

Dutchess County Office for the Aging's

AGING NEWS

For the week of August 26

Note: The Office for the Aging and OFA Friendship Centers will be closed for the Labor Day national holiday on Monday, September 2nd. Clients of the OFA Home Delivered Meals program will receive shelf-stable meals in advance of the holiday.

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

HOW TO RAISE YOUR ODDS FOR DEMENTIA

Who'd want to do *that*?

Nobody, clearly. But we all have habits, choices and circumstances that can reduce or increase our odds of developing dementia. "Social determinants of

health” is how the concept is sometimes described.

The medical journal *The Lancet* recently updated the findings of its standing commission on dementia and added two more dementia risk factors to its previous list. The two new additions are high cholesterol and vision loss, joining the existing list of 12:

- Less education
- Head injury
- Physical inactivity
- Smoking
- Excessive alcohol consumption
- High blood pressure
- Obesity
- Diabetes
- Hearing loss
- Depression
- Infrequent social contact
- Air pollution

Looking at those 14 risk factors, we see many that are largely within our

control. *The Lancet* reports that eliminating these risk factors could cut dementia risk in half. Education, for instance, involves continued learning beyond high school and college, outside the classroom. Head injuries can be prevented with strong fall prevention observance – speaking of which, there are still spaces available in OFA’s “A Matter of Balance” classes, beginning in September. For information on possible classes near you, call OFA during business hours at 845-486-2555 or email ofa@dutchessny.gov.

Many of the other risk factors can be reduced through a combination of good nutrition; improvements in physical and mental activity; disease management; eliminating smoking and excessive alcohol consumption; and protection of hearing and vision.

Which brings us to the last two on the *Lancet* list: infrequent social contact and air pollution.

While air pollution is often beyond an individual’s control, great strides in air quality have been made in the last 50 years. Still, new challenges have arisen in the form of pollutants associated with wildfires throughout North America.

That leaves the issue of infrequent social contact. It's where OFA can make a difference for the better for vulnerable older adults, through our "Friendly Calls" program. *Can you help?* Become a volunteer caller by reaching out to OFA at 845-486-2555, or email "Friendly Calls" coordinator Linda Edgar at ledgar@dutchessny.gov. After screening and orientation, we can connect you with a Dutchess County older adult who's interested in becoming more socially engaged.

If you're fluent in languages beyond English, we hope you can become a Friendly Calls caller. Thousands of our older adults are immigrants. They may have lived here long enough to pick up English, but it's their mother tongue in which they feel most comfortable communicating. If you've got an "abuelito" or a "nonna" in your family, you know what we're getting at. It might have been ages since they've been able to have a full conversation in that language, and in so doing they learn an important truth: *they're not alone*.

Golden Living is prepared by the Dutchess County Office for the Aging, 114

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www.facebook.com/DutchessCountyOFA

REGISTRATION NOW OPEN FOR “SOUNDS OF THE RAT PACK” (Tue 9/24)

Registration is now open (but seats are going REALLY fast!) for “The Sounds of the Rat Pack” with the Tony T Orchestra, our annual free end-of-summer concert at the Grandview (176 Rinaldi Blvd., Poughkeepsie), on Tuesday, September 24th at 1:30 p.m. Guests will hear the hits and stage banter of Frank Sinatra, Dean Martin - and Sammy Davis, Jr., new to the show this year.

Registration is required for the event, which is open to all Dutchess County residents over the age of 60. Reserve your seat 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. You'll have to ring-a-ding-ding us, as Frank might have said.

OFA/PARKS BRING BACK INTRODUCTORY PICKLEBALL

(September 12, 19, 26 – must commit to all three)

Dutchess County Parks and the Office for the Aging are offering another free, three-day “Learn to Play Pickleball” lesson series at Quiet Cove Park in Poughkeepsie (1 Clearwater Drive), on three consecutive Thursdays: September 12, 19 and 26.

Classes are open to Dutchess County residents over age 60.

The first class will cover an introduction to the game; the second class focuses on beginner skills; and there’ll be trial games in the third class.

Space is extremely limited and reservations are required. Registration opens on Monday, August 26th at 9:00 am.

Call 845-486-2555 during business hours to make reservations. Players must commit to all three lessons. We expect to offer more introductory pickleball sessions in the spring of 2025.

Equipment will be provided.

For more information on local pickleball courts, visit playtimescheduler.com.

