

Dutchess County Office for the Aging's

AGING NEWS

For the week of September 23

THIS WEEK IS FALL PREVENTION WEEK

How many of you have used a kitchen chair as a step stool? Seriously, *don't do that.*

If there's one factor that causes life-threatening injuries among older adults more than any other, it's accidental falls. This week is Fall Prevention Week, which coincides with the beginning of autumn.

According to the Dutchess County Medical Examiner's office, in 2023 there were 97 cases referred to their office in individuals 60 or older in which the manner of death was determined to be accidental. Of those 97 cases there were 47 deaths in which a fall contributed to the death – almost half. Falls are the largest category of accidental death in the 60+ age group.

Using a step stool is a safer option, but better still is to minimize the need to climb in the first place. Are there items around your house that are stored

too high only because that's the way they've always been stored? Now's the time to try arranging your living space so that commonly used items are within grasp level, no higher than one's shoulder. Leave the higher spaces for rarely used and less bulky items that could be reached with a grabber.

Having reduced the need to climb, it's hard to eliminate the need entirely. There's one key household item, for example, that needs to be installed in a higher location: your smoke detector. It's encouraging to know that new smoke detectors in New York State must be sold with ten-year batteries or be hardwired, both of which save you from having to climb to swap out batteries whenever there's a Daylight Saving Time switch.

OTHER SMOKE DETECTOR TIPS

- If a member of your household has difficulty hearing, consider a smoke detector that produces flashing lights and/or vibrations in addition to a loud noise.
- Detectors should be installed outside each sleeping area; inside any bedroom where the door is typically shut (recommended); and on every story of the house, including the basement.

- Install wall-mounted smoke alarms 4 to 12 inches from the ceiling, and ceiling-mounted models at least 4 inches from the nearest wall.
- Test units once a month.
- Use a vacuum cleaner's brush attachment to clean detectors. Use a lightly damp cloth to wipe off any built-up kitchen grease.

LIGHTING IN ROOMS WITH HIGH CEILINGS

How many ladders does it take to change a light bulb? (Not a light bulb joke, we promise.)

The answer is none, in most cases. Even high ceilings can be accessed with the help of a light bulb changing kit that mounts on a pole. Instead of climbing a ladder and risking a fall, you stay on the floor and use the changing kit to remove the old bulb and install the new one. Check with your local hardware store.

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

GOLDEN GATHERING – SATURDAY, 9/21

The annual Golden Gathering for older adults and caregivers takes place this Saturday, September 21st. Dutchess County Executive Sue Serino, New York State Senator Rob Rolison, and the Dutchess County Office for the Aging are co-hosting the event.

This year's Golden Gathering will be held at [Arlington High School, 1157 Route 55 in LaGrangeville](#), from 9:30 a.m. to 12:30 p.m.

The program will consist of health screenings, entertainment, refreshments, and various informational tables geared toward the interests and needs of area older adults. More than 70 organizations will be represented, offering everything from free blood pressure screenings and compression sock assessments, to tick removal kits, Narcan training and kits, disposal of unwanted/unnecessary prescription medication, and so much more. You can enjoy informative demonstrations, a complimentary

breakfast, and free flu shots, if you want one. The Senior Golden Gathering is the single largest annual event of its kind in Dutchess County.

From health and nutrition to caregiving and technology, the event is a “one-stop shop,” bringing together essential resources for older adults and their families. [You can learn more about the Golden Gathering online](#), and we hope you can join us on Saturday!

ONE MORE CHANCE TO PICK UP 2024 SENIOR FARMERS MARKET

NUTRITION COUPON BOOKS

We’re down to the last few sets of our 2024 distribution of free New York State Senior Farmers Market Nutrition Program coupon booklets (a \$25.00 value) to qualifying older adults living in Dutchess County.

Distribution is taking place at OFA headquarters at 114 Delafield St. in Poughkeepsie ONLY on Monday, September 23rd, from 2:30-4:00 pm...again, only while supplies last. If we still have more after that, we’ll schedule another distribution day. When we run out, they’re gone until 2025. Email ofa@dutchessny.gov or call 845-486-2555 during business hours to find out if you qualify.

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. We are accepting reservations only until Friday, October 11th or capacity is reached, whichever comes first.

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).

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.):

- 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

A GOOD WEEKEND FOR A WALK, BUT...

The Harlem Valley Rail Trail will be CLOSED from Route 343 in Amenia to Indian Lake Road (County Route 61) in North East as crews work to repave this 5.3-mile section of trail. They got started this past Wednesday, Sept. 18th.

The project is anticipated to be complete by the end of this month.

Please use caution near the impacted trail heads and obey all posted signage.

Other news:

[Poland celebrates its older adults](#). (So do we at OFA)

On how one survives [the last few years, months or weeks until retirement](#).

How much of the data on extreme human longevity is...[wrong](#)?

[Travel](#) can (at least according to one study) bring health benefits.

This week's birthdays:

9/20: Actress/singer [Sophia Loren](#) (90)

9/21: Author/screenwriter [Stephen King](#) (77)

9/22: Singer/songwriter/guitarist [Joan Jett](#) (66)

9/23: Singer/songwriter [Julio Iglesias](#) (81)

9/24: NFL legend [“Mean” Joe Greene](#) (78)

9/25: Actor/producer [Michael Douglas](#) (80)

9/26: Singer/songwriter [Bryan Ferry](#) (79)

Oh, okay...here's a Bad Joke:

What do you say to someone who makes trail mix without raisins or M&M's?

That's just nuts!