

Dutchess County Office for the Aging's

AGING NEWS

For the week of April 13

Keeping Your Cognitive Health At Its Best

Here's how the National Institutes of Health defines the term: *"Cognitive health is the ability to think, learn, and remember clearly. It is needed to carry out many everyday activities effectively. Cognitive health is just one aspect of overall brain health."*

And that's just one aspect of brain health, which includes cognitive health along with:

Motor function - how well you move, including your balance

Emotional function - how well you respond to and interpret both positive and negative emotions

Tactile function - your response to temperature, pressure, and pain

Sensory function - how well you see, hear, taste, and detect odors

Physical Health Helps Lead To Brain Health

Ever go for a walk and feel like it helped "clear out the cobwebs?" It's a common description for the sort of things happening inside your mind and body when you get a bit of exercise.

Staying current with your recommended health screenings can help brain health, even if what's being screened seems to have little to do with your brain. While you're visiting your doctors, talk with them about the medicines you take, to learn about possible side effects on memory, brain function, and sleep - of which you should be getting 7-9 hours at night. There's more: Keep chronic health issues like high blood pressure and diabetes managed, and get

treatment for age-related hearing and/or vision loss. Quit smoking if you smoke, and avoid other nicotine products. Be mindful of your diet. Choose foods that are nutritionally dense, lower in animal fats, and high in vitamins and fiber. Contact OFA at ofa@dutchessny.gov or **845-486-2555** to find out about nutrition consultations.

What About Vitamins and Supplements?

They're a solid maybe. Some clinical trials have shown that a daily multivitamin may improve memory and cognition in older adults; on the other hand, no vitamin or supplement is officially recommended for preventing Alzheimer's, dementia, or other forms of cognitive decline.

How About Computer Games?

Another maybe. Commercially-available computer based "brain games" have yet to demonstrate the same impact on cognitive abilities as certain

meaningful non-tech-based physical and mental activities. Activities like music, theatre, dance, creative writing, quilting, digital photography have all shown promise not only in improving cognitive function, but higher self-esteem as well.

Jokes Can Save Your Life

Humor is a great way to give aging brains a workout. That's one reason we include a corny joke at the end of every weekly "OFA Aging News". Humor reduces stress by relaxing muscles, lowering blood pressure, and increasing blood oxygen levels. It's been proven in repeated studies to benefit heart health, improve learning ability and short term memory. Even a simple pun requires the brain to change perspective.

That's why OFA is bringing humorous motivational speaker Charles Marshall to Dutchess County for **"Spring Into Happiness – Laughter Edition," on Wednesday, April 29th at 1:00pm**, at the Wallace Center in Hyde Park (entrance at 4079 US 9). It's a free event for Dutchess County adults over 60.

Seating is limited, so registration is required. Sign up by calling OFA during business hours at 845-486-2555. We cannot accept registration requests made by voice mail, email or text.

Utility Clinic at Dutchess BOCES (Thursday 4/16)

Struggling with high energy costs? Need help with your utility bill?

A Utility Bill Clinic takes place on Thursday, April 16th, from 4-7pm at Dutchess BOCES (5 Boces Rd., Poughkeepsie, off Salt Point Turnpike).

State Assemblymember Didi Barrett, the Public Utility Law Project and other partners will be at the clinic to help customers ensure they're getting any assistance for which they qualify. OFA representatives will be onsite as well.

Please bring:

- Your utility bill
- A form of identification

- A copy of your benefits award letter from HEAP, SNAP, SSI or other public assistance, if you have one.

You can also reach PULP at info@utilityproject.org or 877-669-2572.

April and Springtime “Navigating Medicare” Classes

OFA offers year-round "Navigating Medicare" classes. Here's the April schedule:

Second Wednesday of every month, 4 pm at Starr Library (68 West Market St., Rhinebeck) – call 845-486-255 to register

Wednesday, April 15th and the third Wednesday of every month, 10 am at the Community Room at the Poughkeepsie Galleria (2001 South Road (Route 9), Poughkeepsie) – call 845-486-2555 to register

Wednesday, April 15th at 2:00pm at Stanford Free Library, 6035 NY 82 in Stanfordville – call 845-868-1341 to register

OFA Spring Mobile Office Hours

OFA Ambassador Mary Reedy is hosting by-appointment OFA Mobile Office Hours around Dutchess County. It's a chance to get your age-related questions answered in person, with considerably less travel on your part.

Here's the schedule:

Tuesday, April 21st, 1p-4p – Town of Wappinger Senior Center

Town Hall Senior Center, 20 Middlebush Rd.

Appointments are 30 minutes long at each Mobile Office Hours event. Appointments can be made for either session by calling 845-486-2555 during business hours. We cannot accept reservation requests made by voice mail, email or text.

