

Dutchess County Office for the Aging's

AGING NEWS

For the week of August 25

Note: the Office for the Aging and OFA Friendship Centers are closed for Labor Day (national holiday) on Monday, September 1st.

The endlessly quotable NFL Hall-of-Famer, former New York Yankee, and current University of Colorado football coach Deion Sanders has been going through more than the usual aging-related health challenges, including a blood clotting issue that cost him two toes in 2021. More recently, doctors removed his bladder this past spring after discovering a cancerous tumor during a routine checkup. "Coach Prime" chose surgery rather than a potential years-long course of treatment; it was his 14th surgery since 2021. Were you in the same situation, you might pick other available treatment options. Still, he offers some valuable advice for anyone facing health challenges as they age:

“The initial thing you do is what we all do, we Google it. That’s the wrong thing to do because they tell you, ‘You gonna die, dog.’”

We agree with the coach's advice: Skip "Dr. Google" and get in touch with your real-life doctor instead. Sanders had one other thing to say at his press conference that we could all take to heart:

“Get checked out. Because it could have been a whole ‘nother gathering if I didn’t.”

Communicating With Your Doctor(s)

Where to start? The days of doctors making regular house calls are long gone, as are the days when your doctor was available without need for an appointment.

The "new normal" is a doctor who only has 15-20 minutes to meet with you, so it's important to focus on the quality of the time you have. Before the visit, plan what you and your caregiver want to ask. It need not be complicated.

Be honest, and frank. You're speaking to the one person who can offer trained, confidential, professional opinions on your unique situation, even the parts you might think are embarrassing. The one question you'll regret most is the one you don't ask.

Ask questions. Remember this phrase, in case your doctor is using too much jargon and you're finding it hard to follow:

"Sorry, I'm just not following you. Can you explain that in another way?"

When you think you've grasped what your doctor is getting at, it may help to repeat it back to them so that everybody's on the same page.

Bring a buddy or family member, if needed. Your companion may or may not be a regular caregiver, but they can help if there are language or cultural differences between you and your doctor. If you feel unsure about a topic, the other person can help you describe your feelings or ask questions on your behalf. It helps to

have someone else's perspective. Your friend may think of questions or raise concerns that you hadn't considered.

Here are a few more brief tips, courtesy of the National Institutes of Health (nih.gov):

- Take notes about what the doctor or health care provider say, or ask a friend or family member to take notes for you;
 - Learn how to access your medical records, so you can keep track of test results, diagnoses, treatments plans, and medications and prepare for your next appointment;
 - Ask for the doctor's or health care provider's contact information and their preferred method of communication;
 - Remember that nurses and pharmacists are also good sources of information.
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OFA EXERCISE CLASS STARTING SOON IN LaGRANGE

Looking to join an Office for the Aging Senior Exercise class? We have a session beginning next month in LaGrange. Contact OFA at ofa@dutchessny.gov or 845-486-2555 for registration information.

We're always looking for volunteer exercise and "A Matter of Balance" instructors – we provide all training. Contact OFA to learn more.

For general information about OFA Senior Exercise, visit www.dutchessny.gov/seniorexercise.

GOLDEN GATHERING RETURNS SATURDAY, SEPTEMBER 27

The scenario: you've got one day to gather as much information as you can about aging services in Dutchess County. That one day is coming up on **Saturday, September 27th, from 10 am to 1 pm**. It's the annual **Golden Gathering** for older adults, and it's happening at **Arlington High School at 1157 NY 55 in LaGrangeville**. No RSVP is required.

It's presented by County Executive Sue Serino and the Dutchess County Office for the Aging, along with New York State Senators Michelle Hinchey and

Rob Rolison, with support from the James J. McCann Charitable Trust.

The Golden Gathering is the single largest annual event of its kind in Dutchess County, and it's continuing to grow. More than 70 exhibitors from various organizations and service providers will offer information on topics ranging from health care and financial services to housing options, legal advice and more.

Representatives from OFA and other Dutchess County Government and New York State departments and divisions will also be on hand to inform residents about how they serve the community every day.

