

Dutchess County Office for the Aging's

AGING NEWS

For the week of August 24th

One Day, You Won't Be Here To Read This Newsletter

We hope that day is many years from now, but let's use this week's issue to promise ourselves to do whatever we can, as soon as we can, to make things easier for whoever will put our affairs in order after we're gone.

Don't Leave Your Family A Scavenger Hunt

They'll be grieving you. It's no time to leave them in the additional role of detective, trying to decipher your wishes.

Make your wishes known. That sums up what you need to do, but what about the details?

There are plenty of books on end-of-life planning available at libraries and bookstores. What follows is the condensed version, to hopefully jump-start the necessary conversations.

Everything In Its Place

At a minimum, you'll need a sturdy box and at least a few folders to keep things organized.

Many of us have hidden a supply of "just in case" money around our homes. This would be a great time to remember where, lest one of your descendants throw away the owner's manual to your 1974 Lincoln, the one you traded in 40 years ago. The owner's manual still has \$500 stashed inside. You won the money in a poker game you weren't supposed to be at. (Your secret is safe with us.)

Besides any cash around the house, keep your bank and investment information in this box.

What else goes into the box?

If you're online, consolidate your logins and passwords, then print them out.

Make a list of people who should be notified after your death.

Will there be subscriptions that need cancelling?

Locate your home's deed and other property information. Into the box it goes.

Can't find your deed? Reach out to the Dutchess County Clerk's office: 845-486-2120.

Organize your medical and pharmacy information, insurance policies, legal documents and advance directives, car/truck documentation, and other end-of-life wishes - not only your own, but for family as well. Remember your pets, too.

Again, this is the minimum basic version of what needs doing. For those of you with end-of-life legal questions that may need resolutions, contact OFA for information about simple wills and other documents.

The idea is to collect and organize all the important information about your life, and then hope it won't need to be used for many years to come - but, when it is, your descendants will appreciate it as one last gift to them, and miss you rather than grumble about your habit of using your Social Security card as a bookmark.

Have The Last, Last Word

If you're feeling creative, there's nothing stopping you from writing your own obituary, just the way many couples getting married write their own vows. It's another thing you can do to ease the burden of family members trying to recall the most important parts of your life from memory, while they're grieving.

Don't know where to begin other than name, date, cause of death, next of kin, those who predeceased you, and notable accomplishments? You can ask friends and family what it is about you that they cherish the most, the stories they'd tell at the wake. You don't have to be famous to leave behind a great obituary. You need only to be loved.

If you have a cause or preferred way for people to memorialize you, definitely add this to your obituary.

Writing your own obituary can be an exercise in living well. Along the way, you may learn what you want more of, or less of, in the time you have left.

And Now...Let's Live

We each get just one body and mind to work with. Let's make the most of ours. OFA has plenty of ideas when it comes to the physical activity, mental stimulation and good nutrition that'll maximize the likelihood that you live the longest, happiest life possible. Reach out to us for more:

ofa@dutchessny.gov or 845-486-2555.

Watch Your Inbox on Thursday, August 27th

That's all we want to say for now.

Prom Registration Opens September 4th (new date)

Registration opens on Friday, September 4th for OFA's annual "Senior Prom," to be held from 12 noon to 4 pm on Monday, October 19th at Villa Borghese in Wappingers Falls.

As subscribers to OFA's "Aging News" emails, you'll receive a link to this year's prom registration form.

This year's theme? Hawaiian Luau.

After 15 years holding the price of prom admission steady at \$20 per person, the per-person price of admission for the 2026 prom will be \$25.

Many thanks to The Pines at Poughkeepsie for their support of the Prom.

OFA Public Comment Forums in September

Our two annual Public Comment Forums offer a unique opportunity for older adults and caregivers to speak directly to OFA leaders and members of the OFA Advisory Board, about issues that matter the most to you, whether it's housing, transportation, OFA services or another concern on your mind.

Tuesday, September 22nd, 10:30am

OFA Friendship Center - Poughkeepsie

114 Delafield St., Poughkeepsie

Thursday, September 24th, 10:30am

OFA Friendship Center - East Fishkill

890 NY 82, Hopewell Junction

If you are unable to attend a Public Comment Forum, you can email your comments to ofa@dutchessny.gov, or mail written comments to the Dutchess County Office for the Aging, 114 Delafield St, Poughkeepsie, NY 12601.

