

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of November 17

### **OFA ADDRESSES HOLIDAY LONELINESS**

End-of-year holidays are upon us, bringing with them an expectation of thankfulness and togetherness; but for many of us, the expectation and the reality don't match up. OFA understands this through experience, and can offer an antidote to "the blahs" that works all year round: our "Friendly Calls" program.

"Friendly Calls" addresses social isolation and loneliness among older adults in Dutchess County with regularly scheduled calls from a caring, screened OFA volunteer. Our volunteers check in with participants for engaging conversations, once a week for eight weeks, with each call lasting between 20 and 30 minutes. If you've been thinking about volunteering but don't want to

overcommit yourself, "Friendly Calls" is an excellent option. Volunteers can connect with participants from home, on vacation, and anywhere their phone gets a good signal.

For volunteers and participants alike, it's a great way to speak to new people and get to know others. "Friendly Calls," since its inception, has paired hundreds of participants and volunteer callers, with feedback being overwhelmingly positive. Whether you'd like to join as a participant or a volunteer, get involved today by contacting "Friendly Calls" program manager Linda Edgar at 845-486-2548 or [ledgar@dutchessny.gov](mailto:ledgar@dutchessny.gov) to get started.

## **AN AGING-FRIENDLY HOLIDAY RECIPE COMPILATION**

OFA's monthly *Nutrition News* has included plenty of aging-friendly, healthy, large print recipes over the years. If you're a client of our Home Delivered Meals or Friendship Center programs, or a Dutchess Delivery email subscriber, you already receive *Nutrition News*. Now that we're getting into the time of year where our kitchens get the most use, wouldn't it be great to have those recipes handy?

You don't have to look through any back issues or old emails for the recipes, though. We did that for you, and have compiled the best of our healthy cold-weather and holiday season recipes. One is in this newsletter; the others are at **[dutchessny.gov/ofanutrition](http://dutchessny.gov/ofanutrition)**.

### **Naturally Sweet Cranberry Sauce**

*Makes about 2 1/4 cups*

#### *Ingredients*

*1 12-oz bag cranberries (approx. 4 cups)*

*1/2 cup unsweetened applesauce*

*1 cup orange juice*

*1/3 cup agave syrup*

*1 cinnamon stick (or 1/2 teaspoon ground)*

*1/2 teaspoon allspice*

*1/4 teaspoon nutmeg*

### *Directions*

1. Add cranberries, applesauce, orange juice and agave to a medium saucepan. Bring to a boil over medium heat.
2. Reduce to simmer and add cinnamon, allspice and nutmeg.
3. Let simmer for approximately 10-12 minutes or until most of the cranberries have burst.
4. Remove from heat and allow to cool completely.

### **OFA HOLIDAY SCHEDULE**

Making plans for end-of-year holidays? Here's the OFA holiday schedule:

**Thursday, November 27th** (Thanksgiving Day)

OFA office and Friendship Centers closed

**Friday, November 28th**

OFA office open; Friendship Centers closed

**Thursday, December 25th** (Christmas Day)

OFA office and Friendship Centers closed

**Friday, December 26th**

OFA office open; Friendship Centers closed

**Thursday, January 1st, 2026** (New Year's Day)

OFA office and Friendship Centers closed

**Friday, January 2nd**

Return to regular operating schedules

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**WATCH YOUR EMAIL ON MONDAY (November 17)**

That's all we're saying for now.

**OFA HOMEBOUND FLU/COVID VACCINATIONS, STILL AVAILABLE**

The Office for the Aging's annual Homebound Vaccination program for homebound Dutchess County residents over age 60 is now underway, but only 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](mailto:ofa@dutchessny.gov)** or **845-486-2555**, and our staff will arrange for in-home vaccinations for COVID-19 and/or influenza.

**Other news:**

[Tips on successful aging from Dick Van Dyke](#) as he prepares to turn 100 in December.

Regular and bowhunting deer hunting seasons begin in Dutchess County and the Southern Zone of New York State, 30 minutes before sunrise on Saturday, November 15<sup>th</sup>. [Full summary for all New York State hunting seasons here.](#)

A new scam? Again? [AI-generated real estate listings](#), according to New York State officials.

**This week's birthdays:**

11/14: US astronaut [Fred Haise](#) (93)

11/15: Singer/songwriter/actress [Petula Clark](#) (93)

11/16: Former Mets/Yankees pitcher [Dwight Gooden](#) (61)

11/17: Director/producer/screenwriter [Martin Scorsese](#) (83)

11/18: Author/poet [Margaret Atwood](#) (86)

11/19: Talk show host/actor [Dick Cavett](#) (89)

11/20: Novelist [Don DeLillo](#) (89)

**Just for you (and our other Aging News subscribers), a Bad Joke!**

I used to love playing with my time machine when I was older.