

Dutchess County Office for the Aging's

AGING NEWS

For the week of September 21

You Can't Always Avoid A Fall, But...

...you can prevent and plan for them, and practice reducing the likelihood of serious injury. This week (September 21-25) being Falls Prevention Week, it's as good a time as any to review. Falls can happen anywhere you go, so it pays to have multiple fall prevention strategies.

The Dutchess County Medical Examiner's office reports 108 accidental deaths in 2025 among adults over age 60. 59 of those deaths were due to accidental falls, and 98% of accidental falls resulting in death are among those over 60.

Let's bring those numbers down.

Step 1: Avoiding Dangerous Situations

If you find yourself climbing a step stool whenever you need to reach things you regularly use, those things need to be on a shelf you can reach without the step stool in the first place.

You can assess every room in your home this way, keeping important items within reach when standing: bedroom, bathroom, kitchen, living room, and other common areas.

Remember: a kitchen chair is NOT a step stool. If using a step stool is unavoidable, make sure it has a non-slip standing surface as well as feet that keep the stool in place.

Step 2: Stay Mentally and Physically Active

If you're able to combine mental and physical activity using mind-body practices like dance, tai chi or yoga, so much the better. Preventing falls in our day-to-day lives can be as simple as paying closer attention to the world around us, to avoid distraction and stay focused on the here-and-now. This can be as simple as watching for wet or slippery spots wherever we walk, and considering what choices will need to be made to stay safe.

According to the Cochrane Database of Systematic Reviews, regular exercise may reduce the rate of falls by 23%, and the number of people who fall by 15%.

Step 3: Talk It Over with Your Doctor

Discuss all your medications with your doctor and use them strictly as prescribed. Be aware that some medications have side effects like drowsiness, dizziness, or muscle weakness, that may alter your balance.

You Could Fall Anyway - So Practice For It

Many instinctive actions taken during a fall often do more harm than good; but it's possible to practice for falls, the way pilots prepare for the softest possible landing when they run into trouble during a flight. Harvard Medical School offers these fall-strategy recommendations:

- Lean forward into the fall. This gives you some control over direction;
- Fall sideways, if possible;
- Aim toward open areas and toward grass or dirt rather than concrete;
- Aim away from other people and away from objects that can cause puncture wounds or fractures;
- Swing your arms sideways to direct your fall;
- Twist your shoulder to protect your head;
- Keep your knees bent and your feet down;
- Fall like a sack of beans—relax everything;
- Fall on the soft, fleshy places, like your butt and thighs. These areas have more protection and are lower to the ground; and

- As you complete the fall, try to roll to your side in a ball. This will spread the impact to reduce injury and stop you from rolling further.

That may seem a lot to keep track of in the moment, but practicing falls in a controlled environment with plenty of soft landing spots and help available can be most helpful.

Navigating Your Neighborhood On Foot

Neighborhoods with sidewalks are among the safest paths for walkers; but with Dutchess County being largely suburban or rural, sidewalks won't be available everywhere. The National Council on Aging offers some helpful tips:

- Always look ahead at your path and watch for cracks, holes, and uneven areas.
- Navigate grassy and other uneven surfaces slowly and carefully;

- Rain, mud, snow, and ice can make any surface slippery. Select your footwear accordingly;
- Look for the curb cuts, because these are especially useful if you walk with a cane or a walker, or if you just worry about stepping down from a curb.

Wherever you go, bring a companion. You'll have both assistance and companionship when needed!

OFA Senior Prom Filling Up Fast (Monday 10/19 – Note New Venue)

Hundreds of Dutchess County older adults attend each year's Office for the Aging "Senior Prom" - it's four hours of fun, taking place on Monday, October 19th, at The Grandview, 176 Rinaldi Blvd. in Poughkeepsie, and co-hosted by The Pines at Poughkeepsie.

The event begins with lunch at 12 noon, followed by dancing to the music of the full Bob Martinson Band. This year's theme is "Hawaiian Luau," if you're thinking of dressing up.

Admission is \$25 (prepaid), which includes lunch, while seating is available. Guests must be Dutchess County residents over age 60.

Please note that the prom venue has changed. If you've already sent in your payment for the prom, you don't need to change anything other than note the new destination.

Registration closes on Friday, October 9th, or whenever the event reaches capacity, whichever comes first – and almost 300 Dutchess County older adults have already made plans to be at the prom.

[Registration and payment info is available here](#). Carpooling is strongly suggested.

