

Dutchess County Office for the Aging's

AGING NEWS

For the week of January 29th

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

OFA HOME CARE SERVICES EVERY CAREGIVER SHOULD KNOW ABOUT

At the Office for the Aging, we can help caregivers of older adults in Dutchess County find out about services of which they may be unaware. Just as importantly, we can help explain these services in plain language, beginning with a simple conversation about an older person's strengths and needs, whether you're a caregiver or the older person in question.

To fulfill our mission of helping older Dutchess County adults thrive in the home atmosphere they overwhelmingly prefer, we employ New York State Certified Case Managers. These trained Case Managers work with older adults

throughout the county to determine eligibility for home services such as light housekeeping, shopping, laundry, or even assistance with personal care needs. These services can make all the difference for an older adult who wishes to “age in place.”

Older adults may also need a Personal Emergency Response button, which can summon help in cases when an older adult is alone and in an emergency. OFA offers these to eligible older adults.

WHAT’S EISEP?

EISEP (pronounced eye-sep) stands for Expanded In-Home Services for the Elderly. EISEP has been around for many decades, allowing older adults to access the help that is so vital in allowing sustained independence and dignity. EISEP provides comprehensive case management and coordination of services. The cost of in-home services may be free for the older adult, or there may be a cost-sharing responsibility. An OFA case manager will determine this upon assessment of the older adult, and prior to any in-home services provided.

Another core service of the EISEP program is Social Adult Daycare. This is a day program that offers meals, snacks, activities, assistance with toileting, and

supervision. Many caregivers trying to balance work and caregiving duties find a great respite in social adult daycare, as a safe and nurturing place for their loved ones during the day.

Whether you're an older adult who is struggling to complete tasks around the house that once were much easier, or if you are providing care for another person and have questions about options and services to supplement this care, we are here at OFA and want to hear from you.

LANGUAGE LINE

Throughout its history, Dutchess County has been a diverse community with ample opportunity to thrive. Many Dutchess County residents came here as children or young adults, bringing strong traditions of caring for older family members, who often join their American families as they age.

Whether your family has a "dadi," "abuela" or a "mémère," OFA's "Language Line" service helps older Dutchess residents who speak languages other than English communicate their aging-services preferences, in the language with which they feel most comfortable. Contact OFA for information on arranging an OFA meeting with support from Language Line.

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Delafield St., Poughkeepsie, New York 12601, telephone 845-486-2555, email:

ofa@dutchessny.gov website: www.dutchessny.gov/aging

FEBRUARY HOLIDAYS

You're likely aware that Monday, February 19th is the President's Day holiday, but New York State is one of eight states that also continue to observe the Lincoln's Birthday legal public holiday, Monday, February 12th.

Dutchess County Government including OFA and our Friendship Centers will be closed for both holidays, with clients of our Home Delivered Meals program receiving shelf-stable meals in advance.

Two other states honor Lincoln with a holiday on the day after Thanksgiving, because Lincoln was the first president to issue a proclamation commemorating Thanksgiving.

"SENIOR PARK PRINTS" ADDS A CLASS (Thu 2/29)

Thanks to popular demand, OFA and Dutchess County Parks are adding another Senior Park Prints class for Dutchess County older adults (age 60+), on Thursday, February 29th from 2:30-3:45 pm, at the OFA Poughkeepsie Friendship Center at OFA headquarters in Poughkeepsie (114 Delafield St.).

The class is free, with all supplies provided. Class size is limited to 12. Please sign up by contacting OFA during business hours at 845-486-2555.

In northeastern Dutchess, a few seats are still available for the Thursday, February 1st Senior Park Prints class, to be held 2:30-3:45 at the NorthEast-Millerton Library Annex (28 Century Blvd.). Call OFA during business hours at 845-486-2555 to sign up.

“FRIENDLY CALLS” ORIENTATIONS COMING TO NORTHEASTERN DUTCHESS IN FEBRUARY

There’s been an upswing in interest in becoming an OFA “Friendly Calls” caller from prospective volunteers in northern and eastern Dutchess County. Rather than have prospective volunteers make the long winter drive to and from OFA headquarters in Poughkeepsie for an orientation session, we’re bringing the orientation out to northeastern Dutchess on the following schedule:

Wednesday, February 28th, 11 am – South Amenia OFA Friendship Center,
229 South Amenia Rd. (South Amenia Presbyterian Church), Wassaic

Thursday, February 29th, 11 am – NorthEast-Millerton Library Annex, 28
Century Blvd., Millerton

Let us know you're coming to either orientation by emailing
bjones@dutchessny.gov, or call 845-486-2555 during business hours – so if we
get snowed out, we can let you know.

If you're part of a civic organization or seniors' group that's interested in
Friendly Calls or any other OFA presentation, contact OFA using the information
above. We can travel to any suitable venue in Dutchess County.

SAVE THE DATE(s) FOR PANCAKES, PICKLEBALL AND PICNICS

The popular "Pancakes in the Park" event, presented by OFA and Dutchess
County Parks, will return Thursday, March 21st at Bowdoin Park. Sign-ups for
Dutchess County seniors are expected to begin in February, with details to come
in future OFA newsletters.

Last fall's initial series of Introduction to Pickleball classes were a ringing success, and OFA and Parks plan to schedule another session of introductory lessons in April/May.

OFA will be back with a 32nd season of OFA Summer Picnics, presented with assistance from The Pines at Poughkeepsie, with 12 picnics serving every community in the county taking place between Memorial Day and Labor Day. We'll begin taking reservations in May, after the schedule is finalized. You can read more about the picnics at www.dutchessny.gov/ofapicnics.

Other news:

[12 myths about](#) Alzheimer's disease and dementia.

Can learning an additional language help fight off dementia? [Måske, as they say in Danish](#) (it means "maybe").

From the files of Captain Obvious: just as it is for younger drivers, [cannabis use](#) [and older drivers don't mix](#).

This week's birthdays:

1/27: Dancer/choreographer [Mikhail Baryshnikov](#) (76)

1/28: Actor/director/writer [Alan Alda](#) (88)

1/29: Actor/businessman [Tom Selleck](#) (79)

1/30: Singer/songwriter/drummer [Phil Collins](#) (73)

1/31: Baseball Hall-of-Famer [Nolan Ryan](#) (77)

2/1: Actor/comedian [Garrett Morris](#) (87)

2/2: Singer/songwriter [Graham Nash](#) (The Hollies / Crosby, Stills, Nash and (sometimes) Young) (82)

Bad Joke time!

Q: Why are there no penguins in Britain?

A: They're afraid of Wales.