

Dutchess County Office for the Aging

AGING NEWS for the week of March 10th

Trying to make the best dietary choices can look like more trouble than it's worth sometimes. At OFA, we often read news stories about a nutrition study insisting that the previous week's nutrition study was all wrong. The overload of contradictory information can leave you frustrated about how to make good choices. That's why OFA's Nutrition division publishes the *Nutrition News* every month. Each month's issue is full of helpful, easy-to-follow nutrition tips, along with sound science to back it up. We also include cost-effective, simple recipes, in large print when possible. Visit www.dutchessny.gov/ofanutrition to find it, along with our Nutrition News archives for even more great recipes.

The key is not necessarily to hang on whatever the latest study says, but to make basic nutritional principles a consistent routine while keeping your meals enjoyable and easy to prepare. A nutrition plan is much easier to follow when it consists of food you like. There's more to life than soaking lentils.

Diabetes Alert Day takes place on the fourth Tuesday in March every year. It's a one-day “wake-up call” that focuses on the seriousness of diabetes and the importance of understanding your risk. If you have a family history of diabetes, have weight issues, or are not physically active, you have a greater chance of developing type 2 diabetes. You are also more likely to develop type 2 diabetes as you get older.

Here are some things you can change to lower your risk for diabetes:

Lose weight and keep it off. You may be able to prevent or delay diabetes by losing 5% to 7% of your starting weight. For instance, if you weigh 200 pounds, your goal would be to lose about 10 to 14 pounds.

Move more. Get at least 30 minutes of physical activity 5 days a week. If you have not been active, talk with your health care professional about which activities are best. Start slowly to build up to your goal, and remember that

any level of exercise is better than remaining sedentary.

The OFA Senior Exercise Program can help. Visit

www.dutchessny.gov/seniorexercise, call 845-486-2555, or email

ofa@dutchessny.gov to find out more. We are starting a new eight week (once a week) session of “A Matter of Balance” classes on April 1st – space is limited!

Eat healthy foods most of the time. Eat smaller portions to reduce the amount of calories you eat each day and help you lose weight. This can be as simple as using smaller plates for meals, so that you won't be as tempted to overload your plate. Choosing foods with less fat is another way to reduce calories. Drink water instead of sweetened beverages.

With these practices, you can often lower your blood A1C percentage to safer levels, without potential medication side-effects. Ask your health care professional about what other changes you can make to prevent or delay type 2 diabetes.

***“Golden Living” is prepared by the Dutchess County Office for the Aging,
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2555, email: ofa@dutchessny.gov website: www.dutchessny.gov/aging
Social media: www.facebook.com/DutchessCountyOFA***

“PANCAKES IN THE PARK” RETURNS (One site at capacity, one site available)

The FREE annual OFA “Pancakes in the Park” events for Dutchess County older adults (60+), co-hosted by Dutchess County Parks, are filling up fast.

Guests must be Dutchess County residents age 60+.

The first of two “Pancakes in the Park” events, at Bowdoin Park on Thursday, March 27th, is at capacity. As of Friday, March 7th, there was still room to sign up for the second “Pancakes” event at the Pavilion at Brookmeade, 34 Brookmeade Dr. in Rhinebeck, on Wednesday, April 2nd.

Both events begin at 10:30 am.

Call OFA at 845-486-2555 during business hours to register. We cannot accept reservations left on voice mail or by email.

Each participant gets a pancake breakfast accompanied by a splash of maple syrup tapped from Dutchess County maple trees. A limited amount of syrup will be available for purchase.

OFA “HOME DELIVERED MEALS” VOLUNTEER DRIVERS WANTED

(Beacon, Pleasant Valley, Poughkeepsie)

Are you looking for the kind of volunteer opportunities that deliver real, immediate impact? Join the OFA Nutrition division’s Home Delivered Meals (HDM) program as a volunteer delivery driver, and help connect homebound Dutchess County older adults to the nutritious meals that are a key component of continued independent living.

Drivers who use their own vehicles to make deliveries can be reimbursed for mileage.

Our current areas of need include:

- Beacon and southwestern Dutchess County;

- Pleasant Valley and neighboring communities;
- City of Poughkeepsie.

Typical HDM delivery hours are weekday middays, operating from nearby OFA Friendship Centers in Beacon (Forrestal Heights), and Pleasant Valley (First Presbyterian Church/Tri-Town Friendship Center), as well as the OFA central kitchen at OFA headquarters in Poughkeepsie.

