

Dutchess County Office for the Aging's

AGING NEWS

For the week of June 16

Note: the Office for the Aging and all OFA Friendship Centers are closed on Wednesday, June 19th for the national Juneteenth holiday. Clients of OFA's Home Delivered Meals program receive meals in advance of the holiday.

SPOTTING, STOPPING AND PREVENTING ELDER ABUSE

Elder abuse is traditionally defined as when someone with power over an elderly person intentionally harms them or puts them at risk of harm, either through action or inaction. The abuse can take place in the form of neglect, physical and/or sexual abuse, abandonment, emotional or psychological abuse, financial abuse. There's also potential for an older person to self-neglect due to factors like depression or cognitive impairment.

According to the National Council on Aging (NCOA), about 1 in 10 Americans aged 60 or older have suffered from at least one type of elder abuse, but other research suggests that as few as 1 in 14 cases of elder abuse come to the

attention of authorities. With World Elder Abuse Awareness Day (WEEAD) having place this past weekend on June 15th, the issue of elder abuse remains notoriously difficult to even measure, let alone stop.

Preventing and stopping elder abuse are big hills to climb; but OFA can help, whatever your relationship to an older person who is either being abused or is at risk of abuse due to social isolation. We all have ways we can help, as families and caregivers; neighbors and friends; professionals ranging from law enforcement to financial institutions; and all of us in the wider community.

ELDER ABUSE PREVENTION RESOURCES

If you are in immediate danger, call 911.

Preventing elder abuse starts with maintaining lines of communication with older relatives, and those in your community at risk of social isolation. Need help coming up with ways to stay connected? OFA's Friendly Calls program can help get you started. Call 845-486-2555, visit www.dutchessny.gov/friendlycalls, or email ledgar@dutchessny.gov to find out more. OFA also offers scam prevention resources at www.dutchessny.gov/scamprevention. There's more on elder abuse prevention in this week's OFA "Aging News" e-newsletter, which you can read at

www.dutchessny.gov/agingnews. Contact OFA to receive weekly “Aging News” emails.

The National Center on Elder Abuse (ncea.acl.gov, 855-500-3537, or ncea-info@acl.hhs.gov) provides information and resources on research, training, policy, and best practices on preventing and responding to elder abuse.

The U.S. Justice Department’s Elder Justice Initiative (justice.gov/elderjustice or 202-514-2000) promotes justice for older Americans victimized by elder abuse through investigation, prosecution if necessary, and victim recovery.

The New York State Elder Justice Resources (elderjustice.nycourts.gov or 800-COURTNY (208-7869)) is a key resource for New York State judges, court personnel and other legal professionals.

The New York State Long Term Care Ombudsman Program (LTCOP) advocates for older adults and people with disabilities who live in nursing homes, assisted living, and other adult care facilities. To reach the regional LTCOP office serving Dutchess, Columbia, Greene, Orange, Sullivan, and Ulster Counties, call 845-229-4680 or email sheila@ltccc.org

Training Resources on Elder Abuse, from the University of Southern California’s Center for Elder Justice (trea.usc.edu), aims to provide professionals,

caregivers, and community members with improved elder abuse training.

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; social media:

www.facebook.com/DutchessCountyOFA

YOU'RE CHECKING OUT OUR FACEBOOK PAGE, RIGHT?

We're at www.facebook.com/DutchessCountyOFA. Easy to click, like, and share with friends and family.

OFA PICNIC VOLUNTEERS ALWAYS WELCOME

If you're considering ways to volunteer on behalf of older adults in Dutchess County, and you like to stay physically active, helping at an OFA Summer Picnic is a great option. You can help at one picnic, or any of the remaining picnics on the schedule:

Tuesday 6/18 – Clinton/Hyde Park picnic at Regina Coeli Church, Hyde Park

Wednesday 6/26 – Town of Poughkeepsie picnic at Bowdoin Park,
Poughkeepsie

Wednesday 7/10 – City of Beacon picnic at Memorial Park

Wednesday 7/17 – North East/Millerton, Pine Plains, Stanford and
Millbrook/Washington picnic at Stissing Mountain High School, Pine Plains

Wednesday 7/24 – Wappinger picnic at Robinson Lane Park

Wednesday 7/31 – Pleasant Valley picnic at West Road School

Wednesday 8/14 – City of Poughkeepsie picnic at Stitzel Field

Wednesday 8/21 – East Fishkill picnic at Hopewell Rec Park

Wednesday 8/28 – Beekman/LaGrange picnic at Freedom Park, LaGrange

We're always appreciative of volunteer help setting up tables and chairs; parking assistance and direction; serving meals and drinks to guests with limited mobility; and clearing tables and breaking down tables and chairs after the picnic ends. A typical picnic day begins at about 9:00 am and wraps up at about 1:30 pm, but it's fine by us if a volunteer is only available for part of a picnic.

