

Dutchess County Office for the Aging's

AGING NEWS

For the week of December 30

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

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

TELL TWO FRIENDS, AND THEY'LL TELL TWO FRIENDS...

...and so on, and so on, and so on. And just like that, you remember that commercial for Faberge Organics shampoo from four or five decades ago.

You still remember that commercial as 2025 begins because it's a testimony to the lasting effects of both successful advertising and word-of-

mouth. For the Office for the Aging, it's word-of-mouth that's our best advertising; but with 80,000 older adults living in Dutchess County, there's bound to be a few who haven't learned about us yet.

And that's where your word-of-mouth comes in.

FOLLOW US ON FACEBOOK

Head for facebook.com/DutchessCountyOFA to find OFA's social media presence. We've had the page up since the spring, and we've already picked up over 700 followers as of early this week. We'd love to check the page after New Year's and see that number up around a thousand, then two thousand...and so on and so on and so on.

Anytime you spot something useful on our page, share it with your friends. It'll be greatly appreciated, and you might just help someone who's not yet aware of all that OFA can do to help them stay happy, healthy, and independent.

NOT AN INTERNET PERSON? NOT A PROBLEM

While we continue to follow developments in the relationship between aging and technology, there are days when we envy those who took one look at the internet age and said “no, thanks.” Besides this newspaper, hard-copy versions of many OFA publications are available at public libraries throughout the county, while supplies last.

We have a limited supply left of our latest quarterly newsletter, THRIVE60+; so if you’d like a few to display for your customers and clients, please contact us at ofa@dutchessny.gov or 845-486-2555, and we’ll send you some.

For individuals and facilities who’d prefer to print their own, visit dutchessny.gov/aging and look for the “Printable Aging Resources” section, where you’ll find a continually growing list of useful publications.

HAVE POWERPOINT, WILL TRAVEL

What groups are you part of – civic organizations? A house of worship? Retiree group? Pickleball club? These groups tend to include many older adults and caregivers. We’d love to talk with you and your friends. OFA will travel anywhere in Dutchess County with enough seating for your group and a

place to plug in our gear. We've spread the word about OFA in every town, village and city in Dutchess. We've been at libraries, churches, temples, Legion and VFW halls, colleges, parks, Rotary and Lions Club meetings, catering halls, even golf courses.

We offer presentations on OFA services, nutrition, scam prevention, Medicare and health insurance, the importance of physical activity, home safety and fall prevention, and plenty more.

To arrange for an OFA representative to speak to your group, email ofa@dutchessny.gov or call 845-486-2555.

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

Social media: www.facebook.com/DutchessCountyOFA

OFA'S GOALS FOR 2025 – AND YOURS

(From last week's "Golden Living" column, in case you missed it)

The Dutchess County budget for 2025 is a promising one, when it comes to services for Dutchess County's older adults and caregivers. Visit dutchessny.gov/budget2025 to look at the whole package.

Some key improvements for Dutchess County's older adults:

- Mobile OFA office hours, to bring a wide range of in-person OFA services closer to older adults in their home towns;
- Enhancing OFA Friendship Centers for expanded activities and engagement;
- Influenza and/or COVID vaccinations for homebound older adults, now underway through Friday, January 31st. Email ofa@dutchessny.gov or call 845-486-2555 during business hours to learn more.
- Expansion of OFA's successful "GoGo Grandparent" program.

Until then, we wish you a safe and happy holiday season and all the best for 2025!

“FRIENDLY CALLS” 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 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.

Other news:

You need to return a gift? [Here's a rundown of New York State regulations](#) regarding that.

[Thoughts on money and aging.](#)

A promising strategy to fend off dementia? [Do as cab drivers do](#), and perfect your own sense of direction. Google Maps can help you get to someplace you've never been before, but don't just pop into a left lane on Route 9 because Google says you need to make a left turn in 8 miles.

Studies indicate that learning new ways of getting from point A to point B helps stimulate the brain.

This week's birthdays:

12/27: Yankees outfielder/coach [Roy White](#) (81)

12/28: Actor/director [Denzel Washington](#) (70)

12/29: Actor/producer [Ted Danson](#) (77)

12/30: Brooklyn/LA Dodgers Hall of Fame pitcher [Sandy Koufax](#) (89)

12/31: Actor/director [Anthony Hopkins](#) (87)

1/1: Rapper/DJ [Grandmaster Flash](#) (67)

1/2: Mets/Yankees pitcher/sportscaster [David Cone](#) (62)

The Bad Joke of the Week:

Why are stage actors told to “break a leg” before a performance?

Because every play has a cast.