For more information on all types of OFA volunteering, visit www.dutchessny.gov/ofavolunteer. For an online volunteering form, [click here](#).

CENTRAL HUDSON OLDER ADULTS' FORUM (Thu 4/3)

(Seating limited; reservations required)

If you're a Dutchess County older adult (60+) and Central Hudson utility customer looking to make your energy budget last, Central Hudson outreach personnel will be at the OFA Friendship Center in Poughkeepsie (114 Delafield St.) on Thursday, April 3rd at 2:30, to help older adults understand the available assistance programs, along with valuable energy usage and safety information.

Seating is limited, and required reservations can be made by calling OFA during business hours (weekdays, 9a-5p) at 845-486-2555. We cannot accept reservations made by voice mail or email.

The event is geared toward savings rather than complaints about the cost of utilities. That said, we recognize the importance of advocating for oneself in successful aging, and the importance of being able to reach the right people when raising one's concerns, no matter what they are.

It's recommended that you speak with your utility company's customer service division first; then, if you have contacted your utility to express your concerns but are not satisfied with the result, [use this link to find out more about filing complaints](#) with the New York State Department of Public Service.

“FRIENDLY CALLS” UPCOMING VOLUNTEER ORIENTATIONS

With OFA's "Friendly Calls" program, you can choose to make phone calls to older adults at risk of social isolation, or you can choose to receive calls - or you can do both. For those of you who haven't volunteered before and are exploring your possibilities, "Friendly Calls" can be ideal. A typical "Friendly Calls" series takes place once a week, for 20-30 minutes a call, for eight

weeks. “Friendly Calls” volunteers must be at least 18 years of age. Those who wish to receive calls must be Dutchess County residents at least 60 years of age.

Upcoming “Friendly Calls” orientations at OFA headquarters at 114 Delafield St. in Poughkeepsie are scheduled as follows:

Tuesday, March 11th, 10:00 am

Monday, March 17th, 2:30 pm

Tuesday, March 25th, 10:00 am

To schedule your orientation – they last about an hour – here at our Poughkeepsie office, call 845-486-2555 during business hours, or email ledgar@dutchessny.gov.

WE’RE BUSY WEEKENDS IN MARCH (AND APRIL)

Look for OFA on the road at the following Dutchess County events.

Details and signup information available at each link below:

Saturday, March 22nd, 11 am – Scam Prevention Presentation at Dover Plains Library, 1797 NY 22, Wingdale – [register online at this link](#)

Saturday, March 29th, 2-4 pm – Hudson Valley Hospice “Welcome Home Vietnam Veterans” event, for veterans in both Dutchess and Ulster Counties – at the Henry A. Wallace Center, Hyde Park. [Details here.](#)

Saturday, April 12th, 11 am – 2 pm – OFA at [YOUR County Health Fair](#), Falcon Hall, Dutchess Community College, Poughkeepsie (50 Mascot Dr.).

To arrange an OFA presentation for your civic organization in Dutchess County, email bjones@dutchessny.gov or call 845-486-2555.

Other news:

[Two thirds of Americans have been a victim of some kind of scam](#), according to one recent survey. This past week, 25 Canadian nationals were arrested in connection with a “[grandparent scam](#)” operation targeting adults in 46 US states. If convicted the alleged participants face 20 to 40 years in prison.

Remember the item we posted a couple months ago about brain aging spiking at ages 44 and 60? [A SUNY-Stony Brook study following up on it has more encouraging news.](#)

New York's annual brush-burning ban takes effect on March 16th. [Click here for the details.](#)

Meet the world's oldest female barber. [She's 108.](#)

What might our local woodpeckers be up to? [We have seven species that call the Hudson Valley home.](#) Their names can be confusing. The red-bellied woodpecker has a red...head. The red-headed woodpecker has an even redder head. The yellow-bellied sapsucker isn't all that yellow, unless you look carefully. Click the link for the pictures.

This week's birthdays:

3/6: Actor/director/producer [Rob Reiner](#) (78)

3/7: Comedian [Wanda Sykes](#) (61)

3/8: Singer-songwriter [Micky Dolenz](#) (The Monkees) (80)

3/9: Musician [John Cale](#) (83)

3/10: Actress/producer [Sharon Stone](#) (67)

3/11: Singer/songwriter [Bobby McFerrin](#) (75)

3/12: Singer/actress [Liza Minnelli](#) (79)

Bad Joke time!

I gave my handyman a to-do list, but he only did jobs 1, 3, and 5. Turns out he only does odd jobs.