

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of July 22

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

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*Dutchess County Office for the Aging*

### **DEATHS IN FALLS INCREASE – BUT YOU CAN HELP**

The advice the Office for the Aging provides for seniors and their caregivers isn't something that's carved in stone. When new evidence emerges to challenge the original advice, we adjust our advice accordingly – as is the case with the latest findings on injuries and deaths caused by falls.

The Journal of the American Medical Association recently reported that nearly three times more adults age 75 and older died from falls in 2016 than in 2000. The increase in deaths and injuries is happening even though seniors are typically advised to exercise more, have their vision checked, cut back on sleep medications

when possible, and install grab bars in bathrooms and other areas of potential risk.

So what's going wrong?

It's not that the above advice is incorrect, but one thing we've learned is that the advice needs to be tailored to individuals so that they're more likely to act on the advice and take whatever additional fall prevention steps are necessary. U.S. Centers for Disease Control health scientist Elizabeth Burns co-authored the JAMA report mentioned above, and believes that a number of factors are contributing to the increase: that older adults are living longer with conditions that used to be fatal, and that more older adults are taking medications that can affect brain function and balance, such as opioids.

One excellent preventive step you can take is to sign up for an OFA "A Matter of Balance" classes, now registering seniors for eight-week sessions, with classes held once a week at locations throughout Dutchess County. The evidence-based "A Matter of Balance" program is ideal for you, if you are a resident of Dutchess County, age 60 or more and ambulatory, and you'd like to maximize the likelihood that you'll be able to live independently in your own home for as long as possible.

You can sign up for "A Matter of Balance" by calling the Office for the Aging at (845) 486-2555. Outside the 845 area code, our toll-free number is (866) 486-2555.

Other steps you can take include asking your medical providers about how to receive a comprehensive fall risk assessment, recommended by both the federal Centers for Disease Control and the American Geriatrics Society. Such an assessment becomes increasingly necessary in the case of seniors at the highest risk for falls – that is, those who have fallen repeatedly or sought medical attention for falls.

A fall risk assessment should cover all the issues that can contribute to falls: gait, lower-body strength, balance, medication, vision, home environment, and blood pressure measure when getting up from a seated position.

If you're a medical provider in Dutchess County who would like to know more about "A Matter of Balance," contact OFA Outreach Coordinator Brian Jones at [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov).

***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 schedule**

See the online calendar at [www.dutchessny.gov](http://www.dutchessny.gov) to find out more

**(All events subject to change)**

**Sat 7/20, 8:30 a.m. – 3:30 p.m. – OFA at the Dragon Boat Races**

To benefit Habitat for Humanity

Hudson River Rowing Association, 270 N. Water St., Poughkeepsie

[www.dutchessdragonboat.org](http://www.dutchessdragonboat.org) for more information.

**Mon 7/22, 11 a.m. – “The Importance of Hydration”**

With OFA nutrition services coordinator Nimesh Bhargava

East Fishkill Senior Friendship Center, 890 NY 82, Hopewell Junction

**Thu 7/25, 11 a.m. – “The Importance of Hydration”**

With OFA nutrition services coordinator Nimesh Bhargava

Millerton Senior Friendship Center, 28 Century Blvd.

**Thu 7/25, 2 p.m. – OFA Scam Prevention Presentation**

With OFA outreach coordinator Brian Jones

Arbor Ridge, 11 Mountain Laurel Lane, Rhinebeck

**Sat 9/28, 9:30 a.m. – 12:30 p.m. – The Golden Gathering**

Presented by OFA and state senator Sue Serino

Arlington High School, 1157 NY 55, LaGrangeville

(845) 229-0106 for information

Vendor contact information to be announced

**EXTREME HEAT, HUMIDITY EXPECTED ALL WEEKEND**

Daytime highs are expected to be in the mid to upper 90's on Friday, Saturday and Sunday of this weekend, with humidity making it feel like 105 or more. For some tips on how to endure the heat, we turn to the Dutchess County Department of Emergency Response, as posed on the county website here:

<https://www.dutchessny.gov/Departments/Emergency-Response/Seasonal-Preparedness-Summer.htm>

The key takeaways for seniors:

“Dangerous increases in body temperatures are more likely to occur in the elderly. Mortality, from all causes, rises dramatically during heat waves in people

over 50 and it progresses with increasing age. Help protect elderly relatives and neighbors from heat-related problems by taking a few simple precautions:

- Visit older adults at risk at least twice a day and watch for signs of heat exhaustion or heat stroke
- Take them to air-conditioned locations if they have transportation problems
- Making sure older adults have access to electric fans whenever possible

If your own home isn't air conditioned, local libraries, grocery stores and shopping centers are generally air-conditioned and can provide some temporary relief.

