

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of September 14<sup>th</sup>

### **“DRIVE-IN GOLDEN GATHERING” – SATURDAY, OCTOBER 3<sup>RD</sup>**

The “Golden Gathering” will be returning to Dutchess County on Saturday, October 3<sup>rd</sup>. Senator Sue Serino and the Office for the Aging are hosting the free event for the benefit of seniors and caregivers throughout the 41<sup>st</sup> Senate District and Dutchess County – and, like so many 2020 events, it's been adapted to the COVID era.

Most importantly, it'll be in drive-thru form, and advance registration is required. Call 914-962-2624 before September 28<sup>th</sup> to reserve your space. Leave your contact information after the voice mail prompt.

This year's event will still be at Arlington High School (1157 NY 55, LaGrangeville) from 9:30 a.m. to 12:30 p.m. – but it'll be in the school parking lot rather than inside. If you were able to attend an OFA Drive-Thru Senior Picnic over the summer, you'll be familiar with the drive-thru arrangement. Visiting seniors

will be able to get a flu shot in their car, if they need one. They'll be able to pick up a healthy meal to go, plus key resource information from the Office for the Aging and others. OFA will have staff onsite at the drive-in to answer questions. Each participant will receive a free raffle card on entry, and winners will be picked upon the event's completion and contacted by phone to arrange a home drop-off for their prize.

Vendors won't be onsite as they have in past years, but those that choose to do so can have their information made available in a Golden Gathering event program, and can arrange for promotional items to be placed in a grab-bag for visiting seniors. Prospective "virtual vendors" can email [goldengathering41@gmail.com](mailto:goldengathering41@gmail.com) or call (845) 229-0106 for more information.

### **"SPOTLIGHT ON SENIORS" AND "MEDICARE SPOTLIGHT" COMING SOON**

The Fall 2020 issue of the free, quarterly *Spotlight on Seniors* Office for the Aging newsletter is about to go to print, and from there to thousands of seniors' mailboxes. It's the best time of year to get on our mailing list, especially for those of you who don't use the internet, because in October we're mailing another newsletter: the annual *Medicare Spotlight* that'll help you navigate this year's

Medicare open enrollment season, which begins on October 15<sup>th</sup> and continues through December 7<sup>th</sup>.

If you'd rather receive the *Spotlight* electronically, along with our weekly Aging News email newsletters, you can sign up via Dutchess Delivery at [www.dutchessny.gov/DutchessDelivery](http://www.dutchessny.gov/DutchessDelivery). That's also how you can sign up for information and alerts from dozens of departments throughout county government, as well as several Dutchess County municipalities and New York State government agencies. We also post every issue of the *Spotlight* at [www.dutchessny.gov](http://www.dutchessny.gov).

We don't share our mailing list information with anybody, but if you'd rather pick up a hard copy of the *Spotlight* when it becomes available, we distribute those to libraries and municipal buildings throughout Dutchess County.

And if your business would like some copies of the *Spotlight* to distribute to customers, clients or patients, email [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov) and we'll make some available to you, while supplies last.

**SPACE STILL AVAILABLE AT BOWDOIN PARK SOCIALLY-DISTANCED TAI CHI**

**(Thu 9/24)**

There's still time to sign up for a free, socially-distanced Fall Prevention Month

seniors' tai chi event at Bowdoin Park (85 Sheafe Rd., Poughkeepsie) taking place on Thursday, September 24<sup>th</sup> at 1:00 p.m.

Advance registration is required, and masks/face coverings will be required during the event. Call the Office for the Aging to register: (845) 486-2555.

Fall Prevention Week is held from September 21-25. For more information about Fall Prevention Week, contact Jill Bubel at 845-797-6768 or [jill.bubel@nuvancehealth.org](mailto:jill.bubel@nuvancehealth.org).

