

Dutchess County Office for the Aging's

AGING NEWS

For the week of May 6th

The first batches of Office for the Aging Summer Picnic reminder cards are currently being mailed to older adults throughout Dutchess County. Residents can generally expect to see a reminder card for their community's picnic between four and six weeks before the picnic.

Below is the 2024 picnic schedule.

May 29 - Town and Village of Pawling, Towns of Dover, Amenia, and Union Vale

Boyce Park, 6420 Route 55, Wingdale

June 5 - Village and Town of Fishkill

Geering Park, Fishkill

June 12 - Towns of Milan, Red Hook and Rhinebeck and Villages of Red Hook, Rhinebeck, and Tivoli

Dutchess County Fairgrounds, 6636 US 9, Rhinebeck

June 18 - Towns of Clinton and Hyde Park, including Staatsburg

Church of Regina Coeli (rear lot), 28 Harvey St., Hyde Park

June 26 - Town of Poughkeepsie

Bowdoin Park, 85 Sheafe Rd., Poughkeepsie

July 10 - City of Beacon

Memorial Park, 298 Fishkill Ave., Beacon

**July 17 - Towns of North East, Pine Plains, Washington and Stanford and Villages
of Millbrook and Millerton**

Stissing Mountain Jr./Sr. High School, 2829 Church St. (Route 199), Pine Plains

July 24 - Town of Wappinger and Village of Wappingers Falls

Recreation Park, 95 Robinson Lane, Wappinger

July 31 - Town of Pleasant Valley

West Road School, 181 West Rd., Pleasant Valley

August 14 - City of Poughkeepsie

Stitzel Field, 10-14 Lincoln Ave., Poughkeepsie

August 21 - Town of East Fishkill

East Fishkill Recreation Park, 330 Route 376

August 28 - Towns of LaGrange and Beekman

Freedom Park, 212 Skidmore Rd., LaGrange

You can also see the picnic schedule at dutchessny.gov/ofapicnics. We've kept the pictures from the 2023 picnic season there as well, to help familiarize those who've never been to a Summer Picnic.

All but one picnic is scheduled for a Wednesday. The June 18th Clinton/Hyde Park picnic is being held on a Tuesday because the Juneteenth national holiday falls on a Wednesday this year.

Every resident of Dutchess County over age 60 can make a reservation for themselves for the free picnic serving their community. Reservations must be made by calling OFA during business hours (9 am – 5 pm weekdays) at 845-486-2555. We cannot accept voice mail or email reservation requests. There is an \$8 per person fee for every non-resident guest, and for any guest age 59 or under, if space is available at the requested picnic.

You needn't receive a reminder card to make a reservation, but you do need to make the reservation. Picnic space is limited; therefore, we cannot accept walk-ins.

Guests enjoy a nutritious lunch and can have their concerns heard by the Office for the Aging, several other Dutchess County Government departments, as well as local government leaders.

We strongly recommend car-pooling to picnics. It makes picnic parking considerably easier for everyone.

Many thanks to The Pines at Poughkeepsie and AccentCare for their support of all 12 picnics.

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

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.

WILL THERE BE MORE PICKLEBALL LESSONS?

Of course!

The introductory pickleball classes we began in the fall of 2023 with Dutchess County Parks have been hugely popular. The classes we're holding this month have been booked solid, and we're planning to add more classes in the late summer and/or fall. Watch this newsletter for details!

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 to set up your orientation:

- **Friday, May 3rd, 3 pm**

- **Monday, May 6th**, 3 pm
- **Thursday, May 9th**, 10 am
- **Tuesday, May 21st**, 10 am
- **Tuesday, May 28th**, 10am

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 Friendly Calls program manager Linda Edgar at 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.

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. Keep reading, and you'll see a link that'll point you to additional local mental health resources.

Other news:

When does “old age” start? How about [10 years older than whatever age you are right now?](#)

[A peek inside the brains of “super-agers”](#) who keep their full cognitive abilities well into their 80's and beyond.

This researcher [has interviewed 100 people about loneliness.](#)

New York State aging services leaders are urging Gov. Hochul [to increase funding for services for older adults.](#) Advocating for yourself is a key part of successful aging – ask us how!

May is [American Stroke Month](#), [Older Americans Month](#), [Lyme Disease Awareness Month](#), [Mediterranean Diet Month](#), [Mental Health Awareness Month](#), and [Military Appreciation Month](#). You'll see more about these topics in upcoming OFA publications, both in May and all year round as needed.

Each one of the links above comes with plenty of excellent information, and...lest we forget, [it's also Zombie Awareness Month](#).

Speaking of zombies, remember this: staying physically active will keep you a step ahead of the zombies, in addition to its many other health benefits. Sign up for an OFA Senior Exercise class today, as a participant, a volunteer instructor, or both. Find out more at dutchessny.gov/seniorexercise, or by calling 845-486-2555 during business hours.

(Zombies are ineligible to participate unless they have notarized proof of having been healed.)

Looking for a fun part-time job in retirement? [Perhaps being Mr. Met suits you.](#)

But you'd better be in solid physical condition.

This week's birthdays:

5/3: Singer/actor [Frankie Valli](#) (90)

5/4: Journalist/commentator [George Will](#) (83)

5/5: Actor/comedian [Michael Palin](#) (81)

5/6: Baseball legend [Willie Mays](#) (93)

5/7: Singer/actress [Thelma Houston](#) (78)

5/8: Singer/songwriter [Philip Bailey](#) (Earth, Wind & Fire) (73)

5/9: Actress/director [Melissa Gilbert](#) (60)

How about a Bad Joke? This one you have to sing to understand.

When you swim in the sea, and an eel bites your knee, that's...a moray.