

Dutchess County Office for the Aging's

AGING NEWS

For the week of May 13th

Note: the Office for the Aging and all OFA Friendship Centers will be closed on Monday, May 27th, in observance of Memorial Day. Clients of OFA's Home Delivered Meals program receive shelf stable meals in advance of the holiday.

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

MAY IS LYME DISEASE AWARENESS MONTH...

...although in Dutchess County and the Hudson Valley, the ticks that can carry bacteria associated with Lyme and other diseases are close to being a year-round issue. Our local ticks can be active and feeding – and spreading disease, potentially - any time temperatures climb above the mid-30s.

Prevention is essential because there is currently no human Lyme vaccine, although vaccine trials are expected to continue through 2025.

Meanwhile, Lyme diagnosis and treatment can be both complex and expensive, costing the U.S. health system up to \$1.3 billion annually according to a recent Johns Hopkins study.

The good news: Given the proper precautions, tick-borne diseases are largely preventable for those trying to stay active outdoors.

Consider these CDC recommendations before you head out:

Know where ticks can be expected. Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks.

Treat clothing and gear with products containing 0.5% permethrin. Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings. Alternatively, you can buy permethrin-treated clothing and gear.

Wear light-colored clothing. It makes ticks easier to see.

Tuck your shirt into your pants, and your pants into your boots. A tick that

can't reach your skin can't latch on.

Use Environmental Protection Agency (EPA)-registered insect repellents

containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. Do not use products containing OLE or PMD on children under 3 years old.

Avoid wooded and brushy areas with high grass and leaf litter. Walk in the center of trails.

When you come back inside:

Check your clothing for ticks. Remove any ticks that are found. Tumble dry clothes in a dryer on high heat for 10 minutes. If your clothing is damp, more time may be needed. If you need to wash the clothes first, use hot water; cold and medium temperatures won't kill ticks.

Check your pets, coats, and packs for ticks, too.

Shower within two hours of coming inside. It'll help wash off unattached ticks and is the most opportune time to do an all-over tick check. Ticks can latch on to any part of the body, but they tend to look for places they'll go undetected: under the arms; in and around the ears; inside the navel; behind the knees; in and around the hair; between the legs; and around the waist.

Finally, **invest in a good pair of blunt-tipped tweezers.** Grasp the tick with tweezers as close to the skin as possible. Keeping the tick in one piece is key, so remove it with a gentle steady pull upward without twisting. Clean the bite area with disinfectant or soap and water, and bag the tick to take to a physician for identification.

For more information, [click this link from the Dutchess County Department of Behavioral and Community Health.](#)

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SENIOR PICNIC SEASON VOLUNTEERS WANTED

The Dutchess County Office for the Aging's annual summer picnics get underway at the end of this month, continuing until the end of August. There are plenty of ways volunteers can help our older Dutchess County neighbors enjoy a fine picnic lunch and good company, both at picnic sites all over Dutchess County as well as behind the scenes at the Office for the Aging's facilities in

Poughkeepsie.

Clerical picnic season volunteers can help with stocking picnic goodie bags at the OFA main office in Poughkeepsie, starting in mid-May, and with making reminder calls to older adults who have reserved seats at their community's picnic.

On picnic days, we welcome volunteers who can help set up picnic equipment, guide parking lot traffic, bring guests their food and drinks, and help break down picnic equipment when the day is done.

For more information on OFA's diverse volunteering opportunities, visit dutchessny.gov/ofavolunteer, email bjones@dutchessny.gov, or call 845-486-2555. For programs that accept volunteers under age 18, a signed parental waiver is required. If a child's school or house of worship has a community service requirement, helping at an OFA Summer Picnic is a great way to fulfill that requirement.

The full OFA Summer Picnic schedule with venues is available at dutchessny.gov/ofapicnics.

OFA "FRIENDLY CALLS" ORIENTATIONS

If you're recently retired and exploring the idea of volunteering, the OFA "Friendly Calls" program is a way to help that can easily fit into your new schedule.

