

Dutchess County Office for the Aging's

AGING NEWS

For the week of August 31

Note: The Office for the Aging, along with Dutchess County Government offices, is closed on Monday, September 7th, in observance of Labor Day.

September is packed with activities for Dutchess County's older adults and caregivers. The biggest one is coming up on Saturday the 26th from 10am to 1pm: the annual Golden Gathering, presented by County Executive Sue Serino in partnership with OFA and State Senators Rob Rolison and Michelle Hinchey, with support from the James J. McCann Charitable Trust.

Once again, the Golden Gathering will be held at Arlington High School, 1157 NY 55 in LaGrangeville. Car-pooling is strongly suggested.

Dozens of exhibitors from various local 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.

It's a *big* event. And if you want to collect as much information about aging services as you can, at one event, this is the one you'll want to be at.

Flu shots will be available while supplies last, so bring your insurance/Medicare card if you need your shot.

We'll see you at the Golden Gathering! And...if you're interested in volunteering at the Golden Gathering, reach out to us at ofa@dutchessny.gov.

A FEW THOUGHTS ON...LINT?

The Office for the Aging's archive of weekly and quarterly newsletters goes

back to at least 1993; and in all those years, we haven't written a single word about lint.

This week, all that changes. And there's no time like the present to tackle a household issue that can be addressed before a hazard emerges. Lint is flammable, especially when allowed to accumulate where we see it most often, in dryer filters and ducts.

Lint-Related Fire Statistics

The U.S. Consumer Product Safety Commission reports over 15,000 clothes dryer fires every year. The National Fire Protection Association reports that 27% of dryer fires are caused by excessive lint accumulation in filters and ductwork. That's the leading cause of dryer fires. Other common causes of dryer fires include the use of plastic ductwork instead of the recommended solid metal ducting; placing inappropriate or flammable items in the dryer; improper venting; and overloaded dryers.

Preventing Dryer Fires

Recommendations from the National Park Service:

- Do not leave a dryer running when you are not home;
- Do not dry any items made of foam, rubber, or plastic, all of which can melt and cause a fire;
- Do not overload a dryer with wet clothes;
- Keep the area around the dryer clean and free of clutter;
- Install rigid or flexible metal venting from the dryer to the wall outlet;
- Always use the appropriate electrical outlet for dryers; and
- Do not place clothes or fabric soiled with a flammable substance, such as gasoline, cooking oils, grease, or oil, in a dryer.

Additional Important Precautions

- Always clean the lint screen before or after each load of clothes; and
- Clean the dryer vent and exhaust duct periodically to prevent lint buildup. Having a "shop vac" handy will help remove accumulated lint from ductwork.

Another Successful OFA Picnic Season in the Books

On 12 days every summer, ever since the early 1990s, the Office for the Aging becomes something you might not expect from a government agency: a huge, traveling lunch party for hundreds of Dutchess County's older adults.

What holds our Summer Picnic seasons together, year after year, is an idea that is starting to take hold with the wider public. It's not just lunch for hundreds every week. It's not just the music and dancing, and it's not just the information from dozens of service providers all in one place.

It's the measurable, positive value of human connectedness on healthy, happy aging.

Let's keep it rolling.

Whether or not you made it to your community's picnic, or if you're new to Dutchess County, or if an older adult near you is looking for ways to stay mentally, socially and physically active, don't be shy about learning more about OFA and sharing what you've learned.

A recap of the picnic season is available at
www.dutchessny.gov/ofapicnics.

You can follow OFA on Facebook at
www.facebook.com/DutchessCountyOFA.

You can visit our website: www.dutchessny.gov/aging

You can email us at ofa@dutchessny.gov; call us at 845-486-2555; or
stop in with questions during business hours (9a-5p weekdays) at 114
Delafield St. in Poughkeepsie.

Office for the Aging to Host FREE “Swingin' into Fall” Concert September 30th for Older Adults

Registration Opens Thursday, September 3rd

Tony T. and The Rat Pack band are back, with new star “Marilyn,”
singing hits from Frank Sinatra and Dean Martin, as Dutchess County
Executive Sue Serino and the Office for the Aging host a FREE “Swingin’ into
Fall” concert on Wednesday, September 30th at The Grandview in
Poughkeepsie. **Registration opens Thursday, September 3rd** for all Dutchess

County older adults aged 60 and over and is required by calling 845-486-2555, during regular business hours. Reservations will be on a first-come, first-served basis.

County Executive Sue Serino said, *“We are thrilled to bring this popular concert back this year for our older adults to dance and jive the afternoon away. These concerts help bring friends and neighbors together to connect and be active while remembering the fun of The Rat Pack’s hey-day. I hope to see you there, dolled up and ready for an afternoon of live music and fun!”*

Doors will open at 12:30 p.m. and the concert will start at 1 p.m., featuring performers bringing back the sights, sounds, and feelings of yesteryear, recreating the "Rat Pack" era. Attendees are invited to bring their dancing shoes to dance along to the popular tunes.

Prom Registration Announcement – Coming Soon (update)

With registration for our fall concert (see above) starting on September 3rd, we’ll be opening OFA Senior Prom registration...soon after that.

Watch your email inbox and the OFA Facebook page (www.facebook.com/DutchessCountyOFA) for the latest info.

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 volunteer orientation opportunity available at the OFA main office at 114 Delafield St. in Poughkeepsie:

Monday, September 14th – 10am

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

Upcoming OFA Events

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

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

October:

(Wednesday) 14th – Navigating Medicare, Starr Library, Rhinebeck,

4:00pm

(Wednesday) 21st – Navigating Medicare, Poughkeepsie Galleria

Community Room, 10:00am

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 this Friday, September 3rd.

Other news:

This week's death of music legend Dolly Parton shed light on what millions of caregivers are going through: [neglecting their own health during caregiving](#). In Dolly's case, she had been caring for her husband of 59 years, Carl Dean, who died in 2025.

[Intrinsic capacity](#) is the aging-health term you've never heard of but need to know.

There's a new Yale analysis of [which choices might slow the aging process](#).

More than half of Americans in their 40s are in “[the sandwich generation](#)” – caring for their own kids and aging parents at the same time.

Lonely older people [don't always recognize that they're lonely](#).

Does [brushing your teeth while standing on one leg](#) help healthy aging?

This week's birthdays:

8/29: Actor/producer [Elliott Gould](#) (88)

8/30: Comedian/actor/author [Lewis Black](#) (78)

8/31: Singer/songwriter [Glenn Tillbrook](#) (Squeeze) (69)

9/1: Comedy legend [Lily Tomlin](#) (87)

9/2: Actress/director [Salma Hayek](#) (60)

9/3: Actor [Charlie Sheen](#) (61)

9/4: Professional golfer [Tom Watson](#) (77)

Your regular Bad Joke will be back next week. We're letting the late great Dolly Parton take the stage this week with some of her own comic material. ([source](#))

"People always ask me how long it takes to do my hair. I don't know, I'm never there."

"People say, 'You always look so happy.' I say, 'That's because of the Botox.' "

"I'm a self-made woman and I have the doctor's bills to prove it."