

Dutchess County Office for the Aging's

AGING NEWS

For the week of January 27th

Note: if you have friends without internet access who've been wondering where the print version of our "Golden Living" column went...it is now available in several weekly newspapers serving Dutchess County:

Northern Dutchess News

Southern Dutchess News

Beacon Free Press

The Hudson Valley News

Pawling Record

Golden Living . . . News for Seniors, Their Families and Caregivers

Todd N. Tancredi, Director

Dutchess County Office for the Aging

THE CELEBRATION OF AGING AND OLDER NEW YORKERS DAY

There are thousands of older Dutchess County residents volunteering in their communities. Many are affiliated with the Office for the Aging or its partner programs, but the majority of senior volunteers are giving of themselves through their hometown houses of worship, schools and more.

We'd like the service of all extraordinary Dutchess County senior volunteers to be recognized. Coming up on two consecutive days this spring are two opportunities for senior volunteer recognition: one in Dutchess County, another in Albany.

On Monday, May 18th, the Office for the Aging is holding its annual Celebration of Aging event.

Criteria for honors are as follows:

- Be a current resident of Dutchess County;
- Be 60 years old or older;
- Serve as a volunteer with one or more agencies serving seniors in the community;
- Cannot have previously been a Celebration of Aging Senior of the Year honoree. Those who were nominated in past years but not chosen as

honorees can be nominated again this year.

Nominees can be individuals, or couples who serve together. You may submit a nomination for as many senior volunteers as you'd like. Dutchess County will honor volunteers in the male, female and couple categories.

Nominations submitted by March 27th will be considered for honors. A subcommittee of the OFA Advisory Board will make the final decision on honorees.

A formal nomination form is not required, but may help you gather your thoughts as you write about your nominees. Printable nomination forms are available in the winter edition of OFA's Spotlight on Seniors newsletter, available at www.dutchessny.gov/aging and at libraries throughout the county. You can also submit nominations to bjones@dutchessny.gov, or mail them to the OFA Advisory Board at the address below.

We can accept copies of news clippings and photographs as part of a nomination package. Try not to send any originals, because it will not be possible to return items. We can also accept emailed links to videos stored in the cloud.

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

Office for the Aging events calendar

Unless otherwise indicated, call (845) 486-2555 for more information

All times and venues subject to change

Follow Dutchess County Government on social media to find out more

Tue 1/28/2020, 11:00 a.m. - Keeping Your New Year's Nutrition Resolution

With OFA nutrition coordinator Nimesh Bhargava

Pawling Senior Friendship Center, 154 Charles Colman Blvd.

Tue 2/4, 2:00 p.m. – Scam Prevention (rescheduled)

With OFA outreach coordinator Brian Jones

Interfaith Towers, Poughkeepsie

Tue 2/11, 2:00 p.m. – Scam Prevention

With OFA outreach coordinator Brian Jones

Castle Court at Concord Village, 386 Van Wagner Rd., Poughkeepsie

Tue 3/24, 1:00 p.m. – Scam Prevention

With OFA Outreach Coordinator Brian Jones

Red Hook Public Library, 7444 S. Broadway (Route 9)

Thu 3/26, 11:00 a.m. – Office for the Aging Services

With OFA Outreach Coordinator Brian Jones

The Gables (community room), 8 Gables Blvd., Poughkeepsie

CHINESE NEW YEAR EVENT POSTPONED

The Mid-Hudson Chinese Community Association is postponing its February 1st Chinese New Year celebration that was to have been held at Roy C. Ketcham High school, noting the ongoing coronavirus outbreak in China, in Wuhan province in particular. In the US, as of Thursday 1/23 there has been one confirmed coronavirus case, in Washington State.

For information on MHCCA events, visit

<https://mhcca1968.wixsite.com/mhcca/events>.

REMINDER: EMERGENCY “HEAP” SEASON NOW UNDERWAY

The Emergency Home Energy Assistance Program (HEAP) Component is open as of January 2nd.

Households who have already used their initial HEAP benefit may request a second benefit. Households who have either a termination notice with an electric company, or who are at less than ¼ tank of fuel (or have less than a 10-day supply) may apply for the benefit.

To be eligible, applicants must have received the first HEAP benefit and have less than \$3,000 in financial resources. An application may be completed in person or over the phone. Applicants may be asked to provide additional documentation if there have been significant changes in the household, such as someone new moving in or a large increase in income. If there have been no such changes, applying just requires a short interview.

The Emergency HEAP Component benefits are \$675 for non-utility heating fuel (such as oil and kerosene) and \$490 for electric or natural gas heat. Clients who have a termination notice with an electric company, but who heat using fuel, may also apply for a smaller benefit amount. Please contact 845-486-2553 to apply.

For those who have not yet applied for HEAP this season, the benefit is still open and projected to remain open until early Spring.

Anyone interested can contact the Office for the Aging for more information about eligibility and applying.

Other aging news online:

The infamous Medicare Part D “donut hole” has closed...sort of:

<https://www.nytimes.com/2020/01/17/health/medicare-drug-costs.html>

The decision to take away the car keys is never easy:

https://thewell.northwell.edu/true-story/day-i-took-away-my-dads-car-keys?fbclid=IwAR2dT8pwaDcvl_NAam7j6V2M0JrG9jqsAmS8LHhNaf67FIgNrT80ka xHZfo

Rock legend Ozzy Osbourne announced this past week that he has a type of

Parkinson’s disease: <http://theconversation.com/ozzy-osbourne-has-a-type-of->

[parkinsons-disease-called-parkin-a-neurologist-explains-130367?utm_medium=Social&utm_source=Facebook&fbclid=IwAR0z8LNureDR3l56C1wgC0rM_EJB9jx-Wrkf-ug9ozKjOPtmeQSNaj6ZnM4#Echobox=1579715477](https://www.independent.co.uk/news/health/best-ways-exercise-60-ageing-health-a9195521.html)

Some decent general advice on post-60 fitness in this next link. As always, have your health care provider take a look at you before embarking on an exercise regimen. A doctor's sign-off is required if you sign up for an OFA senior exercise class: <https://www.independent.co.uk/news/health/best-ways-exercise-60-ageing-health-a9195521.html>

A form of frontotemporal dementia last week claimed the life of Monty Python cast member Terry Jones at age 77. From a few years ago, here's a look at his condition, which is far less common than other forms of dementia: <https://www.aphasia.org/stories/profiles-of-aphasia-terry-jones/>

This week in senior birthdays:

1/27: Actor/activist James Cromwell (80)

1/28: Swedish sculptor Claes Oldenburg (91)

1/29: Actor/businessman Tom Selleck (75)

1/30: Singer/songwriter/drummer Phil Collins (69)

1/31: Baseball Hall-of-Famer Nolan Ryan (73)

2/1: Actor/comedian Garrett Morris (83)

2/2: Comedian/actor Tom Smothers (83)

Since the week ends with Groundhog Day, that's the theme of our Bad Jokes.

Which you can tell over and over and over and over and over...

Q: What's a groundhog's favorite tree?

A: MaHOGany.

Q: What do you call a groundhog's laundry?

A: HOGwash.

Q: What do you call a royal woodchuck?

A: A crowned hog.