

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 will be closed in observance of the Juneteenth national holiday on Thursday, June 19th. Clients of OFA's Home Delivered Meals program will receive shelf-stable meals in advance of the holiday.

Staying Safe on Dutchess County's Roads

Would you be able to walk from your home to your favorite grocery store - and back, loaded down with your purchases? It's doubtful.

How many of your healthcare providers are within walking distance of your home? Most people will answer: none.

Could you walk from home to your post office, house of worship, pickleball court, or favorite restaurant? Rarely, at best.

Independence, and concerns about its potential loss, regularly top surveys of what aspects of aging worry seniors the most. It's access to reliable transportation that gives meaning to independence, especially in a largely suburban and rural county like Dutchess. In this context, independence is usually defined as being able to drive one's own car.

As you age, being able to drive for as long as is safely possible can no longer be taken for granted. Have a plan, and your driving lifetime can be extended.

What to Watch Out and Listen For

As we age, many of us will experience vision challenges, including glaucoma, cataracts and macular degeneration. These conditions can make it difficult to see other vehicles, pedestrians, animals on the road, signs, potholes, and

other hazards. According to the Insurance Institute for Highway Safety, many crashes involving older-adult drivers have been the result of "inadequate surveillance" where an older adult didn't notice a traffic control device or another vehicle.

Got Your Ears On, Good Buddy?

You might not immediately think of hearing as a sense that's essential for driving - but if you can't hear the siren of a first responder behind you, only your sight will enable you to notice and pull over as needed. Safe driving requires all your senses working at their best.

Driving In Pain Can Be a Pain

Sitting in a car for extended periods, especially with arthritis or joint inflammation, can affect the physical skills needed to operate a car.

Thankfully, modern car technology like heated seats and back-up cameras can alleviate some of the challenges; still, it pays to take precautions if you know your joints are prone to acting up on longer trips. Whether you're a driver or a passenger, arrange for more frequent breaks to stretch your legs.

Know Lots of Ways to Get from Point A to Point B

If you suspect a particular stretch of road could be a bit much for you, plan alternative routes before setting out. Many times, the slightly longer route is safer - and sometimes it's also more scenic. Even if you've lived in Dutchess County all your life, there's always a chance you'll see something new and fascinating.

SAVE TWO DATES – July 10th (Skills Fair) and September 27th (Golden Gathering)

Many readers may be enjoying their retirement years, but at the same time they still have an itch to contribute, learn, and maybe make a few extra dollars along the way. Take a peek at the “Birthdays” section near the end of this newsletter and you’ll find a great example: actress/comedian Marla Gibbs, turning 94 and still open to any roles that come her way!

Dutchess County Executive Sue Serino hosts her first Older Adults Skills Fair, at the Henry A. Wallace Visitor and Education Center in Hyde Park (4079 Albany Post Rd. a/k/a Route 9), on Thursday, July 10th from 2-4 pm. No RSVP is required for guests.

As a guest, you'll have the chance to:

- meet local employers offering flexible, part-time positions tailored to experienced workers;
- connect with nonprofit organizations seeking dedicated volunteers; and
- enjoy complimentary light refreshments.

If you're looking for extra income, to give back through volunteering, or simply to stay active, the Skills Fair fits the bill. Companies interested in participating can find signup information at www.dutchessny.gov/senior-skills

The second date to save is Saturday, September 27th. That's when the annual Senior Golden Gathering returns to Arlington High School (1157 NY 55, LaGrangeville), from 10 am to 1 pm, hosted by State Senators Rob Rolison and Michelle Hinchey in partnership with Dutchess County Executive Sue Serino and the Dutchess County Office for the Aging. You can enjoy a free healthy breakfast courtesy of the McCann Charitable Trust; and learn about local health services, resources and information. Flu shots will also be available while supplies last (bring your photo ID and insurance card).

SUNDAY 6/15 IS WORLD ELDER ABUSE AWARENESS DAY

As we mentioned in last week's newsletter, Sunday, June 15th is World Elder Abuse Awareness Day.

For information on how OFA can connect you with community partners specializing in addressing elder abuse issues, call OFA during business hours at 845-486-2555, or email ofa@dutchessny.gov.

[Here's a video on elder abuse issues, created by the Adult Protective Services division](#) of the Dutchess County Department of Community and Family Services.

As always, if you or a loved one are in immediate danger, call 911.

Our **Dutchess County 988 HELPLINE** is also available 24/7 for mental health support and assistance, just call 988 or text anyone facing mental health or substance use crisis, just call 988, text 845-485-9700, or use the [Dutchess County HELPLINE App](#) to connect with a mental health professional anytime, day or night.

SENIOR PICNIC SEASON VOLUNTEERS WANTED

The Dutchess County Office for the Aging's annual summer picnics are now underway, continuing until the end of August. As of this week there are nine picnics left on the schedule.

There are plenty of ways volunteers can help our older Dutchess County neighbors enjoy a fine picnic lunch and good company, at picnic sites all over Dutchess County as well as behind the scenes at the Office for the Aging's facilities in Poughkeepsie. On picnic days, we welcome volunteers who can help set up picnic equipment, guide parking lot traffic, bring guests their food and drinks, and help break down picnic equipment when the day is done. Volunteer for the one picnic closest to you, or volunteer for all the remaining picnics...or any number in between!

This coming Wednesday, June 18th, we'll be at the Church of Regina Coeli in Hyde Park. If you can help on that day, email bjones@dutchessny.gov.

Clerical picnic season volunteers can help with stocking picnic goodie bags at the OFA main office in Poughkeepsie, and with making reminder calls

to older adults who have reserved seats at their community's picnic.

For more information on OFA volunteering opportunities, visit dutchessny.gov/ofavolunteer, email bjones@dutchessny.gov, or call 845-486-2555. For programs that accept volunteers under age 18, a signed parental waiver is required.

The full OFA Summer Picnic schedule with venues is available at dutchessny.gov/ofapicnics.

SUMMER 2025 THRIVE60+ NEWSLETTER IS OUT

If you didn't catch OFA's newest newsletter in the email that went out on Thursday, you can also find the brand-new Summer 2025 issue of "THRIVE60+" at www.dutchessny.gov/thrive60.

For our friends and neighbors who aren't online, paper copies of the newsletter are being printed and will soon be distributed via our mailing list, as well as at area libraries, senior centers and municipal buildings throughout Dutchess County.

Other news:

We'll say it again – many falls are preventable. [Some fall prevention tips here.](#)

Are berries a key to healthy aging? [Looks like it.](#) And it happens to be close to peak strawberry season locally, so...

Tips on living to [a healthy and independent 100](#) years of age.

This week's birthdays:

6/13: Actor [Stellan Skarsgård](#) (74)

6/14: Actress/comedian [Marla Gibbs](#) (94)

6/15: Baseball Hall-of-Famer [Wade Boggs](#) (67)

6/16: Novelist/poet [Joyce Carol Oates](#) (87)

6/17: Actor-director [Mark Linn-Baker](#) (71)

6/18: Singer/songwriter [Paul McCartney](#) (83)

6/19: Author/academic [Salman Rushdie](#) (78)

This week's Bad Joke is goat-themed:

What did the bored goat say?

Meh.