## **SEPTEMBER IS SUICIDE PREVENTION MONTH**

Mental health and suicide prevention hotlines throughout New York have been working since the COVID pandemic began early this year to meet anticipated increased demand for their services. For now, data on the pandemic's effects on suicide rates is still being compiled, and experts are wary about making blanket predictions about the future because people may have reacted to pandemic restrictions in very different ways. Nonetheless, social isolation among seniors was a concern before the pandemic and will remain so into the future, and connectedness is a proven factor in improved mental health. Make it a point to

call a family member or friend and make a connection each day. When possible, use electronic means (Zoom, FaceTime, etc.) to connect visually.

Help is available, regardless of what sort of stress has led to a crisis. If someone you know exhibits warning signs of suicide:

- Do not leave the person alone
- Remove any firearms, alcohol, drugs or sharp objects that could be used in a suicide attempt
- Seek help from a medical or mental health professional. Dutchess County's 24/7 Helpline (call or text 845-485-9700) is a key resource in this regard.
- Call the U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255). It includes the Veterans Crisis Line and Military Crisis Line, which connects veterans and service members in crisis and their families and friends with qualified, caring U.S. Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text.

## Other aging news online:

How the aging immune system can make seniors more vulnerable to COVID:

<https://www.nytimes.com/2020/09/08/health/covid-aging-immune-system.html>

September is Alzheimer's Awareness Month, so here's a common question from seniors: when I can't remember where I put the keys, or forget an acquaintance's name...is that dementia, normal aging, or something else?

<https://theconversation.com/does-forgetting-a-name-or-word-mean-that-i-have-dementia-144565>

Some more pandemic-coping tips for seniors. Once in a while, not thinking helps:

<https://www.nextavenue.org/coping-with-pandemic-fatigue/?fbclid=IwAR3TKGJ39LmNCc7UPMf4ueU2xeam48jnBZglfAoaie2Lb2nRTO1mTQ59Uil>

Scam prevention reminders from Social Security: [https://blog.ssa.gov/social-security-informing-you-about-recent-scams/?utm\\_medium=email&utm\\_source=govdelivery](https://blog.ssa.gov/social-security-informing-you-about-recent-scams/?utm_medium=email&utm_source=govdelivery)

Robots are being explored for possible assistance in communicating with seniors, particularly in nursing homes – but kids are skeptical the robots could help their own grandparents: [https://www.eurekalert.org/pub\\_releases/2020-08/nuos-ctr081220.php](https://www.eurekalert.org/pub_releases/2020-08/nuos-ctr081220.php)

The trick to being sure your kitchen sponge is always clean is to have two kitchen sponges and rotate them daily: [https://lifelife.com/how-to-always-have-a-clean-sponge-1844996813?utm\\_campaign=lifelife&utm\\_content=1599664228&utm\\_medium=SocialMarketing&utm\\_source=twitter&fbclid=IwAR1QRTQxBUeLiCZA8hYh0prR\\_r\\_xYMhxUYZhy6J1leVIPZYv8UeQ4qXMQ5QI](https://lifelife.com/how-to-always-have-a-clean-sponge-1844996813?utm_campaign=lifelife&utm_content=1599664228&utm_medium=SocialMarketing&utm_source=twitter&fbclid=IwAR1QRTQxBUeLiCZA8hYh0prR_r_xYMhxUYZhy6J1leVIPZYv8UeQ4qXMQ5QI)

How was successful aging viewed in the 70's? Here's one look from 1973:

<https://www.theguardian.com/lifeandstyle/2020/sep/06/from-the-archive-alex-comfort-and-the-science-of-living-longer-1973>

**This week in senior birthdays:**

9/12: Actress Rachel Ward (63)

9/13: NY Rangers player/coach Emile "The Cat" Francis (94)

9/14: Star Trek actor Walter Koenig (84)

9/15: Comedian/actor Norm Crosby (93)

9/16: Drummer Kenney Jones (72)

9/17: NBA Hall-of-Famer Phil Jackson (75)

9/18: Playwright Anna Deavere Smith (70)

**Of course, the Aging News ends with a Bad Joke:**

I spent last weekend tidying up my spice rack. What a waste of thyme.