

Dutchess County Office for the Aging's

AGING NEWS

For the week of October 12th

Note: the Office for the Aging and OFA Friendship Centers are closed on Monday, October 12th, in observance of the national Columbus Day holiday.

Dutchess County Government offices are also closed, and there will be no Public Transit service. Regular schedules resume Tuesday, October 13th.

This week, we're learning a fun new word: **Murmuration**

It applies specifically to the ever-changing patterns in the sky made by huge flocks of starlings. In smaller groups, starlings are a pest. They monopolize bird feeders, make messes on cars and porches, and behave like the invasive species they are.

But in flocks of thousands, starlings form murmurations. Around here, it happens most often when starlings migrate in the late summer and fall. A murmuration is how starlings dodge and confuse a nearby predator, usually a bird of prey. Ornithologists recently determined how so many starlings can

move seemingly in unison but at random, without crashing into each other.

They found that each starling communicates changes in movement instantaneously with seven nearby starlings, and from there with every other starling in the flock.

This is where we aging humans come in.

If you've ever played a game of "telephone" you know that information passed along a line of people can become a mess after just a few pass-alongs.

Starlings don't seem to have this problem. Still, humans and starlings are both highly social species, both using the concept of strength in numbers to thrive.

Find Your "Nearby Starlings"

As you read each OFA newsletter, note what you're learning from it, and share it with friends, family, and caregivers. Pick seven, like the starlings do. If they each share your new knowledge with seven others, that's 49 more people who now know something about OFA that they didn't know before. Another round of sharing gets us to 343 people who are now more well-informed about OFA's

services. Theoretically, all 80,000 of Dutchess County's older adults could be covered in just three more rounds of sharing.

Even in an era with dizzying communication options, word-of-mouth remains a preferred option for older adults. And if the message gets muddled along the way, simply reaching out to OFA can help clarify things.

Since we're on the topic of starlings and it's getting close to bird-feeding season, here's a tip from birding enthusiasts: If you're trying to keep starlings away from your feeders, along with other "bully birds" like grackles, then safflower seed is a good choice.

OFA Senior Prom Registration Now Closed

Over 420 Dutchess County older adults will join us at our annual Senior Prom on Monday, October 19th.

Couldn't make it this year? Keep reading to find out about more great OFA events...

Fall 2026 THRIVE60+ Now Available

[Read the latest issue here](#). For our readers who prefer the print version of THRIVE60+, we'll distribute those later this month to public libraries throughout Dutchess County, as well as to those on our postal mailing list.

If you're a print subscriber who needs to change your mailing address, switch to the emailed version, or cancel your subscription, reach out to bjones@dutchessny.gov or call 845-486-2555.

The latest issue of our annual Medicare Spotlight is also available, at dutchessny.gov/medicarespotlight.

“Mix and Mingle” Registration Now Open (Thu 11/5)

OFA is partnering with County Executive Sue Serino to offer another “Mix & Mingle” event, time time bringing the fun to northern Dutchess County! Since the first “Mix and Mingle” event in May was such a hit, we're hosting a fall edition at the Pavilion at Brookmeade in Rhinebeck (34 Brookmeade Dr.).

Join us for autumnal mocktails, games, and - of course - mingling. This event is for Dutchess County residents 60+, so please register today by calling us at 845-486-2555 during business hours.

Citizens Preparedness Training (Mon 11/9)

Dutchess County Department of Emergency Response, Medical Reserve Corps of Dutchess County, Dutchess County Office for the Aging and the Town of Fishkill invite Dutchess County residents over age 60 (and their caregivers) to participate in

Citizens Preparedness Training

Monday, November 9th

1:00pm Doors Open

1:30pm Program Begins

Fishkill Town Recreation Department

793 NY 52, Fishkill

- Acquire the tools and resources to better prepare for any type of disaster;
- Learn how to respond accordingly in a disaster, and recover as quickly as possible to pre-disaster conditions;

Each household will receive a free Citizens Preparedness Starter Kit. The event is FREE and open to the public, but space is limited. Preparedness kits are limited to one per household, while supplies last.

