

Dutchess County Office for the Aging's

**AGING NEWS**

For the week of January 6<sup>th</sup>

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

***Todd N. Tancredi, Director***

***Dutchess County Office for the Aging***

The yearly search for the Dutchess County "Senior Citizens of the Year" is well underway. We are looking for your nominations in the categories of Senior Male, Senior Female and/or Senior Couple of the Year. The awards are presented at the Celebration of Aging, held on Monday, May 18<sup>th</sup> at Villa Borghese in Wappinger, in honor of Older Americans Month.

Are you aware of a senior citizen who should be recognized for their contributions to the Dutchess County community? Do you know a person or couple over age 60 who lives in Dutchess County, with a strong dedication to volunteerism and civic involvement? Please let us know about them by sending in

a nomination form and any other pertinent materials. The form is available by calling our office at (845) 486-2555. You can also find a form online on Page 4 of the winter edition of the *Spotlight on Seniors*, found on our website:

[www.dutchessny.gov/aging](http://www.dutchessny.gov/aging). The *Spotlight on Seniors* is also available while supplies last at libraries throughout the county, and at all eight of our Senior Friendship Centers. If you don't have internet access, you can subscribe to the *Spotlight on Seniors* by calling us.

You can nominate as many people as you'd like, in any or all categories. If you've nominated somebody in previous years but they were not chosen as an honoree, you can nominate them again.

As part of your case for making your nominee a Senior of the Year nominee, you can include copies of news clippings and photographs. We don't recommend sending us any original clippings or photos, because we can't return them.

The deadline for nominations is 5 p.m., Friday, March 27<sup>th</sup>. All nominations will be reviewed by a committee of the Advisory Board to the Office for the Aging, who select the outstanding seniors who will receive the awards.

The Celebration of Aging also honors residents of Dutchess County who have achieved outstanding feats of aging. If you know someone who will turn 100

or older during 2020, or will be celebrating their 70<sup>th</sup> or greater wedding anniversary, please contact us at the phone number above or through email at [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov).

The Celebration of Aging is four months away, so there's still plenty of time for long-time couples and centenarians to make up their minds about attending.

### **A TIP ON HOW NOT TO TRIP**

If you or a loved one easily trips over things, shuffles their feet, or tends to look at the floor when walking, it may help to focus attention on the places where those mishaps are most likely.

Place red floor tape on any non-carpeted floors on your home's thresholds – the places where people enter a house or move between rooms, where an uneven transition may cause problems. If you're thinking of re-doing your floors, look for features that minimize or even eliminate unevenness in transitions between rooms.

To avoid bumps and bruises that can happen in collisions with furniture and doorway edges, you can outline the edges of coffee tables and doorways with colored vinyl floor tape.

***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](mailto:ofa@dutchessny.gov) website: [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)***

**Office for the Aging events calendar**

**Also available at [www.dutchessny.gov](http://www.dutchessny.gov)**

**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**

Mon 1/6/2020, 11:00 a.m. - Keeping Your New Year's Nutrition Resolution

With OFA nutrition coordinator Nimesh Bhargava

Poughkeepsie Friendship Center @ OFA, 114 Delafield St.

Tue 1/7/2020, 11:00 a.m. - Keeping Your New Year's Nutrition Resolution

With OFA nutrition coordinator Nimesh Bhargava

Tri-Town Senior Friendship Center, 110 S. Grand Ave., Poughkeepsie

Fri 1/17/2020, 11:15 a.m. – Scam Prevention

With OFA Outreach Coordinator Brian Jones

The Fountains at Millbrook, 79 Flint Rd.

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 3/24/2020, 1:00 p.m. – Scam Prevention

With OFA Outreach Coordinator Brian Jones

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

## REPAIR CAFÉ THIS WEEKEND (Sat 1/4) IN STANFORDVILLE

### ...AND SEWING FOR ADULTS (1/9-2/20)

What can you do with:

A CD player that no longer opens?

A toaster that no longer works?

A sweater with moth holes?

Repair Café ([www.repaircafe.org](http://www.repaircafe.org)) is repairing broken items together, professional advice, encounters, and inspiration. There's a Repair Café event taking place on Saturday, January 4<sup>th</sup> from 10:00 a.m. to 2:00 p.m. at the new Stanford Free Library (6038 NY 82, Stanfordville, (845) 868-1341).

Volunteer repair coaches from the community can help you fix your small appliances, lamps, chairs, bicycles, vacuum cleaners, clothing, and more. Enjoy coffee, tea, and other refreshments while you wait your turn to learn from the coaches as they make repairs. There's easy parking and no steps to enter the building or room.

Additionally, the library is hosting a seven week series on sewing for adults, where you can learn various sewing techniques and complete a sewing project.

Register by emailing [stanfordlibrary@optonline.net](mailto:stanfordlibrary@optonline.net) or call (845) 868-1341. If you have your own sewing machine, you can bring it along with its instruction manual.

## **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](mailto: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 29<sup>th</sup> 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](mailto: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](http://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.

**Other aging news online:**

More evidence that exercise helps the mind and memory, as well as muscle:

[https://www.nytimes.com/2019/12/30/well/move/move-your-body-bolster-your-brain.html?algo=identity&fallback=false&imp\\_id=521055621&imp\\_id=167216468&action=click&module=Science%20%20Technology&pgtype=Homepage](https://www.nytimes.com/2019/12/30/well/move/move-your-body-bolster-your-brain.html?algo=identity&fallback=false&imp_id=521055621&imp_id=167216468&action=click&module=Science%20%20Technology&pgtype=Homepage)

Scientists are reaching out to minority communities to diversify studies on

Alzheimer's disease: <https://www.npr.org/sections/health-shots/2019/12/17/787772971/scientists-reach-out-to-minority-communities-to-diversify-alzheimers-studies>

Social health is just as important as mental and physical health:

<https://www.nextavenue.org/social->

[health/?fbclid=IwAR058aZTaaFsSL4QTuMoXZ7bumhAsyBcW\\_YITKGIIImtrQLpaFb](https://www.nextavenue.org/social-health/?fbclid=IwAR058aZTaaFsSL4QTuMoXZ7bumhAsyBcW_YITKGIIImtrQLpaFb)

[M7-ZCUz0](https://www.nextavenue.org/social-health/?fbclid=IwAR058aZTaaFsSL4QTuMoXZ7bumhAsyBcW_YITKGIIImtrQLpaFb)

Eight ideas for making your home more senior-friendly. Some of them are DIY, some require a contractor's help:

[https://www.consumeraffairs.com/homeowners/aging-in-place-home-](https://www.consumeraffairs.com/homeowners/aging-in-place-home-modifications.html)

[modifications.html](https://www.consumeraffairs.com/homeowners/aging-in-place-home-modifications.html)

### **This week in senior birthdays:**

1/6: Former NY Jets/college football coach Lou Holtz (83)

1/7: Singer/songwriter Kenny Loggins (72)

1/8: Singer Dame Shirley Bassey (83)

1/9: Singer/songwriter/activist Joan Baez (79)

1/10: Singer/songwriter Rod Stewart (75)

1/11: Singer/songwriter/actress Naomi Judd (74)

1/12: Magician the Amazing Kreskin (85)

**And here's the first Bad Joke of 2020. They'll get worse from here on, you know.**

Q: What do you call a hippie's wife?

A: Mississippi.