

Dutchess County Office for the Aging's

AGING NEWS

For the week of July 7th

Note: the Office for the Aging and OFA Friendship Centers are closed for Independence Day on Friday, July 4th.

FALL-PROOFING YOUR HOME ON A BUDGET

Time and again, we see that what worries our older adults the most here in Dutchess County is the prospect of a loss of independence. For a caregiver looking in from the outside, this worry on the part of an older person can appear to be stubbornness.

For example, a caregiver may see the fall hazard in unsecured throw rugs on smooth surfaces, or thicker rugs that bunch up at the edges. The older adult, however, may figure they've never had a problem with those rugs before, why worry about it now?

Step into the shoes of a person who's worried about losing independence as they age. Would you want to hear something confrontational from a caregiver, even one who meant well? A phrase like "*Grammy, this place is a death trap*" is unlikely to go over well.

When an older person has lived in the same home for a long time, it's easy to miss evolving home safety hazards that might be plain as day to a visitor. It's also easy for that visitor to miss the older person's intrinsic susceptibility to falls by way of factors like vision loss, disease, cognitive impairments, medication side effects, and mobility issues. It's rarely just one factor that causes a fall, but rather a combination of intrinsic factors and addressable safety hazards - but falls are *not* inevitable. They're largely preventable.

Sure, But How Much Will This Cost?

What's the cost of being gravely or fatally injured in a fall that could have been prevented, often for free? We have encouraging news, though: many fall prevention measures are simple to execute, and either low-cost or altogether

free. Below are some free starter tips from OFA's Fall Prevention Checklist
(full list at dutchessny.gov/fallprevention):

General tips:

Make sure nothing is blocking your walking paths (furniture, floor lamps, pet bowls, etc.)

Keep objects off the floor when possible

Keep cords and wires next to walls

Clean up clutter

Remove throw rugs, or use a non-slip backing so the rugs won't move

In the kitchen:

Wear skid-free footwear in the kitchen

Keep things you use most often on lower shelves, about waist high

If you must use a step stool, get one with a bar to hold on to, and never use a chair as a step stool

Clean up spills right away, especially if oily/greasy

Cut cooking ingredients while seated, if necessary

In the bedroom:

Place lamps close to each side of your bed, within easy reach

Nightstands should be able to support your weight if needed for help with
balance

Keep shoes and clutter off the floor

If you use a walking aid, save a spot near the bed for it

Closet contents should be easy to reach

Last, but not least: sign up for an OFA Exercise, Tai Chi and/or the next
session of "A Matter of Balance" classes, which start in September.

Our remote "SAIL" exercise class is also available for those who prefer home
exercise.

Contact OFA for registration information.

“OLDER ADULT SKILLS FAIR” THIS THURSDAY (JULY 10TH) IN HYDE PARK

If you're 55+ and looking for ways to stay active, through volunteering and/or paid employment, stop by the Henry A. Wallace Center at the FDR Historic Site in Hyde Park (4079 Albany Post Rd. a/k/a US 9; use [57 FDR Drive](#) as the navigation address) on Thursday, July 10th from 2-4 pm, for Dutchess County Executive Sue Serino's "Putting Your Skills Back to Work" Older Adults Skills Fair.

Dozens of area organizations and businesses will be at the skills fair because they want to connect specifically with our older adults and their unique blend of ability, work ethic and experience.

No RSVP is required; light refreshments will be available.

Other news:

You know you need to get fit but don't want to bother with a gym? [Here's a way to get that done.](#)

Speaking of getting fit without a gym, [here's some places to try if you're a hiker.](#)

But if you're going to be outdoors this week...[it's peak tick season](#) according to the Fordham Tick Index.

This next one is a bit heavy on geeky language, but the main point is this: [even computer security experts can be scam victims](#). Now that you know it can literally happen to anybody, be sure to report scams and scam attempts to law enforcement. See dutchessny.gov/scamprevention for more info.

Did you receive a package at home that you didn't order? It could be part of a new-ish scam called [brushing](#). Whatever you do, DON'T scan the QR code on

a package you didn't order; it's essentially the same as responding to a spam email.

In England and Wales, there's been a notable uptick in [babies whose fathers are over 60](#).

[A Dutchess County rundown of Independence Day weekend events](#), including fireworks.

This week's birthdays:

7/4: Actress [Eva Marie Saint](#) (101)

7/5: Cartoonist [Bill Watterson](#) (Calvin & Hobbes) (67)

7/6: The [Dalai Lama](#) (90)

7/7: Drummer/actor [Ringo Starr](#) (85)

7/8: Actress/director [Anjelica Huston](#) (74)

7/9: Author [Dean Koontz](#) (80)

7/10: Singer/activist [Mavis Staples](#) (86)

And the 4th of July themed Bad Joke:

What's the difference between George Washington and a duck?

One has a bill on their face, the other has their face on a bill.