

Dutchess County Office for the Aging's

AGING NEWS

For the week of October 14th

Note: the Office for the Aging and OFA Senior Friendship Centers will be closed for the Columbus Day holiday on Monday, October 14th. Clients of our Home Delivered Meals program are receiving shelf-stable meals in advance of the holiday weekend.

Another note: be sure to check the OFA events schedule in this newsletter for three special "Medicare 101" evening events coming up in Poughkeepsie, Red Hook and Millerton. For seniors who are busy during the day and can't get to an OFA facility for Medicare counseling during business hours, this may be the solution they're looking for.

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

SENIOR SEMINARS COMING UP IN NOVEMBER

The Dutchess County Office for the Aging's annual "Senior Seminars" day takes place Thursday, November 7th, at New Hackensack Reformed Church at 1580 Route 376, Wappingers Falls. These seminars are a great way to find information in one place that might otherwise require a lot of time and travel. Space is limited at the "Senior Seminars," so call the Office for the Aging at (845) 486-2555 to reserve seats.

Here's the schedule for this year's seminars. All times and speakers are subject to change:

9:30 a.m.

HOME ORGANIZING FOR SENIORS - Letting longtime possessions go can be difficult at any age, but especially for seniors. Local professional organizer Colleen Ashe will offer tips on how to ease the decluttering process.

TAI CHI and A MATTER OF BALANCE - Find out about two great Office for the Aging programs, both of which can provide help in preventing falls. Classes resume in the spring of 2020 but they fill up quickly!

FRIENDS OF SENIORS - One of the county's most active volunteer groups, Friends of Seniors has been providing basic support services to older adults for over 15 years. Learn more about them in this talk with Executive Director Susan Davidson.

10:30 a.m.

ASK THE COUNTY EXECUTIVE - A chance to get your questions about county government answered directly by County Executive Marcus J. Molinaro.

SOCIAL SECURITY - Learn to maximize what Social Security can do for you and your loved ones, with Social Security Administration Public Affairs Specialist Vincent Scocozza.

11:30 a.m.

CENTRAL HUDSON AND YOU - Whether you're looking to save energy year round or are looking for assistance in keeping up with utility bills, find out more from Central Hudson Consumer Outreach Specialist Danielle Whiteley.

MEDICARE AND YOUR OPTIONS - You can tailor your Medicare services to meet your specific needs. Find out how with OFA Aging Services Specialist Maggie Kwet.

SAVE YOURSELF FROM SCAMS - Don't let scammers take advantage of you or your loved ones. Learn some easy scam prevention tips from Office for the Aging Outreach Coordinator Brian Jones.

Light refreshments will be available. Many thanks to New Hackensack Reformed Church for generously hosting this annual event.

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)

Thu 10/17, 6:30 – 8 p.m. – Medicare 101 On The Road

With OFA Aging Information Services Specialist Maggie Kwet

Poughkeepsie OFA Senior Friendship Center, 114 Delafield St.

Space is limited; call (845) 486-2555 to sign up

Mon 10/21, 12 noon – 4 p.m. – The Office for the Aging Senior Prom

SOLD OUT

Tue 10/22, 6 – 7:30 p.m. – Medicare 101 On The Road

With OFA Aging Information Services Specialist Maggie Kwet

Red Hook Community Center, 59 Fisk St.

Thu 10/24, 6:30 – 8 p.m. – Medicare 101 On The Road

With OFA Aging Information Services Specialist Maggie Kwet

North East Community Center, 51 S. Center St., Millerton

Sat 11/2, 9:00 a.m. – 12:30 p.m. – OFA at Thriving in Rhinebeck

(A showcase of services and resources for older adults and caregivers)

With OFA Outreach Coordinator Brian Jones

Rhinebeck High School, 45 North Park Rd.

(845) 379-1114 or www.rhinebeckathome.org for information

Thu 11/7, 9:00 a.m. – 12:45 p.m. – OFA Senior Seminars

New Hackensack Reformed Church, 1380 NY 376, Wappinger

Speaker schedule is posted above, in this edition of the Aging News

Seating is limited; reservations at (845) 486-2555

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

ELEANOR ROOSEVELT EVENTS IN TIVOLI (Fri-Sun 10/11-13)

On the weekend of October 11-13, 2019, the village of Tivoli will celebrate former resident Eleanor Roosevelt and honor her contribution to the creation and adoption of the Universal Declaration of Human Rights (UDHR) with the permanent outdoor installation of a bronze bust of the First Lady. The Eleanor Roosevelt “Small Places” Commemoration begins on the evening of October 11 and will feature talks and exhibits on her life and legacy, and her commitment to the championing of human rights both globally and locally. All events are free and open to the public. Find out more at www.tivoliny.org.

Here's the schedule of events:

Reception and celebration Friday, October 11th, 6 p.m., Watts-De Peyster Hall, 86 Broadway, Tivoli

Ribbon cutting ceremony Saturday, October 12th, 10 a.m., St. Paul's Church, 39 Woods Road, Tivoli

Speakers and panel discussion beginning around 1 p.m., Watts-De Peyster Hall, 86 Broadway, Tivoli

A Festive Service Commemorating the Life and Legacy of Eleanor Roosevelt, Sunday, October 13th, 10:00 a.m. St. Paul's & Trinity Parish, 39 Woods Road, Tivoli

LONGTIME (and short-time) MILLERTON-AREA RESIDENTS WANTED (Sat 10/12)

Across the Centuries: Stories about Life in the 20th and 21st Centuries is a program that collects the stories of Millerton area residents who grew up in the 20th century and the early 21st century. The hope is for them to trade and record stories about growing up in the area in two different centuries to find points of similarity and difference as well as collecting stories that can be used for archiving, research and programming.

