

Dutchess County Office for the Aging's

AGING NEWS

For the week of January 12

Note: OFA and all Friendship Centers are closed on Monday, January 19th, in observance of the Martin Luther King, Jr. national holiday.

Can't say as we'd blame anybody this time of year for being a little jealous of that friend who sends vacation photos from a warmer, southern location. But would you want to live there?

Maybe the grass *isn't* greener, or at least not green enough to uproot the life you've built in Dutchess County.

"When The Kids Graduate, We're Outta Here"

That used to be a common refrain from past generations; but does it still ring true for current older adults in Dutchess County? Moving may be more trouble than it's worth for an older adult with deep roots here.

Factors To Consider: A Breakdown

Where Your Adult Children Live: Moving to a home that's closer to family has obvious appeal, but ask yourself this: Would you move to the new location if your adult child *didn't* live there? It's something to consider if there's a possibility the adult child could move again. Pulling up roots twice is not something for older adults to consider lightly.

Insurance: Have you seen what it costs to insure a home in Florida lately? Yikes. It's \$5,838 a year to insure the median \$300,000 dwelling in Florida, as opposed to \$1,860 for the same home in New York, according to a bankrate.com survey. For more desirable coastal Florida locations, the cost can easily pass \$10,000 a year, as it does in Fort Lauderdale. Virtually every

southern state has considerably higher home insurance costs than New York, and these numbers *don't* include the cost of flood insurance.

Safety: Whether you're moving across the street or across the county, home-hunting for older adults involves the additional factor of finding features suitable for older adults' unique needs, such as grab bars and hallway railings, good lighting, raised toilet seats, and lever-style doorknobs.

Accessibility: As you check out a prospective home, imagine being in a wheelchair or otherwise mobility challenged. While a standard wheelchair is 24-27" wide and a typical doorway is 30", that's not enough leeway to allow maneuverability. Any time a standard wheelchair needs to be turned to get through a doorway, a minimum 36" width is needed for both doorways and hallways.

Size: Your 2,000 square foot home on two acres that was fine for when your kids were growing could be too much to maintain for an older individual or couple living by themselves.

The Stair Question: Stair climbing does have its positives, including better cardiovascular health and stronger leg muscles, so we don't necessarily rule out stairs entirely. Still, a first-story bedroom and bathroom are musts as we age, and single-level living is the superior option for those with current or future mobility challenges. If having stairs is unavoidable, make sure they're equipped with sturdy railings and non-slip strips. Any decorative carpet runners should be removed from stairways.

Won't All That Safety Gear Look Institutional?

It doesn't have to. When it comes to safety fixtures like grab bars, designers are beginning to appreciate the need for a fixture to appear "homey" rather than institutional, while not sacrificing safety. Designing furnishings specifically for a home environment can reduce the stigma associated with the need for additional home safety equipment.

“NAVIGATING MEDICARE” CLASSES FOR 2026

In-person "Navigating Medicare" classes take place at the following locations in 2026:

Poughkeepsie Galleria Community Room (all classes 10 am) - [2001 South Rd \(Route 9\), Poughkeepsie](#) (map opens in new window)

Third Wednesday of every month

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Starr Library (all classes 4 pm) - [68 West Market St., Rhinebeck](#) (map opens in new window)

Fourth Monday of every month, except May

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Adriance Memorial Library - [93 Market St., Poughkeepsie](#) (map opens in new window) (parking lot entrance on Noxon St.)

Tuesday, February 10th, 9:30am

Friday, April 10th, 9:30am

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Boardman Road Library (all classes 9:30 am unless otherwise indicated) - [141](#)

[Boardman Rd., Poughkeepsie](#) (map opens in new window)

Monday, January 12th, 11am

Thursday, March 5th, 9:30am

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Space is limited at all OFA "Navigating Medicare" classes, so reservations are required. For classes at Starr Library and at the Galleria, reservations can be made by calling the Office for the Aging during business hours at 845-486-2555.

For classes at Adriance Library or Boardman Rd. Library, [use this link](#) or call 845-485-3445 extension 3380.

We plan to add more classes at venues throughout the county, especially leading up to and during the annual fall Open Enrollment period.

This week's birthdays:

1/9: Actor [J.K. Simmons](#) (71)

1/10: Singer/songwriter [Rod Stewart](#) (81)

1/11: Golfer/architect [Ben Crenshaw](#) (74)

1/12: Radio host/author [Howard Stern](#) (72)

1/13: Actress/comedian [Julia Louis-Dreyfus](#) (65)

1/14: Drag racing legend [“Big Daddy” Don Garlits](#) (94)

1/15: Guitarist/actress [Charo](#) (75)

And a Bad Joke!

When she was little, all my daughter wanted to do was play with cars, tractors and planes. There was never a doll moment.