

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of September 9

### **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 8<sup>th</sup> – 10:30 am**

Red Hook OFA Friendship Center – 59 Fisk St.

#### **Wednesday, October 9<sup>th</sup> – 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](mailto:ofa@dutchessny.gov)

All Public Comment Forum locations are handicapped accessible. Persons requiring special accommodations to take part in a Public Comment Forum should contact OFA during business hours by close of business Monday, September 16th.

### **GOLDEN GATHERING, SATURDAY 9/21**

One of Dutchess County's best ways to get your aging-related questions answered in one place is the annual "Golden Gathering" for older adults and caregivers, coming up on Saturday, September 21<sup>st</sup>, from 9:30 a.m. to 12:30 p.m., at Arlington High School, 1157 NY 55 in LaGrangeville.

It's presented by OFA, County Executive Sue Serino, and New York State Senator Rob Rolison, with support from the James J. McCann Charitable Trust.

The program consists of health screenings, entertainment, refreshments, door

prizes and various informational tables geared toward the interests and needs of area older adults. Flu shots will be available while supplies last.

The Golden Gathering is the single largest annual event of its kind in Dutchess County. More than 70 exhibitors from various organizations and service providers will offer information on topics ranging from health care and financial services, to housing options, legal advice and more. Representatives from various Dutchess County Government departments and divisions will also be on hand to inform residents about how they serve the community every day.

## **TELL YOUR FRIENDS**

With thousands of messages coming at us every waking hour, we often lose sight of services available to us right here in Dutchess – and yet you chose to read this column, and for that we're most grateful indeed. What next? Don't keep your newfound knowledge to yourself. Tell your older adult and caregiving friends in Dutchess County about the Office for the Aging, so that they can get to know us before they need us.

***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](mailto:ofa@dutchessny.gov) website: [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging) Social media:***

***[www.facebook.com/DutchessCountyOFA](http://www.facebook.com/DutchessCountyOFA)***

## **“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 16<sup>th</sup>. 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](mailto:ofa@dutchessny.gov).

Visit [dutchessny.gov/seniorexercise](http://dutchessny.gov/seniorexercise) for more about OFA’s varied exercise programs for Dutchess County residents over age 60.

## **OFA PROM REGISTRATION**

The Office for the Aging is holding its annual Senior Prom 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.

Registration gets underway on Monday, September 9th. 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.

The location of the prom will be provided to guests once payment is confirmed.

## **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 if you can't be there in person.

**Other news:**

[Some more nutrition tips](#) for healthy aging. [And even more.](#)

[How much does aging affect mental acuity?](#)

Music can help [identify regions of the brain affected by aging.](#)

**This week's birthdays:**

9/6: Comedian [Jeff Foxworthy](#) (66)

9/7: Saxophonist/composer [Sonny Rollins](#) (94)

9/8: U.S. Senator/teacher [Bernie Sanders](#) (83)

9/9: Actor/producer [Hugh Grant](#) (64)

9/10: Singer-songwriter/guitarist [José Feliciano](#) (79)

9/11: Singer/dancer [Lola Falana](#) (82)

9/12: Actress [Rachel Ward](#) (67)

### **And the Bad Joke!**

A worm is a pretty disappointing prize for getting up early if you ask me.