

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of March 27<sup>th</sup>

### **FRIENDLY CALLS ORIENTATIONS IN APRIL**

Feeling a sense of connection and belonging is important for all of us and can positively impact our health. Individuals with strong social ties live longer and are healthier than those with weak social ties. Our relationships encourage us to take better care of ourselves, try new things, and develop a sense of purpose.

Maintaining relationships can be hard for older adults who live far from family, experience health issues, or lack transportation. The social isolation and loneliness that can result often leads to both mental and physical challenges. *Can you help?*

Volunteers check in and chat with an older adult in Dutchess County at risk of loneliness or social isolation, once a week, for eight weeks. Each call lasts between 20 and 30 minutes.

Register today for an upcoming OFA Friendly Calls Volunteer Orientation session.

Each session lasts about 40 minutes. Pick any of the following sessions:

Monday, April 3rd - 10:00 am

Tuesday, April 4th - 10:00 am

Thursday, April 13th - 4:00 pm

Thursday, April 13th - 5:00 pm

To register, call 845-486-2555 or email [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov).

If you are part of a workplace or civic organization in Dutchess County that would like to host a Friendly Calls orientation at your place of business or meeting venue, email [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov), and we'll explore whether an onsite orientation is right for you.

## **SEEKING CENTENARIANS, AND COUPLES MARRIED OVER 70 YEARS**

2022 was a record year for the number of centenarians and couples married 70 years or more who were honored in the “Celebration of Aging” section of OFA’s summer newsletter THRIVE60+. There were eight Dutchess County couples confirmed as celebrating an anniversary of 70 years or more in 2022, and an amazing 30 individuals reached the 100-year milestone. The oldest Dutchess

resident we know of is 108 going on 109, but with the continued growth in our centenarian population, someone in Dutchess might just be even older!

If you know – or are – somebody who lives in Dutchess County and is turning 100 years old or more in 2023, or a couple who are celebrating an anniversary of 70 years or more, let the Office for the Aging know. Contact OFA Outreach Coordinator Brian Jones at [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov) or 845-486-2544. Feel free to contribute digital photographs to the OFA newsletter, and stories of their lives and marriages too. Our publication deadline is May 9<sup>th</sup>.

### **AND SPEAKING OF NEWSLETTERS...**

The Spring 2023 issue of OFA's THRIVE60+ is now available. It's been distributed to the OFA email list and is viewable at [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging).

If you prefer the hard copy of the newsletter, it's being distributed to public libraries throughout the county. For those of you who get THRIVE60+ through postal mail, you can expect your copy to arrive in April.

To be added to or removed from OFA's email or hard-copy mailing list, or to update your delivery address, email [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov) or call 845-486-2555.

*Golden Living is prepared by the Dutchess County Office for the Aging, 114*

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

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### **SNOWED-OUT VETERANS RESOURCE FORUM RESCHEDULED (Tue 4/18)**

The Dutchess County Office for the Aging (OFA) invites veterans of all ages and their families to its Veterans Resource Forum on Tuesday, April 18<sup>th</sup> (new date) at the Pavilion at Brookmeade, 34 Brookmeade Drive in Rhinebeck (just off Route 308, east of the village), from 1 to 4 p.m. This is the event that was postponed due to snow on March 14<sup>th</sup>.

This free event will offer veterans and their families and caregivers important information and connections to various agencies, including the County's Division of Veterans' Services, VA Castle Point, and service providers. Space is limited; reserve your seat by calling OFA at 845-486-2555 during business hours, or email [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov).

Representatives from Mental Health America of Dutchess County, Rhinebeck at Home and the County's Department of Behavioral and Community Health's (DBCH) Mental Health Subcommittee are among the participating organizations that will be available to meet with veterans and their families and provide information on a wide range of topics, including mental health resources and veterans' benefits. Attendees will have the opportunity to learn about the services available to them, ask questions and connect with other veterans and their families.

The County's Division of Veterans Services ([www.dutchessny.gov/veterans](http://www.dutchessny.gov/veterans)) ensures Dutchess County veterans and their families receive their maximum eligible benefits from the Department of Veterans Affairs and other agencies at all levels of government. In 2022, the Division rendered 20,212 contact services to Dutchess County Veterans and their families regarding services and entitlements available from federal, state, and local government.

Mental Health America of Dutchess County offers numerous programs for veterans – including the Vet2Vet; Housing, Employment, Reintegration and Outreach Program (HERO); Veterans Employment Training & Transitions Assistance Program (VET-TAP) and Weekend 4 Warriors programs – that offer

local veterans emotional support, educational information, referrals to useful services, information about support groups, social events, advocacy, and short-term care management.

Rhinebeck at Home ([www.rhinebeckathome.org](http://www.rhinebeckathome.org)) is a locally based, non-profit organization with members dedicated to helping each other to remain in their own homes and stay connected to their community as they grow older.

A branch of the County's Mental Hygiene Board, the Mental Health Subcommittee advises the DBCH Deputy Commissioner and Director of Community Services about issues in the community and suggests ideas for inclusion in the Department's Service Plan, which is submitted to New York State annually.

## **FLU/COVID VACCINES FOR HOMEBOUND DUTCHESS OLDER ADULTS**

While the latest influenza and COVID-19 booster shots have been readily available locally, there's one key group of people unable to access them: Dutchess County's homebound older adults.

The Dutchess County Office for the Aging has initiated a new in-home vaccination program for homebound older adults, partnering with Adirondack

Health + Wellness. “Homebound” is defined as an individual who is unable to leave home due to physical limitations, cognitive impairment, other chronic conditions, a lack of transportation, visual impairments, and without caregivers available to get the individual in question to a vaccination provider in person.

OFA wants to make sure that homebound older adults and their caregivers know about this program and the essential protections it offers, so that their existing challenges aren’t compounded by preventable illness. It can be difficult for homebound individuals to advocate for themselves due to the nature of their conditions, so the total number of Dutchess County older adults who are homebound is uncertain. We do know that we currently serve over 400 homebound older adults every week who are enrolled in our Home Delivered Meals program, and those residents and caregivers are being alerted individually.

In-home vaccinations will be performed by fully vaccinated medical professionals, following all public health safety guidelines.

To schedule vaccinations for flu and/or COVID for a homebound individual who lives in Dutchess, contact OFA at 845-486-2555 during business hours, or email [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov)

## Other news:

Occasionally scammers get caught, [but they may be on the other side of the earth](#) and recovery of American victims' money is highly unlikely.

[Medicare coverage and non-coverage of certain Alzheimer's medications](#) and opioids came up for discussion in U.S. Senate hearings this week.

## This week's birthdays:

3/25: Singer-songwriter [Elton John](#) (76)

3/26: Singer/songwriter [Diana Ross](#) (78)

3/27: Keyboardist/songwriter [Tony Banks](#) (Genesis) (73)

3/28: Singer/songwriter/actress [Reba McEntire](#) (68)

3/29: Comedian/actor [Eric Idle](#) (80)

3/30: Rapper/actor [MC Hammer](#) (61)

3/31: Actor/comedian/professional poker player [Gabe Kaplan](#) (78)

**And now, what you've all been waiting for...Ann in Clinton, in particular...**

**...the Bad Joke!**

I was happily watching a performance of the Bermuda Philharmonic when the guy on triangle disappeared.