/da40a8b9be12c3a734ab5862cc8c3a60?utm_source=Facebook&utm_medium=AP&utm_campaign=SocialFlow&fbclid=IwAR1OTkfNppMHKPDc-G4hLjrE6jFq2VD5qEvIm3Uwyw9h5-6cdck5y2LnNo

Adapting to the use of electronic devices is a great way for seniors to stay connected BUT there are some keys to remember when trading in an old device for a newer model: https://seniorplanet.org/2020/01/13/trading-in-your-phone/?mc_cid=0a8858240d&mc_eid=4149ad7bda

Entertainment legend Betty White turned 98 last week...and here she is reading the classic children's book "Harry the Dirty Dog":

<https://www.youtube.com/watch?v=7j0OY3236jw&feature=youtu.be&fbclid=IwAR3RHizUXA3fGpNt6m2Zs25r6EFIKcFoZt6nH5gyOGLqnb68u-VbmSxEtt0>

This week in senior birthdays:

1/20: Trumpeter/bandleader Ray Anthony (98)

1/21: Golf legend Jack Nicklaus (80)

1/22: Chef/author Graham Kerr (86)

1/23: Actress/singer/dancer Chita Rivera (87)

1/24: Singer/songwriter Neil Diamond (79)

1/25: NFL Hall of Famer Carl Eller (78)

1/26: Sportscaster/actor Bob Uecker (86)

And here's the week's Bad Joke.

Q: Who's king of the classroom?

A: The ruler!