

Dutchess County Office for the Aging's

**AGING NEWS**

For the week of May 6

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

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

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

**STILL A FEW "CELEBRATION OF AGING" SEATS LEFT**

There's still a little time for you to secure lower-priced admission to the Monday, May 20<sup>th</sup> Office for the Aging "Celebration of Aging," held at 12:00 noon at Villa Borghese, 70 Widmer Rd. in Wappingers Falls.

The event honors Dutchess County's Senior Citizens of the Year along with Dutchess residents turning 100 or more this year or celebrating a wedding anniversary of 70 years or more this year. Any Dutchess County resident who will

be a centenarian this year still has time to reserve a free seat for themselves and one guest, and for county-resident couples married 70 years or more to reserve free seats for themselves.

If the 100<sup>th</sup> birthday or 70<sup>th</sup> wedding anniversary isn't until late in 2019, that's fine by us since milestones like these are truly rare and special occasions.

For everybody else, seats at the Celebration are \$25 each, while seats remain available, if paid or postmarked by Friday, May 10<sup>th</sup>. After this date, the price increases to \$40 per person. It's sure to be a festive and inspiring event. For only the second time, two sisters are expected to be among the centenarian honorees, along with our Senior Citizens of the Year: Ruth Hogan of Poughquag; Michael Frazier of Rhinebeck; Ruth and Julius Jones of Staatsburg; and Senior Achievement Award honoree Bob Haan of Red Hook.

Contact OFA Outreach Coordinator Brian Jones for more information about reserving seats at the Celebration, at [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov) or (845) 486-2544.

## **ALZHEIMER'S EDUCATIONAL PROGRAM AND CAREGIVER SUPPORT AT OFA**

The Alzheimer's Association of the Hudson Valley will be hosting educational programs covering four dementia-related topics, from 2:30 to 3:30

p.m. on Mondays, June 17<sup>th</sup> through July 22<sup>nd</sup>. Each program will be followed immediately by a 3:30 – to 4:30 p.m. caregiver support group. Participants may attend either part of the series, or both.

Here's a list of the programs:

Monday, June 17<sup>th</sup> – Understanding Alzheimer's and Dementia

Monday, June 24<sup>th</sup> – Healthy Living for Your Brain and Body

Monday, July 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup> – Living With Alzheimer's for Early-Stage Caregivers (three-part series)

Monday, July 22<sup>nd</sup> – Understanding and Responding to Dementia-related Behavior

The programs will be held at the Office for the Aging and are supported in part by an OFA grant. If you have questions about the programs or wish to RSVP, contact the Alzheimer's Association at (800) 272-3900.

A calendar of all OFA events is available at [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging).

***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)

### Wed 5/8 – Office for the Aging “Grand Opening” and Ribbon-Cutting

114 Delafield St., Poughkeepsie

Midday lunch and activities are booked BUT we’re planning another similar event for the summer, so stay tuned!

Ribbon cutting at 4 p.m. (no reservations needed)

### Mon 5/20, 11:30 a.m. – 1:30 p.m. – The Celebration of Aging

Villa Borghese, 70 Widmer Rd., Wappingers Falls

Admission information at this link:

<https://www.dutchessny.gov/Departments/Aging/Docs/Celebration-of-Aging-Reservation.pdf>

Admission to the luncheon is \$25 per person if paid before Friday, May 10<sup>th</sup>; after then, it’s \$40 per person.

Every Dutchess resident turning 100 or more in 2019 gets in free, along with any Dutchess couples married 70 years or more in 2019. Let us know they're coming by calling (845) 486-2544 or emailing [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov).

**Fri 6/14, 9 a.m. – 3 p.m. – OFA at World Elder Abuse Awareness Day 2019**

Drumlin Hall, Dutchess Community College

Free, with required advance registration

Space is limited to 450 attendees

Call (845) 486-2555 to reserve a seat

To request an Office for the Aging presentation for your senior, social and/or civic group, get in touch with outreach coordinator Brian Jones at (845) 486-2555 or [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov). All your group needs to provide is a venue that's wheelchair-accessible and open to the public, with space to set up a projector and screen. We have our own projector and screen – but if you have those, let us know.

