

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of March 31st

[Click here for the new Spring 2025 THRIVE60+ OFA newsletter.](#)

April Fool's Day is this week, so we're taking a quick break from standard newsletter protocol to share with you a selection of the very best (or worst) "bad jokes" we've used in OFA's emailed newsletters over the years.

It turns out that centenarian comedy legends Bob Hope and George Burns were on to something. Comedy, as it turns out, is a key to long life and healthy aging. We looked it up in the Humor Research Library compiled by the Association for Applied and Therapeutic Humor. You can find them at [www.aath.org](http://www.aath.org), if you think we're kidding you. Laughter can decrease stress hormones that can lead to insomnia, anxiety and depression.

Staying healthy isn't just about diet and exercise, but also about finding moments of humor, joy and connectedness, often in unexpected places like...an Office for the Aging newsletter.

We delivered our first bad joke in February 2018; and we promise you, the quality of our jokes has remained consistently corny. Feel free to share these family-friendly jokes with friends and family and be ready for eye-rolling. Here goes!

A ship carrying brown paint collided with a ship carrying red paint. The crews are believed to be marooned.

Q: What do you call cheese by itself?

A: Provolone.

Q: What's a dentist's favorite musical instrument?

A: A tuba toothpaste.

I bought the world's worst thesaurus yesterday. It's terrible. Also, it's terrible.

I spilled spot remover on my dog and now he's gone.

A lady came up to me today and said she recognized me from her vegetarian club. I was confused, because I'd never met herbivore.

Koala bears aren't really bears, because they don't have the koalifications.

A weasel walks into a bar and surprises the bartender. "Wow," says the bartender, "I've never served a weasel before. So what'll it be?" "Pop," goes the weasel.

A tractor salesman was heartbroken over the way his girlfriend broke up with him. She sent him a John Deere letter.

Q: How many apples grow on an apple tree? A: All of them.

According to a recent survey, inserting musical instruments into sentences tends to go unnoticed.

I went to a new Mary Poppins-themed restaurant the other night. Here's my review: Super cauliflower cheese, the lobster was atrocious.

I went to a general store. They wouldn't let me buy anything specific.

"I stand corrected," said the man in the orthopedic shoes.

Q: What breed of dog can do magic tricks? A: A Labracadabrador.

The rotation of the earth really makes my day.

I can't believe somebody broke into my garage and stole the limbo stick.

Seriously, how low can you go?

It takes a big man to admit when he's wrong. It takes an even bigger man to give a giraffe a haircut.

I wanna hang a map of the world in my house. Then I'm gonna put pins into all the locations that I've traveled to. But first, I'm gonna have to travel to the top two corners of the map so it won't fall down.

### **Start Your Day With Something To Laugh About**

We can all find plenty of things to be grumpy about, but finding things to laugh about requires a different way of thinking. The payoff is tremendous, though.

Human interactions are the best opportunity for laughter, but when you're by

yourself, there are still plenty of options for laughter in books, movies, and simply by observing what's going on around you.

While each week's emailed issue of our Aging News comes with a bad joke, what can we do to find chuckles the other six days of the week? We recommend trying out "joke of the day" websites, books and calendars.

Humor can be a powerful mental health support strategy. You can take us seriously on that.

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### **YOUR Health Fair - Saturday, April 12th**

The Dutchess County Department of Health will host its third annual free Y.O.U.R. (Young, Old, Urban, Rural) Health Dutchess County Health Fair on Saturday, April 12th from 11 a.m. to 2 p.m., at Falcon Hall at Dutchess Community College in Poughkeepsie (50 Mascot Dr.).

The Office for the Aging will join dozens of other agencies and service providers at the health fair for resources and fun activities for all ages; fire and police safety; mental health and substance use services; a sensory friendly area; and indoor/outdoor exhibitors, raffles, giveaways and more.

Visit [www.dutchessny.gov/healthfair](http://www.dutchessny.gov/healthfair) for more information.

### **“EMPOWERED CAREGIVER SERIES” AT OFA THIS SPRING**

Are you the caregiver of a Dutchess County resident living with dementia? The Dutchess County Office for the Aging is partnering with the Alzheimer’s Association Hudson Valley Chapter to host the “Empowered Caregiver Series” in May and June at OFA headquarters, 114 Delafield St. in Poughkeepsie.