Please register in advance by calling the Office for the Aging during business hours: 845-486-2555

“Friendly Calls” Orientations – New Dates Added

Interested in becoming an OFA “Friendly Calls” volunteer caller? We have a volunteer orientation opportunity available at the OFA main office at 114 Delafield St. in Poughkeepsie:

(NEW) Wednesday, October 14th – 12 noon

Monday, October 26th – 10am

(NEW) Monday, November 9th or 16th – 10am

To reserve your seat, call OFA during business hours at 845-486-2555.

More Upcoming OFA Events

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

October:

(Wednesday) 14th – Navigating Medicare, Starr Library, Rhinebeck, 4 pm

(Thursday) 15th – Navigating Medicare, Boardman Road Library, 141 Boardman Rd., Poughkeepsie (call 845-485-3440 x3380, 9:30am

(Thursday) 15th – at Affordability Fair, Poughkeepsie Town Hall, 244 Boardman Rd., 5-7pm (Registration not needed)

(Tuesday) 20th – OFA Mobile Office Hours, Admiral Halsey Senior Village, 135 Main St., Poughkeepsie, 1-3 pm

(Wednesday) 21st – Navigating Medicare, Poughkeepsie Galleria Community Room, 10 am

(Wednesday) 21st – Navigating Medicare, Stanford Free Library (6035 NY 82, Stanfordville), 2pm – call the library at 845-868-1341

(Thursday) 22nd – OFA Mobile Office Hours, Beacon OFA Friendship Center, 1 Forrestal Heights, 9:30a-noon

(Thursday) 22nd – OFA Mobile Office Hours, Wappingers Town Hall, 1-4p

(Friday) 23rd – Navigating Medicare, Millbrook Library (3 Friendly Ln.),
3:00pm (845-677-3611)

(Monday) 26th – OFA Mobile Office Hours, East Fishkill OFA Friendship
Center, 890 NY 82, Hopewell Junction, 9-11 am

(Thursday) 29th – OFA Mobile Office Hours, Amenia Library, 3309 NY
343, Amenia, 12-3 pm

November:

(Monday) 9th – Navigating Medicare, Adriaance 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)

(Thursday) 12th – Caregiving Workshop, with AARP New York and
Dutchess County Executive Sue Serino, East Fishkill OFA Friendship Center,
890 NY 82, Hopewell Junction, 10:30am. [Use this link to sign up](#), or call AARP
at 518-447-6711.

See www.dutchessny.gov/calendar for a full listing of all Dutchess County Government events.

Other news:

A possible bonus from weight loss drugs: [slower aging?](#)

[Tips for iPhone and Android users on stopping spam calls.](#)

He's 100 and [still in a bowling league.](#)

Let's check in with the world's oldest land animal, Jonathan the tortoise, who [just turned 194 and appears to be aging even more slowly.](#)

We're close to peak fall foliage, so here are [some road trip recommendations](#) from Hudson Valley magazine.

And if you're feeling more adventurous, may we recommend a few other

Dutchess County routes:

- River Road (DC 103) from Bard College in Annandale-on-Hudson to Rhinecliff;
- Smithfield Valley Road (DC 83) from Pine Plains to Amenia;
- Hunns Lake Road (DC 65) from Stanfordville/Bangall to DC 83;
- Beekman/Clove Valley/Clove/N. Clove Road (DC 9) from the Taconic Parkway to Verbank;
- Bruzgul/Wingdale Mountain Road (DC 21) from Route 55 in Union Vale to Wingdale;
- Turkey Hill Road (DC 56) from Jackson Corners to Upper Red Hook.

But keep your eyes on the road, no matter how pretty it is out there!

This week's birthdays:

10/10: Singer/songwriter [David Lee Roth](#) (72)

10/11: Singer/songwriter [Daryl Hall](#) (80)

10/12: Yankees shortstop/sportscaster [Tony Kubek](#) (91)

10/13: Singer/actress [Marie Osmond](#) (67)

10/14: Former Yankess manager/catcher [Joe Girardi](#) (62)

10/15: Chef/author [Emeril Lagasse](#) (67)

10/16: Actor/director/screenwriter [Tim Robbins](#) (68)

And the Bad Joke:

Q: What do you call an international traveler that always stays in a corner?

A: A stamp.