We feature presentations on Successful Aging, Office for the Aging services, Medicare/Medicaid, scam prevention, senior housing, a wide range of topics related to nutrition, and more!

### **“HEAP” COOLING PROGRAM NOW OPEN**

Warm weather has had a hard time pushing into Dutchess County so far this year, but the “cooling” phase of New York’s Home Energy Assistance Program (HEAP) is now underway. HEAP helps low-income people pay the cost of heating their homes – and/or cooling their homes, in the summer. If you are eligible, you may receive one Cooling Assistance benefit per applicant household for the purchase and installation of an air conditioner or fan for your home.

A fan will be provided in circumstances where an air conditioner cannot be safely installed.

HEAP’s Clean and Tune benefit opened on April 1<sup>st</sup> of this year. Eligible households can receive energy efficiency services, which includes the cleaning of primary heating equipment, but may also include chimney cleaning, minor repairs, installation of carbon monoxide detectors or programmable thermostats, if needed, to allow for the safe, proper and efficient operation of the heating

equipment. Benefit amounts are based on the actual cost incurred to provide clean and tune services, up to a maximum of \$400. No additional HEAP cash benefits are available.

Continuing is the Heating Equipment Repair or Replacement (HERR) benefit. If you are a homeowner and eligible, the Heating Equipment Repair and Replacement benefit can help you repair or replace your furnace, boiler and other direct heating equipment necessary to keep your home's primary heating source working. Benefit amounts are based on the actual cost incurred to repair or replace your furnace, boiler, and/or other essential heating equipment.

For questions about eligibility or application requirements for HEAP and associated programs, contact the Office for the Aging.

## **VOLUNTEER MEAL DELIVERY DRIVERS WANTED IN SOUTHEAST DUTCHESS**

Many thanks to those who stepped up as volunteer delivery drivers during our most recent recruitment effort this past winter; thanks to them, we've been able to improve OFA Home Delivered Meals services in the Town of Union Vale and nearby communities.

We've determined that there's still a need for volunteer drivers in southeastern Dutchess, so please get in touch with us if you are able to help us out in any of the following communities:

Beekman, Holmes/Whaley Lake, Pawling, Poughquag, Stormville, Union Vale, Verbank, and/or Wingdale

If you're available elsewhere in the county, feel free to contact us as well.

For more information, including details on insurance and reimbursement issues for volunteer drivers, contact [nbhargava@dutchessny.gov](mailto:nbhargava@dutchessny.gov) or call (845) 486-2545.

### **FREE CONCERT IN AMENIA (Thu 5/9)**

The GoldenAge Singers will perform a free concert at the Amenia Town Hall Auditorium (4988 NY 22) at 2 p.m. on Thursday, May 9<sup>th</sup>. Refreshments will be available.

**Other aging news online:**

Depending on when you got your first measles vaccine, you might need a booster:

<https://www.nytimes.com/2019/04/30/health/adults-measles-vaccination.html?action=click&module=Well&pgtype=Homepage&section=Health>

What it's like to lose a million dollars in an online-dating scam:

<https://medium.com/the-cut/what-its-like-to-lose-1-million-in-an-online-dating-scam-226eafe4e09e>

(Note: the OFA anti-scam presentation covers dating scams and all sorts of other ripoffs to which seniors may be vulnerable. If your group would like to book an anti-scam presentation, email [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov) or call (845) 486.2555

In the UK, thousands more seniors are dying in falls in recent years:

<https://www.telegraph.co.uk/news/2019/05/02/thousands-older-people-dying-injuries-caused-falls-new-figures/>

**This week in senior birthdays:**

5/6: Baseball legend Willie Mays (88)

5/7: Drummer Bill Kreutzmann (The Grateful Dead) (73)

5/8: Singer/songwriter Philip Bailey (Earth, Wind & Fire) (68)

5/9: Actress Glenda Jackson (83)

5/10: Singer/songwriter Donovan (73)

5/11: MTV host Martha Quinn (60)

5/12: Singer/songwriter/guitarist Steve Winwood (71)

**And now, the Bad Joke. We hope you're sitting down.**

Many of us have heard of Murphy's Law. It says that anything that can go wrong, will go wrong. But have you heard of Cole's Law?

It's shredded cabbage in salad dressing.