

Dutchess County Office for the Aging's

AGING NEWS

For the week of March 30

Alzheimer's Caregiver Consultations with OFA

If dad asks me that same question one more time, I'm going to scream.

I'm so tired from caring for mom, I can't think.

I can't remember the last time I had "me" time.

What happens when he needs more care than I know how to provide?

I can't keep up.

If thoughts like these have been going through your mind as a caregiver for a person with Alzheimer's disease or dementia, two things to remember:

You're not alone and This isn't your fault.

Dementia progresses despite caregivers' best efforts because that's what dementia does. We can't beat ourselves up about it; but we can set a goal to continue supporting someone going through these changes.

It's Okay to Ask For Help

Caregivers who are feeling overwhelmed can reach out to the Office for the Aging to schedule a caregiver consultation. Additionally, a caregiver who's handling the burden at present, but knows what's to come for the person in their care, can also schedule a consultation. Caregivers can find compassionate, practical advice through OFA, by reaching out to us at

ofa@dutchessny.gov, calling **845-486-2555**, or visiting our caregiver information page: **dutchessny.gov/ofacaregiver**

A Message from OFA Director Todd Tancredi

It's finally been warm enough to get Dutchess County's older adults wondering about the coming year's OFA Summer Picnic season.

We'll announce the official list of picnic dates and venues later in April, and we begin accepting picnic reservation requests on Friday, May 1st, when we also announce each picnic's location. This will be our 34th year of picnics, supported again by The Pines at Poughkeepsie. If you haven't been to a Summer Picnic, you can see a recap of the 2025 season at **dutchessny.gov/ofapicnics**, which is also where the 2026 schedule will be posted.

Guests get a free lunch at the picnic that serves their community - and much more. It's a chance to tie up lots of loose ends all at once. Guests can talk

with their local elected officials, find information about services available to them, and safely dispose of unneeded and outdated medications thanks to the Dutchess County Sheriff's Office, STOP-DWI, and Medical Reserve Corps. There'll also be live music courtesy of Bob Martinson and Dennis Blandino.

We're mailing about 50,000 picnic reminder cards to older adult households throughout Dutchess County. One should arrive in your mailbox 4-6 weeks before your community's picnic, but guests need not have received a card to make a reservation. We hope to see you this summer!

Still Seats Left at April 7 “Pancakes” in Rhinebeck

There are a few seats still available for the second “Pancakes in the Park” event, at the Pavilion at Brookmeade in Rhinebeck (34 Brookmeade Rd., just off Route 308), scheduled for 10:30am on Tuesday, April 7th.

[See more about the successful March 26th “Pancakes” event at OFA’s Facebook page.](#)

Dutchess County older adults can reserve a seat for the April 7th “Pancakes” by calling OFA during business hours at 845-486-2555. We cannot accept reservation requests made by voice mail, email or text message.

Tech Support Day at OFA (Tuesday 3/31)

Keeping up with technology can be hard for all of us, but a chance to get some help with the tricky parts is on the way. We at Office for the Aging are excited to work with New York State Senator Rob Rolison's office to host a Tech Support Day for Older Adults at OFA’s Poughkeepsie Friendship Center at 114 Delafield St., 2:30-4:30pm on Tuesday, March 31st.

Sign up by calling OFA during business hours at 845-486-2555.

“CarFit” for Mature Drivers, at Marist (Saturday 4/11)

The Marist University Doctor of Physical Therapy program and Helen Hayes Rehabilitation Hospital present the CarFit Program. It’s a free, interactive educational program designed to improve older driver safety.

Trained volunteers provide information ensuring the safest “fit” for older drivers and their vehicles.

The event takes place on Saturday, April 11th, from 9am to 2:30pm, at the Marist University Allied Health Building, Parking Lot 18, Beck Place, Poughkeepsie.

Appointments are required. To make an appointment, contact Lynn Matthes at 845-786-4155 or lynn.matthes@helenhayeshosp.org.

Also at Marist: “Mobility Matters Poughkeepsie” (Sunday 4/12)

If you’re 65 or older and want to know more about strength, endurance, flexibility, balance and general mobility, you’ll want to sign up for “Mobility Matters Poughkeepsie” with the Marist University Physical Therapy Program. It’s taking place on Sunday, April 12th, from 10am to 2pm, in the Marist University Science and Allied Health Building, room 202.

For more information and to register, email violetta.dekert1@marist.edu or call 845-575-5037.

OFA Spring Mobile Office Hours

OFA Ambassador Mary Reedy is hosting by-appointment OFA Mobile Office Hours around Dutchess County. It's a chance to get your age-related questions answered in person, with considerably less travel on your part.

Here's the schedule:

Tuesday, March 31st, 10a-1p – Beekman Town Hall

4 Main St., Poughquag

Tuesday, April 21st, 1p-4p – Town of Wappinger Senior Center

(note new location) Town Hall Senior Center, 20 Middlebush Rd.

Appointments are 30 minutes long at each Mobile Office Hours event. Appointments can be made for either session by calling 845-486-2555 during business hours. We cannot accept reservation requests made by voice mail, email or text.

If your Dutchess County civic organization wants to host a Mobile Office Hours event, email ofa@dutchessny.gov or call 845-486-2555 during business hours.

At OFA, we're also available for presentations to groups on OFA Services, successful aging, scam prevention, home safety, caregiving, and much more. Contact us to find out more.

Other news:

Caregivers for individuals with dementia may want to check out [Chris Hemsworth's new documentary about his experiences with his father](#), who has early-stage Alzheimer's disease.

A 14-point plan to "[being a good old man](#)."

Another key to healthy aging: [strong glutes](#), says this New York Times video.

[Or maybe it's dark chocolate](#) that helps.

Next time you see your primary care physician, get their opinion on [multivitamins](#) and whether they're worth the spend.

This week's birthdays:

3/28: Singer/songwriter/actress [Reba McEntire](#) (71)

3/29: Comedian/actor [Eric Idle](#) (83)

3/30: Singer/songwriter/guitarist [Eric Clapton](#) (81)

3/31: 45th Vice President [Al Gore](#) (78)

4/1: NBA coach/Knicks guard/broadcaster [Mark Jackson](#) (61)

4/2: Mets infielder [Al Weis](#) (88)

4/3: Singer [Tony Orlando](#) (82)

A baseball-themed Bad Joke since Opening Day was this past week:

Why was Cinderella so bad at baseball?

She had a pumpkin for a coach. Also, she only had the one shoe.