

Dutchess County Office for the Aging's

AGING NEWS

For the week of November 18

If you're reading this at home, chances are you're *not* one of the snowbirds who heads to points south for the winter. Not everybody is so fortunate as to experience all four seasons in Dutchess County. Or strong, for that matter!

Whenever the snow flies, the ideal place for you to be is home, fully stocked up on necessities. Take it from OFA's Home Delivered Meals (HDM) drivers, who bring shelf-stable meals to homebound HDM clients in addition to regular meals, in case a future delivery is snowed out: The hours before a predicted snow can be frantic on the roads of Dutchess County. Being prepared means you and your caregivers don't have to be part of that. You stocked up on batteries, ice-melter, an extra set of...

Uh-oh. Did I forget something?

We've all been there. That's why there's a Winter Checklist in this week's column, so that you can better prepare for winter weather when it's *not* messy outside and breathe easy when others are worriedly looking for the last shovels at the store.

Before it snows...

Fresh batteries, and charger cables for mobile devices

Canned goods, especially easy to prepare items like soups and stews

Contact information for neighbors, friends, and family

Disposable dishware

First aid kit

Flashlight

Ice melter / rock salt

Pet food

Portable AM/FM/weather radio

Snow shovels

Winter clothing - boots, gloves/mittens, hats, thermal clothing

Have these, especially if the power might go out:

Battery-powered lantern (NOT CANDLES)

Board games

Books

Coffee and tea, and maybe hot cocoa

A deck of cards

Food and water for pets

Fresh water, at least one gallon per person per day of anticipated outage

Manual can opener

Your medications, enough to last through the storm and outage

Non-perishable high energy food - crackers, fruit bars, nuts (long as you're not allergic)

Shelf-stable snacks like dried fruit and nuts

Paper towels and toilet paper

If your water needs an electric pump to flow, make sure to fill a bathtub and/or buckets you're able to lift, so that you have water to refill toilets.

You can find a printable checklist at **dutchessny.gov/ofawinter**

How will I know if there's been a weather-related cancellation?

Not every radio station broadcasts lists of snow closings, but we provide information to those that do. We also post cancellation information at

[facebook.com/DutchessCountyOFA](https://www.facebook.com/DutchessCountyOFA), and share it with the OFA email list.

To subscribe for cancellations and regular weekly newsletters, email

ofa@dutchessny.gov.

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

Social media: www.facebook.com/DutchessCountyOFA

“RAT PACK” HOLIDAY SHOW ALMOST FULLY BOOKED!

As of 9:00 am Friday morning (11/15), only a few seats were still available for OFA’s free “Holiday Swing” concert featuring the festive holiday sounds of Frank Sinatra, Dean Martin and Sammy Davis, Jr., as interpreted by members of the Tony T Orchestra.

Registration is required for this event, which takes place on Wednesday, December 4th at 1:30 pm at the Grandview in Poughkeepsie (176 Rinaldi Blvd.). It’s open to Dutchess County adults over age 60. To register, call 845-486-2555 during business hours. In the event of the show being fully booked, a few waiting list spots will be available. We cannot take reservations via voice mail, email or text message.

Already made your reservation, but now you can’t go? Please reach out to us, and free up your seat(s) for others.

OFA HOMEBOUND VACCINATION PROGRAM NOW OPEN

Are you a homebound older Dutchess County resident, or the caregiver for one?

If the homebound individual in question is unable to get a COVID booster and/or influenza vaccine due to their condition, OFA can help. Our staff can arrange for in-home vaccinations, while supplies last, through Friday, January 31st, 2025.

Contact OFA during business hours at 845-486-2555 or ofa@dutchessny.gov to find out more.

OFA “HIICAP” COUNSELING SESSIONS ARE FULLY BOOKED, BUT...

With the end of Medicare’s annual Open Enrollment period coming up on December 7th, are you still undecided or baffled by the insurance choices you may need to make for 2025?

While individual counseling appointments with local OFA counselors are booked through December 7th, OFA can still connect you with a counselor from the New York State Health Insurance Information, Counseling and

Assistance Program (HIICAP). Reach out to OFA during business hours at 845-486-2555 or ofa@dutchessny.gov for details.

OFA “NAVIGATING MEDICARE” CLASSES FOR OPEN ENROLLMENT

SEASON

The Office for the Aging has scheduled additional “Navigating Medicare” classes for open enrollment season at the Poughkeepsie Galleria Community Room (2001 South Rd., Poughkeepsie), Adriance Library in Poughkeepsie (93 Market St.) and Starr Library in Rhinebeck (68 W. Market St.).

Here’s what’s on the fall schedule so far, along with how to call and register for a class:

11/20/24, 10am	Poughkeepsie Galleria (Community Room)	Call OFA
11/25/24, 4pm	Starr Library	Call OFA
12/4/24, 3pm	Adriance Library	845-485-3445 x3380
12/4/24, 10am	Starr Library	Call OFA

Medicare open enrollment closes on December 7th

12/18/24, 10am

Poughkeepsie Galleria (Community Room)

Call OFA

For the most up-to-date calendar listings, visit

www.dutchessny.gov/calendar. We also hold Navigating Medicare classes

year-round, on the third Wednesday of every month at the Galleria, and on the

fourth Monday of the month at Starr Library.

NEXT YEAR'S TAX SEASON VOLUNTEERS SOUGHT

Hudson Valley CA\$H Coalition and AARP Tax-Aide provide free tax preparation to low-to-moderate income residents. Volunteers are needed to continue to provide this support. Tax Counselor and other volunteer roles are available. Free training is provided this fall and in the early winter of 2024-25.

For more information or to volunteer, contact Linda Eddy at 845.475.7500 or ledy@dutchesscap.org.

Other news:

Worried about local air quality due to the drought-driven wildfires taking place throughout the state? [Here's a real-time air quality map.](#)

[The latest data on dementia-related deaths in the US](#) between 2018 and 2022.

Aging [can affect how you sleep.](#)

One more reason to [avoid ultraprocessed foods](#)...but on the upside, improved diet [can help turn back the clock a bit.](#)

This week's birthdays:

11/15: Fashion designer [Jimmy Choo](#) (76)

11/16: NASCAR driver [Terry Labonte](#) (68)

11/17: Director/producer/screenwriter [Martin Scorsese](#) (82)

11/18: Author/poet [Margaret Atwood](#) (85)

11/19: Talk show host/actor [Dick Cavett](#) (88)

11/20: Novelist [Don DeLillo](#) (88)

11/21: NBA Hall of Famer [Earl “The Pearl” Monroe](#) (80)

And a Bad Joke...and you really should be saving these up to share at

Thanksgiving. Back issues with YEARS of Bad Jokes are available at

dutchessny.gov/agingnews:

Lots of people cry when they chop onions - and while there are tips and tricks

to avoid this, the key is not to form an emotional bond to begin with.