

Dutchess County Office for the Aging's

AGING NEWS

For the week of December 16

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

SUCCESSFUL AGING TIPS FROM...KEITH RICHARDS?

"Sometimes, you know, a bell rings and something inside says, 'Hey pal, enough.' "

Nothing more to healthy aging than that, in the words of the legendary Rolling Stones guitarist known as much for his partying as his musicianship. It hasn't been his wealth that helped him make changes for the better as he turns 81

this week, and that should give all of us hope no matter what our past habits have been.

"It's good for your health to play rock 'n' roll in a clean-living band like the Rolling Stones. You should try it."

He's been able to stay mentally and physically active, doing the things he loves, with lifelong friends; and to improve his chances of being able to do those things for the rest of his life, his bad habits needed replacing with good habits. What are *your* good habits?

As with many older adults, it was injuries suffered in a fall that spurred Keith to make improvements. One thing you can do that Keith can't? Sign up for an OFA "A Matter of Balance" class. So here's *your* chance. If you're concerned about falls, our next "Matter of Balance" series begins in two or three months, depending on when classes are scheduled. Contact OFA to reserve a spot now, at 845-486-2555 or ofa@dutchessny.gov.

"And really, there's nothing quite like having your kids or your grandkids or the people you know and love still say you're okay, because quite honestly I don't know if I am or not."

We couldn't have put it better.

OFA HOLIDAY HOURS AND WINTER WEATHER INFORMATION

OFA offices and Friendship Centers will be closed on Christmas Day, Wednesday, December 25th; and New Year's Day, Wednesday, January 1st. All offices and Friendship Centers are open regular weekday hours otherwise.

In the event of inclement winter weather, we post cancellation and delay information on Dutchess County social media at www.facebook.com/DutchessCountyOFA and www.facebook.com/DutchessCoGov, along with www.x.com/DutchessCoGov.

Not online? We also share inclement-weather information with area broadcasters, although not every radio station reads on-air cancellation lists.

In anticipation of winter weather affecting Home Delivered Meals (HDM) services, our HDM clients receive shelf-stable meals in advance of both bad weather and scheduled holidays – see below.

WINTER HOLIDAYS

OFA, Friendship Centers, and Dutchess County Government offices are closed on the following winter holidays:

Christmas Day (Wednesday, 12/25/24)

New Year's Day (Wednesday, 1/1/25)

Martin Luther King, Jr. Day (Monday, 1/20/25)

Lincoln's Birthday (Wednesday, 2/12/25) (NY State holiday)

Presidents Day (Monday, 2/17/25)

***Golden Living is prepared by the Dutchess County Office for the Aging,
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2555, email: ofa@dutchessny.gov website: www.dutchessny.gov/aging
Social media: www.facebook.com/DutchessCountyOFA***

“FRIENDLY CALLS” DECEMBER/JANUARY VOLUNTEER ORIENTATIONS

With OFA’s “Friendly Calls” program, you can choose to make phone calls to older adults at risk of social isolation, or you can choose to receive calls - or you can do both. For those of you who haven’t volunteered before and are exploring your possibilities, “Friendly Calls” can be ideal. A typical "Friendly Calls" series takes place once a week, for 20-30 minutes a call, for eight weeks. “Friendly Calls” volunteers must be at least 18 years of age. Those who wish to receive calls must be Dutchess County residents at least 60 years of age.

Upcoming “Friendly Calls” orientations at OFA headquarters at 114 Delafield St. in Poughkeepsie are scheduled as follows:

Tuesday 12/17, 10:00am

Monday 12/30, 1:30pm

Tuesday 1/7/25, 10:00am

Monday 1/13/25, 1:30pm

Tuesday 1/21/25, 10:00am

Monday 1/27/25, 1:30pm

To schedule your orientation – they last about an hour – here at our Poughkeepsie office, call 845-486-2555 during business hours, or email ledgar@dutchessny.gov.

OFA HOMEBOUND VACCINATION PROGRAM - NOW THROUGH JAN. 31

Are you a homebound older Dutchess County resident, or the caregiver for one?

If the homebound individual in question is unable to get a COVID booster and/or influenza vaccine through traditional channels due to their condition, OFA can help. Our staff can arrange for in-home vaccinations, while supplies last, through Friday, January 31st, 2025.

Contact OFA during business hours at 845-486-2555 or ofa@dutchessny.gov to find out more.

For the purposes of this program, “homebound” is defined as an individual who is unable to leave home due to physical limitations, cognitive impairment, other chronic conditions, a lack of transportation, visual

impairments, and without caregivers available to get the individual in question to a vaccination provider in person.

FROM DUTCHESS COUNTY SHERIFF KIRK IMPERATI

As we approach the holiday season, it's important to stay vigilant about consumer safety. The holiday shopping rush can attract scammers and thieves looking to take advantage of unsuspecting buyers.

Be cautious when shopping online—ensure websites are secure and watch out for deals that seem too good to be true. If you're shopping in person, always keep an eye on your belongings and be aware of your surroundings.

Additionally, be mindful of holiday package thefts; consider using secure delivery options or having packages sent to a trusted neighbor or local pickup center.

By staying alert, we can all help ensure a safe and joyful holiday season for everyone.

Follow the Sheriff's Office on Facebook at

facebook.com/DutchessCountySheriffsOffice

For a printable Scam Prevention Resources flyer, visit

dutchessny.gov/scamprevention

Other news:

[Recommended reading for older adults](#) just starting to figure out that “the conversation” they need to have with their adult children about aging issues is more like 27 conversations. The author is Canadian but the issues she raises transcend borders.

Those with diabetes need to keep watch over not only blood sugar, but [anxiety](#).

Here's a solid roundup of [common holiday-related scams](#).

[Dark chocolate](#) is associated with lower type-2 diabetes risk.

Yes, [mole \(mo-lay\) sauce](#) counts!

How to safely walk around Manhattan at age 102? [Watch the pavement, for starters.](#)

[Keith Richards is somehow 81.](#) And still keeping busy with music.

For your holiday playlist: ["Feliz Navidad" with José Feliciano and Daryl Hall,](#)
live from Daryl's House in Pawling in 2012.

This week's birthdays:

12/13: Actor/singer/dancer Dick Van Dyke (99)

...[and still performing!](#)

12/14: Tennis legend [Stan Smith](#) (78)

12/15: Actor [Don Johnson](#) (75)

12/16: Singer/songwriter [Benny Andersson](#) (Abba) (78)

12/17: [Pope Francis](#) (88)

12/18: Chef/author [Jacques Pépin](#) (89 or 90)

12/19: Model/actress [Jennifer Beals](#) (61)

The Bad Joke of the Week:

“When one door closes, another door opens.”

- Me, eating through a chocolate Advent calendar