

Dutchess County Office for the Aging's

**AGING NEWS**

For the week of May 27<sup>th</sup>

[Click here to see - and like - our new Facebook page!](#)

*Note: the Office for the Aging and OFA Friendship Centers will be closed for Memorial Day on Monday, May 27<sup>th</sup>. OFA Home Delivered Meals clients will receive 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***

The median age of an owner-occupied home in New York State is the nation's highest: 63 years, according to Census Bureau figures. Thousands of older

adults who moved to Dutchess County in the second half of the 20th century are still living in homes they bought new. Now that those homes are showing their age, there's both a maintenance challenge and an opportunity to renovate with an eye toward improved safety and ease of maintenance.

Many local apartment dwellers are in a similar situation. The Census Bureau estimates that 35% of apartment stock is at least 60 years old. Many well-known senior housing developments in Dutchess County are nearing that age; Interfaith Towers and Admiral Halsey in Poughkeepsie opened in the mid-1970s, while Forrestal Heights in Beacon dates to 1966.

We're learning to focus more on our physical and mental fitness as we age; but have we learned to focus on the fitness of our homes as *they* age?

## **A TYPICAL 63-YEAR-OLD HOUSE**

Even a well-cared-for older house will raise some concerns, if certain original features haven't been upgraded, like electric service, galvanized steel pipes, and any use of lead paint or asbestos products. 1960s homes weren't often insulated to modern standards; windows were commonly uninsulated single-pane and often poorly sealed; and there aren't enough electrical plugs in a typical older

house to meet modern demand. We're used to three-prong electrical outlets, but those didn't become standard until 1962. Lead paint was banned in New York State in 1970, several years before the national ban took effect.

Then come the concerns that can affect any home: mold, leaks, settling foundations, and key components like pipes, electrical wiring and roofs reaching the end of their safe lifespans.

Even the handiest home handyman would have their hands full.

## **WHAT TO DO?**

The Office for the Aging can connect income-qualified Dutchess County residents age 60 and up with many local resources. Contact OFA for more information.

Dutchess County Government's Senior Citizen Owner Occupied Repair program aids low and moderate-income senior citizen households, to complete rehabilitation on properties with code violations. For questions regarding this program, contact the Dutchess County Department of Planning and Development at 845-486-3600. Eligible properties can be located anywhere in Dutchess County, except the City of Poughkeepsie which offers a similar program. For information

about the City program, call 845-451-4007.

Starting on June 1<sup>st</sup>, Rebuilding Together Hudson Valley (845-454-7310 or [www.rebuildingtogetherdutchess.org](http://www.rebuildingtogetherdutchess.org)) will accept applications for their upcoming Rebuilding Day critical home repair and accessibility modification program, provided at no cost to income-qualified homeowners in Dutchess or Ulster County.

Applications are accepted through the end of September. Visit the Rebuilding Together website or call RTHV for more information.

***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](mailto:ofa@dutchessny.gov) website: [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)***

## **DUTCHESS COUNTY MEMORIAL DAY CEREMONY**

Dutchess County Executive Sue Serino and Veterans Services Director Adam Roche invite residents to attend Dutchess County's Memorial Day ceremony at the Dutchess County War Memorial on Monday, May 27th, at 11 a.m.

The Dutchess County War Memorial is located at John K. Rinaldi Memorial Park at the intersection of Raymond Avenue (NY 376) and Main Street in the Town of Poughkeepsie.

The annual event gathers residents, veterans, and their families to honor the courageous service members who gave their lives in defense of our nation. The remembrance will include a wreath-laying ceremony, presentation of colors by the Poughkeepsie High School JROTC and remarks from Madison Fletcher, VFW District 2 Commander.

Several Dutchess County communities also host Memorial Day parades and observances, both on Memorial Day itself and over the long weekend. [Here's one listing, from the Poughkeepsie Journal.](#)

## **OFA “FRIENDLY CALLS” ORIENTATIONS**

“Friendly Calls” is the OFA volunteering program that’s made for busy schedules. Participants and volunteers alike have found it most rewarding, and we’d love to have you join us. Start by scheduling your space at a “Friendly Calls” orientation. These usually take place at OFA unless otherwise indicated below. Orientations typically last 40-60 minutes. Pick one from the list below, and

contact OFA at 845-486-2555 or email Friendly Calls program manager Linda Edgar at [ledgar@dutchessny.gov](mailto:ledgar@dutchessny.gov) to set up your orientation:

- **Tuesday, May 28<sup>th</sup>**, 10 am
- **Monday, June 3<sup>rd</sup>**, 10 am
- **Monday, June 10<sup>th</sup>**, 3 pm
- **Thursday, June 20<sup>th</sup>**, 10 am
- **Monday, June 24<sup>th</sup>**, 3 pm

We add orientation dates continually. Check [dutchessny.gov/calendar](http://dutchessny.gov/calendar) for the latest list, and see [dutchessny.gov/friendlycalls](http://dutchessny.gov/friendlycalls) for details on the program.

