

Dutchess County Office for the Aging's

AGING NEWS

For the week of April 29th

STILL TIME TO SIGN UP FOR THE MAY 8TH CAREGIVER CONFERENCE

You still have time to sign up for one of the few remaining spots at the free annual Caregiver Conference, taking place on Wednesday, May 8th from 8:30 am – 2 pm at the Wallace Center on the grounds of the FDR Historic Site on Route 9 in Hyde Park. Registration takes place through the Alzheimer's Association. Call their helpline to save yourself a seat: 800-272-3900.

Breakfast and lunch are provided. Topics will include advance directives, your "wellness wheel," funeral planning, scams, and qualifying for Medicaid.

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 and Falisia Cotten-Swain.

SENIOR PICNIC SEASON VOLUNTEERS WANTED

The Dutchess County Office for the Aging's annual summer picnics get underway at the end of this month, continuing until the end of August. There are plenty of ways volunteers can help our older Dutchess County neighbors enjoy a fine picnic lunch and good company, both at picnic sites all over Dutchess County as well as behind the scenes at the Office for the Aging's facilities in Poughkeepsie.

Clerical picnic season volunteers can help with stocking picnic goodie bags at the OFA main office in Poughkeepsie, starting in mid-May, and with making reminder calls to older adults who have reserved seats at their community's picnic.

On picnic days, we welcome volunteers who can help set up picnic equipment, guide parking lot traffic, bring guests their food and drinks, and help break down picnic equipment when the day is done.

For more information on OFA's many diverse volunteering opportunities, visit dutchessny.gov/ofavolunteer, email bjones@dutchessny.gov, or call 845-486-2555. For programs that accept volunteers under age 18, a signed parental waiver is required. If a child's school or house of worship has a community service

requirement, helping at an OFA Summer Picnic is a great way to fulfill that requirement.

The full OFA Summer Picnic schedule with venues will be available next week. Check in on www.dutchessny.gov/ofapicnics for a save-the-date calendar.

SAVE THE DATE - OFA AT VETERAN APPRECIATION EVENT IN JUNE

Join Mental Health America of Dutchess County, the Dutchess County Division of Veterans Services, the Dutchess County Office for the Aging and many other local organizations serving veterans for a free Veteran Appreciation Event, on Friday, June 7th, 2024 from 11am to 3pm at American Legion Post 1302, 55 Overlook Rd. in Poughkeepsie.

Services will include VA disability, housing, education and employment assistance, mental health services, community resources, food and clothing, grab bags and much more.

For more information, call 845-473-2500 extension 1346 or email jhoresky@mhadutchess.org.

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

“GOGO GRANDPARENT” SERVICE UPGRADE

Did you know that GoGo Grandparent ride-sharing services can also be used by Dutchess County seniors to visit loved ones in the hospital, nursing home or hospice?

But let’s back up, in case this is the first time you’re reading about what we call “GoGo” for short.

OFA started a pilot program with GoGo Grandparent last year, for older adults living in Dutchess County who need to get to and from non-emergency or outpatient medical procedures within Dutchess County but are not eligible for Medicaid-funded transportation.

Earlier this spring, with the help of a \$25,000 grant from the Field Hall Foundation, we expanded our GoGo offerings to include trips to hospitals, nursing homes or hospice facilities within Dutchess.

Getting on board with GoGo is simple if you follow these simple steps:

Call OFA at 845-486-2555 to register for GoGo. This step is most important, because it's what unlocks a limited number of free rides to and from qualifying appointments and visits.

Once you're registered for GoGo with OFA, you'll get instructions on how you can use GoGo to obtain the free rides you need.

As for those who qualify for transportation via Medicaid, contact OFA with your questions about that as well. A full list of transportation options is available at dutchessny.gov/ofatransportation.

MENTAL HEALTH PUBLIC FORUMS IN MAY (Poughkeepsie), JUNE (Pine Plains)

To better reach residents and families living with mental health and substance use issues and hear their feedback on the local services and programs available to them, the Dutchess County Department of Behavioral and

Community Health (DBCH) will be hosting this year's mental health public forums at various locations across Dutchess County. Four forums will be held throughout the year and will feature simultaneous Spanish interpretation.

The first two forums are scheduled for:

- **Thursday, May 16th; 5:30 p.m., Poughkeepsie High School Auditorium, 70 Forbus Street, Poughkeepsie**
- **Wednesday, June 5th; 5:30 p.m., Stissing Mountain High School Cafeteria, 2829 Church Street, Pine Plains**

Each of the forums will offer residents the opportunity to share their experiences and give input to DBCH about the services available and needed for:

- Intellectual and Developmental Disabilities;
- Alcohol Substance Use Addiction and Recovery;
- Mental Health Needs for Youth and Mental Health Needs for Adults.

These forums are free and open to the public; families, caregivers and local stakeholders are encouraged to attend. All input received will help DBCH shape the 2025 Local Services Plan, which establish long-term goals and objectives consistent with statewide goals and objectives. Community partners will also have

representatives and informational tables at each forum to connect directly with residents.

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OFA "FRIENDLY CALLS" ORIENTATIONS

While April is National Volunteer Month, OFA is open to inquiries from prospective volunteers all year. If you're just dipping your toe into the idea of volunteering, the OFA "Friendly Calls" program is a way to help that will fit into busy schedules.

Most orientations for prospective [OFA "Friendly Calls" program](#) volunteers take place at OFA unless otherwise indicated below. Orientations typically last 40-60 minutes. Pick one, and contact OFA at 845-486-2555 to set up your orientation:

- **Wednesday, May 1st**, 10 am
- **Friday, May 3rd**, 3 pm
- **Monday, May 6th**, 3 pm
- **Thursday, May 9th**, 10 am

Yes, you can volunteer from home, or from anywhere your phone gets a good signal. We've had volunteers make their Friendly Calls from vacation, in locations as distant as Texas and France.

To register for any orientation, if you have more questions about "Friendly Calls," or to arrange an on-site orientation for your civic organization, call 845-

486-2555 or email Friendly Calls program manager Linda Edgar

at ledgar@dutchessny.gov.

We add orientation dates continually. Check dutchessny.gov/calendar for the latest list, and see dutchessny.gov/friendlycalls for details on the program.

For other OFA volunteering options, visit dutchessny.gov/ofavolunteer.

Other news:

[You may be more vulnerable to government impersonation scams](#) than you assume.

Chances are you haven't considered [the strength of your toes](#) and how stronger toes can help prevent falls.

[Restricting the time during which you eat](#) has been trending in recent years, but it might not do all that much for overall nutrition and diabetes prevention.

A happy 100th birthday (April 25th) to [former Yankees pitcher Art Schallock](#)! He's also the oldest living MLB player.

Vincent Dransfield still drives. [He's 110](#).

Speaking of people that age...if anybody you know in Dutchess County will be 100+ this year or is celebrating a wedding anniversary of 70+ years with their spouse, let OFA know about it! Email ofa@dutchessny.gov for details.

This week's birthdays:

4/26: Songwriter/guitarist [Duane Eddy](#) (86)

4/27: Musician [Kate Pierson](#) (The B-52s) (76)

4/28: Actress/dancer/singer [Ann-Margret](#) (83)

4/29: Singer/songwriter/guitarist/actor [Willie Nelson](#) (91)

4/30: [Carl XVI Gustaf](#), King of Sweden (78)

5/1: Singer/songwriter [Judy Collins](#) (85)

5/2: Singer/pianist [Engelbert Humperdinck](#) (88)

And another Bad Joke for a sendoff...

Did you know deer can jump higher than the average house? It's because of their strong hind legs and the fact that the average house can't jump.