OFA Public Comment Forums This Week

Our two annual Public Comment Forums offer a unique opportunity for older adults and caregivers to speak directly to OFA leaders and members of the

OFA Advisory Board, about issues that matter the most to you, whether it's housing, transportation, OFA services or another concern on your mind.

Tuesday, September 22nd, 10:30am

OFA Friendship Center - Poughkeepsie

114 Delafield St., Poughkeepsie

Thursday, September 24th, 10:30am

OFA Friendship Center - East Fishkill

890 NY 82, Hopewell Junction

If you are unable to attend a Public Comment Forum, you can email your comments to ofa@dutchessny.gov, or mail written comments to the Dutchess County Office for the Aging, 114 Delafield St, Poughkeepsie, NY 12601.

All Public Comment Forum locations are handicapped accessible.

Join OFA at the “Golden Gathering” (Sat 9/26)

County Executive Sue Serino and her partners — NYS Senators Rob Rolison and Michelle Hinchey, as well as the Dutchess County Office for the Aging — invite Dutchess County's older adults to the 2026 Golden Gathering on September 26th at Arlington High School in Lagrangeville ([1157 NY 55](#) – *carpooling strongly suggested*).

The popular Golden Gathering is a free event offering older adults and their families easy access to dozens of services, resources and community organizations. It brings together more than 80 exhibitors to help attendees stay connected, healthy and informed. [Learn more at the link.](#)

“Friendly Calls” Orientations

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, September 21st or 28th – 10am

Monday, October 5th or 26th – 10am

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

More OFA Events Coming Soon – Sign Up!

To register for any of the events below, contact OFA during business hours at 845-486-2555 unless noted otherwise.

September:

(Monday) 21st – **Navigating Medicare**, Tivoli Library, 86 Broadway, 1pm
– call 845-757-3371

(Monday) 22nd – **OFA Mobile Office Hours**, Town of Wappinger Senior Center, 20 Middlebush Rd., 1-4 pm

(Wednesday) 23rd - **OFA Mobile Office Hours**, Hyde Park Library, 2 Main St., 11 am-1 pm

(Thursday) 24th - **Scam Prevention** with OFA Outreach Coordinator Brian Jones, Tivoli Library, 86 Broadway, 5 pm (call 845-757-3371)

(Monday) 28th – **OFA Mobile Office Hours**, Town of Poughkeepsie Senior Center, 14 Abe's Way, 9 am-1 pm

October:

(Wednesday) 14th – Navigating Medicare, Starr Library, Rhinebeck,
4:00pm

(Thursday) 15th – Navigating Medicare, Boardman Road Library, 141
Boardman Rd., Poughkeepsie (call 845-485-3440 x3380

(Wednesday) 21st – Navigating Medicare, Poughkeepsie Galleria
Community Room, 10:00am

(Friday) 23rd – Navigating Medicare, Millbrook Library (3 Friendly Ln.),
3:00pm (845-677-3611)

How's Your Bingo-Calling Skills? Volunteer Wanted in Poughkeepsie

Older-adult residents of the Admiral Halsey, Interfaith Towers, and
Poughkeepsie Village senior housing developments in the City of
Poughkeepsie are looking for a volunteer bingo-caller for their regular games.
How's your voice?

If you're interested, reach out to First Ward alderman Ernest Henry at
ehenry@cityofpoughkeepsie.gov.

Other news:

[It used to be the world's largest scam compound](#) – but has it been replaced by something even more dangerous?

[Here's one to share](#) with any friends who think they're immune to being scammed.

South Korea has one of the world's most rapidly aging populations, [so what are they doing to meet the challenges](#)? And what could we in the U.S. learn?

Sleeping too little and sleeping too much [are both linked with unhealthy aging](#).

It's not just *that* you get exercise, but [why you get exercise](#) that matters.

[Apple cider donuts](#) rarely fit into an age-friendly nutrition plan; but in the fall, in moderation...just behave yourselves out there.

This week's birthdays:

9/19: Singer/songwriter/guitarist [Lita Ford](#) (68)

9/20: Actress/singer [Sophia Loren](#) (92)

9/21: Author/screenwriter [Stephen King](#) (79)

9/22: Singer/songwriter/guitarist [Joan Jett](#) (68)

9/23: Singer/songwriter/guitarist [Bruce Springsteen](#) (77)

9/24: NFL legend [“Mean” Joe Greene](#) (80)

9/25: Actor/producer [Michael Douglas](#) (82)

And a Bad Joke!

I went to the zoo the other day. They only had one black, one brown and one polar. As far as I'm concerned, that's the bear minimum.