

Dutchess County Office for the Aging's

AGING NEWS

For the week of September 29

Catch up with OFA on Saturday, September 27th from 10am to 1pm at the annual [Golden Gathering at Arlington High School, 1157 NY 55 in LaGrangeville](#), just west of the Taconic Parkway!

You've made the jump into the world of smartphones and mobile devices, when a question occurs to you:

How does this thing work, anyway?

There's no need to go it alone on the smartphone learning curve. OFA is hosting a "You and Your Smartphone" seminar at the OFA Friendship Center

in Poughkeepsie (114 Delafield St.) at 3 pm on Wednesday, October 8th.

Seating is limited, so registration is required. Call **845-486-2555** to get on board.

Citizens Preparedness Events

Are you and your caregivers prepared for emergencies? It's okay if you're unsure, because there are opportunities coming up to build on your knowledge, thanks to Dutchess County Emergency Response and Medical Reserve Corps as well as the Office for the Aging.

Participants will learn how to prepare for a disaster or emergency of any kind and recover as quickly as possible. Each family attending will receive a free Citizens Preparedness Response Starter Kit, while supplies last.

- **Monday, September 29:** Pine Plains Library, 7775 South Main St., Pine Plains. **With Dutchess County OFA.** Class begins at 1pm in the community

room upstairs from the library. Registration required;

visit dutchessny.gov/citizenpreparedness or call 845-486-2555. [View the event flyer \(.pdf\)](#).

- **Tuesday, October 14: Wappinger Town Hall, 20 Middlebush Rd., Wappinger.** Doors open at 6:30pm, class begins at 7pm. Registration required, visit dutchessny.gov/citizenpreparedness.

- **Tuesday, October 21: Stanford Library, 6035 NY Route 82, Stanfordville.** **With Dutchess County OFA.** Class begins at 6pm. Registration required, call the library at **845-868-1341**.

Pet First Aid Training

Your can prepare your animal companions for emergencies, too! The County's Animal Response Team (DCART) will teach participants life-saving skills for pets, including CPR; recognizing signs of heat stroke and

hypothermia; identifying gastrointestinal issues, allergies, and poisoning; and treating injuries such as burns and eye issues.

Wednesday, October 22: *John Jay High School, 2012 NY Route 52, Hopewell*

Junction

Class starts at 7pm. Registration required; visit **dutchessny.gov/PetFirstAid**.

Medicare Open Enrollment Season Classes

Medicare's annual open enrollment season begins on October 15th and continues through December 7th. It's your chance to prepare your coverage for 2026 and maybe save yourself some money too.

OFA offers year-round "Navigating Medicare" classes on the following schedule. Dates within Open Enrollment season are noted below:

Third Wednesday of every month, 10 am at the Community Room at the Poughkeepsie Galleria (2001 South Road (Route 9), Poughkeepsie)

October 15th, November 19th

Fourth Monday of every month, 4 pm at Starr Library (68 West Market St., Rhinebeck)

October 27th, November 24th, December 22nd

Also on Monday, October 20th, 4 pm

We've also added more classes to the calendar for Open Enrollment season:

Thursday, November 6th - 9:30am

Thursday, December 2nd - 9:30am

Adriance Library

93 Market St., Poughkeepsie

(parking lot entrance on Noxon St.)

Friday, October 10th, 3pm

Boardman Road Branch Library

141 Boardman Rd., Poughkeepsie

To register for all classes at Adriance Library or Boardman Road Branch Library, call

845-485-3445 extension 3380.

We are planning additional "Navigating Medicare" classes for Open Enrollment season. Visit **dutchessny.gov/hiicap** for the latest information on classes as well as individual insurance counseling, or call the OFA HIICAP hotline at **845-486-2566**. Both in-person and phone counseling sessions can be arranged, while space is available.

OFA PUBLIC COMMENT FORUMS (Tue 10/7, Thu 10/9)

You can contact the Office for the Aging at any time with questions and concerns, and in October there's an additional opportunity 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 10/7, 10:30 am

Wappinger Town Hall

20 Middlebush Rd., Wappinger

Thursday 10/9, 10:30 am

OFA Poughkeepsie Friendship Center

114 Delafield St., Poughkeepsie

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.

TOWN OF WASHINGTON SENIOR CENTER REOPENING (Tue 10/7)

OFA will be on hand for the reopening week of the Town of Washington Adult Program for individuals age 60+. It's at the Turletes Building in the Town of Washington Park, 3744 US 44 in Millbrook (Mabbettsville hamlet), on Tuesday, October 7th from 10am - 2pm. There'll be light refreshments and door prizes.

Additionally, OFA Outreach Coordinator Brian Jones will be talking to attendees about scam prevention at 1:00 on Thursday, October 9th. Also, OFA Ambassador Mary Reedy will be at the center for mobile office hours on Tuesday, October 14th – save the date, details are coming soon!

Call the center at **845-677-9545** for more information.

OFA AT HOSPICE VETERANS BREAKFAST (Thu 11/6)

Dutchess and Ulster County veterans are invited, along with one guest, to the 2025 annual Hudson Valley Hospice Veterans Breakfast, at 9:00am on

Thursday, November 6th, at the Henry A. Wallace Center at the FDR
Presidential Library in Hyde Park (4079 Albany Post Rd. (Route 9)).

[Use this link to RSVP](#) by Saturday, November 1st, call 845-240-7605, or
email rjohnson@hvospice.org.

Other news:

Drinking any amount of alcohol increases dementia risk, [according to this study](#).

The leading risk factor for cancer isn't smoking, nutrition or activity level – it's plain old [aging](#). More specialists in geriatric oncology are being sought.

Lots of experimental anti-aging drugs make headlines, but [how much is hype?](#)

Slow and steady with [emphasis on diet and exercise](#) still wins the race.

Populations are aging in countries all over the world, and not just in industrialized societies. [Take Kazakhstan, for instance.](#)

[The yes/no debate over Daylight Saving Time continues.](#) Clocks go back an hour at 2:00 am on Sunday, November 2nd.

94-year-old [William Shatner is fine](#), so his agency says.

This week's birthdays:

9/26: Singer/songwriter [Bryan Ferry](#) (80)

9/27: Baseball Hall-of-Famer [Mike Schmidt](#) (76)

9/28: Actress [Brigitte Bardot](#) (91)

9/29: Actor [Ian McShane](#) (83)

9/30: Actress/producer/screenwriter [Fran Drescher](#) (68)

10/1: Actress/singer [Julie Andrews](#) (90)

10/2: Musician/actor [Sting](#) (74)

Something Little To Be Grateful For:

That butter companies still print measurements on the wrapper of each stick.

It's a Bad Joke again!

Want to hear my terrible impersonation of an owl?

(Other person says "okay," hopefully)

WHEN.

WHY.

WHAT.

WHO!

(Finally.)