

Dutchess County Office for the Aging's

AGING NEWS

For the week of December 29th

INVITE AN OFA SPEAKER TO YOUR ORGANIZATION'S NEXT MEETING

All kinds of Dutchess County organizations include older adults and caregivers among their members, and we'd love to stop by your 2026 meetings to talk with you and your group about what the Office for the Aging offers to the county's older adults and caregivers. Wherever your groups meet in Dutchess County, OFA can be there. We offer presentations on OFA services, nutrition, scam prevention, Medicare and health insurance, the importance of physical activity, the "Friendly Calls" program, home safety and fall prevention, and plenty more.

If your group isn't sure where to begin and would like an overview of OFA's many roles in the community, contact us at 845-486-2555 or ofa@dutchessny.gov to find out more.

HELP SPREAD THE WORD

Support services for Dutchess County's older adults are more than a nice benefit – they're essential, and can be the key bridge to continued safe, independent living at home.

Many older adults here are unaware of OFA services, don't realize how OFA could help them stay independent, or don't know how to access them. Just by reading this article, you're able to help them make an essential new connection.

We've lost count of how many times a new, happy OFA client has said to us "I had no idea" that OFA provided the services that put many of their concerns to rest.

That's why we try to meet the older adults and caregivers of Dutchess County where they are, not where someone may think they should already be. Connecting our older adults and caregivers with supports can let them know something huge: they're not alone.

We can easily be overwhelmed with choices as we age; but together we can make it much easier for our aging friends, family and neighbors to find OFA, remember us, and maybe even visit us. Visit dutchessny.gov/aging to start exploring OFA's offerings.

STAY IN TOUCH WITH OFA NEWSLETTERS

The Winter 2025-26 quarterly THRIVE60+ OFA newsletter has been distributed to libraries throughout Dutchess County, and mailed to more than 2,000 households on our mailing list. It's also available at dutchessny.gov/THRIVE60.

If you're not online and would like future issues of THRIVE60+ mailed to your home, contact OFA during business hours at 845-486-2555. We can also mail you the current THRIVE60+ while supplies last.

If you *are* online and would like both THRIVE60+ and our weekly "Aging News" emailed, contact us at ofa@dutchessny.gov. "Aging News" is typically emailed every Friday from the county's "Dutchess Delivery" service.

"SAIL" EXERCISE HOLIDAY BREAK

OFA's "SAIL" (Staying Active and Independent for Life) remote exercise class is on holiday break, and will resume in the new year on Wednesday, January 7th at 10:00am. Classes are also held on Fridays at 2:30pm, starting on January 9th.

If you have an internet connection and want to take part in SAIL via "Zoom," contact OFA for details at ofa@dutchessny.gov or 845-486-2555.

Visit dutchessny.gov/seniorexercise for details on all our older adult exercise options.

PUT YOUR OLDER ADULT SKILLS TO USE, WITH OFA

One thing we learned from the massive turnout at Dutchess County's first Older Adult Skills Fair this past July: There are hundreds of older adults in Dutchess County looking for an enriching part-time opportunity that comes with a much-needed financial boost.

The Office for the Aging is looking for candidates for a Substitute Site Manager position at our eight OFA Friendship Centers, with locations in Poughkeepsie, Beacon, Hopewell Junction, Millerton, Pawling, Pleasant Valley, Red Hook, and Wassaic (South Amenia). A typical day for a substitute site manager covers any weekday, from 8:30am-2:30 pm, and includes

coordinating with OFA's nutrition coordinator, senior site manager, friendship center staff and volunteers. A background check is required.

Interested? Send an email, with an attached résumé, if possible, to ofa@dutchessny.com; or contact Janet Nuccilli at OFA, during business hours at 845-486-2555.

For more information on OFA's Home Delivered Meals and Friendship Center services, visit www.dutchessny.gov/ofanutrition.

Other news:

Fraud losses associated with impersonation scams driven by artificial intelligence (AI) [add up to \\$50 billion since 2020](#).

Santa Claus may be on break after the holidays, [but not this 100-year-old toymaker](#).

This week's birthdays:

12/26: Comedian/author [David Sedaris](#) (69)

12/27: Yankees outfielder/coach [Roy White](#) (82)

12/28: Actor/director [Denzel Washington](#) (71)

12/29: Actor/producer [Ted Danson](#) (78)

12/30: Brooklyn/LA Dodgers Hall of Fame pitcher [Sandy Koufax](#) (90)

12/31: Actor/director [Anthony Hopkins](#) (88)

1/1: Rapper/DJ [Grandmaster Flash](#) (68)

Of course we have a Bad Joke to conclude the year!

What's another name for a lazy kangaroo?

A pouch potato.