

Dutchess County Office for the Aging's

AGING NEWS

For the week of September 2

Note: the Office for the Aging and all OFA Senior Friendship Centers will be closed for the Labor Day holiday on Monday, September 2. Homebound seniors in the OFA Home Delivered Meals program will have received shelf-stable meals in advance of the holiday.

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

A CHANCE TO TALK TO US

It's easy enough to reach us at the Office for the Aging; our contact information appears at the end of this and every Golden Living column. Later this month, however, there are two public hearings scheduled where you'll have a chance to bring your specific questions and concerns directly to me as OFA director, as well as to members of the OFA Advisory Board.

Wednesday, September 25th, 10:00 a.m.

Millerton Senior Friendship Center

28 Century Blvd., Millerton

Thursday, September 26th, 10:30 a.m.

Poughkeepsie Senior Friendship Center

114 Delafield St., Poughkeepsie

If you aren't sure whether your concerns are best addressed by the Office for the Aging, it never hurts to come to a hearing and ask. We can point you in the right direction, toward the organizations who can help you best. Advocating for yourself is a key part of successful aging.

Both public hearing locations are fully accessible. Persons requiring special accommodations in order to take part in the public hearings should contact us before 5 p.m. on Monday, September 13th to make the necessary arrangements.

If you can't be at the public hearings in person, you can submit your comments via regular mail or email, using the contact information at the end of this column.

SEEKING TAX PREP VOLUNTEERS

The Hudson Valley CA\$H Coalition and AARP Foundation Tax-Aide needs volunteers to serve as tax preparers for the upcoming season.

Volunteers have an opportunity to increase their talents while helping low and moderate-income neighbors receive free, reliable tax assistance and secure all the refunds and credits available to them. Volunteers get a great deal of satisfaction out of helping and it provides an opportunity to keep active. If you have prepared personal income taxes in the past, and are looking for a rewarding way to use these skills, consider volunteering. There are many other volunteer opportunities include IT support, client facilitator, program promotion, marketing and translation. Free training provided with IRS certification. For more information, contact Linda Eddy at (845) 475-7500 or leddy@dutchesscap.org.

2019 OFA SENIOR PROM COMING SOON

The Office for the Aging's Senior Prom is one of our most popular annual events and has sold out every year for at least the past decade. Save the date: the prom is happening on Monday, October 21st from noon to 4 p.m. at Villa Borghese in Wappinger (70 Widmer Rd.).

A printable prom entry form is available at www.dutchessny.gov/aging. For those who are not online, we'll also print an entry form in the fall edition of the "Spotlight on Seniors" being sent to everyone on our mailing list this month. The fall Spotlights will also be distributed at libraries throughout Dutchess County.

The prom's theme this year is "The 70's." Dressing to match the prom's theme is optional, but when are you going to have another chance to wear that leisure suit in public?

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 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.

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 70’s”

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>

A FEW “MATTER OF BALANCE” OPENINGS LEFT IN BEEKMAN, DOVER, FISHKILL

Most of the fall-session classes in our “A Matter of Balance” program are now full – but we have a few openings left in classes that begin in September in the following locations:

- Beekman
- Dover
- Fishkill

If you can make the commitment to an eight-week session of once-a-week classes on how to minimize your risks of falling and injuries, contact the Office for the Aging at (845) 486-2555 or ofa@dutchessny.gov. Because the classes cannot accept walk-ins, specific locations for classes will be given out to participants when they sign up for a class.

WANTED: TWO VOLUNTEER EXERCISE LEADERS

For seniors looking to stay physically active, we have two openings for volunteer leaders in our Senior Exercise program – one at our City of Poughkeepsie Senior Friendship Center, another in Rhinebeck.

Our Senior Exercise classes meet twice a week.

Contact the Office for the Aging at (845) 486-2555 to find out more.

Other aging news online:

Women may perceive pain more adeptly than men:

<https://www.npr.org/sections/health-shots/2019/08/26/741926952/women-may-be-more-adept-than-men-at-discerning-pain>

A new drug for patients with Parkinson's disease was approved by the FDA in late August:

https://www.medpagetoday.com/neurology/parkinsonsdisease/81838?xid=nl_mpt_DHE_2019-08-29&eun=g1261622d0r&utm_source=Sailthru&utm_medium=email&utm_campaign=Daily%20Headlines%202019-08-29&utm_term=NL_Daily_DHE_Active

Back to school: maybe it's for seniors, too! But we're talking college-level work

here. <https://www.nbcnews.com/health/aging/want-keep-your-brain-sharp-old-age-go-back-school-n1030326>

67-year-old musician/artist David Byrne has founded "a self-help magazine for

people who hate self-help magazines”: <https://reasonstobecheerful.world/about/>

This week in senior birthdays:

9/2: NFL Hall of Famer Terry Bradshaw (81)

9/3: Singer-songwriter Al Jardine (The Beach Boys) (77)

9/4: Actress/singer/dancer Mitzi Gaynor (88)

9/5: Comedy legend Bob Newhart (90)

9/6: Author/illustrator Sergio Aragonés (82)

9/7: Saxophonist/composer Sonny Rollins (89)

9/8: Senator/teacher Bernie Sanders (78)

And the Bad Joke to warp things up. Wrap. We meant wrap.

Q: A penguin walks into a bar and asks the bartender, “Have you seen my brother?”

A: The bartender says, "I don't know. What does he look like?"