

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of October 7<sup>th</sup>

*Note: In observance of the Columbus Day holiday, the Office for the Aging and all OFA Friendship Centers are closed on Monday, October 14<sup>th</sup>.*

At OFA, we've had many conversations with caregivers of older adults and heard phrases like:

*"He's not homebound, but he refuses to go out. He's afraid he'll fall."*

*"Mom and Dad don't trust strangers in their house."*

Common though the objections to assistance may be, in the long term they can do real damage, both to older adults and caregivers. Overcoming objections to assistance takes diplomatic skill and careful listening by caregivers.

Older adults' objections can't just be tossed aside. They need to be acknowledged and understood by caregivers and family members. Many of Dutchess County's 80,000 older adults are accustomed to being heads of the household: balancing checkbooks, mowing, cooking, cleaning, raising kids, and all the rest. They've done it for decades. Many are balancing all that with the added role of being caregivers to older family members who may still consider themselves to be "in charge."

It's a recipe for conflict.

### **Let's Start Small**

In keeping with OFA's "get to know us before you need us" philosophy, we offer some possibilities:

**"Friendly Calls"** - We talk about OFA's connectedness initiative a lot, because it works, and because it's simple to understand and fits nicely into busy schedules. "Friendly Calls" has also been a low-stress way to reduce the risk of loneliness and social isolation, while introducing older adults to OFA services of which they may have been unaware or skeptical.

To find out more about becoming a "Friendly Calls" participant, volunteer, or both, contact OFA at [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov) or **845-486-2555**.

**Information for Caregivers, at [www.dutchessny.gov/ofacaregiver](http://www.dutchessny.gov/ofacaregiver)**

A caregiver might not think of themselves as a caregiver. The way they see it, they're just doing what any good parent or child would do for their family; but when they're caring for more family members than they expected, their own basic needs often go unmet. Rest is not a luxury. It's essential to good caregiving. When somebody pushes themselves too hard, it's not a matter of if there'll be consequences, but when.

OFA recognizes the needs of family caregivers for older adults. We can help quantify just how much caregiver stress someone is under, with help from the National Family Caregiver Support Program (NFCSP). It's a beginning step toward meeting caregivers' needs. Visit [dutchessny.gov/ofacaregiver](http://dutchessny.gov/ofacaregiver) for resources, tools, supports, and ideas for caregivers; or call OFA at **845-486-2555**.

If NFCSP isn't quite what you were looking for, there's also the Any Care Counts-New York campaign, which also recognizes unpaid caregivers. On our website you can take the quick ARCHANGELS Caregiver Intensity Index (CII) survey, which can give caregivers an idea of

the intensity of their caregiving burden. From there, caregivers can be connected to trusted resources.

There's more for caregivers: Dutchess County NY Connects works hand-in-hand with OFA, linking individuals of all ages and their caregivers to long-term services and supports and provides one stop access to free, objective, comprehensive information and assistance.

Dutchess County NY Connects can be reached at [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov) or **845-475-3511**.

### **Some Caregiving Statistics** (from the Family Caregiver Alliance)

On average, caregivers spend:

13 days each month on tasks such as shopping, food preparation, housekeeping, laundry, transportation, and giving medication;

6 days per month on feeding, dressing, grooming, walking, bathing, and assistance toileting;

13 hours per month researching care services or information on disease, coordinating physician visits, or managing financial matters.

**And there's more...**

57% of caregivers report that they do not have a choice about performing clinical tasks, and that this lack of choice is self-imposed.

43% feel that these tasks are their personal responsibility because no one else can do it or because insurance will not pay for a professional caregiver.

12% report that they are pressured to perform these tasks by the care receiver.

8% report that they are pressured to perform these tasks by another family member.

***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](http://www.dutchessny.gov/aging) Social media:***

***[www.facebook.com/DutchessCountyOFA](https://www.facebook.com/DutchessCountyOFA)***

## **2024 OFA “SENIOR PROM” IS SOLD OUT**

We said seats would go fast...and they did, faster than ever before.

Any payments that arrived at OFA after Friday, September 27<sup>th</sup> will be returned.

## **OFA “NAVIGATING MEDICARE” CLASSES FOR THE FALL (SO FAR)**

Medicare’s annual Open Enrollment period begins on October 15<sup>th</sup> every year. The Office for the Aging has added additional “Navigating Medicare” classes to the year-round

schedule of classes 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.), plus extra classes we've added for Open Enrollment season.

