

Dutchess County Office for the Aging's

AGING NEWS

For the week of December 11th

Holiday Hours – OFA and all Friendship Centers will be closed on Christmas Day

(Monday 12/25) and New Year's Day (Monday 1/1/2024)

Golden Living . . . News for Seniors, Their Families and Caregivers

Todd N. Tancredi, Director

Dutchess County Office for the Aging

OFA GOALS FOR 2024

A hospital trip for a medical emergency may save a life, but do you or the person you care for want to repeat the experience? Probably not. That's why OFA wants to make an older adult's return home from the hospital less challenging, to break the pattern of return hospital trips.

The Office for the Aging coordinates with care teams at local hospitals,

rehabilitation centers, skilled nursing facilities and urgent care centers, to reduce the risk of return hospital trips.

You can take these four steps, whether your hospital visit was planned or not.

Ask about your risk: Older adults and their caregivers can advocate for themselves, simply by asking about the risk for repeat hospital visits. Health care professionals measure factors that can identify which older adults are most likely to return to an emergency department after leaving the hospital.

Have a care plan ready before discharge time: Don't go home from the hospital without asking health care providers about what kind of plan will meet an older adult's unique needs as they continue their recovery. The Office for the Aging can be a key part of planning a successful recovery, working with hospital care teams. Since beginning this effort in 2019, more Dutchess older adults have sought out OFA services. It's a trend we expect will continue in 2024.

Talk to your pharmacist: Anybody taking multiple medications is at risk of drug interactions that lead to serious side effects. The phenomenon is called "polypharmacy." To prevent it, a pharmacist can review medications and help align the timing and dosage of medications for desired effectiveness. If a change in medications is ordered, OFA can direct you to local resources where you can

safely dispose of medications that are no longer needed.

Listen to that wake-up call: In the case of an unplanned hospital visit, a combination of lifestyle factors and undiagnosed ailments may have led to an older adult's current situation. It's never too late to quit smoking, improve diet and exercise, and eliminate other substance use, to improve your quality of life and reduce repeat hospital trips. OFA's website (www.dutchessny.gov/aging) has plenty of tips available in our "Nutrition Services" and "Health and Wellness" sections to find out more.

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

WED 12/13 "HOT COCOA DAY" FILLING UP FAST

The Dutchess County Office for the Aging and Dutchess County Parks are collaborating to host a #HotCocoaDay celebration at 11am on Wednesday, December 13 for Dutchess County older adults ages 60+ and their caregivers. Join us in the historic Ellesdie Chapel at Bowdoin Park (85 Sheafe Rd., Wappingers

Falls) for refreshments, festive music and conversation. Space is limited, so call OFA at 845-486-2555 during business hours to RSVP.

DECEMBER “FRIENDLY CALLS” ORIENTATION SESSIONS AT OFA

It’s easy to fit Friendly Calls volunteering into your schedule. All it takes is 20 to 30 minutes of your time, once a week. Make an appointment for a Friendly Calls orientation session at OFA, and we can answer your questions and get you connected with an older Dutchess County resident who’s interested in hearing from you. We have Friendly Calls orientations available on the following dates and times. Pick one:

Wednesday, December 13th – 2 pm

Thursday, December 14th – 2 pm

Monday, December 18th – 2 pm

If you’re available to come to OFA, but at a time and date not listed here, please ask and we may be able to work something out. To make an appointment and ask any other questions, email bjones@dutchessny.gov or call 845-486-2555.

If you are unable to come to Poughkeepsie for an orientation, send an email to the address above and we'll work with you on setting up a remote orientation.

OFA also offers onsite orientations for Dutchess County workplaces with group volunteering programs. Contact OFA to find out more!

Other aging news online:

An extensive New York Times series on [the costs of long term care](#) in the United States. And if you're wondering about how it's being handled elsewhere in the world, try [this link](#), [this one](#) and [this one](#). [This](#) too.

[A blood test can show](#) which organs are aging more quickly or slowly than others.

With holiday shopping getting underway, gift card scam attempts are likely to become more common. Many businesses that sell gift cards are trying to get ahead of scammers, advising their employees to watch for and stop suspicious sales of large quantities of gift cards – often to seniors who've been called by a

scammer and told to buy the cards. [Here's the Federal Trade Commission's thoughts](#) on the issue.

[Healthy meal planning for older adults.](#)

Legendary TV producer Norman Lear [died this past week at age 101.](#)

This week's birthdays:

12/9: Actress [Dame Judi Dench](#) (89)

12/10: Actress [Susan Dey](#) (71)

12/11: Actress/singer/dancer [Rita Moreno](#) (92)

12/12: Singer [Dionne Warwick](#) (83)

12/13: Actor/singer/dancer [Dick Van Dyke](#) (98)

12/14: Tennis player [Stan Smith](#) (77)

12/15: Actor [Don Johnson](#) (74)

And a Bad Joke, of course:

As I grow older, I think of all the friends I've lost over the years. Looks like "wilderness guide" was a poor career choice for me.