

Dutchess County Office for the Aging's

AGING NEWS

For the week of October 5

Note: the Office for the Aging will be closed on Monday, October 12th, for the national Columbus Day holiday. Clients of our Home Delivered Meals program will receive their meal for that day in advance of the holiday.

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

OFA PRESENTS "DRIVE-IN BINGO" IN OCTOBER

The Office for the Aging is building on its successful re-launch of its summer Senior Picnic program as a drive-thru venture, with a series of three socially-distanced "Drive-In Bingo" events.

With much of OFA's mission now involving assistance for seniors as they adapt safely to pandemic-era activities that help maintain social connections, this is our first venture into bingo. So we're keeping things simple the first time around.

Each bingo event is free, but advance registration is required because space is limited to the first 60 vehicles. Sign up for a spot by calling the Office for the Aging during business hours at (845) 486-2555. Like the picnics, the drive-in bingo events are expected to fill up quickly.

All three of the following events are scheduled to take place from 1:00 to 2:30 p.m. You and your traveling bingo companions can choose one of three events:

Wednesday, October 14th – Bowdoin Park, 85 Sheafe Rd., Poughkeepsie

Tuesday, October 20th, Dutchess County Fairgrounds, 6636 US 9, Rhinebeck

Thursday, October 22nd, Thomas Boyce Park, 6420 NY 55, Wingdale

Rain dates, if necessary, will be the following day.

How will it work once you get there? You'll be in your car for the entire event. Make sure your car radio is in good working order, because the bingo

numbers will be called out with the help of a low-power FM transmitter from the Dutchess County Sheriff's Office. Each player receives a sheet of bingo cards on arrival, along with a goodie bag.

And when you get a bingo, start honking the horn. One of our "runners" will stop by, verify your card, and give you your prize.

We'll play up to six games.

This part of October should be close to the peak of fall foliage season, so bring a camera to capture memories of the day.

If you'd like to volunteer to help out at any or all bingo events, email Outreach Coordinator Brian Jones at bjones@dutchessny.gov, or call him at (845) 486-2544.

Many thanks to our 2020 Platinum Sponsors, EverCare At Home and Home Energy Solutions.

A BRIEF LOOK AHEAD AT 2021

We're encouraged by what we've learned about seniors' capacity for adaptation thus far in 2020, and hope that it will be possible for more in-person OFA activities to resume in 2021.

As next year approaches, OFA will continue to reimagine events and activities for seniors to ensure opportunities for socialization and engagement that is critical to mental well-being. As older adults are increasingly using technology to connect to news and information, health and wellness resources and social supports, OFA will continue to provide information regarding programs and services remotely through technology and will use Stimulus dollars to purchase tablets, laptops and other technology to interact with seniors remotely.

***Golden Living is prepared by the Dutchess County Office for the Aging, 114
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IF YOU MISSED FALL PREVENTION WEEK...

Many thanks to all the seniors who took part in last week's Fall Prevention Week activities, with the help of State Senator Sue Serino and Nuvance Health.

In case you didn't get a look at some of the links associated with Fall Prevention Week events, here they are again:

The Zoom and Facebook Live technology review designed to help older adults to use these virtual platforms with more ease:

<https://www.facebook.com/watch/?v=769120840538658&extid=JRoujIQBeDxLEzP8>

The presentation by Dr. Neal Smoller, holistic pharmacist from Woodstock, about "Medication and Fall Risk": https://urldefense.proofpoint.com/v2/url?u=https-3A_drive.google.com_file_d_1-5FUOI-5FXyX8UIdKYxfVSuGVrVARhqZhGsL_view-3Fusp-3Dsharing-5Feil-26ts-3D5f69150a&d=DwMFaQ&c=y10fAQ-MjRVdTmbaCO4gBbko2jPu1Pu3w_E_ih7sRcg&r=-nxR3e22jWnzT9Us-N9deLHG_a-C0cykXD4hE5o324U&m=dqugmcW6o-K3GoDsZijHUjzTo0vjH2H1ZXD5Vf0As-s&s=FKPWYmmjUVWFScOzqzcUUGaWN1HOt4ofUzf_SmYpkxA&e=

