

Dutchess County Office for the Aging's

AGING NEWS

For the week of April 6

Skipping The "Organ Recital"

Your knee is bugging you. So is your neighbor's gall bladder, your cousin's back, somebody's got bunions - or was it lumbago? Steve's just out of the hospital, we should bring him a kale smoothie. Steve may want beer instead, but his doctor put the kibosh on that.

We could talk about the kids, the grandkids and maybe great-grandkids, work, retirement, golf, gardening, the Mets or Yankees; but too often conversation is dominated by the lengthy exchange of information about our aging bodies often known as...the "organ recital."

It may feel rude not to follow up on each other's medical concerns. They asked about your cholesterol, so you're obligated to ask about their colonoscopy. And you certainly want to be supportive if a friend has encountered a serious health challenge. Still, before you know it lunch is over and everyone goes their separate ways.

It may have been a missed opportunity to stay more meaningfully connected.

Gently Steering the Conversation

Raise your hand if your plumber retired and it was a challenge to find a new one. Just like that, you've got a new conversation topic that could result in a helpful result at the end.

Dutchess County's older adult population is massive: 80,000 people, many of them in search of reliable help with everything from the roof to the basement. We may go to the internet for occasional DIY solutions, but much will remain beyond our skills. It's the kind of situation where word-of-mouth is priceless.

Focusing on Future Capabilities

You've had a medical procedure that enables you to be more active? *That* is something worth sharing with friends.

"I had a hip replacement last May, and now I can climb Stissing Mountain."

We Have Time to Find Out What's New

Remember those things you promised yourself you'd look into when you had the time? Now is that time.

Complicated plans aren't necessary. You can incorporate connectedness into your existing day-to-day life. Let's say you've got a grocery shopping trip planned. Call a friend: "Hey, I'm swinging by the store this afternoon - how about you come with?"

It's common to advise older people looking for activities to join a club; and yet, when it comes to forming meaningful connections, the type of club we join can make all the difference. Shared interests within a club tend to make connections easier. Those who join a cooking club may find themselves invited to more dinners. A walking group can lead participants to new places to walk or hike.

Travel's Difficult? Try "Friendly Calls"

Since 2023, OFA's "Friendly Calls" program has been matching hundreds of participants with screened volunteer callers. If you'd like to learn how it works, see dutchessny.gov/friendlycalls or call OFA Outreach Coordinator Linda Edgar at **845-486-2548**.

“Pancakes in the Pavilion” – A Few Seats Still Left (Tuesday 4/7)

There are a few seats still available, as of when this newsletter was delivered, for the second “Pancakes in the Park” event, at the Pavilion at Brookmeade in Rhinebeck (34 Brookmeade Rd., just off Route 308), scheduled for 10:30am on Tuesday, April 7th.

[See more about the successful March 26th “Pancakes” event at OFA’s Facebook page.](#)

Dutchess County older adults can reserve a seat for the April 7th “Pancakes” by calling OFA during business hours at 845-486-2555. We cannot accept reservation requests made by voice mail, email or text message.

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.

A Busy Month of “Navigating Medicare” Classes

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

Wednesday, April 8th and the 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

Friday, April 10th at 9:30am at Adriance Library, 93 Market St., Poughkeepsie

(parking lot entrance around the corner on Noxon St.) – call 845-485-3445

x3380 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

(note new location) 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.

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.

Other news:

The US smoking rate [has hit an all time low, but...](#)

Before he died, two months before his 100th birthday in 2021, Prince Philip of England reportedly wanted [one last beer](#).

Trout fishing season is underway; and yes, [this year's fish are a bit smaller](#).

You might not think of actor Sean Bean as a birder, [but...he is!](#)

This week's birthdays:

4/11: Actor/singer/dancer [Joel Grey](#) (94)

4/12: Singer/songwriter/guitarist [Vince Gill](#) (69)

4/13: Singer/songwriter/minister [Al Green](#) (80)

4/14: Actor/director [Peter Capaldi](#) (68)

4/15: Actress/comedian [Emma Thompson](#) (67)

4/16: NBA Hall-Of-Famer/actor/author [Kareem Abdul-Jabbar](#) (79)

4/17: Actor/birder [Sean Bean](#) (67)

It's getting near gardening season, but it's always Bad Joke season:

Why did the tomato blush? It saw the salad dressing.