

Dutchess County Office for the Aging's

AGING NEWS

For the week of September 16

THE OFA "SENIOR PROM" IS BACK

This year's Office for the Aging Senior Prom is taking place on Monday, October 21st from 12 noon to 4 pm at Villa Borghese, 70 Widmer Rd. in Wappinger. This year's theme is "Hooray for Hollywood." If you're inclined to dress up, pick your favorite movie star or character.

The prom begins with a sit-down lunch, then the full Bob Martinson Band will keep the dance floor packed for the rest of the afternoon. The prom is presented with vital support from The Pines at Poughkeepsie.

Prom reservations are now open and are \$20 per person. The registration deadline is Friday, October 11th, or until the event reaches capacity, whichever comes first. The prom sells out quickly!

Printable reservation forms are available at dutchessny.gov/prom. Paper registration forms are available at all eight OFA Friendship Centers, and within

the Fall 2024 OFA *THRIVE60+* newsletter, available at www.dutchessny.gov/THRIVE60, and at public libraries throughout the County.

Payment can be mailed, or hand-delivered during business hours, to Dutchess County Office for the Aging, 114 Delafield St., Poughkeepsie NY 12601.

Those who are planning to attend the prom as part of a group should send their payment in together.

“GOLDEN GATHERING” THIS SATURDAY (9/21)

County Executive Sue Serino, the Office for the Aging and New York State Senator Rob Rolison invite Dutchess County’s older adults, their families, and caregivers to the 2024 Golden Gathering at Arlington High School (1157 NY 55, LaGrangeville) on Saturday, September 21st, from 9:30 am to 12:30 pm.

From senior safety to nutrition, this event acts as a “one-stop shop,” bringing together valuable resources for attendees. There’s no RSVP needed to attend the Golden Gathering. We’re expecting over 70 service providers and agencies in attendance.

Flu shots will be available while supplies last.

JOIN THE OFA EMAIL LIST

If you're not already receiving OFA's weekly "Aging News" email newsletters, which include this column along with much more information of interest to Dutchess County older adults and caregivers, send an email to ofa@dutchessny.gov. We do not sell or share our email list.

You can also catch up on back issues at dutchessny.gov/agingnews.

MEDICARE OPEN ENROLLMENT SEASON STARTS OCTOBER 15TH

If the annual onslaught of Medicare-related advertising has you confused about which Medicare-adjacent insurance plans would be most helpful to you in 2025, OFA can help reduce the confusion with our non-sales-oriented Health Insurance Information, Counseling and Assistance Program (HIICAP).

Make your in-person or phone appointment soon, by calling 845-486-2555 during business hours. Medicare's Open Enrollment period begins on October 15th and ends on December 7th for coverage starting in 2025.

If you're looking for a volunteering option and are good with numbers, we're always open to new HIICAP counseling volunteers. No specific insurance experience is required; we provide ongoing training. Contact OFA at ofa@dutchessny.gov for more information.

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: dutchessny.gov/aging Social media: facebook.com/DutchessCountyOFA

LAST CALL!

PICK UP SENIOR FARMERS MARKET NUTRITION COUPON BOOKS

OFA is distributing the last of our 2024 supply of free New York State Senior Farmers Market Nutrition Program coupon booklets (a \$25.00 value) to qualifying older adults living in Dutchess County. Email ofa@dutchessny.gov or call 845-486-2555 during business hours to find out if you qualify.

Distribution is taking place at OFA headquarters at 114 Delafield St. in Poughkeepsie ONLY on Monday, September 16th and Tuesday, September 17th, from 2:30-4:00 pm...again, only while supplies last. When we run out, they're gone until 2025.

Each booklet contains five \$5.00 coupons that can be used at any New York State farmers market that participates in the SFMNP program. [Click here for a link to the state's database of participating markets.](#)

Coupons can be used until a participating market closes for the season, or November 30th, 2024, whichever comes first. Coupons from 2023 and earlier are no longer valid.

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 8th – 10:30 am

Red Hook OFA Friendship Center – 59 Fisk St.

Wednesday, October 9th – 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 also email comments to ofa@dutchessny.gov

All Public Comment Forum locations are handicapped accessible.

OFA PROM REGISTRATION

The Office for the Aging is holding its annual Senior Prom on Monday, October 21st, from noon to 4 pm, at Villa Borghese in Wappinger (70 Widmer Rd.). A printable prom registration form is available at dutchessny.gov/prom.

This year's theme is "Hooray for Hollywood." You don't have to go to the prom in character, but if you've got a favorite movie character then this is the year to be James Bond, or Princess Leia, or whatever strikes your fancy.

