

Dutchess County Office for the Aging's

AGING NEWS

For the week of July 29

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

ANOTHER MEDICATION DROP-OFF SPOT IN DUTCHESS

Earlier this month, the Village of Rhinebeck opened a new MedReturn Drug Collection Unit, in the lobby of the village police station, located at 14 Center Street. Village officers use in-house security cameras to continuously monitor the return box, which is designed to help safely dispose of outdated, unwanted or expired medications. The return box will be available during the department's regular hours of operation, seven days a week from 7 a.m. to 11 p.m.

The following items are accepted for disposal:

- Prescription drugs, medicinal patches, samples, pet medications, and over-the-counter medications including vitamins;
- Properly sealed prescription ointments, lotions and liquid medications; and
- Pet medications.

Items NOT accepted for disposal are:

- Needles and other sharps;
- Aerosol cans or inhalers;
- Biohazard or infectious waste;
- Hydrogen peroxide or alcohol;
- Thermometers; and
- Food items.

According to the Dutchess County Resource Recovery Agency, needles and sharps from Dutchess County households can be taken to area hospitals for proper disposal. For more information, call (845) 463-6020.

There are seven other locations in Dutchess County open 24/7 for medication drop-offs:

- Dutchess County Law Enforcement Center, 108 Parker Ave., Poughkeepsie
- New York State Police, Troop K Headquarters, 2541 Route 44, Salt Point

- City of Beacon Police Department, 1 Municipal Plaza, Beacon
- East Fishkill Police Department, 2468 Route 52, Hopewell Junction
- Hyde Park Police Department, 3 Cardinal Road, Hyde Park
- Town of Poughkeepsie Police Department, 19 Tucker Dr., Poughkeepsie
- Wappingers Falls Police Department, 2628 South Ave., Wappingers Falls

The Sheriff's Office and Dutchess County Traffic Safety Board also accept prescription drugs for disposal at every Office for the Aging Senior Picnic. See www.dutchessny.gov/seniorpicnic for the schedule.

Three other drop-off locations have limited hours available:

- Village of Millerton Police Department, 21 Dutchess Ave., Millerton

Monday-Friday, 9 a.m. to 4 p.m.; Saturday, noon-midnight; Sunday, 4 p.m.-

midnight

- Village of Red Hook Police Department, 7467 South Broadway, Red Hook

Daily, 8 a.m. to midnight

- Dutchess County Sheriff's Office Pawling substation, 9 Memorial Ave.,

Pawling

Call 845-486-3000 to arrange a drop-off.

SEE YOU AT LA GUELAGUETZA

Once again, the Office for the Aging will have staff at Waryas Park in Poughkeepsie for this coming Sunday's 11th annual "La Guelaguetza" event, celebrating the indigenous culture of the Oaxaca region of Mexico.

Over 5,000 guests are expected at the event, which runs from 11 a.m. to 6 p.m. with traditional dancing, food, crafts and costumes, along with kids' activities and information about community services. More information can be found at www.facebook.com/poklaguelaguetza.

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Delafield St., Poughkeepsie, New York 12601, telephone (845) 486-2555, email:

ofa@dutchessny.gov website: www.dutchessny.gov/aging

Office for the Aging events schedule

See the online calendar at www.dutchessny.gov to find out more

(All events subject to change)

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

TOWN OF POUGHKEEPSIE SENIOR PICNIC VOLUNTEERS WANTED (Wed 7/31)

As one of the largest events on our annual Senior Picnic schedule, the picnic at Bowdoin Park (85 Sheafe Rd., Pavilion 1) for Town of Poughkeepsie seniors on Wednesday, July 31st requires a commensurately extensive number of volunteers to ensure seniors enjoy the day. The picnic is booked solid, and with good weather nearly 500 seniors are expected.

If you can help with setting up tables and chairs at the picnic site, guiding seniors as they park, bringing food and drinks to seniors, and breaking down tables and chairs afterwards, email bjones@dutchessny.gov for more details.

Thanks in advance!

BOB MARTINSON BAND ON THE ROAD IN RHINEBECK (8/10)

Many of you know Bob Martinson from his performances at OFA Senior Picnics, but he and his full band perform at plenty of other venues as well.

On Saturday, August 10th, the full Bob Martinson Band will perform outdoors at the gazebo at ArchCare at Ferncliff in Rhinebeck (21 Ferncliff Dr., off River Rd.) from 6 to 8 p.m.

In the event of inclement weather, the band will perform at ArchCare's auditorium instead.

The Bob Martinson Band are back as well on October 21st, to perform at the annual OFA Senior Prom, 12 noon to 4 p.m. at Villa Borghese in Wappinger. For prom reservation information, contact bjones@dutchessny.gov.

Other aging news online

Another study indicates that weight training, along with lots of other kinds of exercise, may help the aging brain. As always, check with your doctor before proceeding: <https://www.nytimes.com/2019/07/24/well/move/how-weight-training-changes-the-brain.html?action=click&module=Discovery&pgtype=Homepage>

A state senator from the Syracuse area has proposed a bill to allow seniors to more easily open and operate a business. As of last week it was still on the governor's desk: <https://www.timesunion.com/business/article/Encore-entrepreneurs-How-New-York-might-14108767.php>

Police in a community in England are setting up special “happy to chat” benches in hopes of reducing isolation among seniors:

https://www.cnn.com/2019/07/08/europe/elderly-chat-bench-trnd/index.html?fbclid=IwAR1OmWEbhQ1E59G_vhNfyeZh_AJ9PhF5O4y9AYuACwH-9w_ZODnA2TFgeM

This week in senior birthdays:

7/29: Canadian musician Geddy Lee (Rush) (66)

7/30: Singer/songwriter Paul Anka (78)

...and still performing: www.paulanka.com

7/31: Former Jets defensive lineman Gerry Philbin (78)

8/1: Former U.S. senator Al D'Amato (82)

8/2: Musician/songwriter/Hudson Valley resident Garth Hudson (82)

8/3: Singer/actor Tony Bennett (93)

...and still performing: <https://www.tonybennett.com/tour.php>

8/4: Former Mets outfielder Cleon Jones (77)

And your week wouldn't be complete without a Bad Joke, would it?

Q: What do you call an alligator detective?

A: An investi-gator.