All Public Comment Forum locations are handicapped accessible. Persons requiring special accommodation to take part in a Public Comment Forum should contact OFA during business hours by close of business Monday, September 14th.

“Friendly Calls” Orientations

Interested in becoming an OFA “Friendly Calls” volunteer caller? We have a couple of volunteer orientation opportunities available at the OFA main office at 114 Delafield St. in Poughkeepsie:

Monday, August 24th – 2pm

Monday, September 14th – 10am

To reserve your seat, call OFA during business hours at 845-486-2555.

August/September OFA Events

To register for any of the events below, contact OFA during business hours at 845-486-2555 unless noted otherwise.

The August 26th OFA Summer Picnic for Town of East Fishkill seniors is at capacity.

(Thursday) **27th – OFA Mobile Office Hours**, Amenia Library, 3309 NY 343, Amenia, 12 noon-2p

September:

(Wednesday) 9th – **Navigating Medicare**, Starr Library, Rhinebeck, 4 pm

(Wednesday) 16th – **Navigating Medicare**, Poughkeepsie Galleria

Community Room, 10 am

(Wednesday) 16th – **Scam Prevention with “SilverShield,”** Stanford

Library, 6035 NY 82, Stanfordville, 2 pm – call 845-868-1341

(Monday) 22nd – **OFA Mobile Office Hours**, Town of Wappinger Senior

Center, 20 Middlebush Rd., 1-4 pm

(Wednesday) 23rd - **OFA Mobile Office Hours**, Hyde Park Library, 2 Main

St., 11 am-1 pm

(Thursday) 24th - **Scam Prevention** with OFA Outreach Coordinator

Brian Jones, Tivoli Library, 86 Broadway, 5 pm (registration not required)

(Monday) 28th – **OFA Mobile Office Hours**, Town of Poughkeepsie

Senior Center, 14 Abe’s Way, 9 am-1 pm

Contractor/RFP Sought: OFA Senior Exercise Program (apply by Sept. 3)

The Office for the Aging is seeking a qualified contractor to coordinate and deliver senior exercise and health-promotion programming. We’re

looking for a provider who can deliver engaging, safe, evidence-based exercise and wellness programming for older adults, including:

- A balance focused program, similar to “A Matter of Balance”
- Tai Chi programming
- Optional additional physical health programming that supports mobility, strength, independence, and overall wellness

Some travel within Dutchess County is required. Scheduling is flexible.

The full Request for Proposals (RFP) is available only through BidNet Direct [at this link](#). Questions regarding this opportunity and RFP can be sent to Sarah Andrews at sandrews@dutchessny.gov, or by calling 845-486-3670.

RFPs will be accepted through Friday, September 3rd.

Couldn't Get to This Month's Older Adults Skills Fair? No Worries!

[Here's the recap](#), including the online list of participating vendors.

New Speed Limit by OFA Offices in Poughkeepsie

Not that you would speed, of course...but if you have plans to stop by the OFA office at 114 Delafield St., note that Delafield falls under the city's new default 25mph speed limit for city streets not already signed for other speeds. You'll see the new speed limit sign when you turn onto Delafield from Route 9.

Other news:

Another 5 [surprising signs you're getting older](#).

Northern Dutchess Hospital in Rhinebeck is [launching a new caregiver support program](#).

Scam of the week: [criminals sending fake MyChart emails](#). None related to impersonations of local providers thus far, but scammers can impersonate pretty much any organization so stay alert.

A happy marriage [may slow aging. Or speed it up](#), depending on shared health habits. Our unofficial nutrition advice for couples: if you're going to the Dutchess County Fair, go halvesies on the 4-H milkshake.

No more "12 CDs for a penny" - after 71 years, [the Columbia House mail-order music retailer is shutting down](#).

This week's birthdays:

8/22: Singer/songwriter [Tori Amos](#) (63)

8/23: Former NBA/Marist center [Rik Smits](#) (60)

8/24: Actor/comedian/journalist [Stephen Fry](#) (69)

8/25: MLB Hall of Famer [Rollie Fingers](#) (80)

8/26: Singer-songwriter [Valerie Simpson](#) (80)

8/27: Actress/singer [Tuesday Weld](#) (83)

8/28: Yankees outfielder/manager [Lou Piniella](#) (83)

What we have here is a Bad Joke:

What did one eye say to the other? *Just between you and me, something smells.*