“A MATTER OF BALANCE” CLASSES START SOON

There's still time (but not much) to apply for a space in one of OFA's Fall 2024 "A Matter of Balance" falls prevention classes. Each class is held for two hours, once a week, for eight weeks. Class venues and times are made available when an individual's registration for the class is confirmed.

We're planning for one eight-week class in the City of Poughkeepsie starting on Monday, September 16th. Schedules are being drawn up for another class in the Town of Wappinger, and one more in the Town of Rhinebeck. We expect these classes will also start in September.

To find out more about "A Matter of Balance," call OFA during business hours or email ofa@dutchessny.gov.

Visit dutchessny.gov/seniorexercise for more about OFA's varied exercise programs for Dutchess County residents over age 60.

UPCOMING "FRIENDLY CALLS" ORIENTATIONS

If you'd like to learn more about the Friendly Calls program where volunteers are connected with older adults in Dutchess County who are at risk of social isolation, you can use this link: www.dutchessny.gov/friendlycalls, AND you

can sign up as a volunteer to take part in one of the upcoming Friendly Calls orientations here at OFA headquarters in Poughkeepsie (114 Delafield St.):

- Tuesday, August 27 - 10:00 am
- Monday, September 9 - 3:00 pm
- Tuesday, September 17 - 10:00 am
- Monday, September 23 - 3:00 pm
- Tuesday, October 1 - 10:00 am

For details, contact OFA Friendly Calls Outreach Coordinator Linda Edgar at ledgar@dutchessny.gov or call OFA at 845-486-2555.

TRAVELING VIETNAM MEMORIAL WAR AT BOWDOIN PARK (September 18-22)

Veterans from Dutchess County and across the Hudson Valley, as well as their families and history enthusiasts, are invited to pay their respects as our Office of Veterans Affairs brings the @AmHonor & Sacrifice, American Veterans Traveling Tribute (AVTT) Traveling Vietnam Wall to [Dutchess County Parks'](#) Bowdoin Park (85 Sheafe Rd., Wappinger Falls) from Wednesday, Sept. 18 through Sunday, Sept. 22.

The wall, an 80 percent replica of the Vietnam Veterans Memorial in Washington, D.C., contains the names of U.S. Military personnel who lost their lives in the Vietnam War. Accompanying the Wall will be Cost of Freedom tributes to every U.S. military action since World War I, including 9/11.

[Click here for a flyer with more details](#), including a request for volunteers.

Since the Wall will be available for viewing 24/7, volunteers to stand watch at any time of the day or night are needed.

Other news:

Social Security recently announced a massive data breach from consumer data broker National Public Data. [Here's how to find out if your information was compromised](#), and what (if anything) you need to do if it was. If you haven't already frozen your credit, do it. Your financial institution will know more, or you can visit usa.gov/credit-freeze for help. Placing and lifting a credit freeze is free, although other forms of identity protection can involve fees or subscriptions.

A study has found that adults don't necessarily age gradually; the study's authors found bursts in rapid aging [around the ages of 44 and 60](#). Also, [five different patterns of brain atrophy](#) have been discovered by scientists.

There's a new world's oldest living person this week, after [the recent death of 117-year-old Maria Branyas](#) in Spain. 116-year-old [Tomiko Itooka](#) of Ashiya, Japan is the new record holder. 115-year-old [Elizabeth Francis](#) of Louisiana is the oldest living American; her 95-year-old daughter is the oldest person in the world with one living parent.

When last we heard from music legend Phil Collins, injuries and mobility challenges had ended his touring career; nonetheless, the 73-year-old is reportedly [working on new music in a revamped studio](#).

The official records say that musician Rick Springfield is 75 years old. [He came to the Dutchess County Fair this week and...let's just say we're having trouble believing he's 75.](#)

This week's birthdays:

8/23: Actress/singer [Barbara Eden](#) (93)

8/24: Actor/writer [Stephen Fry](#) (67)

8/25: Musician [Elvis Costello](#) (70)

8/26: Singer-songwriter [Valerie Simpson](#) (78)

8/27: Professional golfer [Bernhard Langer](#) (67)

8/28: Yankees outfielder/manager [Lou Piniella](#) (81)

8/29: Actor/producer [Elliott Gould](#) (86)

And the Bad Joke!

I'm taking dance lessons and it's not working out. Always it's one step up, two steps back.

