

Dutchess County Office for the Aging's

AGING NEWS

For the week of December 25th

Note: the Office for the Aging and OFA Friendship Centers will be closed on Monday, December 25th and Monday, January 1st (2024) for the Christmas and New Year's Day holidays respectively. Clients of OFA's Friendship Centers will receive meals in advance of the holiday.

A "FRIENDLY CALL" FROM THE NEXT COUNTY EXECUTIVE

Note: we turned over this week's column to Sue Serino, who becomes Dutchess County Executive next week. Sue joined OFA in 2023 and helped launch our "Friendly Calls" program and served as its Program Manager. "Friendly Calls" has connected over 100 Dutchess County older adults at risk of loneliness and social isolation with OFA volunteer callers of all ages. We plan to build on this success in 2024. For information on becoming a "Friendly Calls" volunteer, email bjones@dutchessny.gov or call 845-486-2555.

Sometimes the most valuable way of helping others is also the simplest, and it doesn't get much simpler than picking up the phone to talk to someone. That's one reason the Office for the Aging's "Friendly Calls" program has become so popular so quickly with older adults and volunteers alike.

For volunteers, especially recent retirees who are just beginning to explore what to do with their newfound free time, "Friendly Calls" has been a great start. It's a 20-30 minute once-a-week commitment lasting eight weeks, and it's the kind of volunteering that can be done from home, on a lunch break, or from anywhere on earth with a good phone signal. For example, if you start as a "Friendly Calls" volunteer in February but you're going to Yankees spring training in March, keeping to a weekly call schedule is no problem whether you're here or in Tampa.

"Friendly Calls" participants are older adults living in Dutchess County who have an existing relationship with OFA. They've agreed to participate in the program, and callers and participants "meet up" before beginning the weekly calls, to agree on a time and date for the calls. By sticking to a schedule, participants can be assured that when their phone rings at that time, they don't

have to worry about a scammer trying to call them.

“Friendly Calls” volunteers must be at least 18 years of age.

Can the calls go on for longer or shorter than 20-30 minutes? Sure, if that’s what both parties agree works for them.

What should we talk about? OFA arranges for “Friendly Calls” orientation sessions for just this purpose. The sessions last about 45 minutes and take place at OFA headquarters on Delafield St. in Poughkeepsie. Volunteers learn how to follow up with OFA on any concerns a participant may express during a call, and OFA is just a call or email away if you have more questions. For example, if a participant mentions during a call that their roof leaks when it rains, OFA can help connect them with the appropriate resources to help.

We list “Friendly Calls” orientation sessions at www.dutchessny.gov/calendar, and publish them in OFA weekly email newsletters. And if you can’t get to an orientation for any reason, we can work with you on setting up a remote orientation option.

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

Delafield St., Poughkeepsie, New York 12601, telephone 845-486-2555, email:

ofa@dutchessny.gov website: www.dutchessny.gov/aging

POST-CHRISTMAS OFA VOLUNTEERING OPPORTUNITIES

The week after Christmas can be a big one for cabin fever, especially for people who are off for the holidays, but the free time is also an opportunity to catch up on volunteering opportunities – hint, hint.

The Office for the Aging is hosting a Friendly Calls orientation session for prospective volunteers on Wednesday, December 27th at 1:00 pm. The session takes about 45 minutes including Q&A. You'll also be able to find out about OFA's many different volunteering opportunities. To sign up for the orientation, contact Outreach Coordinator Brian Jones at bjones@dutchessny.gov, or call 845-486-2555 during business hours.

Friendly Calls is a great way to introduce yourself to OFA volunteering. Aside from the orientation session, you can volunteer for Friendly Calls from your own home, or anywhere you can get a good phone signal. If you're going on a vacation to the islands or the mountains, you can still keep in touch with a Dutchess County older adult at risk of loneliness and social isolation, and brighten their day.

IS YOUR GROUP LOOKING FOR A SPEAKER FROM OFA?

The Office for the Aging can send a representative to speak with your seniors' group, faith community, caregivers' group or civic organization on issues of interest to older adults and caregivers. We cover all kinds of topics:

Successful Aging;

Caregiving Resources;

Scam Prevention;

Senior housing issues;

Office for the Aging Services;

Topics related to nutrition;

Preventing falls and safety at home...and more!

We're available anywhere in Dutchess County for presentations during weekday business hours, and on a case-by-case basis for evening and weekend events.

For more information about speakers from the Office for the Aging, email Outreach Coordinator Brian Jones at bjones@dutchessny.gov.

YOGA FOR OLDER ADULTS AT SOUTH AMENIA FRIENDSHIP CENTER

Eastern Dutchess older adults looking for an exercise option in the Harlem Valley can add the yoga class at the Office for the Aging Friendship Center in South Amenia (229 South Amenia Rd., Wassaic). Classes meet for an hour, every Tuesday at 10:45 am. For more information and to get signed up, contact OFA at 845-486-2555, and visit www.dutchessny.gov/seniorexercise for a closer look at all OFA exercise options.

“SAIL” EXERCISE CLASSES TAKE A HOLIDAY BREAK, WILL RETURN IN 2024

OFA’s remote “SAIL” (Staying Active and Independent for Life) exercise classes are taking a couple weeks off for the holidays. The next “SAIL” class takes place on Wednesday, January 3rd, at which point SAIL resumes its regularly schedule classes – Wednesdays at 10 am and Fridays at 2:30 pm. To learn more about SAIL, contact OFA or visit www.dutchessny.gov/seniorexercise.

Other news:

[A state-by-state analysis of the cost of elder care](#), from the Washington Post. As you might expect, New York's is among the most expensive.

A new study on [the art of aging well](#). (There's some science, too.)

You might have heard of [biological age testing](#) – but is it accurate?

Somehow, [Keith Richards of the Rolling Stones has turned 80](#). See what following OFA's successful aging advice can do?

This week's birthdays:

12/23: Actor/voice artist [Harry Shearer](#) (83)

12/24: General Motors CEO/chairwoman [Mary Barra](#) (62)

12/25: Singer/songwriter [Annie Lennox](#) (69)

12/26: Singer [Abdul "Duke" Fakir](#) (The Four Tops) (88)

12/27: Yankees outfielder/coach [Roy White](#) (80)

12/28: Actor/director [Denzel Washington](#) (69)

12/29: Actor/producer [Ted Danson](#) (76)

And it's the last Bad Joke of 2023, or maybe you only wish it was:

Why was the snowman going through a bag of carrots?

He was picking his nose.