

Dutchess County Office for the Aging's

AGING NEWS

For the week of April 7

April is National Volunteer Month - but then, here at the Office for the Aging, every month is volunteer month.

If you receive Home Delivered Meals, it's usually an OFA volunteer who shows up at your door. If you're an OFA Friendship Center client, it's OFA volunteers helping each day's experience be as fulfilling as possible. If you've been to an OFA Summer Picnic, you'll see OFA volunteers all over the place serving food and drinks, guiding people to parking spots, setting up and breaking down chairs and tables, and being jacks (and jills) of all trades in general.

We have volunteer exercise and tai chi instructors, insurance counselors, clerical helpers...it adds up to hundreds of people, all over Dutchess County, and a tremendous savings to taxpayers. The New York State Office for the

Aging this year estimated the economic value of the state's over-55 volunteers at \$13.2 billion dollars. That includes thousands of our older friends and neighbors: OFA volunteers, along with the older adults who volunteer for schools, libraries, houses of worship, and civic organizations.

But wait: there's more! OFA's fastest-growing volunteer program is "Friendly Calls," which connects volunteer callers with Dutchess County older adults at risk of loneliness and social isolation. If you've been looking for a volunteering opportunity but don't want to overcommit yourself,

"Friendly Calls" ticks all the boxes. It only requires a time commitment of 20 to 30 minutes, once a week, for eight weeks. Volunteers can call from anywhere their phone can make a connection: home, work, the back yard, even vacation. We've had "Friendly Calls" volunteers reach out to their call partner from Texas, Florida, even Europe. "Friendly Calls" has been around since 2023, and in that short time we've arranged over 250 successful pairings. That's over 250 older adults now at reduced risk of the harms that come from loneliness and isolation. Many of the participants and volunteers

have formed lasting friendships beyond the end of their eight-week call sessions.

To learn more about "Friendly Calls" and sign up for an orientation, call 845-486-2555 or email "Friendly Calls" coordinator Linda Edgar at ledgar@dutchessny.gov. For more general OFA volunteering information, check out www.dutchessny.gov/ofavolunteer.

YOUR Health Fair - Saturday, April 12th

The Dutchess County Department of Health will host its third annual free Y.O.U.R. (Young, Old, Urban, Rural) Health Dutchess County Health Fair on Saturday, April 12th from 11 a.m. to 2 p.m., at Falcon Hall at Dutchess Community College in Poughkeepsie (50 Mascot Dr.).

The Office for the Aging will join dozens of other agencies and service providers at the health fair for resources and fun activities for all ages; fire and police safety; mental health and substance use services; a sensory friendly area; and indoor/outdoor exhibitors, raffles, giveaways and more.

Visit www.dutchessny.gov/healthfair for more information.

“EMPOWERED CAREGIVER SERIES” AT OFA THIS SPRING

Are you the caregiver of a Dutchess County resident living with dementia? The Dutchess County Office for the Aging is partnering with the Alzheimer’s Association Hudson Valley Chapter to host the “Empowered Caregiver Series” in May and June at OFA headquarters, 114 Delafield St. in Poughkeepsie.

Each session takes place on a Tuesday at 3:00pm. Seating is limited, so reservations are required. Call the Office for the Aging to save your seat at any session(s) you can attend, at 845-486-2555 during business hours. We cannot accept reservation requests made via voice mail or email.

Topics in the program include:

- May 6 - Building foundations of caregiving
- May 13 - Supporting independence
- May 20 - Communicating effectively
- May 27 - Responding to dementia-related behaviors
- June 3 - Exploring care and support services

This free program is open to caregivers of all ages and is supported in part by a grant from the New York State Department of Health.

CENTRAL HUDSON OLDER ADULTS' FORUM (Tue 4/15 in Millerton)

If you're a Dutchess County older adult (60+) and Central Hudson utility customer looking to make your energy budget last, Central Hudson outreach personnel will be at the OFA Friendship Center in Millerton (28 Century Blvd., the NorthEast-Millerton Library Annex) on Tuesday, April 15th at Register for the April 15th event via the library's website, www.nemillertonlibrary.org, or call the library at 518-789-3340. Space is limited

The event is geared toward savings rather than complaints about the cost of utilities. That said, we recognize the importance of advocating for

oneself in successful aging, and the importance of being able to reach the right people when raising one's concerns.

It's recommended that you speak with your utility company's customer service division first; then, after you have contacted your utility to express your concerns but are not satisfied with the result, [use this link to find out more about filing complaints](#) with the New York State Department of Public Service.

AARP SHREDDER TRUCK / POUGHKEEPSIE (May 2)

Help protect yourself and your family from identity theft, deed theft, and other scams by joining AARP New York for a free paper shredding event!

On **Friday, May 2, 2025**, AARP New York will host its annual free paper shredding event with an on-site mobile shred truck in Poughkeepsie, NY from **10:00AM ET to 12:30PM ET**. The event will be held at St John's Evangelical Lutheran, 55 Wilbur Blvd, Poughkeepsie, NY 12603. [Click here to register](#). Registration closes March 25th.

Paper only. **Please remove paper clips and metal binder clips in advance.** There is a three bag or three box limit per participant. Boxes will be

emptied and returned to participants. Event ends at scheduled time or when the truck is full, whichever comes first.

Can't get to this event? Check with your local authorities and financial institutions to locate shredder truck events in your area. Many communities schedule shredder truck events in the spring.

Other news:

A look at living arrangements for [older parents and their adult children](#).

[Is a pet right for you](#) as you age? If not, all is not lost - contact OFA and ask about an animatronic pet.

Supposedly [meditation](#) can help slow biological aging.

Results from [a long-term study of various dietary practices](#) and their effects on aging.

This week's birthdays:

4/4: Actor/producer/screenwriter [Robert Downey, Jr.](#) (60)

4/5: Singer/songwriter [Agnetha Fältskog](#) (Abba) (75)

4/6: Actor/singer [Billy Dee Williams](#) (88)

Actress [Caren Marsh Doll](#) (106) – Judy Garland's "Wizard of Oz" stand-in

4/7: Director/screenwriter/vintner [Francis Ford Coppola](#) (86)

4/8: Guitarist/songwriter [Steve Howe](#) (Yes) (78)

4/9: Singer/songwriter/comedian [Tom Lehrer](#) (97)

4/10: Musician [Brian Setzer](#) (Stray Cats) (66)

And a bad joke!

I wanted to organize a game of hide-and-seek but good players are hard to find.