Many thanks for the support of OFA's Senior Prom partner, The Pines at Poughkeepsie.

Admission is \$20 per person (prepaid) while seating is available, which includes lunch and an afternoon of dance music from the full Bob Martinson Band.

Those who plan to attend the prom as part of a group should send in their payments for the group together if they wish to be seated at the same table(s).

2024 MENTAL HEALTH PUBLIC FORUMS

The Dutchess County Department of Mental Health is holding another pair of Mental Health Public Forums – one in Dover Plains, another in Beacon. [Click here for dates and details](#), along with an opportunity to comment online if you can't be there in person.

UPCOMING "FRIENDLY CALLS" ORIENTATIONS

To learn more about the OFA “Friendly Calls” program, visit

dutchessny.gov/friendlycalls. Here’s the latest list of upcoming orientation

sessions for prospective “Friendly Calls” volunteers, held at OFA headquarter in Poughkeepsie (114 Delafield St.):

- Tuesday, September 17 - 10:00am
- Monday, September 23 - 3:00pm
- Tuesday, October 1 - 10:00am
- Monday, October 7 - 3:00pm
- Tuesday, October 15 - 10:00am
- Monday, October 28 - 3:00pm

To book your spot, email ledgar@dutchessny.gov or call OFA during business hours at 845-486-2555.

“BOOTS BY THE BANDSHELL” BECOMES “BOOTS BY THE HUDSON” (New location) (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 for more information.

MARIST CENTER FOR LIFETIME STUDIES FREE LECTURE SERIES

The [Marist College Center for Lifetime Study](#) is offering three free lectures to the public this fall. Pre-registration is required by email at mc.cls@marist.edu or 845-575-3902.

“How the Dutch, Not the British, Invented America”

Presented by Robert (Bob) Ulrich

Thursday, September 26th, 1:00pm

LaGrange Library, 1110 NY 55, LaGrangeville

“Dutchess County Citizens Preparedness Training Program”

Presented by Bill Beale, Dutchess County Director of Emergency
Management

Friday, October 4th, 2:00pm

Poughkeepsie Library / Boardman Road, 141 Boardman Rd.,
Poughkeepsie

“Roosevelt’s Four Elections”

Presented by Jeff Urbin, Specialist for Education at the Franklin D.
Roosevelt Presidential Library and Museum

Thursday, October 17th, 3:15 pm

Pleasant Valley Library, 1584 Main St (US 44), Pleasant Valley

PREPAREDNESS EVENT AT 392 CREEK ROAD (Thursday 9/26)

September is Preparedness Month - and for those looking for a more hands-on learning experience for how to prepare you and your family for an emergency, check out Dutchess County’s next Citizen's Preparedness Training, scheduled for 6:30pm on Thursday, Sept. 26th at the Emergency

Response campus at 392 Creek Road in Poughkeepsie. Registration is FREE and available online at <https://forms.office.com/g/DPd2Niv5Hn>, or by calling 845-486-2493.

PERIPHERAL ARTERY DISEASE SCREENING CLINIC AT MARIST

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 5th 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

Other news:

[One of countless looks back at the life of legendary actor and Pawling resident James Earl Jones](#), who died this past week at age 93. And [here's a look at his decades of service to the community in Dutchess County](#).

Besides James Earl Jones, we also bid farewell this past week to original New York Met [Ed Kranepool](#), and R&B legend [Frankie Beverly](#).

[Aging in place improvements are becoming big business](#) for contractors and home builders, with more people looking to make their homes aging friendly.

Sleep in a bit on the weekends – [maybe it's good for you](#). (But don't consider it a surprise if there's a story next week that says the exact opposite.)

The world's oldest man, and oldest male World War 2 veteran, [recently turned 112](#).

With more surviving [responders from the 2001 9/11 attacks](#) having moved south in retirement, caring for them has become a unique challenge.

Ever wonder whose idea it originally was for businesses to offer senior discounts? [Wonder no more.](#)

This week's birthdays:

9/13: Chef [Alain Ducasse](#) (68)

9/14: Star Trek actor [Walter Koenig](#) (Chekov) (88)

9/15: Actor/director/producer/screenwriter [Tommy Lee Jones](#) (78)

9/16: Drummer [Kenney Jones](#) (Faces/The Who) (76)

9/17: Mountaineer/explorer [Reinhold Messner](#) (80)

9/18: Actor/singer [Frankie Avalon](#) (84)

9/19: Singer/songwriter/guitarist [Lita Ford](#) (66)

And a Bad Joke:

I have a “negativity jar.” Any time I have a pessimistic thought, I put a coin in the jar. The jar is currently half empty.