



## A Message from OFA Director Todd N. Tancredi

Friends,

We're offering something a little different in this week's edition: it's a look at the diverse activities offered at our eight OFA Friendship Centers, through pictures taken over the past year. Friendship Centers, also known as congregate sites, offer a nutritious midday meal as well as informational, recreational and educational programming. Friendship Centers help Dutchess County's older adults form and maintain the social connections vital to successful aging.

If you're not yet a Friendship Center client and would like to know more, contact OFA at **845-486-2555** or [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov), or visit [dutchessny.gov/ofanutrition](http://dutchessny.gov/ofanutrition).

Sincerely,

Todd N. Tancredi

Director, Office for the Aging



## OFA Friendship Centers In Pictures



*OFA's Beacon Friendship Center celebrates holidays from around the world, from New Year's Day on the left to the "Festival of Colors" (Holi) on the right.*

Lots more on  
the back page!

## OFA Friendship Centers In Pictures (continued)



*It's a full house for OFA's "Friendsgiving" lunches, held at all eight Friendship Centers every November. All meals served at Friendship Centers, and in our Home Delivered Meals program, are approved by a registered dietician and contain one third of the recommended daily allowance of nutrients for healthy adults.*



*With clients of the OFA South Amenia Friendship Center, Nutrition Services Coordinator Nimesh Bhargava discusses how older adults throughout Dutchess County can improve their nutrition, to give themselves the best possible opportunities for successful aging. Visit [dutchessny.gov/ofanutrition](http://dutchessny.gov/ofanutrition) to find out more!*



*One of our most popular activities has been the "Senior Park Palette" painting classes, held this year with the help of Dutchess County Parks at Friendship Centers in East Fishkill, Millerton and Poughkeepsie. Email [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov) to be subscribed to our weekly e-newsletters*



*Friendship Center clients have plenty of opportunities to learn more about the county they call home. At the Millerton Friendship Center, here's local history expert Ralph Fedele telling the stories behind notable local landmarks in northeastern Dutchess County.*

### OFA Friendship Centers - Contact Information

Beacon - 1 Forrestal Heights - 845-838-4871

East Fishkill - 890 NY 82, Hopewell Jct. - 845-226-3605

Millerton - 28 Century Blvd. - 518-789-3081

Pawling - 154 Charles Colman Blvd. - 845-855-9308

Poughkeepsie - 114 Delafield St. - 845-486-2564

Red Hook - 59 Fisk St. - 845-475-1129

South Amenia - 229 South Amenia Rd. - 845-373-4305

Tri-Town - 1576 US 44, Pleasant Valley - 845-275-8565

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of April 8<sup>th</sup>

*Golden Living . . . News for Older Adults, Their Families and Caregivers*

*Todd N. Tancredi, Director*

*Dutchess County Office for the Aging*

## **SIGN UP FOR THE CAREGIVER CONFERENCE**

Do you care for an aging loved one? You don't have to go it alone, and next month there's an opportunity for caregivers to pick up valuable knowledge to help them be the best they can be, both for themselves and the older adult receiving the care.

The 18<sup>th</sup> annual free Conference on Caregiving is taking place on Wednesday, May 8<sup>th</sup> from 8:30 am to 2 pm, at the Henry A. Wallace Visitor and Education Center on the grounds of the FDR historic site on Route 9 in Hyde Park. Topics will include advance directives, your "wellness wheel," funeral planning, scams, and

qualifying for Medicaid.

A continental breakfast and lunch are provided, but registration for the conference is required. Registration for the conference opens on Monday, April 8<sup>th</sup>. Call the Alzheimer's Association at 800-272-3900 to reserve your seat.

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.

## **WHO'S A CAREGIVER?**

Most of us, both sooner and later; and many are "sandwich generation" caregivers who are responsible for the health and well-being of both children and older adults. Caregivers can be spouses, sons and daughters, family members, neighbors, partners, friends, and paid or unpaid helpers of all kinds. We know we're helping but might not have the time to stop and think of ourselves as caregivers until after the need for caregiving ends.

Caregiving can be rewarding, but over time we can be overwhelmed by burnout and stress on top of work and family schedules. Just one day in the life of

a caregiver can involve helping an older person get dressed, bathe, eat their meals, take their medications, administer certain medical treatments, appointment-keeping, transportation, conversations with medical professionals, and keeping track of it all – plus cleaning up before the next day begins and the cycle repeats.

Caregiving can be more than any one person can handle, and yet we can feel guilty for not being able to do it all, any time of day or night, without outside help, for as long as we must.

The Caregiver Conference aims to help caregivers manage their wide range of responsibilities while maintaining a well-rounded, healthy life.

