

Dutchess County Office for the Aging's

AGING NEWS

For the week of June 9th

HOLIDAY NOTES

OFA and OFA Friendship Centers are closed for the following national holidays in the coming weeks:

Thursday 6/19 – Juneteenth

Friday 7/4 – Independence Day

Clients of OFA's Home Delivered Meals receive shelf-stable meals in advance of each holiday.

JUNE 15TH IS WORLD ELDER ABUSE AWARENESS DAY

The abuse of older people (also known as elder abuse) is a single or repeated act, or lack of appropriate action, within any relationship where there is

an expectation of trust that causes harm or distress to an older person, according to the World Health Organization's definition of the term.

Elder abuse can occur in community (for example, at home) or institutional settings such as nursing homes. Elder abuse takes many forms including physical, psychological, financial/material, and sexual abuse, as well as neglect and self-neglect. Abuse takes many forms, and sometimes those forms are so subtle that an outsider cannot easily recognize them.

Worldwide, around 1 in 6 people aged 60 years and older experiences some form of abuse in the community, annually. In institutions, the rates of abuse of older people are higher, with 2 out of 3 staff reporting they have abused an older person in the past year. The number of older people who experience abuse is predicted to increase as Europe, North America and Asia undergo rapid population aging, a phenomenon that's also been observed in Dutchess County.

Elder abuse can happen to older adults regardless of their socioeconomic status. The most notable locally connected example of this is the financial and

other abuse suffered by New York philanthropist Brooke Astor (1902-2007) in her final years, at the hands of her son, Anthony Marshall, who was convicted in 2009 of 14 of the 16 elder abuse-related charges against him. The abuse was brought to light by Astor's grandson Philip Marshall, whose www.beyondbrooke.org website continues to raise awareness of elder abuse.

For more information on preventing elder abuse, visit www.dutchessny.gov/ofaprintable, where you'll find an Elder Abuse Resources flyer you can print for yourself and those you care about.

JULY 10TH OLDER ADULT SKILLS FAIR

While many readers of this column are retired, plenty still have the desire to learn new skills and use their existing skills. That's why Dutchess County Executive Sue Serino is excited to announce the County will host a free "Putting Your Skills Back to Work" Older Adults Skills Fair for older adults (55+) who are interested in exploring part-time employment or volunteer opportunities, on **Thursday, July 10 from 2 to 4 p.m. at the Henry A. Wallace Visitor and Education Center at the Franklin D. Roosevelt Presidential Library and Museum in Hyde**

Park. There is no RSVP required for guest attendance; participants can simply show up and take advantage of the many offerings.

For companies interested in participating, visit www.dutchessny.gov/senior-skills for signup information.

JUNE 18th CLINTON/HYDE PARK OFA PICNIC AT CAPACITY

And this coming week's June 11th free picnic for older residents (age 60+) of Milan, Red Hook and Rhinebeck is close to capacity too. The June 25th picnic for Town of Poughkeepsie seniors is also close to capacity.

OFA Summer Picnics tend to reach capacity, especially with the older adult population of Dutchess County continuing to grow while overall county population stays roughly level.

Here's the list of remaining picnics and venues:

June 11th – Dutchess County Fairgrounds, Rhinebeck (Milan, Red Hook and Rhinebeck residents)

AT CAPACITY – June 18th – Regina Coeli Church, Hyde Park (Clinton and Hyde Park residents)

June 25 - Bowdoin Park, Poughkeepsie (Town of Poughkeepsie residents)

July 9 - Memorial Park, Beacon (City of Beacon residents)

July 16 - Stissing Mountain High School, Pine Plains

(North East, Pine Plains, Stanford, and Washington residents)

July 23 - Robinson Lane Park, Wappinger

(Town of Wappinger and Village of Wappingers Falls residents)

July 30 - West Road School, Pleasant Valley (Pleasant Valley residents)

August 13 - Stitzel Field, Poughkeepsie (City of Poughkeepsie residents)

August 20 - Freedom Park, LaGrange (Beekman and LaGrange residents)

August 27 - Hopewell Recreation Park, Hopewell Junction (East Fishkill residents)

Reservations are required for picnics, because seating is limited. Call OFA during business hours at 845-486-2555 to make yours. We cannot accept reservation requests made by email or voice mail.

Visit www.dutchessny.gov/ofapicnics for the full picnic schedule, along with Facebook links to photos from past 2025 picnics.

Thanks to Central Hudson, AccentCare, Hudson Valley Medicare Group and The Pines at Poughkeepsie for their support of all twelve picnics.

SAVE THE DATE – GOLDEN GATHERING AT ARLINGTON HIGH SCHOOL (Sat 9/27)

The annual Golden Gathering for older adults and caregivers takes place on Saturday, September 27th. County Executive Sue Serino, New York State Senators Rob Rolison and Michelle Hinchey, and the Dutchess County Office for the Aging are co-hosting the event for the benefit of older adults and caregivers throughout the 39th Senate District and Dutchess County.

This year's Golden Gathering will be held at Arlington High School, 1157 Route 55 in LaGrangeville, from 10 a.m. to 1 p.m.

The program will consist of health screenings, entertainment, refreshments, and various informational tables geared toward the interests and needs of area older adults. Dozens of organizations will be represented. The Golden Gathering is the single largest annual event of its kind in Dutchess County.

From health and nutrition to caregiving and technology, the event is a "one-stop shop," bringing together essential resources for older adults and their families.

Other news:

Do you know [the signs of a Medicare/Medicaid scam attempt?](#)

You don't usually need to have your physical Social Security card with you, although memorizing the number is wise. [Here's more tips from Social Security.](#)

This week's birthdays:

6/6: Astronaut [David Scott](#) (Gemini 8, plus Apollo 9 and 15) (93)

6/7: Pro wrestler [Mick Foley](#) (60)

6/8: Singer/actress [Nancy Sinatra](#) (85)

6/9: Actor/author/activist [Michael J. Fox](#) (64)

6/10: Model/actress [Elizabeth Hurley](#) (60)

6/11: NFL Hall-of-Famer [Joe Montana](#) (69)

6/12: Broadcasting Hall-of-Famer [Marv Albert](#) (84)

And a Bad Joke:

To be frank, I'd have to change my name.

(Note: Joke doesn't work if your name really is Frank.)