

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of September 16<sup>th</sup>

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

*Todd N. Tancredi, Director*

*Dutchess County Office for the Aging*

## **2019 SENIOR SEMINAR SCHEDULE**

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. Space and parking limitations require that you register in advance for any seminar you'd like to attend, but at this point there are still plenty of seats available.

Here's the schedule for this year's seminars:

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.

PROBLEM GAMBLING - Compulsive gambling in seniors is linked not only to financial distress, but health problems as well. Learn about senior gambling issues with Amanda Quintana of the Mid Hudson Gambling Problem Resource Center.

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. You can sign up for one seminar in one, two, or all three time slots. To reserve your space, call the Office for the Aging at (845) 486-2555.

All speakers' schedules are subject to change.

***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**

To find out more, see the events calendar at [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)

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

**(All events subject to change)**

**Wed 9/18, 4:30 – 6:00 p.m. – Elder Financial Abuse Prevention Seminar**

With OFA outreach coordinator Brian Jones

Riverside Bank, 2064 New Hackensack Rd. (Route 376), Red Oaks Mill

**Wed 9/25, 10 a.m. – OFA Public Hearing**

With OFA director Todd Tancredi and OFA Advisory Board members

Millerton Senior Friendship Center, 28 Century Blvd.

**Thu 9/26, 10:30 a.m. – OFA Public Hearing**

With OFA director Todd Tancredi and OFA Advisory Board members

Poughkeepsie Senior Friendship Center, 114 Delafield St.

*If you are unable to attend a Public Hearing, you can mail written comments to the Dutchess County Office for the Aging, 114 Delafield St., Poughkeepsie, NY 12601.*

*You can also email comments to [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov).*

**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 vendor information

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

Theme: “The ‘70s”

Villa Borghese, 70 Widmer Rd., Wappingers Falls

\$20/person if paid before 9/27 or the event sells out

\$30/person after 9/27

Maximum 10 guests per table

Printable entry form available at this link:

<https://www.dutchessny.gov/Departments/Aging/Docs/promentry2019.pdf>

**WANTED: OFA SENIOR EXERCISE CLASS VOLUNTEER LEADERS**

Our exercise classes in Millerton, the City of Poughkeepsie and Rhinebeck need volunteers to lead the classes. Training and guidance will be provided; contact the Office for the Aging at [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov) or (845) 486-2555 (toll free from Millerton at (866) 486-2555) to find out more.

## **LEGAL AND FINANCIAL PLANNING FOR ALZHEIMER'S DISEASE (Mon 9/16)**

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. Join the Alzheimer's Association to learn about important legal and financial issues you may face and how to put plans in place, at an event taking place from 11 a.m. to 2 p.m. on Monday, September 16<sup>th</sup>, at the Alzheimer's Association Chapter Office, 2649 South Rd., Suite 101, Poughkeepsie. Lunch will be provided at noon, and wheelchair access is available. With questions or to RSVP, call the Alzheimer's Association at 800-272-3900.

Visit [alz.org/CRF](http://alz.org/CRF) to register online and explore additional education programs in your area. This program is supported in part by a grant from the New York State Department of Health.

## **NAMI MID-HUDSON PEER TO PEER CLASS (Starts 9/30)**

The National Alliance on Mental Illness (NAMI) Mid-Hudson ([www.namimidhudson.org](http://www.namimidhudson.org)) is sponsoring a free 8-week peer-to-peer class, teaching tools for enhancing recovery, knowledge about mental illness, treatment, self-care strategies, wellness, plus the skills to more effectively

communicate with your providers. This class will benefit anyone with symptoms of a mental health condition, who are looking to better understand themselves and their recovery.

Classes start Monday, September 30th from 3 – 5 p.m. and are held at the Dutchess County Department of Behavioral and Community Health Training Room, 230 North Road, Poughkeepsie. Space is limited; to register, please call Jo Ann Brown, Program Director at 845-832-6368 or email [jnbrown@optonline.net](mailto:jnbrown@optonline.net).

### **HELP THE OFFICE FOR THE AGING – JOIN OUR ADVISORY BOARD**

Our heartiest congratulations to Dutchess OFA Advisory Board president Susan Koppenhaver, who this week accepted an appointment to become director of the Ulster County Office for the Aging.

Sue's departure leaves an opening for a new member of the advisory board – and that might be you.

