

Dutchess County Office for the Aging's

AGING NEWS

For the week of May 19

Note: OFA offices and Friendship Centers are closed for the national Memorial Day holiday on Monday, May 26th. Clients of OFA's Home Delivered Meals program receive shelf stable meals in advance of the holiday.

OFA VOLUNTEERS IN HIGH GEAR

There's no "off season" for Office for the Aging volunteers; and now that warmer weather is here, our volunteers are busier than ever.

OFA volunteers help keep things humming at our eight Friendship Centers in Beacon, East Fishkill, Millerton, Pawling, Pleasant Valley, Poughkeepsie, Red Hook and Wassaic. Those centers are also hubs for our Home Delivered Meals program, from which OFA volunteers make hundreds of deliveries every weekday for our Home Delivered Meals (HDM) program for homebound Dutchess County older adults.

And Speaking Of Volunteer Drivers...

The HDM program continues to put the word out for new volunteer drivers, especially in the greater Poughkeepsie area and southwestern Dutchess County. Prospective volunteers can visit www.dutchessny.gov/ofavolunteer or call **845-486-2555** to find out more. A typical HDM volunteer driver operates during late morning and midday hours. The HDM program can work with whatever hours a volunteer has available, and volunteer drivers who use their own vehicles can apply for mileage reimbursement.

If driving is not a volunteer's area of interest, there are many more OFA volunteering options:

- Clerical assistance at OFA headquarters
- "Friendly Calls" volunteer callers
- Trained counselors in the OFA Health Insurance Information, Counseling and Assistance Program (HIICAP)

- Exercise Class and "A Matter of Balance" leaders
- OFA Picnic and Event Assistance

Free ongoing training is provided for these volunteering options. No experience is required. You can lead an exercise class without having to be the picture of perfect fitness. You can be a “Friendly Calls” volunteer from home, or wherever you bring your phone.

If you’re retired and looking to explore the idea of volunteering, OFA is a great place to get your feet wet. We have volunteering options that meet just about any schedule, and can connect you with other options within Dutchess County if need be.

Here Comes OFA Picnic Season

With the first of 12 OFA Summer Picnics coming up before month's end, we'd like to publicly thank our picnic host organizations before things get *really* hectic.

Town of Dover Recreation

Town of Fishkill Recreation

Dutchess County Fairgrounds

Church of Regina Coeli

Dutchess County Parks

City of Beacon Parks and Recreation

Pine Plains Central School District

Town of Wappinger Parks and Recreation

Arlington Central School District

City of Poughkeepsie Parks and Recreation

Town of LaGrange Parks and Recreation

Town of East Fishkill Parks and Recreation

Many of these organizations have hosted OFA Picnics for over 25 years, and without their help we'd be hard-pressed to hold so many picnics. This year's

picnic season is also supported by The Pines at Poughkeepsie, Hudson Valley Medicare Group, Central Hudson, and AccentCare.

Call OFA during business hours at **845-486-2555** to reserve your seat at the picnic serving your community. We mail tens of thousands of picnic "reminder cards" to older adults throughout the county, but you don't have to wait for a card to arrive to make your reservation.

MAY IS LYME DISEASE AWARENESS MONTH

Staying physically active outdoors this time of year, in Dutchess County, can be a fantastic experience - but there's a tiny, tick-shaped catch.

May is Lyme Disease Awareness Month, and Lyme is just one of several diseases carried by the species of ticks common in our region. To paraphrase a saying we use a lot at OFA: *get to know the ticks, before they get to know you.*

If you're sticking to designated paths, your risk of tick exposure drops significantly, although you're not entirely home free. Spending time outside

walking your dog, camping, gardening, or hunting could bring you in close contact with ticks.

Wearing light-colored clothing with pants tucked into your socks gives ticks less of a chance of finding a patch of skin on which to attach. For exposed skin, products containing between 10% and 30% DEET have been found by the American Academy of Pediatrics to be safe to use on children as well as adults, when used as directed. DEET also keeps mosquitoes away.

When you're back inside, check your clothing for ticks. Toss clothes in the dryer on high heat for 10-15 minutes to be on the safe side. If you need to wash the clothes, use hot water whenever possible. And take a shower within two hours of coming inside. It'll wash off unattached ticks and is the most opportune time to do an all-over tick check.

THREE MORE "EMPOWERED CAREGIVER SERIES" CLASSES AT OFA COMING UP

The Dutchess County Office for the Aging is continuing its partnership with the Alzheimer's Association Hudson Valley Chapter to host the "Empowered Caregiver Series" OFA headquarters, 114 Delafield St. in

Poughkeepsie. 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.

Each session takes place on Tuesdays at 3:00pm. Seating is limited, so reservations are required. You can sign up for any or all sessions. There are three sessions left on the schedule as of this week.

Topics in the program include:

- May 20 - Communicating effectively
- May 27 - Responding to dementia-related behaviors
- June 3 - Exploring care and support services

Call the Office for the Aging to save your seat at the session(s) you can attend, at 845-486-2555 during business hours. We cannot accept reservation requests made via voice mail or email.

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, 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 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.

Other news:

Poughkeepsie's Vassar-Warner home is scheduled to reopen in June as [the Vassar Warner Home for the Day](#).

[Here they go again with the scams](#). This time it's criminals impersonating the state Department of Motor Vehicles.

[You may be aging faster if you live in the south](#), and we don't mean Beacon.

The new world's oldest person is [115-year-old Ethel Caterham](#) of Surrey, U.K., after this month's death at age (not quite) 117 of [Sister Inah Canabarro Lucas](#) of Brazil. Ethel is also the last living person born before 1910.

[Being curious may be good for the aging brain](#). That may be why this part of the newsletter sometimes goes off on tangents.

A demanding job can be good for the mind and body. Just ask...[the new Pope](#)?

This week's birthdays:

5/16: Actor [Danny Trejo](#) (81)

5/17: Singer/songwriter/producer [Enya](#) (64)

5/18: Baseball Hall of Famer [Reggie Jackson](#) (79)

5/19: Singer/songwriter/guitarist [Pete Townshend](#) (The Who) (80)

The Who recently announced [their farewell tour](#)

5/20: Singer/songwriter/actress [Cher](#) (79)

5/21: Actor/wrestler [Mr. T](#) (73)

5/22: Songwriter/lyricist [Bernie Taupin](#) (75)

Before going about the rest of your day, please enjoy this Bad Joke:

Did you know that antelopes can jump higher than a two-story building? This comes from their incredibly powerful legs, and the fact that buildings can't jump.