Regardless of whether or not you can be at the conference, you can learn a great deal on how to be the best caregiver you can be, starting with a visit to [www.dutchessny.gov/ofacaregiver](http://www.dutchessny.gov/ofacaregiver) or a call to the Office for the Aging at 845-486-2555.

***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)

### **ADDED TO THIS WEEK'S EMAIL BLAST – THE “HDM AGING NEWS”**

Since the COVID pandemic began four years ago, OFA has published a weekly print version of our “Aging News” newsletter, which we’ve been distributing to our Home Delivered Meals and Friendship Center clients.

We’d like everyone on the OFA email list to have a look at the kind of activities that take place at our eight Friendship Centers, so we’ve attached a PDF of this week’s “HDM Aging News” to our weekly email this week.

### **“GOGO GRANDPARENT” UPDATE**

GoGo Grandparent (GoGo, for short) is an on-demand senior transportation option for older adults (age 60+) in Dutchess County, with limited free rides to non-emergency medical appointments within Dutchess County for those who are *not* Medicaid clients, when no other options are available.

GoGo has been operating in Dutchess County as a pilot program since last year and is available wherever Uber/Lyft drivers are available. Dutchess County

Government funding for GoGo was augmented this year with a \$25,000 grant from the Field Hall Foundation ([fieldhallfoundation.org](http://fieldhallfoundation.org)), through which we've been able to expand GoGo service.

GoGo is now also available to all Dutchess County older adults, regardless of Medicaid eligibility, to visit loved ones in hospital, nursing home or hospice, within Dutchess County.

Call OFA at 845-486-2555 to register and check availability of GoGo as well as other transportation options.

(For information on non-emergency Medicaid transportation, visit [medanswering.com](http://medanswering.com) or call 866-244-8995.)

### **JOIN OFA AT THE COUNTY HEALTH FAIR, SATURDAY 4/13**

The Dutchess County Department of Behavioral and Community Health (DBCH) will host its third annual Y.O.U.R. (Young, Old, Urban, Rural) Health Dutchess County Health Fair on Saturday, April 13th from 11 a.m. to 2 p.m., at Falcon Hall at Dutchess Community College, 53 Pendell Road in Poughkeepsie. The Office for the Aging will join DBCH and 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.

There'll be a free shuttle bus between the Dutchess County Transit Hub (11-13 Market St., Poughkeepsie) and Falcon Hall which will operate 10:30am – 2:30pm.

For more information, visit [www.dutchessny.gov/healthfair](http://www.dutchessny.gov/healthfair), and [click here for Poughkeepsie Journal coverage](#) of the health fair.

### **OFA MON/WED TAI CHI CLASS STARTING 4/15 IN LaGRANGE**

Older adults in Dutchess County looking for a tai chi class have an option beginning on April 15<sup>th</sup> in LaGrange. Classes will be held in the morning, for ten weeks, on Mondays and Wednesdays. Registration is required. To register, call OFA during business hours at 845-486-2555.

### **OFA/PARKS SPRING INTRO PICKLEBALL LESSONS FULLY BOOKED**

Once again, demand for Introduction to Pickleball classes hosted by OFA and Dutchess County Parks has been massive, and the classes taking place next



month are fully booked. We plan on scheduling more classes, so keep following our newsletters to find out more!

## **OFA “FRIENDLY CALLS” ORIENTATIONS**

Most orientations for prospective “Friendly Calls” 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:

- **Friday, April 5th**, 2 pm, [Lexington Club at Galleria, 1964 South Rd. \(US 9\), Poughkeepsie](#)
- **Monday, April 8th**, 1:30 pm
- **Tuesday, April 9th**, 10 am
- **Wednesday, April 10th**, 1 pm, [The Pavilion at Brookmeade, 34 Brookmeade Dr., Rhinebeck](#)
- **Thursday, April 11th**, 10 am
- **Monday, April 15th**, 10 am
- **Wednesday, April 17th**, 1:30 pm

To register for any orientation, if you have more questions about “Friendly Calls,” or to arrange an orientation for your civic organization, call 845-486-2555 or email Friendly Calls program manager Linda Edgar at [ledgar@dutchessny.gov](mailto:ledgar@dutchessny.gov).

We add orientation dates as we go. Check [www.dutchessny.gov/calendar](http://www.dutchessny.gov/calendar) for a complete list.

## **BECOME A VOLUNTEER OFA HEALTH INSURANCE COUNSELOR**

**(Orientation Thu 4/25, 10am)**

The Office for the Aging’s Health Insurance Information, Counseling and Assistance Program (HIICAP) is looking for dedicated counselors to help guide Dutchess County older adults through the sometimes-stressful process of making good health insurance and Medicare choices.

