

Dutchess County Office for the Aging's

AGING NEWS

For the week of October 27th

Note: OFA's main office and all Friendship Centers are closed in observance of Election Day, Tuesday, November 4th. [Need to know about early \(and Election Day\) voting? Visit the Dutchess County Board of Elections website.](#)

2025 OFA PROM RECAP

Our thanks to the older adults who enjoyed the 2025 OFA Senior Prom this past Monday at Villa Borghese in Wappinger Falls. Pictures from the prom are available at www.facebook.com/DutchessCountyOFA. Congratulations to this year's Duke and Dutchess, Jerry and Donna Muryne!

We know many prom "regulars" like to know what the following year's prom theme will be, so...without further ado...it's

"Hawaiian Luau"

We're adding other honorees to next year's prom. More on that next year!

The tentative 2026 prom date is Monday, October 19th, 2026. We'll confirm the date and venue during the summer of 2026.

Many thanks to [The Pines at Poughkeepsie](#) for their support of the prom, especially through the music of the [Bob Martinson Band](#).

HEALTHY HOLIDAY TRADITIONS CAN LAST ALL YEAR

It starts with Halloween candy. Then, the Thanksgiving feast. After that, a solid month of holiday food shows up to tempt you, straight through to New Year's Eve and - are those Valentine's chocolates in stores already? Since when did St. Patrick's Day and Passover involve so much candy? And the Easter Bunny is close behind, then Mother's Day, then...

To paraphrase the old sports broadcaster's saying: *You can't stop them, you can only hope to contain them.*

That's how it goes with holiday traditions and the food associated with them.

Enjoy, in moderation, while not overindulging - but that's tough sometimes.

When nonna makes her cannoli, saying "no" might not be an option. Here's some ideas on how to negotiate the maze of treats:

Reinvent leftover Halloween candy: Leftover bags of M&Ms can become part of a make-your-own trail mix. Add healthier items like pretzels, nuts and dried fruits. Save other small candies for decorating gingerbread.

Substitutions are your friend: Olive oil can be an effective stand-in for butter. If you don't want to impart the typical olive oil flavor to a recipe, use light olive oil. Other good substitutes include low-fat or condensed milk for whole or heavy cream. Surprisingly, avocado can be swapped for butter in many chocolate dishes, although you'll need to keep close tabs on moisture levels since avocado adds more moisture to a dish than butter does.

Trying to keep sodium intake down? Herbs and spices can step in for salt in all kinds of dishes.

If you're baking: A recipe that calls for white flour can work just as well with a 50-50 mix of white and whole-wheat flour. Vanilla, almond and peppermint extracts can add flavor and reduce the need for sugar or butter. If you're feeling experimental, black bean brownies are both delicious and healthy. The beans take on many characteristics of chocolate chips.

Burn off what you can: An occasional indulgence within a generally healthy diet is no problem. Problem is, the holiday season comes with so many occasions between now and springtime. The average person can gain up to 10 pounds just between Halloween and New Year's Day. There aren't enough hours in the day to exercise away more than a few overindulgences, so choose your treats wisely.

Exercise has plenty of other benefits: Even if you never lose a single ounce through exercise, it reduces the risk of dementia, cancer, heart disease and

diabetes. Strive for four 30-minute walks in a week, whether outdoors or through mall-walking. Housework, gardening, chopping wood, walking the dog: it all counts as exercise. Any amount of physical activity you can manage is superior to being sedentary. Check with your healthcare provider before beginning any exercise program, and see **dutchessny.gov/seniorexercise** for more on organized exercise activities for Dutchess County older adults.

It's about the right food choices: 80 to 90 percent of weight management is about the food you eat. Exercise can help, but keeping yourself healthy involves making good nutrition choices in the first place. OFA can help. Our monthly *Nutrition News*, which you receive as a Friendship Center or Home Delivered Meals client, comes with great advice backed by sound science, as well as large-print recipes that check off the three key requirements for a nutritious diet for older adults: easy to make, tasty, and healthy.

DEA MEDICATION TAKE-BACK DAY (Saturday 10/25, 10a-2p)

This weekend offers a way to safely dispose of outdated and unneeded medications (human and pet), vitamins, prescription medications including patches and ointments, and over the counter medications

The Southern Dutchess Community Coalition, East Fishkill Police, East Fishkill Fire Department and East Fishkill Rotary are hosting a Medication Take-Back Day on Saturday, October 25th, from 10 am to 2 pm at the East Fishkill Fire Training Facility, [2502 NY 52 in Hopewell Junction](#) (click for map).

If you can't make it to Fishkill, another take-back day event is also taking place on the 25th, at the Poughkeepsie Galleria, 2001 South Rd. (Route 9), Poughkeepsie.

[Use this page to search for a disposal site near you.](#)

OFA HOMEBOUND FLU/COVID VACCINATIONS, NOW THROUGH EARLY DECEMBER

For the homebound older population of Dutchess County, doing the day-to-day tasks that most of us take for granted can be an insurmountable challenge. Using essential services like healthcare comes with the difficulty of getting to a medical office and back. It's no easy task for homebound

individuals to get the periodic vaccinations they need. That's why the Office for the Aging is bringing back its annual Homebound Vaccination program for homebound Dutchess County residents over age 60, available now through Friday, December 5th.

Influenza is generally seasonal, but COVID-19 is year-round. Homebound individuals can contact OFA at ofa@dutchessny.gov or **845-486-2555**, and our staff will arrange for in-home vaccinations for COVID-19 and/or influenza.

OFA MOBILE OFFICE HOURS, MILLBROOK LIBRARY

OFA will hold mobile office hours on Monday, October 27th at the Millbrook Library, 3 Friendly Lane, from 2-4pm. OFA Ambassador Mary Reedy will be on hand to assist with aging-related questions from older adults and caregivers.

We're scheduling mobile office hours throughout the county, and you'll find out about them in this newsletter as we get more such events set up.

Other news:

[What do “super-agers” have going on](#) that the rest of us don’t?

[Take care of your gums](#). If they’re in poor condition, the risk of stroke goes up according to the study cited in the link.

[101 and still going to work at least five days a week](#), plus a commute into Manhattan for a sixth day.

This week’s birthdays:

10/24: Actor [F. Murray Abraham](#) (86)

10/25: Actress [Marion Ross](#) (97)

10/26: Bass guitarist [“Bootsy” Collins](#) (74)

10/27: Actor/comedian [John Cleese](#) (86)

10/28: Businessman [Bill Gates](#) (70)

10/29: Actress/director [Kate Jackson](#) (77)

10/30: Motown singer/songwriter [Eddie Holland](#) (86)

Bad Joke time!

Why do melons get married in a house of worship?

Because they cantaloupe.