

Dutchess County Office for the Aging's

AGING NEWS

For the week of November 11th

Note: the Office for the Aging will be closed on Monday, November 11th, for the national Veteran's Day holiday. Shelf stable meals are being provided in advance of the holiday for our Home Delivered Meals clients.

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

RESERVE A SEAT TODAY FOR NOV. 21ST CAREGIVER CONFERENCE

The Dutchess County Office for the Aging handles questions not only from seniors themselves, but from their younger caregivers who may find the demands of caregiving more of a handful than they expected.

If you're looking for solutions to your caregiving questions, you have only a little time left to reserve your seat at the free 15th Annual Conference on Caregiving, to be held on Thursday, November 21st at the Grandview, 176 Rinaldi Blvd. in Poughkeepsie. The event begins with registration at 8:30 a.m. and continues until 3 p.m. The theme for the conference is "Sailing the High Seas."

As of this week, only a few conference spaces remained. To make a reservation, call the Alzheimer's Association at (800) 272-3900. The reservation deadline is Friday, November 15th.

Some of the topics to be covered will include a "Taking the Helm" caregiver panel; patient review instruments (PRIs), issues related to a patient's discharge from a hospital or other medical facility; respite options; and a scam prevention presentation from OFA Outreach Coordinator Brian Jones.

There will be plenty of time for your questions and concerns, and dozens of experts and vendors will be on hand with answers and solutions. Continental breakfast and lunch are included. The conference is produced by the Office for the Aging, the Alzheimer's Association Hudson Valley Chapter; MidHudson Regional Hospital; Wingate Healthcare; Lutheran Care Center at Concord Village; Parkinson's Disease Support Group of the Mid Hudson Valley; and Hudson Valley Hospice.

A LITTLE LIGHT READING, PERHAPS?

We're busy preparing the Winter 2019-20 edition of our quarterly "Spotlight on Seniors" newsletter, which we deliver to thousands of households around the county. All issues of the "Spotlight" are also posted at the Office for the Aging website at www.dutchessny.gov/aging.

Copies are available at libraries and municipal buildings throughout Dutchess County, but we're always looking for new places to bring our message to seniors, their families and caregivers.

If you manage a medical office, a house of worship, a senior housing complex, or any other place where seniors tend to gather, and would like some hard copies of the next issue of the "Spotlight" for your waiting room, seniors' group or community space, email OFA Outreach Coordinator Brian Jones at bjones@dutchessny.gov and he'll put you on his route for delivery of the winter issue, which is expected to go to print just after Thanksgiving.

Individuals who aren't already on the "Spotlight" mailing list and who don't have internet access can receive future hard copies of the "Spotlight" by calling (845) 486-2544.

All issues of the “Spotlight” and our weekly “Aging News” e-newsletter are available at www.dutchessny.gov/aging. While you’re visiting the county website, be sure to sign up to have newsletters and alerts from OFA and other county departments emailed to you, using our “Dutchess Delivery” service.

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 schedule

To find out more, see the events calendar at www.dutchessny.gov/aging

or call (845) 486-2555 (unless a different number is indicated)

(All events subject to change)

Wed 11/20, 11:00 a.m. – Senior Pedestrian Safety

With Emily Dozier, Dutchess County Senior Planner

and Aisha Phillips, Dutchess County Senior Public Health Educator

OFA Poughkeepsie Friendship Center, 114 Delafield St.

Seating is limited; (845) 486-2564 to RSVP

Thu 11/21, 8:30 a.m. – 3:00 p.m. – OFA at the Caregivers Conference

The Grandview, 176 Rinaldi Blvd, Poughkeepsie

FREE with reservation – call the Alzheimer’s Association at (800) 272-3900

UTILITY BILL VOUCHERS FOR NORTHEASTERN DUTCHESS

Thanks to the North East Community Center (51 S. Center St., Millerton) via the Holiday Helping Hands Program of the United Way of Dutchess County, there are a limited number of \$50 vouchers which can be used towards Central Hudson or NYSEG bills.

The program is only available to residents of Millerton, Amenia, Wassaic, Dover Plains and Pine Plains, in November/December. Have your account number available when you call.

For additional information about low-income energy assistance programs, here are some additional links:

Dutchess County OFA HEAP program:

<https://www.dutchessny.gov/Departments/Aging/OFA-Home-Energy-Assistance-Program.htm>

Central Hudson Low Income Bill Discount Program:

<https://www.cenhud.com/billdiscountprogram>

NYSEG Low Income Rate Assistance:

<https://liheapch.acf.hhs.gov/Utility/NY/nyseg.htm>

WANT TO WATCH VIDEO OF THE 2019 SENIOR PROM?

(updated with Poughkeepsie public access viewing schedule)

It's available by clicking the following link:

<https://drive.google.com/file/d/1ICdG7pd8DD5AX689XUp9i8cySc2wA-SQ/view>

Public access television channels will also air video from the Senior Prom this month, and in December.

Poughkeepsie public access TV will air the prom video this weekend (11/9-10) and next weekend (11/16-17) at 5 p.m. on Saturdays and 12 noon on Sundays.

Other public access channels will soon announce their broadcast schedules.

Many thanks to Senior Prom videographer Domenic Trocino

(www.djdomentertainment.com).

Other aging news online:

We're not sure if this is happening in the US, but in the UK there are some parts of the country where the population is aging twice as fast as in other regions:

<https://www.theguardian.com/science/2019/oct/28/some-parts-of-uk-ageing-twice-as-fast-as-others-new-research-finds>

When it comes to researching home purchases on the internet, there's more in common than you might think between baby-boomers and younger people:

<https://www.nytimes.com/2019/11/07/realestate/online-home-buying-by-generation.html>

Study: better access to on-demand transportation could help older adults make it to more of their scheduled medical appointments:

<https://hscnews.usc.edu/study-free-rides-could-lead-to-better-health-outcomes-for-seniors/>

This week in senior birthdays:

11/11: Singer/songwriter/Hudson Valley resident Marshall Crenshaw (66)

11/12: Musician Booker T. Jones (Booker T. and the MG's) (75)

11/13: Actress/comedian Whoopi Goldberg (64)

11/14: US astronaut Fred Haise (Apollo 13) (86)

11/15: Actor/activist Ed Asner (90)

11/16: NASCAR driver Terry Labonte (63)

11/17: Singer/songwriter Gordon Lightfoot (81)

And we conclude with a Bad Joke, sure to go over wonderfully at Thanksgiving dinner. Stock up now on Bad Jokes before the holiday rush!

Q: What's a turkey's favorite dessert?

A: Peach gobbler!