

Dutchess County Office for the Aging's

AGING NEWS

For the week of May 26th

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

MAKING SUMMER TRAVEL SENIOR-FRIENDLY

For older adults, travel is different than it used to be. The road map that never folded back up the right way has been replaced by a mobile device. Waiting at toll booths is largely a thing of the past. The kids are grown, so it's unlikely you'll have to threaten them with turning the car around if they keep misbehaving in the back seat. Your car's air conditioner works better than the one in dad's 1972 Oldsmobile did.

But a nod to the realities of aging today is a must for any summer trip for older adults. Some tips:

Research your destination thoroughly. Understand the climate, available medical facilities, and local culture. Book well in advance, especially if you need specific accommodations.

Traveling abroad? Check your health insurance. Find out if your existing policy covers travel outside the U.S. or if you need supplemental travel insurance. Medicare does not cover expenses incurred outside the U.S.

Try to get a checkup before departure. Find out from your doctor if your itinerary warrants additional vaccinations.

Get the medication situation sorted. Carry a list of your medications, allergies, and emergency contacts. Pack your medications in your carry-on bag to avoid losing them.

Mobility issues? If you're traveling by plane, bus or train, your carrier will want to know about your mobility needs. At airports in particular there can be long waits on security lines and long distances to walk.

Dress comfortably. Wear comfortable clothing and shoes. Consider wearing support stockings to prevent swelling on long flights and road trips.

Allow more than enough time when flying. Airlines aren't kidding around when they recommend you get to the airport at least two hours before departure. Apply for TSA PreCheck, Clear, Global Entry, or other available programs to make air travel easier and more convenient.

Don't exhaust yourself. On a cruise, you might be tempted to cram in as many shore excursions as possible...but chances are it'll seriously tire you out. Even a seemingly sedate trip to a museum is a lot of time to spend on

one's feet. Regardless of where you're headed, stay hydrated and listen to your body. Take all the breaks you need.

Bring more than one bank/credit card. You'll be in a rough spot if an ATM eats your only card.

Sticking around Dutchess County still requires preparation. Even a day trip can come with traffic waits, especially if you're headed to a popular festival, concert or fair. It's not unheard-of for some larger events to draw crowds of over 50,000. If you've lived in Dutchess County for a while, this is where you get to show off your knowledge of the back roads that only the locals know!

Speaking of day trips, did you sign up for your OFA Senior Picnic yet? Picnic season begins this week and continues through late August. You can register for the free picnic that serves your community, catch up with friends you haven't seen in a while, and get to know your community a little bit better. Picnic capacity is limited. Find the picnic for your community at

www.dutchessny.gov/ofapicnics, and call OFA during business hours to reserve your seat: 845-486-2555.

TWO "EMPOWERED CAREGIVER SERIES" CLASSES AT OFA LEFT

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 two sessions left on the schedule as of this week.

Topics in the program include:

- 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, 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. Volunteer for the one picnic closest to you, or volunteer for all 12...or any number in between!

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.

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

MEMORIAL DAY WEEKEND ADVISORIES

Many communities in Dutchess County hold Memorial Day observances and parades. [Click here for a listing of observances throughout Dutchess County](#). Remember to adjust travel plans as needed to detour around parade routes.

Law enforcement agencies across Dutchess County will take part in a coordinated enforcement campaign to combat impaired driving over Memorial Day weekend, starting Friday, May 23rd and ending Monday, May 26th. Officers will be out in force to crack down on motorists who jeopardize public safety on our roads.

There is no excuse for impaired driving - if you or a caregiver plans to drink

this holiday weekend, please plan for a safe ride home.

[Click here](#) for a listing of weekend events in Dutchess County.

Other news:

[What could be next](#) for Medicare Advantage plans?

South Korea is aging even more rapidly than the U.S., but it's the U.S. whose workforce is [adapting to aging workers more quickly](#).

Caregivers for people with Alzheimer's disease sometimes resort to [desperate measures](#).

This week's birthdays:

5/23: Former Mets/Yankees manager [Buck Showalter](#) (69)

5/24: Singer/songwriter [Bob Dylan](#) (84)

5/25: Actor/activist/wizard [Ian McKellen](#) (86)

5/26: Singer/songwriter/actor [Lenny Kravitz](#) (61)

5/27: Singer/songwriter [Neil Finn](#) (Crowded House) (67)

5/28: Singer-songwriter [Gladys Knight](#) (81)

5/29: Actress [Annette Bening](#) (67)

Let's wrap up with a Bad Joke!

What's the difference between a rabbit and a plum?

They're both purple except for the rabbit.