The Older Americans Act requires each Area Agency on Aging (like the Office for the Aging) to have a volunteer Advisory Board comprised of service providers, community leaders, those with an interest in senior services, elected officials, and seniors (60 years or older) to act in an advisory capacity with respect

to activities to be carried out by the agency for county residents. Generally, that means assisting in holding Annual Public Hearings to gather input for our Annual Update, input for seniors' needs assessment done every four years, and acting as "community ambassadors" from the Office for the Aging Advisory Board.

The Board meets six times per year (January, March, May, July, September, November), usually on Wednesdays during lunch hour in the office's conference room on the second floor of 114 Delafield St. in the City of Poughkeepsie. Our annual "Celebration of Aging," where we honor the "Senior Citizens of the Year" and Centenarians, constitutes the May meeting. Other than the meetings, some members choose, and are encouraged, to attend other events such as Summer Picnics, visit Friendship Centers and other points of service delivery, or participate on other working committees in the agency. Our two public hearings each fall are chaired by Advisory Board members. Usually, two members attend each hearing.

If you are interested in becoming a member, please send either a résumé or a letter of interest to:

Todd Tancredi, Director

Dutchess County Office for the Aging

114 Delafield Street

Poughkeepsie, NY 12601

ttancredi@dutchessny.gov

Phone 845-486-2555

Applications are presented to the County Executive for his consideration to fill vacancies. Appointments are made for a three-year term, renewable for a second term before rotating off the board for at least one year. Selection criteria include:

- Commitment to Office for the Aging's mission and representing the interests of older persons regardless of race, ethnicity, disability, income, religion, political affiliation or sexual orientation;
- Willingness to devote time to Advisory Board activities;
- Ability to function as a group member;
- Ability to think objectively;
- Has demonstrated leadership qualities.

## **GRAVESTONE CLEANING DAY IN RHINEBECK (Sat 9/21)**

Join volunteers at Rhinebeck Cemetery (southwest corner of Route 9 and Mill Rd.) on Saturday, September 21<sup>st</sup> from 1-4 p.m. for a day of cleaning the cemetery's historic gravestones.

Participants will be provided with guidance and materials to properly clean gravestones without causing damage. RSVP to Beverly at [neilbev81@hotmail.com](mailto:neilbev81@hotmail.com); rain date is Sunday, September 22<sup>nd</sup>.

## **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 17<sup>th</sup>, 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.

## Other aging news online:

Check with your doctor before starting, but age 80 isn't too late to begin

exercising: [https://www.usnews.com/news/health-news/articles/2019-08-](https://www.usnews.com/news/health-news/articles/2019-08-30/even-age-80-is-not-too-late-to-begin-exercising-study)

[30/even-age-80-is-not-too-late-to-begin-exercising-study](https://www.usnews.com/news/health-news/articles/2019-08-30/even-age-80-is-not-too-late-to-begin-exercising-study)

Watch out, kids - seniors are discovering video games:

[https://www.nbcnews.com/tech/video-games/older-people-are-embracing-](https://www.nbcnews.com/tech/video-games/older-people-are-embracing-video-games-some-stardom-n1047906)

[video-games-some-stardom-n1047906](https://www.nbcnews.com/tech/video-games/older-people-are-embracing-video-games-some-stardom-n1047906)

Keep moving:

<https://www.nytimes.com/2019/09/07/opinion/sunday/friendship.html?action=c>

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[1SK3xnUdQr\\_GcJZwPmr6aSAydv4zCh\\_H6UmQuXiZCHwzu\\_pm0NDmQ8](https://www.nytimes.com/2019/09/07/opinion/sunday/friendship.html?action=click&module=Well&pgtype=Homepage&section=Sunday+Review&fbclid=IwAR2_f1SK3xnUdQr_GcJZwPmr6aSAydv4zCh_H6UmQuXiZCHwzu_pm0NDmQ8)

**This week in senior birthdays:**

9/16: Actor/boxer Mickey Rourke (67)

9/17: Mountaineer/explorer Reinhold Messner (75)

9/18: Actor/singer Frankie Avalon (79)

9/19: Journalist/author Roger Angell (99)

And still writing, in his 75<sup>th</sup> year contributing to The New Yorker. Here's his look back at D-Day from earlier this year:

<https://www.newyorker.com/books/double-take/witnesses-to-d-day-gardner-botsford-aj-liebling>

9/20: Actress/singer Sophia Loren (85)

9/21: Author/screenwriter Stephen King (72)

9/22: Brooklyn/LA Dodgers player/manager Tommy Lasorda (92)

**And the Bad Joke to complete your week...or day...or maybe the next 30**

**seconds:**

I went to the store to get eight cans of Sprite, but when I got home, I realized I'd only picked seven up.