The live Introduction to Tai Chi class from Bowdoin Park:

https://urldefense.proofpoint.com/v2/url?u=https-3A_drive.google.com_file_d_1wgLZAKILR4PluN144G8Dvk9wlk0IiHBr_view-3Fusp-3Dsharing-5Feil-26invite-3DCN7ymNYJ-26ts-3D5f6ff97a&d=DwMFaQ&c=y10fAQ-MjRVdTmbaCO4gBbko2jPu1Pu3w_E_ih7sRcg&r=djsh2P2ZWvPyC5xAuko2PTRBLP_GepCAVPmlC1RO-caY&m=BfA6j-ZQILoWlvNBs5IE2mCIRQcdwOaiXahD1dOcZDo&s=eOetNFaReihmTtYZAv8arv4a1p_VX5pmK1I4VL_IMPpY&e=

The home safety tour from Rebuilding Together:

https://urldefense.proofpoint.com/v2/url?u=https-3A_youtu.be_BrCaGUy5MXA&d=DwMFAg&c=y10fAQ-MjRVdTmbaCO4gBbko2jPu1Pu3w_E_ih7sRcg&r=djsh2P2ZWvPyC5xAuko2PTRBLP_GepCAVPmlC1RO-caY&m=TOmDpWNbzK73e81gncfhRSHIAo3VxGD7VV5uXA4bHUQ&s=JB1E-PpYu4uXz2jIXv4BGT252JNcehmRISYm_W7o9rM&e=

A link to a home safety checklist:

https://urldefense.proofpoint.com/v2/url?u=http-3A_www.rebuildingtogetherdutchess.org_sites_default_files_PDF_2020-5FRTDC-2520Home-2520Safety-2520Checklist.pdf&d=DwMFAg&c=y10fAQ-MjRVdTmbaCO4gBbko2jPu1Pu3w_E_ih7sRcg&r=djsh2P2ZWvPyC5xAuko2PTRBLP-GepCAVPmlC1RO-caY&m=HhOtohe000d8geneiUE0WFDKE4B9LzZCWlhL6IYpPC0&s=mqkjdzidUaaVL7ui_PCxgsL3IQMksUUgkuUVnHIVNg&e=

For more fall prevention information, contact the Office for the Aging: (845) 486-2555 or ofa@dutchessny.gov.

Other aging news online:

The Fall 2020 OFA Spotlight on Seniors is available here:

<https://www.dutchessny.gov/Departments/Aging/Docs/Spotlight-on-Seniors-Fall-2020.pdf>

Hard copies can also be found at many Dutchess County libraries, while supplies are available and pandemic requirements allow. Seniors and caregivers without online access who would like to receive future Spotlights in the mail can contact (845) 486-2555.

Want to exercise but don't have the money, space or inclination for workout equipment? Check with your physician before starting up any exercise program, but here's some equipment-free exercise ideas to think about:

<https://health.usnews.com/health-news/health-wellness/articles/2016-01-29/8-best-equipment-free-strength-exercises-for-older-adults>

The 2020 Dutchess/Ulster Walk to End Alzheimer's is still happening...later this month: https://act.alz.org/site/TR/Walk2020/NY-HudsonValleyChapter?pg=entry&fr_id=13628

This week in senior birthdays:

10/3: Singer/songwriter Chubby Checker (79)

10/4: NY Giants NFL Hall of Famer Sam Huff (86)

10/5: Singer/songwriter/guitarist Steve Miller (77)

10/6: Former Mets catcher Jerry Grote (78)

10/7: Nobel Peace Prize laureate Archbishop Desmond Tutu (89)

10/8: Actor/producer/comedian Paul Hogan (80)

10/9: Oldest living silent film star Don Marion Davis (103)

And here's the Bad Joke to wrap things up.

Q: What kind of birds stick together when they fly south for the winter?

A: Vel-crows.