For other OFA volunteering options, visit [dutchessny.gov/ofavolunteer](http://dutchessny.gov/ofavolunteer).

### **SCAM PREVENTION AT MILLERTON OFA FRIENDSHIP CENTER (Thu 5/30)**

Kim Maercklein with the New York State Division of Consumer Protection will be speaking at the Millerton OFA Friendship Center (28 Century Blvd., the Library Annex) on Thursday, May 30<sup>th</sup> at 11 am, to talk about the latest ways scammers are looking to steal our money. Scammers' tactics evolve, so evolving our scam prevention tactics is essential.

For more information, call the friendship center at 518-789-3081.

## **THE FIRST OFA PICNIC IS BOOKED SOLID**

We always say they fill up quickly...and they do. The May 29<sup>th</sup> picnic for older adults from Amenia, Dover, Pawling or Union Vale and the June 5<sup>th</sup> picnic for older adults from Fishkill is close to capacity as of May 23rd. Other picnics are soon to follow.

If you're thinking about attending the picnic that serves your community, check out the schedule at [dutchessny.gov/ofapicnics](http://dutchessny.gov/ofapicnics), then call us during business hours at 845-486-2555 to reserve your space.

Because seats are in such high demand, if you've made a reservation and it turns out you can't make it, please call us back to cancel. We maintain waiting lists for every picnic, and your cancellation gives another older an adult the opportunity to attend.

Many thanks to Central Hudson, who has joined The Pines at Poughkeepsie as a supporter of all twelve picnics.

## **OUR THANKS TO THE PICNIC VENUE OPERATORS AND THEIR STAFFS**

Welcoming hundreds of people to a facility can be a challenge, even when everything is working well as we aim for at every OFA Summer Picnic. The Office for the Aging would not be able to hold its Summer Picnic program without the hosting capacity and technical support of our host communities and associated organizations. In chronological order:

- Town of Dover and Dover Recreation
- Town of Fishkill and Fishkill Recreation
- Dutchess County Fairgrounds, Rhinebeck
- Church of Regina Coeli, Hyde Park
- Dutchess County Parks / Bowdoin Park
- City of Beacon and Beacon Parks and Recreation
- Pine Plains Central School District
- Town of Wappinger and Wappinger Parks and Recreation
- Arlington Central School District / West Road School, Pleasant Valley
- City of Poughkeepsie and Poughkeepsie Parks and Recreation
- Town of East Fishkill and East Fishkill Recreation
- Town of LaGrange and LaGrange Parks and Recreation



We try to thank everyone who pitches in and every host organization for their help in making the picnics hum...and if you'd like to thank them also, go right ahead!

### **A BRIEF BREAK FOR OFA "SAIL" EXERCISE CLASSES**

The instructor for OFA's "Stay Active and Independent for Life" remote exercise class for older adults is taking a brief break, so the following dates' classes have been cancelled:

**Friday, May 24th**

**Wednesday, May 29th**

**Friday, May 31st**

Classes resume in June. See [www.dutchessny.gov/calendar](http://www.dutchessny.gov/calendar) for class schedules.

### **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](http://www.medicare.gov)) works, there's a "Medicare 101" session happening at Adriaance Memorial Library in the City of Poughkeepsie on Wednesday, June 5<sup>th</sup> 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](http://www.dutchessny.gov/hiicap). We welcome new HIICAP volunteers.

**"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](http://www.lshv.org)) on Wednesday, June 26<sup>th</sup> from 2:00-3:30 pm for an educational event covering housing and eviction rights. RSVP is required by June 15<sup>th</sup>, to Yolanda Ramos at [yramos@lshv.org](mailto:yramos@lshv.org) or 845-471-0058.

#### **Other news:**

If you suspect an older adult is a victim of elder abuse, [here are some tips on the steps that can be taken](#), from the National Institute on Aging.

These patients' brains showed all the signs of Alzheimer's disease...[but with no symptoms?](#)

Is your body [aging faster than it should?](#)

Following up on the top article in this week's newsletter...Home-improvement retailers have noticed that [older homeowners are spending money on aging-in-place improvements](#) – if they have the resources to do so.

Gardening [can most definitely be good for you](#).

Speaking of gardening and all things outdoorsy, here's a state DEC link to [everything you wish you didn't have to know about spongy \(formerly gypsy\) moth caterpillars](#), along with tent caterpillars - which are a different species altogether.

**A Bad Joke? Of course.**

Doctor: Your blood pressure is a little high.

Grandparent: I have four kids, nine grandkids, a broken air conditioner, neighbors who party all night, and I'm teaching my oldest grandchild how to drive.

Doctor: Your blood pressure is a little low.