OFA is hosting a HIICAP Volunteer Orientation event at our Poughkeepsie headquarters (114 Delafield St.) at 10 am on Thursday, April 25<sup>th</sup>.

Because health insurance and Medicare issues can be complex, the HIICAP program involves ongoing volunteer trainings, so counselors remain current on insurance-related issues.

Let us know you can come to a HIICAP volunteering orientation by emailing [jcarey@dutchessny.gov](mailto:jcarey@dutchessny.gov) or calling 845-486-2555.

## **“HEAP” HEATING AND COOLING NEWS**

Funding for the New York State Home Energy Assistance Program (HEAP) has been extended until close of business on Friday, April 12<sup>th</sup>.

Additionally, New York State has announced that the HEAP cooling component will open for applications on Monday, April 15<sup>th</sup>, and will close on Friday, August 30<sup>th</sup>, unless funding for the program is exhausted before that.

For information on HEAP, contact OFA at 845-486-2555, email [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov), or visit [dutchessny.gov/ofaheap](http://dutchessny.gov/ofaheap).

## **PRESCRIPTION DRUG TAKE-BACK DAY (Saturday 4/27)**

Without proper disposal, unused or outdated medications can lead to accidental poisoning, misuse, and overdose, and can contaminate the water supply when flushed down the toilet.

That's why the Southern Dutchess Community Coalition in collaboration with the Beacon Police Department are hosting a Prescription Drug Take-Back Day on Saturday, April 27<sup>th</sup>, from 10 am to 2 pm, at the City of Beacon Recreation Center (23 W. Cedar St.).

For more information, contact SDCC Coordinator Michele Franks at [sdcc@capedc.org](mailto:sdcc@capedc.org) or 845-765-8301 extension 116.

Can't make it that day? There are 12 drop boxes at area law enforcement facilities, many of which are available 24/7. For more information, [click this link from Dutchess County STOP-DWI](#). And of course, safe prescription drug disposal is available at every OFA Summer Picnic. A save-the-date schedule is available at [dutchessny.gov/OFApicnics](http://dutchessny.gov/OFApicnics). Picnic reservations will open in May.

**Other news:**

[On getting started in exercise](#), especially if that hasn't been your thing lately.

[Human brains are getting bigger](#), which may offer some promise against dementia.

Looking for intriguing books on the science of aging? We've got three recent titles to consider:

[Why We Die: The New Science of Aging and the Quest for Immortality](#),

Venki Ramakrishnan

[How We Age: The Science of Longevity](#), Coleen Murphy

[The Longevity Imperative: Building A Better Society for Healthier, Longer Lives](#), Andrew Scott

## **AND ABOUT THE ECLIPSE MONDAY (4/8)**

If you're trying to get a picture of the April 8 eclipse, especially if you're headed upstate to the "totality" zone, [be careful you don't fry your phone's camera](#). Here are some other eclipse tips from New York State:

- **Never look directly at the eclipse/sun without specialized eye protection!**

Protect your eyes with specialized solar viewing glasses or use indirect

viewing methods like [pinhole projectors](#) or even a colander. Viewing any part of the bright Sun through a camera lens, binoculars, or a telescope without a special-purpose solar filter secured over the front of the optics will instantly cause severe eye injury. (Most of our local libraries are offering free solar viewing glasses, but supplies are limited and offered on a first-come, first-served basis.)

- **Check traffic before heading out.** Use [511NY](#) for current travel conditions, and also remember, there may be limited cell signal, so you may want to have an atlas or maps in the vehicle.
- **Arrive early,** and still be ready to be stuck in traffic.
- **Do not pull over on the highway or any roadways during the eclipse.** Get to a destination before taking in the view.
- **Prepare for the weather:** April can bring sun, ice, snow, rain, and mud. And, during the total solar eclipse, expect the temperature to drop about 10-degrees Fahrenheit depending on the humidity and cloud cover at your location.

**This week's birthdays:**

4/6: Actor/singer Billy Dee Williams (87)

...[with a new biography out](#) entitled “What Have We Here?”

Actress [Caren Marsh Doll](#) (105) – Judy Garland’s “Wizard of Oz” stand-in

4/7: Director/screenwriter [Francis Ford Coppola](#) (85)

4/8: Guitarist/songwriter [Steve Howe](#) (Yes) (77)

4/9: Fashion designer [Marc Jacobs](#) (61)

4/10: Musician [Brian Setzer](#) (Stray Cats) (65)

4/11: Philanthropist [Ethel Kennedy](#) (96)

### **And the Bad Joke!**

Do not try to look at the eclipse through a colander. You’ll only strain your eyes.