

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of January 20<sup>th</sup>

Note: the Office for the Aging and OFA Friendship Centers are closed on Monday, January 20<sup>th</sup>, in observance of the national Martin Luther King, Jr. holiday. Clients of OFA's Home Delivered Meals program receive shelf-stable meals in advance of the holiday.

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The third Monday in January has been unofficially dubbed "Blue Monday" – supposedly the most depressing day of the year. It's the coldest part of midwinter, and the holiday season is three weeks in the past. It can seem like what little daylight we get is obscured by clouds, and many New Year's resolutions have fallen flat.

"Blue Monday" was originally concocted by a British travel firm looking to promote winter business. It's a sales pitch disguised as science; still, seasonal depression embodied in the "Blue Monday" concept is all too real, and stands apart from a normal case of the winter blahs. Seasonal

depression, also known as seasonal affective disorder (SAD), affects about 5% of adults, according to the Cleveland Clinic.

Feeling down this time of year? You can take steps to feel better, whether that means talking with a loved one, looking for new things to do, or seeking professional help.

### **Add An OFA Friendship Center To Your Day**

OFA operates eight Friendship Centers throughout Dutchess County: in Beacon, East Fishkill, Millerton, Pawling, Pleasant Valley, Poughkeepsie, Red Hook, and Wassaic. If you'd like to test the waters, contact OFA at **ofa@dutchessny.gov** or **845-486-2555** to arrange a suitable time and date.

Guests can enjoy a nutritious hot lunch along with a wide variety of activities, and the direct connection to OFA means our Friendship Center clients can be well-informed as to the services available to them and their caregivers.

### **We're Not Going To Tell You To "Just Cheer Up"**

But let's try being kind to ourselves. OFA's "Friendly Calls" program offers a simple route to re-connection. You can make a phone call once a week to an older adult at risk of isolation. You can choose to receive a call, too. If you'd like to both make and receive calls, great! It's an eight week, once-a-week commitment for 20-30 minutes per call. If you're new to volunteering and want to make a recognizable difference, but don't want to overcommit, "Friendly Calls" ticks all the boxes.

We hold regular orientations for "Friendly Calls" volunteers at our headquarters in Poughkeepsie. Reach out to OFA during business hours at **845-486-2555**, or email "Friendly Calls" coordinator Linda Edgar at **ledgar@dutchessny.gov**.

If you're not able to get to an in-person orientation, a remote option can be arranged. Volunteers must be at least 18 years of age, and participants must be Dutchess County residents over age 60.

Older adults often don't realize they're depressed. It may come as a surprise for you to find out that clinical depression is more common among younger

people than older adults. Signs of depression include a loss of interest or pleasure in activities; changes in weight or appetite; feelings of worthlessness, helplessness, restlessness, fatigue, or guilt; and, both difficulty sleeping and sleeping too much.

If you choose to seek professional help, treatments for SAD can include light therapy, psychotherapy, and medications.

***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](mailto:ofa@dutchessny.gov) website: [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging) Social media:***

***[www.facebook.com/DutchessCountyOFA](https://www.facebook.com/DutchessCountyOFA)***

## **POUGHKEEPSIE SOCIAL SECURITY OFFICE – TEMPORARY CLOSURE**

**STARTS JANUARY 30<sup>TH</sup>**

Beginning Thursday, January 30, 2025, the U.S. Social Security office at 332 Main Street in Poughkeepsie will be temporarily closed for renovations.

Social Security officials note that many services are available either online

at [ssa.gov](https://ssa.gov), or by phone at 800-772-1213.

During the renovations at the Poughkeepsie office, individuals requiring in-person services may visit the Social Security office in Middletown at [85 Crystal Run Road \(Suite 100\)](#).

### **“FRIENDLY CALLS” UPCOMING 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 1/21/25, 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](mailto:ledgar@dutchessny.gov).

### **SCAM/SPAM OF THE WEEK**

Have you received any unsolicited text messages asking about whether you're interested in selling your home? The verdict: [Sketchy at best, thieves at worst](#). Ignore them.

### **Other news:**

Memory loss is not the only sign of dementia. [Here are some others](#).

There really is a condition called gluteal amnesia. The silly but memorable name for it is "[dead butt syndrome](#)" but its effects can be all too serious.

[How to get started with exercise.](#)

“Mr. Baseball,” broadcaster and former MLB player [Bob Uecker](#), passed away this past week just shy of his 91<sup>st</sup> birthday.

**This week’s birthdays:**

1/17: Singer-songwriter [Paul Young](#) (69)

1/18: Actor/director [Kevin Costner](#) (70)

1/19: Actress/activist [Tippi Hedren](#) (95)

1/20: Astronaut [Buzz Aldrin](#) (95)

1/21: Golf legend [Jack Nicklaus](#) (85)

1/22: Singer-songwriter [Steve Perry](#) (Journey) (76)

1/23: Actor/MacGyver [Richard Dean Anderson](#) (75)

**The Bad Joke is here!**

If I had a dollar for every time algebra has helped me in real life, I'd have X dollars.