



## Get To Know OFA Before You Need Us

Aging has a way of sneaking up on people sometimes. One day, you're telling a friend about the band you played in during the 70's and...how did that get to be 50 years ago?

You're watching TV and don't recognize any of the celebrities. The ones you do recognize turn out to be way older than you thought. And then somebody called you "ma'am" or "sir" at the grocery store.

You're finally old enough for fast-food senior discounts, right when your doctor tells you to cut it out with the fast food.

You think you don't yet need the Office for the Aging - and in a perfect world, that could be true. On the other hand, if some day you find yourself in need of services for older adults, it would be best for you and your caregivers to be prepared for such a need.

That's why the Office for the Aging wants you to *get to know us **before** you need us.*

The information can be a lot to digest, because there are so many ways OFA can help Dutchess County's older adults stay on the road to their common goals of continued healthy and independent living.

With the fastest-growing 85+ population in New York State in recent years, Dutchess County is at the forefront of planning for the challenges presented by an aging society. Even if you've never thought about your own aging before, you can reach out to OFA to get started preparing so that your challenges to come are less complex.

Don't know what questions to ask OFA? That's to be expected. You're not alone in this.

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### A Message from County Executive William F.X. O'Neil



*Friends,*

*National Volunteer Week takes place the week of April 17th-23rd; but for the Office for the Aging, it's always volunteer week!*

*OFA's latest volunteering initiative is also one of our most immediately successful. The new Friendly Calls program got underway in January and has connected dozens of Dutchess County older adults at risk of social isolation and loneliness with volunteer callers, just to pass the time in friendly conversation. It's the kind of volunteering that can fit into busy schedules, because the calls can be made either from home or from OFA. Get in touch with OFA to find out how you can participate!*

*For those who like to volunteer their physical abilities, OFA will gladly accept extra pairs of volunteer hands at our Senior Picnics this summer; as volunteer drivers in our Home Delivered Meals program; at any of our eight Friendship Centers around the county; and as volunteer leaders in our diverse OFA Exercise programs. OFA provides the training. You provide your energy! Volunteering is a great way for retirees to stay connected and physically active.*

*If office skills are more your speed, OFA offers health insurance counseling and clerical volunteering opportunities. If you received this newsletter in the mail, chances are a volunteer prepared it. Get in touch with OFA today and find out how you can help. Stay healthy!*

*William F.X. O'Neil*

William F.X. O'Neil  
County Executive