Dutchess County Office for the Aging's

AGING NEWS

For the week of November 9

Note: the Office for the Aging and all OFA Friendship Centers are closed on Wednesday, November 11th, in observance of the national Veterans Day holiday.

OFA's November 11th "Navigating Medicare" class at Starr Library in Rhinebeck is on as scheduled since the library will be open. Call OFA at 845-486-2555 before 4:30pm Tuesday, November 10th to sign up. For a look at all OFA classes and events, visit www.dutchessny.gov/calendar .

As They Say in Sweden…

Det finns inget dåligt väder, bara dåliga kläde

That's Swedish for "*there's no such thing as bad weather - only bad clothes."*

Being ready for whatever winter throws at us is an essential in Dutchess County, especially for older adults, who are more likely to be affected by cold, snow, and ice. Many medications affect the body's ability to regulate its temperature, and older adults tend to lose body heat more quickly.

These are factors you can anticipate with your choice of winter clothing. And are we not the generation that walked uphill to school, both ways, in blizzards, and liked it?

Preparation now will go a long way toward a winter with more time to enjoy the winter scenery, and less time worrying that you'll take a spill on an icy driveway or sidewalk.

Prepare While You're Still Indoors

There's no need to hurry to your destination, not this time of year. Wait until the roads are clear before venturing outside; and, if possible, bring a

companion with you. When you do head outside, be sure you put on warm socks, a heavy coat, a warm hat, gloves and a scarf, taking extra precaution to cover exposed skin as the temperature drops. Be sure you're wearing shoes with good traction and non-skid soles. If you've got a cane, replace the tip if it's worn out.

Another indoor precaution against winter weather is to be ready for power outages. Step one: fresh batteries for your flashlights and radios, and a battery backup for your home computer if you use one. Keep your mobile devices charged, too.

Extended outages could spoil frozen and refrigerated food, so have enough non-perishable goods ready. Have plenty of warm blankets handy, and you'll need the aforementioned warm clothing if the power outage also knocks out your heat.

Diet Can Keep You Cozy

You might not immediately think of diet as a way to keep warm in the winter, but it's important to vary what you eat in the winter when there are often fewer food choices available. Nutritional deficits can become a problem in the winter months, so ask your physician and/or nutritionist if you'll need anything to keep your vitamin D levels where they should be.

Beyond this, the most important tip we can offer to get you through a Hudson Valley winter is to ask for help if you need it, especially when it comes to clearing snow and ice away from your property and any places you frequently walk.

Visit **dutchessny.gov/winterchecklist** for a printable, easy-to-follow list of preparation tips.

Stay in touch with friends, neighbors and family so that they can help – after all, we'll all be going through this winter together.

Remember the OFA Penguin

Penguins are well-known for being nimble on icy surfaces, and we could learn a few things from them:

Concentrate on balance

Walk with hands at your sides, not in pockets

Walk flat-footed

Check out **dutchessny.gov/penguin** for a handy diagram.

Annual "Support Our Seniors" Begins November 9th

It can be challenging for older adults to gather with family and friends over the holidays, especially for those who are homebound and low-income. That's why Dutchess County Executive Sue Serino and the Office for the Aging are bringing back the "Support Our Seniors" giving program that made its debut in 2025.

We're looking for donations of new, unwrapped gifts:

- non-slip socks
- blankets and throws
- gloves and mittens
- Sudoku, word-search and crossword books
- Puzzles
- Slippers
- Scarves

Gifts can be dropped off until Monday, December 14th, at the OFA main office at 114 Delafield St. in Poughkeepsie, weekdays from 9:00am-4:30pm. There'll be a donation box in the lobby. Gifts can also be dropped off until December 14th at any OFA Friendship Center. Operating dates and hours are listed below:

Beacon

1 Forrestal Heights

Mon-Fri, 10a-2p

East Fishkill

East Fishkill Community Center, 890 NY 82, Hopewell Junction

Mon-Fri, 10a-2p

Millerton

NorthEast-Millerton Library Annex

28 Century Blvd., Millerton

Mon-Thu, 10a-2p

Pawling

Town Hall Annex, 154 Charles Colman Blvd. (lower level)

Tue-Thu, 10a-2p

Red Hook

59 Fisk St. (Red Hook Community Center)

Mon-Fri, 10a-2p

South Amenia

First Presbyterian Church, 229 South Amenia Rd., Wassaic

Mon-Thu, 10a-2p

Tri-Town

First Presbyterian Church, 1576 Main St., (US 44), Pleasant Valley

Mon-Thu, 10a-2p

For additional information, email ofa@dutchessny.gov or call 845-486-2555.

AARP/OFA Caregiving Workshop

AARP New York, the Office for the Aging, and Dutchess County Executive Sue Serino present a Caregiving Workshop on Thursday, November 12th at 10:30am, at the East Fishkill OFA Friendship Center, 890 NY 82, Hopewell Junction. Use this link to sign up, or call AARP at 518-447-6711.

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We're offering a presentation on the Importance of Physical Activity on Wednesday, November 18th at 2:00 pm at Stanford Free Library, 6035 NY 82 in Stanfordville. Contact the library at 845-868-1341 to register; or use the calendar feature at www.stanfordlibrary.org to register online.

More OFA Events Near You

To register for any of the events below, contact OFA during business hours at 845-486-2555 unless a different contact method is indicated.

November:

(Monday) 9th – Navigating Medicare, Adriance Library, 93 Market St., Poughkeepsie (parking on Noxon St.) – 845-485-3445 x3380

(Tuesday) 10th – OFA Mobile Office Hours, Clinton Library, 1215 Centre Rd., Rhinebeck, 10a – 2p

(Wednesday) 11th – Navigating Medicare, Starr Library, Rhinebeck, 4pm (NOTE: OFA is closed for Veterans Day on the 11th but the library is OPEN)

See www.dutchessny.gov/calendar for the full (and growing) list of all Dutchess County Government and OFA events.

"Mix and Mingle" Recap

Looking for highlights from this past Thursday's OFA "Mix and Mingle" event in Rhinebeck? Check the OFA Facebook page.

Other news:

How a fake "Amazon" scam call can steal your money by changing into a government-impersonation scam.

Extra weight could be aging your brain, and faster than you think.

The US needs more aging-ready homes.

Caring for aging family members is becoming even more expensive for caregivers.

Combining cognitive challenge with social interaction is showing promise.

This week's birthdays:

11/7: Singer/songwriter Johnny Rivers (84)

11/8: Chef/TV personality Gordon Ramsay (60)

11/9: Bodybuilder/actor Lou Ferrigno (75)

11/10: Comedian/actor Sinbad (70)

11/11: Singer/songwriter/Hudson Valley resident Marshall Crenshaw (73)

11/12: Actor/playwright Wallace Shawn (83)

11/13: Jets quarterback Vinny Testaverde (63)

This week's Bad Joke is one we're borrowing from Johnny Carson.

CARSON: Gosh, it was rainy today.

AUDIENCE: How rainy was it?

CARSON: Well, my roof was leaking, and I finished the same bowl of soup three times.