On Saturday, October 12, from 10 a.m. to 2 p.m., there will be a training session at the North East-Millerton Library (75 Main St.) to teach the methods of interviewing from the perspective of a folklorist/anthropologist as opposed to a

journalist, including how to use apps on smartphones to record the interviews through both audio and video and to take pictures. Organizers will supply each participant with a "story kit" including interview tips and prompts, notebook, pen, releases of information and fieldnote sheets to fill out and return post story sessions. After each story collection, the folk arts program manager will meet with each pairing (both individually and together) to talk about the experience and go over the collected information. The folk arts program manager and the participants will work together to identify themes and to plan and present the culminating program.

RSVP to the library at (518) 789-3340.

In December, an event will be held to share with the community what was collected.

FREE SENIOR CARNIVAL AT THE PINES (Thu 10/17)

Seniors can enjoy a free carnival at The Pines at Poughkeepsie (100 Franklin Ave.) on Thursday, October 17th, from 11 a.m. to 4 p.m., with food trucks, games, live music and prizes.

Due to limited parking, a free shuttle bus will run between the Pines and additional parking at 35 Montgomery St., the parking lot of the former YMCA.

For more information, call (845) 454-7945.

ADVANCED CARE PLANNING EVENT IN PAWLING (10/22)

What does “advanced care planning” mean in terms of health decisions, and what are the forms I need to know about? What is the difference between a Living Will and a MOLST form? Do I need a DNR and a Health Care Proxy? Laura Palermo from Hudson Valley Hospice will review and explain these forms and answer any questions you may have about them.

At the Pawling Free Library (11 Broad St.) on Tuesday, October 22nd, from 6-7 p.m. Registration is required for all programs. Call the Pawling Library at 845-855-3444 to register, or send an email to Donald at adult@pawlinglibrary.org.

“OPTIMISTIC AGING” COVERS COVERED BRIDGES (Thu 10/24)

The Clinton Community Library (1215 Centre Rd., Rhinebeck) is hosting a lunch-and-learn event as part of their Optimistic Aging programming, on

Thursday, October 24th, discussing “The Great Covered Bridges of the United States and China.” This talk will draw upon old images, principally paintings and photographs, that illustrate and contrast covered bridges seen today with those of centuries past.

Registration for lunch at 12:30 p.m. is required. All are welcome to join the group for dessert and lecture at 1:00 p.m.

Trained in geography and history at Stetson University and the University of Pittsburgh, Ronald Knapp has been carrying out research on the cultural and historical geography of China's countryside since 1965 and more recently in the United States. He is the author, editor, or contributor of more than 20 books concerning China and Southeast Asia, several of which have been translated into Chinese and Japanese, as well as two books dealing with the United States.

Funding for this and other Optimistic Aging programs is provided by the Northeast Dutchess Fund of the Berkshire Taconic Community Foundation.

Other aging news online:

Is it possible to boost brain health without medications? Sure:

https://seniorplanet.org/boost-brain-health/?mc_cid=ff46363b61&mc_eid=4149ad7bda

Social Security benefits are increasing in 2020: https://blog.ssa.gov/social-security-benefits-increase-in-2020/?utm_medium=email&utm_source=govdelivery

Looking for work after 50 presents unique challenges, and it's easy to get discouraged. Here are some strategies to help you stay positive:

https://www.nextavenue.org/tiny-wins-older-job-seeker-weather-rejection/?fbclid=IwAR0FmW_xPOgF0F8HZOcU19HoIDhzC2xL_St-5WLIHr1mXyTRzymg8tsRcu0

(Share with the kids and grandkids) Last week was Fire Prevention Week. In this short video, your kids and grandkids can learn how to be prepared:

<https://www.youtube.com/watch?v=4l1nb9VD->

[mk&feature=youtu.be&fbclid=IwAR1JuTTelYWJasd0m1CmD4Zw4H2uDm5PW4D3zN580P0AfPBK_QqMjCJNjfa](https://www.facebook.com/you.tube/?fbclid=IwAR1JuTTelYWJasd0m1CmD4Zw4H2uDm5PW4D3zN580P0AfPBK_QqMjCJNjfa)

A Nobel Prize in chemistry was awarded this week to a 97-year-old scientist who's a pioneer in lithium ion battery research. Here's his story (from 2017):

https://www.npr.org/sections/alltechconsidered/2017/05/22/529116034/at-94-lithium-ion-pioneer-eyes-a-new-longer-lasting-battery?utm_source=facebook.com&utm_term=nprnews&utm_medium=social&utm_campaign=npr&fbclid=IwAR0I4AQ1b4ZW3x27lyMnGEYUv_dZONgHAXuwlT-bHWUedf2ffjZwPwNG-Kg

If you live in an old house, there may be things about it that younger people won't understand – like a milk door, to name one:

https://www.familyhandyman.com/smart-homeowner/mysterious-old-home-features-that-arent-useful-anymore/?_cmp=diytipshintsnl&_ebid=diytipshintsnl1082019&_mid=305996&ehid=E5A2D3A1DC657B4453A1383B3A7A9DABB820DFAF

This week in senior birthdays:

10/14: Fashion designer Ralph Lauren (80)

10/15: Painter Brice Marden (81)

10/16: Actress/singer Dame Angela Lansbury (84)

10/17: Actor/comedian George Wendt (71)

10/18: NFL Hall-of-Famer Mike Ditka (80)

10/19: Native American ballerina Marjorie Tallchief (92)

10/20: Baseball Hall of Famer Juan Marichal (82)

And we wrap up with a Bad Joke, which your doctors have probably heard already:

Before my recent surgery, my anesthesiologist offered me the choice of being knocked out with gas or a boat paddle.

It was an ether/oar situation.