

Dutchess County Office for the Aging's

AGING NEWS

For the week of May 20th

We have a new Facebook page! Keep reading to find out how you can “like” it.

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.

WHO ARE YOU CALLING “OLD”?

Do you feel old?

Sure, there can be aches and pains, the year of birth on your driver's license isn't made up, and maybe you're squinting while reading this article; but there are many compelling reasons why we're called the Office for the *Aging* and not the Office for the *Aged*.

It's because for an increasing number of older adults, 60 isn't anywhere near life's finish line. It's a time to build on existing connections, and to create new

ones.

“Powered By Connection” is the theme for Older Americans Month 2024. It’s an idea already being emphasized by OFA: to raise awareness that connectedness is key to promoting successful aging while fighting off loneliness and social isolation.

BEING ALONE VERSUS BEING LONELY

Many of us enjoy our alone time - ask anyone who likes to get their exercise in the countryside. Social isolation and loneliness are different from simply being alone, in that they’re a state of mind rather than a state of being. It’s a lack of relationships, with little social support or contact. It’s possible to feel socially isolated no matter how many people are around.

That kind of isolation and loneliness can make a person “feel old,” and there’s evidence of physical and emotional harm from it. According to the Centers for Disease Control and Prevention, social isolation increases the risk of dementia by 50%, heart disease by 29%, and stroke by 32%.

The CDC reports that nearly one in four older adults are socially isolated; and for adults 45 and up the loneliness rate is one in three. There’s a slight difference

between social isolation and loneliness, as the CDC explains:

Social isolation is the lack of relationships with others and little to no social support or contact. It is associated with risk even if people don't feel lonely.

Loneliness, on the other hand, is feeling alone or disconnected from others. It is feeling like you do not have meaningful or close relationships or a sense of belonging. It reflects the difference between a person's actual and desired level of connection. This means that even a person with a lot of friends can feel lonely.

TALK IT OUT WITH "FRIENDLY CALLS"

Volunteering in "Friendly Calls" is open to everyone over age 18 who has 20-30 minutes free on any weekday to make a phone call to a participant, once a week for eight weeks. We post upcoming "Friendly Calls" orientation dates at dutchessny.gov/friendlycalls. Would you like to join us? Talk to OFA "Friendly Calls" Outreach Coordinator Linda Edgar at 845-486-2555 or email ledgar@dutchessny.gov. We can also arrange for a group "Friendly Calls" orientation with any civic organization in Dutchess County that has access to a TV and WiFi connection.

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**
- **Monday, June 10th, 3 pm**

You can volunteer from home, or from anywhere your phone gets a good signal. We’ve had more than a few volunteers make their Friendly Call from vacation.

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.

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

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

ofa@dutchessny.gov website: www.dutchessny.gov/aging

DID YOU SEE OFA’S NEW FACEBOOK PAGE?

We just launched it a few days ago.

[It’s right here](#). Click to visit, then like, then share and enjoy. It’ll be an essential source for information to help Dutchess County older adults, their caregivers and families, local seniors’ groups and civic organizations, and younger people who aspire to become older people. Pretty much everybody, really.

D-DAY SQUADRON FLYOVER (Friday 5/17)

You might see something quite unusual in the skies over Dutchess County on Friday the 17th.

2024 marks the 80th anniversary of the D-Day invasion of June 6, 1944; and one of the observances takes places in the skies overhead.

Aircraft involved in the 2024 D-Day Squadron Legacy Tour are scheduled to take off from Oxford Airport near Waterbury, Connecticut on the morning of Friday, May 17th. Their initial flight path will take them over much of Dutchess County.

Here's their (very) tentative local timetable, which depends a lot on weather and the flightworthiness of planes that are over 80 years old:

2:30pm – over FDR Home/Library, Hyde Park

2:35pm – over Poughkeepsie

2:40pm – over West Point

[Click here for much more](#) about the squadron's upcoming transatlantic flight to the UK along the "Blue Spruce" route used by American supply flights during

World War II, via Labrador, Greenland, Iceland and Scotland.

More at www.ddaysquadron.org.

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.

A NIGHT AT THE DRIVE-IN...WITH TICK PREVENTION (This Wednesday!)

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.

