

Dutchess County Office for the Aging's

AGING NEWS

For the week of March 25th

Golden Living . . . News for Older Adults, Their Families and Caregivers

Todd N. Tancredi, Director

Dutchess County Office for the Aging

“FRIENDLY CALLS” ORIENTATIONS AT OFA IN APRIL

There's plenty of room on the bandwagon for fans of the Office for the Aging's "Friendly Calls" program, now entering its second year of keeping Dutchess County's older adults connected to the community, and less at risk of loneliness and social isolation.

There's a difference between being alone and loneliness. Being alone is a physical state, a preference for solitude, whereas loneliness is an emotional state, a feeling. Many people enjoy pursuits that can be done solo, like running, golf, or just putting around in the yard. On the other hand, you can feel lonely

regardless of whether you're physically by yourself or in the middle of a crowded party.

You can help make a real, positive impact on the lives of our older friends and neighbors; and if volunteering is new to you, being a "Friendly Calls" volunteer caller is among the most convenient and flexible options there is. You can make calls to an older adult at risk of isolation, from anywhere your phone works – even if you're on vacation.

Contact OFA at 845-486-2555 during business hours if you can come to either of the "Friendly Calls" orientations scheduled for the first week of April: Tuesday, April 2nd or Thursday, April 4th, both at 10 am.

We regularly schedule orientation sessions. You can find them on the Dutchess County Calendar at www.dutchessny.gov/calendar, or you can sign up to have OFA newsletters emailed to you weekly by emailing your request to ofa@dutchessny.gov.

If you can't come to any of the scheduled orientations, contact OFA and we'll work on arranging an orientation that works with your availability.

HOW "FRIENDLY CALLS" WORKS – THE BASICS

“Friendly Calls” volunteers and participants connect for eight weeks, with once-a-week phone calls lasting 20-30 minutes. Before the calls begin, volunteers and participants complete applications that include questions about their interests, hobbies, skills, and primary language, so we can match up participants and callers in a way that they’re most likely to hit it off.

If you’re fluent in languages in addition to English, chances are there are Dutchess County older adults who also feel comfortable communicating in that language. Statistics from the New York State Office for the Aging indicate that aside from English, the most common languages spoken among Dutchess County older adults are Spanish, Korean, Italian, Chinese, Polish and German, along with the many languages spoken in the South Asian subcontinent.

FOR THOSE WHO WISH THEIR PHONE WOULD RING MORE OFTEN

If you’re an older adult in Dutchess County who’d like to receive calls as a Friendly Calls participant, call us at 845-486-2555 to get the ball rolling. Through Friendly Calls, it’s possible you’ll learn about OFA services of which you might not have been aware, in addition to reducing your risk of social isolation and loneliness.

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Delafield St., Poughkeepsie, New York 12601, telephone 845-486-2555, email:

ofa@dutchessny.gov website: www.dutchessny.gov/aging

OFA AT MILLBROOK VOLUNTEER FAIR (Sat 3/23)

Interested in volunteering? Come to Millbrook Library (3 Friendly Lane, Millbrook) on Saturday, March 23rd from 11 am to 1 pm, to learn how you can help the Office for the Aging and other local community service groups.

You can find out more about OFA's "Friendly Calls" program, along with volunteering in our Home Delivered Meals, health insurance counseling (HIICAP), exercise, Senior Picnics and events, clerical volunteering opportunities and much more.

[Click here if you'd like to register in advance.](#)

UPCOMING "FRIENDLY CALLS" ORIENTATIONS (UPDATED LIST)

If you're interested in becoming a volunteer caller for OFA's "Friendly Calls" program, we have plenty of orientation sessions on the March calendar, and a little bit beyond. Most orientations take place at OFA unless otherwise indicated below. Orientations typically last 40-60 minutes. Pick one, and contact OFA at 845-486-2555 to set up your orientation:

- Monday, March 25th, 10 am
- Tuesday, April 2nd, 10 am
- Thursday, April 4th, 10 am
- Monday, April 8th, 1:30 pm
- Tuesday, April 9th, 10 am
- Thursday, April 11th, 10 am

If none of those work with your schedule, contact Friendly Calls Program Manager Linda Edgar at 845-486-2548 or ledgar@dutchessny.gov, and we may be able to work out something that fits your schedule.

If you're part of a workplace or civic organization that would like an onsite Friendly Calls orientation, contact Linda Edgar as noted in the previous paragraph.

If there's a meeting room with a TV that has an HDMI connection, that's all we need to bring the orientation to you.

Other news:

[How often should immunocompromised people get a COVID booster?](#)

What's the ideal retirement age [when it comes to one's health?](#)

Some habits [may be prematurely aging your brain.](#)

Does a warm winter mean more ticks and mosquitoes for us? [It's not quite that simple,](#) say the experts – but keep taking precautions when outdoors.

[For the gardeners: a localized weekly column](#) from the Hudson Valley Pilot.

This week's birthdays:

3/23: Singer-songwriter [Chaka Khan](#) (71)

3/24: Bass guitar legend [Carol Kaye](#) (89)

3/25: Astronaut [Jim Lovell](#) (96)

3/26: Singer/songwriter [Diana Ross](#) (80)

3/27: Keyboardist/songwriter [Tony Banks](#) (Genesis) (74)

3/28: Singer/songwriter/actress [Reba McEntire](#) (69)

3/29: Comedian/actor [Eric Idle](#) (81)

This week's Bad Joke:

It used to be that you could put air in your car's tires for free at any gas station, but now they charge you for it. Well, that's inflation for you.