Here's what's on the fall schedule so far, along with how to call and register for a class:

10/16/24, 10AM	Poughkeepsie Galleria (Community Room)	Call OFA
10/17/24, 11am	Amenia Free Library	845-373-8273
10/21/24, 5:30pm	Adriance Library	845-485-3445 x3380
10/25/24, 1 pm	Fishkill Recreation Center 793 NY 52, Fishkill	845-831-3371
10/28/24, 4pm	Starr Library, Rhinebeck	Call OFA
11/7/24, 9:30am	Boardman Road Branch Library 141 Boardman Road, Poughkeepsie	845-485-3445 x3380
11/20/24, 10am	Poughkeepsie Galleria (Community Room)	Call OFA
11/25/24, 4pm	Starr Library	Call OFA
12/4/24, 3pm	Adriance Library	845-485-3445 x3380
	Medicare open enrollment closes on December 7 <sup>th</sup>	
12/18/24, 10am	Poughkeepsie Galleria (Community Room)	Call OFA

We continue to add Navigating Medicare classes during Open Enrollment. For the most up-to-date calendar listings, visit [www.dutchessny.gov/calendar](http://www.dutchessny.gov/calendar). Classes are held on the third Wednesday of every month at the Galleria, and on the fourth Monday of the month at Starr Library.

## **OFA PUBLIC COMMENT FORUMS IN OCTOBER**

You can contact the Office for the Aging at any time with questions and concerns, and in October there are additional opportunities to advocate for your needs, at the annual OFA Public Comment Forums. The forums are unique opportunities to speak directly, in person, to OFA leadership and members of the OFA Advisory Board, at the following dates and locations:

### **Tuesday, October 8<sup>th</sup> – 10:30 am**

Red Hook OFA Friendship Center – 59 Fisk St.

### **Wednesday, October 9<sup>th</sup> – 10:30 am**

Beacon OFA Friendship Center – 1 Forrestal Heights

Each forum lasts about one hour. If you are unable to attend a Public Comment Forum, you can mail written comments to the Dutchess County Office for the Aging, 114 Delafield St, Poughkeepsie, NY 12601. You can [click here to comment online](#), or email comments to [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov)

All Public Comment Forum locations are handicapped accessible.

## **WOMEN'S SAFETY EVENT WITH MEDICAL RESERVE CORPS**

The Medical Reserve Corps (MRC) of Dutchess County and the Town of Poughkeepsie Police Department will offer the popular Women's Safety Awareness Night seminar on Wednesday, October 16th, starting at 6pm at the Dutchess County Department of Emergency Response campus, at 392 Creek Road in the Town of Poughkeepsie.

The event is free to attend, but registration is required as seating is limited. Registration is available online at [DutchessNY.gov/WomensSafety](https://DutchessNY.gov/WomensSafety) or by emailing [mrc@dutchessny.gov](mailto:mrc@dutchessny.gov).

## **PERIPHERAL ARTERY DISEASE SCREENING CLINIC AT MARIST (Sat 10/5)**

Marist College's Doctor of Physical Therapy and Physician's Assistant programs are hosting their free annual "P.A.D. Clinic" screening event for peripheral artery disease, for adults 50 or older who experience

- Leg pain/cramping, especially when walking
- Cold legs and feet
- A history of diabetes, smoking, high cholesterol and/or high blood pressure
- Numbness or loss of feeling in feet

The clinic takes place on Saturday, October 5<sup>th</sup> from 9:00 am to 1:00 pm at the Marist Allied Health Building, 29 Beck Place in Poughkeepsie.

For more information, email [maristdptcommunityclinic@gmail.com](mailto:maristdptcommunityclinic@gmail.com)

### **“BOOTS BY THE BANDSHELL” BECOMES “BOOTS BY THE HUDSON” (Saturday 10/5)**

Dutchess County Parks’ annual “Boots By the Bandshell” event now has a new name – “Boots by the Hudson” – because this year’s event is even closer to the Hudson!

“Boots” are back again this year on **Saturday, October 5, 3:30 – 8:00pm**. This fun, family-friendly event’s new location for 2024 is **Upper Landing Park, 83 North Water Street, Poughkeepsie**. Come for a great day outside with line-dancing, food trucks, and interactive games brought to us by [Mid-Hudson Discovery Museum](#) and more. Visit [dutchessny.gov/parks](http://dutchessny.gov/parks) for more information.

### **Other news:**

The CDC says the healthiest vegetable is...[you’ll have to click to find out](#). (Not kale!)

Is there a link between aging and [fat accumulation in the brain](#)?

[39<sup>th</sup> US President Jimmy Carter turned 100](#) on October 1, becoming the first presidential centenarian. (1936 presidential candidate Alf Landon (R-Kansas) is the only other centenarian who has appeared on a presidential ticket.)

And now, [a 60-second mental health break](#). (Thanks, Scenic Hudson!)

**This week's birthdays:**

10/4: Actor [Christoph Waltz](#) (68)

10/5: Singer/songwriter/guitarist [Steve Miller](#) (81)

10/6: Actress/singer [Britt Ekland](#) (82)

10/7: Cellist/educator [Yo-Yo Ma](#) (69)

10/8: Gossip columnist [Rona Barrett](#) (88)

10/9: Singer/songwriter/guitarist [Jackson Browne](#) (76)

10/10: Singer/songwriter [David Lee Roth](#) (Van Halen) (70)

**Oh boy oh boy, another Bad Joke!**

One chef says to another “Hey, what’s in the bag?”

The other chef says “Flour, sugar, eggs, and butter. Why, you wanna make something out of it?”