Helping at an OFA Summer Picnic is also a good way for high school age students to meet their school or house of worship's community service

requirements. All volunteers under age 18 are required to have a waiver signed by a parent or guardian.

For more information, email bjones@dutchessny.gov or call 845-486-2555.

Many thanks to The Pines at Poughkeepsie, AccentCare, and Central Hudson for their support of the picnic program.

IF YOU CAN'T MAKE IT TO AN OFA PICNIC...

If you've made a reservation to be a guest at an upcoming OFA Summer Picnic, but it turns out you can't make it due to other commitments, please give us a call back at 845-486-2555. Picnics are often booked solid; and while we'll miss you at the picnic, each cancellation frees up a spot for the older adults on our picnic waiting lists. Thanks!

ONE MORE PICNIC NOTE

While we send tens of thousands of picnic date reminder cards to older adults throughout the county, you can still make a picnic reservation while space is available, regardless of whether you've gotten a reminder card. You can call

OFA during business hours (non-holiday weekdays 9a-5p) at 845-486-2555 to make a reservation.

We cannot accept reservation requests made by voice mail or email.

UPCOMING “FRIENDLY CALLS” ORIENTATIONS

More opportunities to join OFA’s “Friendly Calls” program as a volunteer are coming up!

- **Thursday, June 20th, 10 am**
- **Monday, June 24th, 3 pm**
- **Tuesday, July 2nd, 10 am**
- **Monday, July 8th, 3 pm**

Volunteers must be at least 18 years old. You can find out more about “Friendly Calls” at www.dutchessny.gov/friendlycalls, by emailing Friendly Calls coordinator Linda Edgar at ledgar@dutchessny.gov, or by calling 845-486-2555 during business hours.

IDENTITY THEFT PRESENTER AT MILLERTON FRIENDSHIP CENTER

Kim Maercklein with the New York State Division of Consumer Protection returns for a second presentation at the Millerton OFA Friendship Center (28 Century Blvd., the Library Annex) on Tuesday, June 18th, for a discussion of how older adults can protect themselves from identity theft.

Identity theft prevention and scam prevention share many features, although identity thieves' chief purpose is to use your personal information to open and abuse new accounts or services in your name—or possibly to impersonate you in other ways.

For more information, call the friendship center at 518-789-3081.

FALL 2024 “MATTER OF BALANCE” CLASSES

Later this summer, the Office for the Aging will begin signing up Dutchess County older adults for Fall 2024 classes in our “A Matter of Balance” falls prevention. Watch future OFA newsletters for additional info!

Other news:

The coming week is going to be extra hot in Dutchess County, with the first day of 90+ high temperatures predicted to arrive on Tuesday. [Plan for it now.](#)

There's been a product recall for Medline Industries portable adult bed rails. [Details here from the Consumer Product Safety Commission.](#)

Just out: the results of a study of [dementia before age 65 in 9/11 first responders.](#)

The Centers for Medicare and Medicaid Services (CMS) has released [health care spending projections through 2032.](#)

[Stop watching so much TV.](#) Yes, we're aware this makes us sound like our parents.

There's a bat in your house? [Here's how to deal with it safely.](#)

Looking for a movie to watch? [Here's the top-grossing film of 100 years ago.](#)

Taking your walker into the mosh pit at a heavy metal show is not necessarily something we would recommend, [but...](#)

(Note: we do have a concert (not metal) planned for later in the summer or early fall. Details to come!)

This week's birthdays:

6/14: Dutchess County-based artist/author [James Gurney](#) (66)

6/15: Baseball Hall-of-Famer [Wade Boggs](#) (66)

6/16: Novelist/poet [Joyce Carol Oates](#) (86)

6/17: Actor-director [Mark Linn-Baker](#) (70)

6/18: Singer/songwriter [Paul McCartney](#) (82)

6/19: Author/academic [Salman Rushdie](#) (77)

6/20: Singer/songwriter [Brian Wilson](#) (82)

And although he's been diagnosed with a neurocognitive disorder similar to dementia, Brian's bandmates in The Beach Boys [are hoping he can still make music](#).

The Bad Joke!

Q: What's the worst-tasting preserve?

A: Paper jam.