Each session takes place on a Tuesday at 3:00pm. Seating is limited, so reservations are required. Call the Office for the Aging to save your seat at any session(s) you can attend, at 845-486-2555 during business hours. We cannot

accept reservation requests made via voice mail or email.

Topics in the program include:

- May 6 - Building foundations of caregiving
- May 13 - Supporting independence
- May 20 - Communicating effectively
- May 27 - Responding to dementia-related behaviors
- June 3 - Exploring care and support services

This free program is open to caregivers of all ages and is supported in part by a grant from the New York State Department of Health.

**“PANCAKES IN THE PARK” – STILL SPACE LEFT IN RHINEBECK (April 2)**

**Last chance to register!**

There is still room – while it lasts - to sign up for the second of two “Pancakes in the Park” events at the Pavilion at Brookmeade, 34 Brookmeade Dr. in Rhinebeck, on Wednesday, April 2<sup>nd</sup>.

Guests must be Dutchess County residents age 60+.

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.

## **CENTRAL HUDSON OLDER ADULTS' FORUMS**

**(Thu 4/3 in Poughkeepsie, Tue 4/15 in Millerton)**

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.

A second Central Hudson outreach event has been scheduled for Tuesday, April 15<sup>th</sup> at 1:00pm at the NorthEast-Millerton Library Annex (28 Century Blvd.), which also serves as an OFA Friendship Center. Register for the April 15<sup>th</sup> event via the library's website, [www.nemillertonlibrary.org](http://www.nemillertonlibrary.org), or call the library at 518-789-3340.

Both events are 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.

It's recommended that you speak with your utility company's customer service division first; then, after 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.

## **AARP SHREDDER TRUCK / POUGHKEEPSIE (May 2)**

Help protect yourself and your family from identity theft, deed theft, and other scams by joining AARP New York for a free paper shredding event!

On **Friday, May 2, 2025**, AARP New York will host its annual free paper shredding event with an on-site mobile shred truck in Poughkeepsie, NY from **10:00AM ET to 12:30PM ET**. The event will be held at St John's Evangelical Lutheran, 55 Wilbur Blvd, Poughkeepsie, NY 12603. [Click here to register](#). Registration closes March 25<sup>th</sup>.

Paper only. **Please remove paper clips and metal binder clips in advance**. There is a three bag or three box limit per participant. Boxes will be emptied and returned to participants. Event ends at scheduled time or when the truck is full, whichever comes first.

Can't get to this event? Check with your local authorities and financial institutions to locate shredder truck events in your area. Many communities schedule shredder truck events in the spring.

## **SAVE THE DATE – CAREGIVER CONFERENCE**

**(Wednesday, May 7<sup>th</sup> – registration begins in April)**

Caregivers looking for help on being the best caregiver they can be while maintaining their own well-being will want to set aside Wednesday, May 7<sup>th</sup> for

the annual “Caregiver Conference.” It’ll be held at the Wallace Center, on the grounds of the Franklin D. Roosevelt National Historic Site in Hyde Park.

Registration is expected to get underway on Monday, April 7th; watch this newsletter for the specific date of registration opening – space will be limited!

The event begins with sign-in at 8:30 a.m. and continues until 2 p.m. There will be plenty of time for your questions and concerns, and dozens of experts and vendors will be on hand with answers and solutions.

The conference is organized by the Office for the Aging, the Alzheimer’s Association Hudson Valley Chapter; Hudson Valley Hospice; Parkinson’s Disease Support Group of the Mid-Hudson Valley; and community members Cathy Regan and FaLisia Cotten-Swain.

**This week’s birthdays:**

3/28: Singer/songwriter/actress [Reba McEntire](#) (70)

3/29: Comedian/actor [Eric Idle](#) (82)

3/30: Singer/songwriter/guitarist [Eric Clapton](#) (80)

3/31: Actress [Shirley Jones](#) (91)

4/1: Actress/model [Ali MacGraw](#) (86)

4/2: Mets infielder [Al Weis](#) (87)

4/3: Anthropologist [Jane Goodall](#) (91)

**Yes, this week's issue was full of bad jokes but here's one more:**

How can you tell if an elephant was in your fridge?

Look for footprints on the butter.