

Dutchess County Office for the Aging's

AGING NEWS

For the week of October 26

[OFA Senior Prom highlights can be found here.](#) Many thanks to [The Pines at Poughkeepsie](#) for their support of the prom, especially through the music of the [Bob Martinson Band](#). Congratulations to Almorindo and Linda, our Duke and Duchess of the prom; and to Muriel and Claudette, our first two “Belles of the Ball.” That’s a feature we’re bringing back in 2027.

The tentative date for the 2027 Senior Prom is Monday, October 18th; the prom’s theme will be “A Pirate’s Life for Me.” We hope you arrrrrrre able to be there!

OFA Stays Busy in November

The Office for the Aging is partnering with County Executive Sue Serino to offer another “Mix & Mingle” event, this 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.) on Thursday, November 5th at 2:00pm.

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.

Additionally, the 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 a free Citizens Preparedness Training event on Monday, November 9th at 1:30pm, at Fishkill Town Recreation Department, 793 NY 52 in Fishkill.

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

Participants can acquire 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. Preparedness kits are limited to one per household, while supplies last.

OFA's regularly scheduled monthly "Navigating Medicare" classes are also taking place in November:

- Wednesday, November 11th, 4:00 pm at Starr Library in Rhinebeck (68 West Market St.)
- Wednesday, November 18th, 10:00 am at the Poughkeepsie Galleria Community Room (2001 South Rd.)

Call OFA during business hours at 845-486-2555 to register for either class.

And we're not through! We're also 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.

OFA November Holiday Hours

The Office for the Aging and Dutchess County Government offices are closed on the following weekdays in November:

- Tuesday, November 3rd – Election Day (New York State public holiday). State and local government offices are also closed.
- Wednesday, November 11th – Veterans Day (national holiday)
- Thursday, November 26th – Thanksgiving Day (national holiday)

OFA Friendship Centers are also closed on Friday, November 27th; but the OFA main office in Poughkeepsie will be OPEN that day.

Clients of OFA's Home Delivered Meals program receive shelf-stable meals in advance of each holiday, along with November 27th. For more about Home Delivered Meals, visit www.dutchessny.gov/ofanutrition.

Halloween – The Unofficial Start of Connectedness Season

Halloween falls on a Saturday night this year; and if the weather's okay, it'll be a night where many people spend more time meeting up with both neighbors and newcomers than they otherwise might.

Many - but not all.

Those who live far from populated areas might not see any trick-or-treaters. Conversely, urban and suburban areas with heavy car traffic also tend to see fewer trick-or-treaters. It can be much the same scenario in apartment and condominium buildings that don't host trick-or-treaters in a lobby.

Still, this time of year presents an opportunity to keep human connectedness in mind, especially as we get close to end-of-year holidays. Just as we don't all get to see Halloween as a social event, many of us find it difficult to participate in holiday get-togethers and, as a result, experience social isolation and loneliness.

No Time Like the Present for "Friendly Calls"

OFA continues to offer our "Friendly Calls" program to both volunteer callers as well as Dutchess County older adults looking for opportunities for what used to be called "idle chit-chat." As it turns out, there's nothing idle about these kind of conversations. They help keep participants on both ends of the talk informed, engaged, and socially connected, especially when arranging traditional gatherings might be a challenge. Interested in participating in "Friendly Calls?" Keep reading...

Be a Part of "Friendly Calls"

What qualifies you to be a "Friendly Calls" participant? Here's the full, unabridged list:

1) Be age 60+ and a Dutchess County resident who's interested in good conversation.

And that's about it. For "Friendly Calls" volunteer callers, it's much the same except that volunteers can be any age from 18 on up.

Anywhere a signal from one phone can reach another is a good place for a "Friendly Call" to happen. We've had volunteers call their participants from locations as far away as Texas and France.

"Friendly Calls" coordinator Linda Edgar takes care of matching volunteers and participants by everything from mutual interests to languages. We've connected volunteers and participants who speak over a dozen languages from around the world. If it's been a while since you've heard a voice from "the old country," we might just have a match for you in "Friendly Calls."

How To Join "Friendly Calls"

"Friendly Calls" is a great opportunity for volunteers who want to give back in a small amount of time. A typical "Friendly Calls" commitment requires 20-30 minutes, once a week, for eight weeks.

Whether you'd like to make or receive a "Friendly Call," you can get the ball rolling by reaching out to Linda at **ledgar@dutchessny.gov** or

845-486-2548. She'll give you the walkthrough on how the program works. For prospective volunteers, that includes an orientation at OFA headquarters in Poughkeepsie. Remote orientation is available in limited circumstances.

“Friendly Calls” Orientations – Dates Added and Updated

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:

Monday, October 26th – 10am

(UPDATED) Monday, November 9th, 23rd or 30th – 10am

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

2026 OFA Prom Recap

Lots of photos and highlights from the 2026 OFA Senior Prom can be found at the OFA Facebook page - which you should be following by now, yes?

We know a lot of readers start preparing for the following year's prom as soon as the current year's prom wraps up. Therefore...

The tentative date for the 2027 OFA Prom is Monday, October 18th, 2027...and the theme will be...(drum roll, please)...

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.

October:

(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, 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)

(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.

Stissing Theatre Guild Presents “The 39 Steps” (with senior discount)

The Stissing Theatre Guild, Inc. at Stissing Mountain Junior/Senior High School, 2829 W Church St, Pine Plains, NY is proud to present ***The 39 Steps*** on Friday, November 13 at 7pm; Saturday, November 14 at 7 pm, and Sunday, November 15 at 2 pm.

The 39 Steps is a fast-paced, high-energy farce that swaps classic spy suspense for chaotic comedy. It is a delightfully funny homage to the Hitchcock film from 1935. To order tickets go online to stissingtheatreguild.org or www.seatyourself.biz/stgboxoffice or call the Stissing Theatre Guild Box Office at 518-398-1272 Ticket prices are \$15 for adults & \$13 for students and seniors (62+).

Other news:

This week in “wait, what?” news: Those with dementia who are overweight or obese tend to live...[longer](#), at least according to one new study.

You may have read a great deal about the possible relationship between napping and dementia; it may be that the issue is [whether or not somebody expected to nap](#).

Is your up-close vision...[blurry](#)?

Here they come: [those holiday too-good-to-be-true deals](#). They're scams.

Watch out for those fake websites that look just like the real thing. Nobody but nobody but NOBODY is selling generators for 99 percent off.

We don't have to have the fitness of a 93-year-old sprinter, but [we can learn from her](#).

This week's birthdays:

10/24: Musician/songwriter [Bill Wyman](#) (Rolling Stones) (90)

10/25: Singer/songwriter [Jon Anderson](#) (Yes) (82)

10/26: Bassist [Bootsy Collins](#) (75)

10/27: Actor/comedian [John Cleese](#) (87)

10/28: Businessman [Bill Gates](#) (71)

10/29: Voice actor [Dan Castellaneta](#) (69)

10/30: Singer/songwriter [Grace Slick](#) (Jefferson Airplane) (87)

Trick or...no treat, unless you like Bad Jokes:

- **Why did the skeleton go to the party alone?**

He had no body to go with.

- **What did one ghost ask the other ghost?**

“Do you believe in people?”

- **What do ghosts wear when their eyesight gets blurry?**

Spooktacles.

- **What’s a mummy’s favorite way to relax?**

Solving cryptograms.