

Dutchess County Office for the Aging's

AGING NEWS

For the week of June 2

OFA "Older New Yorkers Day" 2025 Honorees

The New York State Office for the Aging recently honored 100 older adults, including two Dutchess County OFA volunteers, for their extraordinary achievements as part of NYSOFA's annual Older New Yorkers' Day celebration, which took place May 27th in Albany.

Honoree: Gloria Chase

Gloria migrated from the island of Montserrat in the Caribbean in 1981. She became a US citizen in 1997. Gloria has 5 children, 14 grandchildren, and 1 great-grandchild.

Gloria worked as a coordinator at Lawrence Hospital in Bronxville (now New York Presbyterian Westchester) for 33 years. She moved to Beacon in 2014 and began volunteering at the Office for the Aging's Friendship Center at

Forrestal Heights in Beacon. Gloria brings in readings, words of encouragement, and sits with people who are going through a difficult time. She makes them laugh and encourages them to get up and move.

“Volunteering is very rewarding,” says Gloria. I am able to serve in the community, assisting others and forming friendships. It is my obligation to help others. I love the people and what I do. We are one world. As it says in the Old Testament, 'love your neighbor as you would want to be loved.' “

Honoree: Mike Manning

In 2018, Mike Manning saw a sign on the bulletin board of the Pine Plains Library about volunteer opportunities with Dutchess County Office for the Aging. This led him to serve the county’s nutrition program (dutchessny.gov/ofanutrition). Manning not only delivers meals to older adults on his

weekly route based at the OFA Friendship Center in Millerton, he also delivers to older adults in Pine Plains. Despite a recent health setback, he anxiously returned to his meal-delivery service as soon as possible.

Manning enjoys writing human interest and personal history articles for the New Pine Plains Herald. He also contributes to the Friends of Stissing

Landmarks (stissingfiretower.org), which formed in 1986 to preserve the Stissing Mountain Fire Tower and its surroundings for the general public to use and enjoy.

A lifelong New Yorker, Manning moved from Long Island to Dutchess County after college. He likes to drive, and he did so in his job for the New York State Department of Transportation. He founded the road called Carpenter Hill where he now resides. He is an avid hiker and rides his bike frequently on the local rail trail. He has a close relationship with his siblings, several of whom came to his aid during a recent medical setback, as he is a widower.

“Volunteering is good for your health,” he says. “I never really thought about it, but it is really good for your mental health. Doing something for someone else is a wonderful experience. When I was a senior in high school, I delivered for Meals on Wheels after school. I guess I was meant to be part of a similar program when I retired.”

Older adult volunteers in New York State contribute 474 million hours of community service at an economic value of \$13.2 billion.

NYSOFA's volunteer honorees are recognized for their support of charitable causes, their work with local health care and human services organizations,

grassroots civic contributions, volunteer work with emergency management corps, local fundraising activities, and so much more. Awardees also include volunteers for two statewide NYSOFA-administered programs: The Health Insurance Information, Counseling and Assistance Program (or HIICAP) and the long-term-care ombudsman program. These volunteers assume specialized roles that demand many hours of training, intricate problem-solving, and coordination with local organizations to help older adults. This year's honorees have collectively volunteered more than 3,000 years of service, raised 243 children, 420 grandchildren, 122 great-grandchildren and two great-great grandchildren. Fifteen are veterans. Statewide, over 900,000 older New Yorkers are engaged in some form of volunteering.

Interested in volunteering with Dutchess County OFA?

Regardless of how much free time you have, OFA has a volunteering option that can fit your schedule. We offer volunteering opportunities in clerical assistance, OFA Senior Exercise and "A Matter of Balance" programs, Friendship Center and Home Delivered Meals programs, health insurance

counseling (HIICAP), events assistance including OFA Summer Picnics, and much more. For more information, visit www.dutchessny.gov/ofavolunteer, email bjones@dutchessny.gov, or call 845-486-2555 during business hours.

ONE LAST "EMPOWERED CAREGIVER SERIES" CLASS AT OFA (Tue 6/3)

The Dutchess County Office for the Aging has been continuing its partnership with the Alzheimer's Association Hudson Valley Chapter to host the "Empowered Caregiver Series" OFA headquarters, 114 Delafield St. in Poughkeepsie, which holds its fifth and final session at 3:00 pm on Tuesday, June 3rd. This free program is open to caregivers of all ages and is supported in part by a grant from the New York State Department of Health.

The topic for Tuesday's program is "Exploring care and support services."

Call the Office for the Aging to save your seat at the session(s) you can attend, at **845-486-2555** during business hours. We cannot accept reservation requests made via voice mail or email.

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.

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.

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.

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!

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.

Other news:

Anti-aging tests on laboratory animals are often encouraging, [like this one](#), but it's a long way from mouse studies to human trials. Here's one such human trial, of [a nasal spray treatment for Alzheimer's](#).

In the meantime, [try watching your carb intake](#).

A transient ischemic attack, known colloquially as a “mini-stroke,” can be a sign of [something far more serious](#).

[The National Governors Association](#) has taken an interest in the well-being of older adults.

This week's birthdays:

5/30: Mathematician [Joan Birman](#) (98)

5/31: Actor/director/producer [Clint Eastwood](#) (95)

6/1: Singer/actor [Pat Boone](#) (91)

6/2: Actor [Jerry Mathers](#) (77)

6/3: Musician/actress [Suzi Quatro](#) (75)

6/4: Actor [Bruce Dern](#) (89)

6/5: Journalist [Bill Moyers](#) (91)

How about a Bad Joke? Too late; you're getting one anyway:

Why don't elephants ride tricycles?

They don't have a thumb to ring the little bell.