Most orientations for prospective [OFA "Friendly Calls" program](#) volunteers take place at OFA unless otherwise indicated below. Orientations typically last 40-60 minutes. Pick one, and contact OFA at 845-486-2555 or email Friendly Calls program manager Linda Edgar at ledgar@dutchessny.gov to set up your orientation:

- **Tuesday, May 21st**, 10 am
- **Tuesday, May 28th**, 10 am
- **Monday, June 3rd**, 10 am

You can volunteer from home, or from anywhere your phone gets a good signal. To register for any orientation, if you have more questions about "Friendly Calls," or to arrange an on-site orientation for your civic organization, call 845-486-2555 or email ledgar@dutchessny.gov.

We add orientation dates continually. Check dutchessny.gov/calendar for the latest list, and see dutchessny.gov/friendlycalls for details on the program.

For other OFA volunteering options, visit dutchessny.gov/ofavolunteer.

A NIGHT AT THE DRIVE-IN...WITH TICK PREVENTION

Dutchess County Executive Sue Serino presents Tackling Ticks on the Big Screen, a FREE family drive-in movie night featuring the 2006 animated film "[The Ant Bully](#)" at the Overlook Drive-in Theater, 126 DeGarmo Road in Poughkeepsie, on Wednesday, May 22nd.

Gates open at 6:30 pm, and the movie will begin after sunset.

The event is free and concessions will be available for purchase.

Registration is required at dutchessny.gov/lymemovie, call 845-486-2000 or email countyexec@dutchessny.gov.

Information on Lyme and tick-borne diseases as well as free tick removal kits will be provided.

MENTAL HEALTH PUBLIC FORUMS IN MAY (Poughkeepsie), JUNE (Pine Plains)

To better reach residents and families living with mental health and substance use issues and hear their feedback on the local services and programs

available to them, the Dutchess County Department of Behavioral and Community Health (DBCH) will be hosting [this year's mental health public forums](#) at various locations across Dutchess County. Four forums will be held throughout the year. Each forum will feature simultaneous Spanish interpretation.

The first two forums are scheduled for:

- **Thursday, May 16th; 5:30 p.m., Poughkeepsie High School Auditorium, 70 Forbus Street, Poughkeepsie**
- **Wednesday, June 5th; 5:30 p.m., Stissing Mountain High School Cafeteria, 2829 Church Street, Pine Plains**

Each of the forums will offer residents the opportunity to share their experiences and give input to DBCH about the services available and needed for:

- Intellectual and Developmental Disabilities;
- Alcohol Substance Use Addiction and Recovery;
- Mental Health Needs for Youth and Mental Health Needs for Adults.

These forums are free and open to the public; families, caregivers and local stakeholders are encouraged to attend. All input received will help DBCH shape the 2025 Local Services Plan, which establish long-term goals and objectives

consistent with statewide goals and objectives. Community partners will also have representatives and informational tables at each forum to connect directly with residents.

May is Mental Health Awareness Month. For more information local to Dutchess County, [click this link](#) from DBCH.

Other news:

Olive oil is [associated with a reduction](#) in dementia-related mortality.

Social Security has [updated the definition of a public assistance household](#), which is especially relevant to Supplemental Security Income (SSI) beneficiaries and applicants.

Wilfred Mailloux of upstate Cohoes was a WWII Pacific theatre combat veteran, and a real-life “bugle boy from company B,” just like in the song. [He passed away earlier this month at age 100.](#)

This week's birthdays:

5/10: Singer/songwriter [Donovan](#) (78)

5/11: Singer/songwriter/actor [Eric Burdon](#) (83)

5/12: Singer/songwriter/guitarist [Steve Winwood](#) (76)

5/13: Singer/songwriter/pianist/drummer/producer [Stevie Wonder](#) (74)

5/14: Baseball Hall-of-Famer [Tony Pérez](#) (82)

5/15: Painter/sculptor [Jasper Johns](#) (94)

5/16: Guitarist/songwriter [Robert Fripp](#) (78)

Our Bad Joke!

Remember: April is National Procrastination Awareness Month.