

Dutchess County Office for the Aging's

AGING NEWS

For the week of September 2

Note: Dutchess County Government offices, including the Office for the Aging and all OFA Friendship Centers, are closed on Monday, September 2nd for the national Labor Day holiday.

DECLUTTERING YOUR DIGITAL LIFE

We've all had the experience of cleaning up older family members' homes after a death or a move to a new community. What we find during a clean-out is occasionally a priceless heirloom or hitherto-unknown family photo; but more often we find ourselves uttering phrases like "why did they keep a thousand issues of Readers Digest?"

Now that our own descendants may be the ones doing the clean-outs someday, it's time to confront any pack-rat tendencies we may have, in hopes of making things a bit easier for those who follow.

Besides the stacks of canceled checks in the attic (which can be

shredded) and the stash of forgotten emergency money in a Thom McAn shoebox (which can pay for rental of a haul-away bin), there's an additional issue: our digital life. For the purposes of this week's column, we'll stick to this aspect of the big cleanup.

Some older adults established their first email address in the mid-1990s. That means their descendants could encounter an email inbox bulging with 30+ years of leftovers, plus social media accounts that may contain both treasured photos but also remarks they might wish to take back. Passwords? They're around, somewhere.

It's a lot. Before your descendants can sort things out, they need to be able to find it.

INTRODUCING THE “DIGITAL DEATH CLEAN”

Let's make our digital lives easier for descendants to negotiate. It starts with four key words: *make your wishes known*. Would you want your social media accounts deleted, or memorialized? Are your logins and passwords stored safely and up to date? Will your survivors know where to find what they need, whether online or in physical form? Getting these matters squared

away sooner rather than later will spare your survivors from having to spend hours with customer support, trying to piece together your digital existence.

A BEGINNERS' CHECKLIST

- Look into obtaining an online password manager that will allow you to designate a person to handle your password accounts should you die or become incapacitated.
- If your social media accounts have a provision for one or more legacy contacts, use it. A legacy contact can maintain or memorialize your accounts after you're gone.
- If you store photos on a home computer, make sure you use filenames that are easy to understand. For example, a folder called "Yankee Stadium 1998" lets others know what's inside, while that same folder called "ys98" might be confusing.
- Have you switched your credit card statements and utility bills to paperless billing? How many digital subscriptions have you accumulated? Your survivors will need a printed description of where to find the necessary login information.

- What do you want in your obituary? Now would be the time to write it.
- Tackle a little at a time, as you're able. Your mobile device's camera can help you digitize your old travel photos and postcards, so that family and friends can all share the memories.

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

Social media: www.facebook.com/DutchessCountyOFA

THAT'S A WRAP FOR THE 2024 OFA PICNIC SEASON

This year's OFA Summer Picnic season concluded this past week with a picnic for older adults from the Towns of Beekman and LaGrange. You can [see the pictures here on the OFA Facebook page](#). You're following that page, right?

For a look back at all 12 OFA picnics, visit dutchessny.gov/ofapicnics.

We expect to confirm the 2025 picnic season by March/April 2025.

VOLUNTEERS STILL NEEDED FOR “VIETNAM WALL” EVENT IN DUTCHESS

Help us make the American Veterans Traveling Tribute (AVTT) Traveling Vietnam Wall event memorable for all! Volunteer Sept. 18-22 to help monitor the site at Bowdoin Park ([85 Sheafe Rd., Wappinger](#)), greet visitors or escort them to where their loved one's name is printed on the wall, or direct parking.

For more information on volunteering, call the Dutchess County Office of Veterans Affairs during business hours at 845-486-2060, or email veterans@dutchessny.gov.

This is a 24/7 volunteering opportunity. Night owl volunteers welcome.

OFA AT SOCIAL SECURITY RESOURCE FAIR IN RED HOOK (Thu 9/5)

Join the Office for the Aging at the [Red Hook Fire Company \(42 Firehouse Lane, Red Hook\)](#) on Thursday, September 5th from 11 am to 2 pm.

We'll be part of the Social Security Resource Fair hosted by U.S.

Representative Pat Ryan. Resources will be available to help older adults with questions about their Social Security and Medicare benefits.

For more information, or if you are unable to attend, call Rep. Ryan's local office at 845-443-2930.

OFA/PARKS BRING BACK INTRODUCTORY PICKLEBALL

(September 12, 19, 26 – must commit to all three)

Dutchess County Parks and the Office for the Aging are offering another free, three-day “Learn to Play Pickleball” lesson series at Quiet Cove Park in Poughkeepsie (1 Clearwater Drive), on three consecutive Thursdays: September 12, 19 and 26.

Classes are open to Dutchess County residents over age 60.

The first class will cover an introduction to the game; the second class focuses on beginner skills; and there'll be trial games in the third class.

Space is extremely limited and reservations are required. As of Friday, August 30th, fewer than five spaces were left. Call 845-486-2555 during business hours to make reservations. Players must commit to all three lessons. We expect to offer more introductory pickleball sessions in the spring of 2025.

Equipment will be provided.

For more information on local pickleball courts, visit playtimescheduler.com.

“A MATTER OF BALANCE” CLASSES START SOON

There's still time (but not much) to apply for a space in one of OFA's Fall 2024 "A Matter of Balance" falls prevention classes. Each class is held for two hours, once a week, for eight weeks. Class venues and times are made available when an individual's registration for the class is confirmed.

We're planning for one eight-week class in the City of Poughkeepsie starting on Monday, September 16th. Schedules are being drawn up for another class in the Town of Wappinger, and one more in the Town of Rhinebeck. We expect these classes will also start in September.

To find out more about "A Matter of Balance," call OFA during business hours or email ofa@dutchessny.gov.

Visit dutchessny.gov/seniorexercise for more about OFA's varied exercise programs for Dutchess County residents over age 60.

OFA PROM REGISTRATION BEGINS FRIDAY, SEPTEMBER 6TH

The Office for the Aging is holding its annual Senior Prom soon! We'll return to Villa Borghese (70 Widmer Rd., Wappinger) on Monday, October 21st, from noon to 4 pm. 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.

Prom registration opens on Friday, September 6th. When registration begins, we'll email a registration form with our weekly OFA "Aging News" newsletters.

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.

Not online? Prom registration forms will also be available in the Fall 2024 OFA THRIVE60+ newsletter, coming soon. Forms will also be available at Office for the Aging headquarters at 114 Delafield St. in Poughkeepsie.

“SOUNDS OF THE RAT PACK” (Tue 9/24) FULLY BOOKED

Thanks to everybody who reserved their seats for the “Sounds of the Rat Pack” concert coming up on Tuesday, September 24th. All seats are now fully booked, as are all the spots on our waiting list.

Other news:

It might feel more like fall in the coming week, but mosquito-borne illnesses [are still out there...and spreading](#).

Diabetes is linked to accelerated aging but [healthy habits can potentially help undo some damage](#).

If you couldn't get to this year's Dutchess County Fair in Rhinebeck, [here's a recap](#).

This week's birthdays:

8/30: Businessman/philanthropist [Warren Buffett](#) (94)

8/31: Artist [Roger Dean](#) (80)

9/1: Comedy legend [Lily Tomlin](#) (85)

9/2: NFL Hall of Famer [Terry Bradshaw](#) (76)

9/3: Singer-songwriter [Al Jardine](#) (The Beach Boys) (82)

9/4: Actress/singer/dancer [Mitzi Gaynor](#) (93)

9/5: Actor/producer [Michael Keaton](#) (73)

And a Bad Joke that will last you an entire three-day weekend,

unfortunately:

What do you call a cheese paying tribute to another cheese?

A fromage!