

Dutchess County Office for the Aging's

**AGING NEWS**

For the week of September 9<sup>th</sup>

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

***Todd N. Tancredi, Director***

***Dutchess County Office for the Aging***

**ANNUAL "GOLDEN GATHERING" AT MONTH'S END**

The "Golden Gathering" will be returning to Dutchess County on Saturday, September 28th. Senator Sue Serino and the Office for the Aging are hosting the event for the benefit of senior citizens throughout the 41<sup>st</sup> Senate District and Dutchess County. This year's Golden Gathering will be held at Arlington High School, 1157 Route 55 in LaGrangeville from 9:30 a.m. to 12:30 p.m. All area seniors, their caregivers and families are invited to attend.

The program for the day will consist of health screenings, entertainment, refreshments, door prizes and various informational tables geared toward the interests and needs of area senior citizens. Over 100 organizations will be represented. The Golden Gathering is the single largest annual event of its kind in Dutchess County. From health and nutrition to caregiving and technology, the event is a “one-stop shop,” bringing together essential resources for seniors and their families. The event is free of charge for all who attend, thanks to the generosity of the James J. McCann Charitable Trust,

## **FALL NEWSLETTER AVAILABLE**

The Fall 2019 edition of the Office for the Aging’s quarterly newsletter *Spotlight on Seniors* is now available. It features information on the upcoming Senior Prom, the complete schedule for November’s annual Senior Seminars day, information on the public listening sessions taking place later this month in Millerton and Poughkeepsie, as well as many other articles of interest to seniors. You’ll see a link to the newsletter online at: [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging).

To become a regular subscriber to the Spotlight and our weekly Aging News email, send a request to [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov). Those without Internet access can request a copy of the Spotlight to be mailed to them by calling the office at (845) 486-2555. We also distribute copies of the Spotlight at town, village and city halls countywide, and at all 24 public libraries.

### **STILL SOME LOW-PRICE SENIOR PROM SEATS LEFT**

The Office for the Aging Senior Prom sells out every year, but we're not at the sellout point yet. There's still time for you and your friends to reserve seats for the prom, which takes place on Monday, October 21<sup>st</sup> from noon to 4 p.m. at Villa Borghese in the Town of Wappinger (70 Widmer Rd.).

This year's prom theme is "The 70's," and every year we choose a couple to be the Duke and Duchess of the prom. There'll be a buffet lunch, live music from the full Bob Martinson Band, plus great prizes. Dressing up to match the prom's theme is optional, but many guests have spent the past 11 months since last year's prom planning their "look" for the big day.

Reservations to the prom are \$20 per person if paid before September 27<sup>th</sup>, and \$30 per person after that date, if there are any seats left. A printable

reservation form is available at [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging), and will also be in the new Spotlight on Seniors OFA newsletter.

The prom is co-presented with vital support from The Pines at Poughkeepsie, with additional sponsorship by Wingate Healthcare, EverCare at Home, MVP Health Care, and UnitedHealthcare.

***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>

**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](mailto: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.

## **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](mailto:leddy@dutchesscap.org).

**Other aging news online:**

A day in the life of a 24-hour home health aide:

<https://www.nytimes.com/2019/09/02/nyregion/home-health-aide.html?rref=collection%2Ftimestopic%2FElderly>

(en Español: <https://www.nytimes.com/es/2019/09/05/espanol/ciencia-y-tecnologia/cuidadoras-ancianos-eeuu.html?rref=collection%2Ftimestopic%2FElderly>)

(audio) Bob Newhart turned 90 last week and is still performing – at the same time, one of his most famous bits is going to the Smithsonian:

<https://wgnradio.com/2019/09/02/the-button-down-mind-of-a-tv-comedy-legend-celebrating-chicagos-own-bob-newharts-90th-birthday/>

**This week in senior birthdays:**

9/9: Singer Inez Foxx (77)

9/10: Singer-songwriter/guitarist José Feliciano (74)

9/11: Singer/dancer Lola Falana (77)

9/12: Actor Ian Holm (88)

9/13: NY Rangers player/coach Emile “The Cat” Francis (93)

9/14: Star Trek actor Walter Koenig (83)

9/15: Comedian/actor Norm Crosby (92)

**And here’s the Bad Joke for you to share far and wide:**

I saw an advertisement that said “Television for sale, \$1, volume stuck on full.” I thought, “I can’t turn that down.”