MEDICARE 101 AT ADRIANCE LIBRARY (June 5)

Determining what kind of health insurance best meets your needs as you age can be a complex undertaking. Let the trained insurance counselors from OFA's HIICAP (Health Insurance Information, Counseling and Assistance Program) help you. They'll help you get to the best possible place to make decisions that work best for your situation.

If you'd like to know more about how the Medicare website (www.medicare.gov) works, there's a "Medicare 101" session happening at Adriance Memorial Library in the City of Poughkeepsie on Wednesday, June 5th at 9:30 am. Attendees will receive hands-on training with the Medicare website to find information about Medicare Prescription Drug Plans and Medicare Advantage Plans.

Registration is required because seating is limited. [Click here to sign up.](#)

For more information on insurance counseling from OFA, visit www.dutchessny.gov/hiicap. We welcome new HIICAP volunteers.

“REBUILDING TOGETHER” APPLICATION SEASON – JUNE 1 – SEPTEMBER 30

Rebuilding Together Hudson Valley (www.rthudsonvalley.org, 845-454-7310) is accepting applications for the upcoming Rebuilding Day critical home repair and accessibility modification program, provided at no cost to qualified homeowners in Dutchess or Ulster County.

Visit the Rebuilding Together website or call RTHV for more information, email info@rthudsonvalley.org, or stop by their table this summer at any OFA Picnic you’re attending. (www.dutchessny.gov/ofapicnics for the picnic info)

“KNOW YOUR HOUSING AND EVICTION RIGHTS” EVENT IN DOVER PLAINS

(NOTE: RSVP REQUIRED)

Whether you’re a housing provider, a tenant, or an interested member of the community, it’s essential to know the workings of federal, New York State and local regulations on housing and eviction.

Join Legal Services of the Hudson Valley (www.lshv.org) on Wednesday, June 26th from 2:00-3:30 pm for an educational event covering housing and

eviction rights. RSVP is required by June 15th, to Yolanda Ramos at yramos@lshv.org or 845-471-0058.

HOW TO HELP A TURTLE CROSS THE ROAD

Nesting turtles are busiest in the late spring and early summer, and Dutchess County is home to several species including the endangered Blanding's turtle and bog turtle. The existential problem for the turtles is the roads that bisect their habitat, but we can help make their trips a little safer whether we're driving, bicycling, or walking.

Pay particular attention when traveling anywhere near bodies of water. That's where you're most likely to see a turtle making a trip.

According to wildlife biologists, helping one adult female across the road can be a big help for turtle populations – but let's keep our own safety in mind when pulling over to help a turtle.

Some other pointers from turtle experts:

- Safety first! Drivers, if you can't pull over safely, don't pull over.
- Keep a pair of work gloves in your car. Turtles tend to find it startling to find themselves airborne and may empty their bladder – thus the gloves.

- Pick up the turtle by the midsection, hands on both sides and underneath, like you're holding a burger with a lot of toppings. If you prefer, keep an old car floor mat or slab of cardboard in your vehicle, and you can use those to slide the turtle along the ground until the dropoff point is reached.
- The turtle knows which way to go. Get it across the road and when you put it down, point it in the direction it was already headed.
- Snapping turtle? Let it be. It's large enough to be easily seen and avoided by careful drivers, and its neck is long enough that it can swing around and nip you.
- Native turtles are protected by New York State law and cannot be collected without a permit.

More in [this video from the state Department of Environmental Conservation](#).

Other news:

New York State is switching EBT vendors over the weekend, on the morning of Sunday the 19th. [Here's what that means for beneficiaries](#).

(video link) [Got an advance directive?](#) Some useful advice here.

Scientists studying loneliness know a bit more about [its effects on the human brain](#).

This week's birthdays:

5/17: Boxer [Sugar Ray Leonard](#) (68)

5/18: Baseball Hall of Famer [Reggie Jackson](#) (78)

5/19: Singer/songwriter/guitarist [Pete Townshend](#) (79)

5/20: Singer/songwriter/actress [Cher](#) (78)

5/21: Singer/songwriter [Ronald Isley](#) (83)

5/22: Songwriter/lyricist [Bernie Taupin](#) (74)

5/23: Actress/model [Karen Duffy](#) (62)

Now that older adults' older grandkids are home from college, surely they'll give their undivided attention to appreciate this week's Bad Joke:

What has five toes but isn't your foot?

My foot.