For more information, follow Dutchess County Government on social media: <https://www.facebook.com/DutchessCoGov/>

### **PLEASANT VALLEY PICNIC VOLUNTEERS WANTED (Wed 7/24)**

The Senior Picnic, for residents of the Town of Pleasant Valley, is taking place at Cady Field (Route 44 behind Town Hall) on Wednesday, July 24th – and if you'd

like to volunteer to help your senior friends and neighbors enjoy the day, please get in touch with OFA Outreach Coordinator Brian Jones at

[bjones@dutchessny.gov](mailto:bjones@dutchessny.gov) or (845) 486-2555.

The complete picnic schedule is available at

[www.dutchessny.gov/seniorpicnic](http://www.dutchessny.gov/seniorpicnic).

You can see all the highlights of each OFA Senior Picnic by following

Dutchess County Government on Facebook:

<https://www.facebook.com/DutchessCoGov/>

### **Other aging news online:**

Here's five things you can do that could decrease your risk of Alzheimer's by up to 60 percent. First, get out your chessboard:

[https://www.washingtonpost.com/local/social-issues/doing-these-five-things-could-decrease-your-risk-of-alzheimers-by-60-percent-new-study-shows/2019/07/14/a4b2f82c-a4e4-11e9-bd56-eac6bb02d01d\\_story.html?utm\\_term=.111639da2dd8](https://www.washingtonpost.com/local/social-issues/doing-these-five-things-could-decrease-your-risk-of-alzheimers-by-60-percent-new-study-shows/2019/07/14/a4b2f82c-a4e4-11e9-bd56-eac6bb02d01d_story.html?utm_term=.111639da2dd8)

Socializing helps protect the aging brain. Here's more evidence:

<https://www.usnews.com/news/health-news/articles/2019-07-15/more-evidence-that-socializing-helps-protect-the-aging-brain>

An anesthesiologist from Columbia County was charged this month in connection with an alleged \$7M Medicare and health insurance fraud scheme:

<https://www.justice.gov/opa/pr/new-york-anesthesiologist-indicted-alleged-role-telemedicine-health-care-fraud-conspiracy>

Here's a 71-year-old man setting the world record for his age group in the 200-meter dash: <https://doyouremember.com/100580/record-breaking-runner-charles-allie>

**This week in senior birthdays:**

7/22: WWII veteran/politician Bob Dole (96)

7/23: Retired NYC radio host Don Imus (79)

7/24: Actress/comedian Ruth Buzzi (82)

7/25: Bass player/producer Verdine White (Earth, Wind & Fire) (68)

- Currently on tour with Earth, Wind & Fire

7/26: Singer/songwriter Mick Jagger (Rolling Stones) (76)

- Currently on tour with the Rolling Stones

7/27: Screenwriter/producer Norman Lear (97) – who this week became the oldest Emmy Award nominee ever: <https://deadline.com/2019/07/norman-lear-brent-miller-emmy-nomination-live-in-front-of-a-studio-audience-all-in-the-family-the-jeffersons-1202647323/>

7/28: Basketball Hall-of-Famer/former U.S. Senator Bill Bradley (76)

**And finally, a whole bunch of heat-related Bad Jokes:**

How hot is it?

It's so hot that you can't make a chili dog.

How hot is it?

It's so hot that my kite crashed and burned.

How hot is it?

It's so hot that farmers are feeding ice to the chickens so they won't lay boiled eggs.

How hot is it?

It's so hot that corn on the stalks starts popping.

How hot is it?

It's so hot that all chocolate is drinkable.

How hot is it?

It's so hot that you can poach eggs in a pool.

How hot is it?

It's so hot that chickens are laying omelettes.

How hot is it?

It's so hot that birds are using potholders to pull worms out of the ground.