

Dutchess County Office for the Aging's

AGING NEWS

For the week of November 25

Thanksgiving week schedule:

Thanksgiving Day – Thursday, November 28th

OFA offices and Friendship Centers closed

“Black Friday” – Friday, November 29th

OFA offices OPEN on our regular schedule; Friendship Centers closed

NOVEMBER IS NATIONAL FAMILY CAREGIVER SUPPORT MONTH

The Office for the Aging often experiences an increase in calls from concerned caregivers this time of year. Thanksgiving is a time for family gatherings; and when family members can't visit in person for long amounts of time, a decline in an older adult's mental or physical capacity is often most noticeable.

Sometimes it's called "the uh-oh moment."

If you or your family members or caregivers haven't experienced an uh-oh moment yet, it's a relief; nonetheless, we can all take action to reduce the likelihood of experiencing one:

1. It's not just "having the talk"

It's regular talks, early and often. We drive home these messages repeatedly:

Have a plan.

Make your wishes known.

And when it comes to OFA? *Get to know us before you need us.*

Putting off the conversations is an unwise risk. It's easier to talk things over when concerns are in the future rather than the here-and-now. Talk regularly, because we never know when wishes or health situations will change.

2. Do your homework and respect the history

A few awkward moments during Thanksgiving dinner aren't enough information for a caregiver to act on.

Older adults are understandably sensitive about the perception that they may be asked to relinquish independence. Many have been the head of a household for decades and are accustomed to being the key decision-makers. If a caregiver plans to suggest a potentially life-altering change for their loved one, considerable observation is needed. Some examples: Before having a conversation about an older person's driving, there's no substitute for doing some ride-alongs with the older driver.

And then, have alternatives prepared. That's where a conversation with OFA can help caregivers, on topics like help at home, transportation, housing and more - and how it could be paid for.

3. You're On The Same Team

It's not the caregiver versus the older person; it's the caregiver *and* the older person, together, addressing the concerns that come with aging. OFA's goals are the same as yours: to have all our older adults living with the most independence possible for as long as possible.

Phrases That Work

"I want to help you with..."

"I'm wondering about..."

"I'd like to support you in..."

"May I ask the Office for the Aging about..."

And A Phrase That Will Likely Fall Flat

"You have to..."

Listen with compassion. Rephrase what they have said, so that both caregiver and older adults are more likely to be on the same page.

The topics are not easy to deal with, and nobody ever said they would be. *OFA can help.*

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

“LESSONS FROM THE PAST” RESCHEDULED (Monday 12/2, 2 pm)

(This event was rescheduled from July 16th to Monday, December 2nd at 2:00 pm. Those who reserved seats for the postponed July date have been advised of the rescheduled event date.)

One of our very own Dutchess County older adults survived Soviet occupation as a child in 1940s and 1950's eastern Europe, and will share her stories of survival on Monday, December 2nd at 2 pm, at our Poughkeepsie Friendship Center. She has not forgotten the sounds, sights, and emotions felt during the occupation, and invites you to take a trip back in time to hear how her perseverance and strong will saved her life.

Seating is *extremely* limited; please RSVP by calling 845-486-2555 during business hours. OFA cannot accept reservation requests made by voice mail, email, or text message.

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.

“FRIENDLY CALLS” – UPCOMING ORIENTATIONS

If you’re exploring how to volunteer this holiday season, OFA has an opportunity that extends through the holiday season and beyond, that still fits into busy schedules wherever you may be: our “Friendly Calls” program.

Upcoming “Friendly Calls” orientations are scheduled as follows:

Tuesday 12/3, 10:00am

Monday, 12/9, 1:30pm

Tuesday 12/17, 10:00am

Monday 12/30, 1:30pm

To schedule your orientation – they last about an hour – here at our Poughkeepsie office, call 845-486-2555 during business hours, or email ledgar@dutchessny.gov.

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.). There are three classes left on the schedule before Open Enrollment ends on December 7th.

Here’s the schedule, along with how to call and register for a class:

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.

While individual counseling appointments with local OFA health insurance 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.

WINTER WEATHER CANCELLATION INFO

If you need to find out if OFA Friendship Centers and/or other activities have been postponed by winter weather, check

www.facebook.com/DutchessCoGov and

www.facebook.com/DutchessCountyOFA.

We send cancellation information to area radio stations and media, but not all radio stations provide on-air cancellation info.

Other news:

A new Cornell study indicates that New York State's population is in for [a long-term decline adding up to about three million](#).

After a dementia diagnosis...[then what?](#)

What can a British warship that sank in 1545 tell us about aging? [Plenty](#), as it turns out.

[75 years on the job](#), and still driving a pickup truck at age 94.

You know which singer still sounds fantastic at age 78? [Al Green](#).

This week's birthdays:

11/22: Director/actor [Terry Gilliam](#) (Monty Python) (84)

11/23: Singer/songwriter/pianist [Bruce Hornsby](#) (70)

11/24: Drummer/songwriter [Pete Best](#) (The Beatles, for a little while) (83)

11/25: Singer/songwriter [Amy Grant](#) (64)

11/26: Comedian/impressionist [Rich Little](#) (86)

11/27: Science guy [Bill Nye](#) (69)

11/28: Motown Records founder [Berry Gordy, Jr.](#) (95)

As we gather for Thanksgiving, bring a Bad Joke or two or three to the table!

What goes down but doesn't come back up? A yo.

Why do birds fly south for the winter? Because walking takes too long.

Shout out to all the people who don't know the opposite of "in."