

Dutchess County Office for the Aging's

AGING NEWS

For the week of November 10th

Note: The Office for the Aging and OFA Friendship Centers are closed in observance of Veterans Day on Tuesday, November 11th.

OLDER ADULT WINTER PREPAREDNESS AND FIRE SAFETY

Ever been out on the roads in the hours before a snowstorm arrives? It can be an adventure, and not the fun kind.

For older adults, being ready for winter includes making sure you're set with safety basics:

Smoke / carbon monoxide (CO) detectors. New York State law requires all new or replacement smoke alarms sold here to be powered by a 10-year, sealed, non-removable battery, or be hardwired to the home. Newer detectors can also be tested without needing to risk a fall by climbing a step stool. Still, if you think your detector might have reached the end of its lifespan, it's going to need changing. Detectors have a date of manufacture printed on the back or side of the unit. If that date reads 2015 or earlier, it's time for a new unit. Find a friend, family member or caregiver to help you with the installation process.

What to do with the old detector?

According to the Dutchess County Division of Solid Waste Management, a photoelectric type detector can be disposed of in regular trash; but if you have an ionization type detector, reach out to the manufacturer for disposal instructions. Contact information is printed on the unit.

A fire extinguisher. When it comes to fire fatalities, adults over age 65 are twice as likely to die - and people over 85 are four times as likely, according to the Consumer Product Safety Commission.

Modern fire extinguishers are designed to be easily operated. Some are specific to rooms where many home fires originate, like the kitchen. Most extinguishers contain between 30 and 60 seconds of firefighting material, according to the New York State Office of General Services.

A first-rate first aid kit. It's rare to find a senior-specific first aid kit at most merchants. You'll want to add items that are specific to the risks that come with being older:

- ice packs, to reduce swelling;
- Ace-type and nonstick gauze bandages for injured limbs;
- over-the-counter pain relievers - and be sure that the type you get is compatible with other medications you may take.

A "File of Life"

OFA has a limited number of "File of Life" packets available. In emergencies, time is of the essence, and a File of Life can help first responders quickly obtain your current medical and contact information, especially if you are unable to communicate.

Contact OFA if you or another Dutchess County older adult needs a File of Life. We cannot mail the File of Life, but they can be picked up during business hours at our main office in Poughkeepsie at 114 Delafield St., or by appointment at an OFA Friendship Center near you.

OFA FRIENDSHIP CENTERS

Beacon - 1 Forrestal Heights, Beacon

845-838-4871

East Fishkill - 890 NY 82, Hopewell Junction

845-226-3605

Millerton - 28 Century Blvd., Millerton

518-789-3081

Pawling - 154 Charles Colman Blvd., Pawling

845-855-9308

Red Hook - 59 Fisk St., Red Hook

845-475-1129

South Amenia - 229 South Amenia Rd., Wassaic

845-373-4305

Tri-Town - 1576 Main St., Pleasant Valley

845-275-8565

UPDATED “SNAP” NEWS AND DUTCHESS FOOD PANTRY LIST

As of Friday, November 7th, when this issue of “Aging News” was delivered, the federal government shutdown had not yet been resolved. [The most recent available list of food pantries in Dutchess County is available here.](#)

Upcoming Dutchess Outreach food distributions at the Family Partnership Center, 29 N. Hamilton Street, Poughkeepsie:

Friday, November 7 — 9–11:30 AM

Monday, November 10 — 9–11:30 AM

Please bring your EBT card and a reusable bag.

If you’re unable to make it to the Family Partnership Center, please check with your local food pantry — food is being distributed countywide.

On Facebook, follow www.facebook.com/DutchessCoGov and www.facebook.com/DutchessCountyOFA for updates.

OFA HOMEBOUND FLU/COVID VACCINATIONS, AVAILABLE THROUGH EARLY DECEMBER

The Office for the Aging's annual Homebound Vaccination program for homebound Dutchess County residents over age 60 is now underway, available until mid-December while supplies last.

Influenza is generally seasonal, but COVID-19 is year-round. Homebound individuals can contact OFA at ofa@dutchessny.gov or **845-486-2555**, and our staff will arrange for in-home vaccinations for COVID-19 and/or influenza.

Other news:

[How Americans are thinking about aging](#) – a new poll out this week from Pew Research.

Good dietary and exercise practices [can help hold off some of the loss of height](#) that happens as we age.

One new study says [maybe aging and inflammation aren't as closely interrelated](#) as we thought.

If you have a loved one you'd describe as "stubborn," here's [some thoughts on that](#).

Stop us if you've read this one before: [there's a new scam](#). If you've been shopping someplace crowded like a busy farmer's market or store where a scammer could get physically close to you and your credit/debit card, you could be vulnerable.

Daylight saving time ended back on November 2nd but are you still dragging a bit? [Here's 8 ways to adjust](#).

This week's birthdays:

11/7: Singer/songwriter [Johnny Rivers](#) (83)

11/8: Author/screenwriter [Kazuo Ishiguro](#) (71)

11/9: Bodybuilder/actor [Lou Ferrigno](#) (74)

11/10: Comedian/actor [Sinbad](#) (69)

11/11: Singer/songwriter/Hudson Valley resident [Marshall Crenshaw](#) (72)

11/12: Actor/playwright [Wallace Shawn](#) (82)

11/13: Actress/comedian [Whoopi Goldberg](#) (70)

A Bad Joke, too!

What do you call a man with a shovel on his head? Doug.

What do you call a man without a shovel on his head? Douglas.