The Golden Gathering includes health screenings, entertainment, refreshments, door prizes and dozens of informational tables geared toward the interests and needs of area older adults, their families and caregivers.

Flu shots will be available at the Golden Gathering while supplies last. If you plan on getting a flu shot, bring your insurance card.

“FRANK AND DEAN” RETURN FOR ANOTHER FREE SHOW

Reserved seats are going fast for the sounds of “Frank and Dean” with the

Tony T Orchestra. It's our annual free end-of-summer concert at the Grandview (176 Rinaldi Blvd., Poughkeepsie), on Monday, September 22nd at 1:30 p.m.

This time the band is playing Frank Sinatra and Dean Martin's hits, complete with stage banter, and adding popular dance classics from the 60s, 70s, 80s and beyond with their vocalist Sandra.

Registration is required for the event, which is open to all Dutchess County residents over the age of 60. Reserve your seat while they last, by calling the Office for the Aging during business hours at 845-486-2555.

We cannot accept reservations requested by voice mail, email or text message.

WHEN'S THE SENIOR PROM?

(REGISTRATION OPENS SEPTEMBER 5TH)

Dutchess County seniors haven't missed the chance to sign up for the Annual OFA Senior Prom coming up on Monday, October 20th.

We'll open the event for reservations on Friday, September 5th (new date).

A reservation form will be emailed to you as part of that week's Aging News email.

We can tell you that this year's theme is "Masquerade Ball," the prom date is Monday, October 20th from noon – 4 p.m., and the music will again be provided by the full Bob Martinson Band. Many thanks to the Pines at Poughkeepsie for their support.

Wait, what's a masquerade ball? I wanted to dress up.

All you really need for this "ball" is some kind of mask for your face, anything from a plain Lone Ranger mask to an elaborate disguise – and as always, dressing up for the prom is optional. Go with business casual if you don't feel like going in costume.

EAST FISHKILL 8/27 OFA PICNIC AT CAPACITY

Reservations are full for the OFA Summer Picnic for older (60+) residents of the Town of East Fishkill, coming up on Wednesday, August 27th. It's the last picnic of the 2025 season.

The full picnic schedule, including links to pictures from past picnics, is available at dutchessny.gov/ofapicnics.

Many thanks to AccentCare, Central Hudson, Mid Hudson Medicare Group, and the Pines at Poughkeepsie for their support of the picnic program.

OFA AT SEPTEMBER 10TH ALZHEIMER'S CONFERENCE IN MILLBROOK

Join the Office for the Aging and the Alzheimer's Association for a free mini-conference and listening session on Wednesday, September 10th, from 10 am to 1 pm, at the Millbrook Library (3 Friendly Lane).

Participants can hear about "Healthy Living for Your Brain & Body, recent research updates, brief overviews by community partners: The Millbrook Library (host), Dutchess County Office for the Aging (DC OFA), Sun River Health and Catholic Charities while enjoying light refreshments and drinks. We look forward to you sharing your experience with Alzheimer's disease and other dementia and discuss how we can best serve your community.

To register, call the Alzheimer's Association by Friday, September 5th at 800-272-3900.

Other news:

A look ahead at [Medicare changes coming in 2026](#).

[How older parents and their children can adjust](#) to the transitions that come with aging.

Hype or substance? [There's brain protein that controls the pace of aging](#), and researches at the University of California, San Francisco claim to have found a way to counteract it.

There's plenty of aging-related misinformation out there, and [believing that kind of stuff could cause faster aging](#).

[Happy 116th birthday, Ethel Caterham](#). She's the world's oldest living person.

This week's birthdays:

8/22: Former Giants/Jets head coach [Bill Parcells](#) (84)

8/23: Singer/songwriter/actor [Rick Springfield](#) (76)

8/24: Sportscaster/NBA Hall of Famer [Reggie Miller](#) (60)

8/25: MLB Hall of Famer [Rollie Fingers](#) (79)

8/26: Singer-songwriter [Valerie Simpson](#) (77)

8/27: Actress/singer [Tuesday Weld](#) (82)

8/28: Yankees outfielder/manager [Lou Piniella](#) (82)

It's Bad Joke time again!

Which side of a zebra has the most stripes?

The outside.