We will be adding many more Mobile Office Hours events throughout the county.

If your Dutchess County civic organization wants to host a Mobile Office Hours event, email ofa@dutchessny.gov or call 845-486-2555 during business hours.

At OFA, we're also available for presentations to groups on OFA Services, successful aging, scam prevention, home safety, caregiving, and much more. Contact us to find out more.

“CarFit” for Mature Drivers, at Marist (Saturday 4/11)

The Marist University Doctor of Physical Therapy program and Helen Hayes Rehabilitation Hospital present the CarFit Program. It's a free, interactive educational program designed to improve older driver safety. Trained volunteers provide information ensuring the safest “fit” for older drivers and their vehicles.

The event takes place on Saturday, April 11th, from 9am to 2:30pm, at the Marist University Allied Health Building, Parking Lot 18, Beck Place, Poughkeepsie.

Appointments are required. To make an appointment, contact Lynn Matthes at 845-786-4155 or lynn.matthes@helenhayeshosp.org.

Hearing Loss / Cochlear Implant Event (Thursday 4/21)

The April meeting of the Mid-Hudson chapter of the Hearing Loss Association of America features “The Bionic Ear: Understanding the Magic of Cochlear Implants” with Allison Leasure, Engagement Manager for Cochlear Americas, and Brian Nicholas, MD, FACS, ENT/Otolaryngology at White Plains Hospital Physician Associates. It takes place on Thursday, April 21st, 5:15-6:30pm, at Elting Memorial Library in New Paltz (93 Main St.), [also available via Zoom](#).

Visit hearingloss-midhudson.org for more information.

OFA At Annual Conference on Caregiving in Hyde Park (Thursday, 5/7)

The annual Conference on Caregiving takes place on Thursday, May 7th from 8:30 am – 2 pm at the Wallace Center on the grounds of the FDR Historic Site on Route 9 in Hyde Park.

This year’s theme is “20/20 Vision – Planning for a Bright Future.” Topics in support of caregivers will include estate and financial planning; caregiving and grief support; end-of-life doula services; and Tai Chi/wellness. OFA staff will be at the conference to answer guests’ questions about aging services in Dutchess County.

Registration takes place through the Alzheimer's Association. Call their helpline to save yourself a seat: **800-272-3900**. [You can also use this link](#).

Breakfast and lunch are provided.

The Caregiver Conference is organized by the Dutchess County Office for the Aging with the Alzheimer's Association Hudson Valley Chapter, Parkinson's Disease Support Group of the Mid-Hudson Valley, Hudson Valley Hospice, and community members Cathy Regan, RN; Falisia Cotten-Swain, LCSW-R; and Eileen Hendriksen, LMSW.

AARP Shredder Events in April

One of the tricks used by identity thieves involves rummaging through our recycling for personally identifiable information. Protect yourself at an AARP Fraud Watch document-shredding event; there are two coming up in Dutchess County. Click the relevant links for registration info, including details on what sort of materials are and aren't accepted for shredding.

[Friday, April 24th, 10a-12:30p – St. John's Evangelical Lutheran Church](#), 55

Wilbur Blvd., Poughkeepsie

[Thursday, April 30th, 10a-12:30p – Hopewell Recreation Park, 392 NY 376,](#)

Hopewell Junction

Other news:

Aging means decline? [Nope.](#)

A newly released study suggests that [people with a more optimistic outlook on life had less risk for dementia.](#)

Even people who aren't online can have their personal information pop up on online people-search sites. [There are ways to opt out but they can be complex and unevenly available.](#)

Does it matter what time you eat your first and last meals of the day? [Maybe.](#)

There's always new recommendations on [ways to protect ourselves from Medicare fraud](#).

90-year-old golf legend Gary Player says he plans to be an honorary starter at the Masters [until he's 100](#). Player was Masters champ in 1961, 1974 and 1978.

(Satire) [Skateboarders are aging, too](#). This one almost fooled us into thinking it was a real news story, but...it got us thinking. Are there any older adults around Dutchess still skating like they were in the 80s?

This week's birthdays:

4/18: Actress/dancer [Jane Leeves](#) (65)

4/19: Former Mets pitcher [Frank Viola](#) (66)

4/20: Actor/activist [George Takei](#) (89)

4/21: Singer/songwriter/actor [Iggy Pop](#) (79)

4/22: Singer/songwriter/guitarist [Peter Frampton](#) (76)

4/23: Actor [Lee Majors](#) (87)

4/24: Singer/actress [Barbra Streisand](#) (84)

Here's a Bad Joke you can try out any time you're in a mildly difficult situation, to defuse any tension:

"It's times like this I wish I had listened to what my mom said."

"What did she say?"

"I don't know. I wasn't listening."