



## A Message from County Executive Marc Molinaro

Friends,

A great deal of media coverage of issues affecting older Americans presents the issues as difficulties or challenges, but as individuals we are so much more than that. Regardless of age, we have value to bring to our communities.

Among the goals of the Office for the Aging is to change the way people of all ages think about aging, so we can find the opportunities within every challenge.

We can start by remembering that older adults have a wider range of physical and cognitive abilities than is generally assumed. Likewise, more seniors here in Dutchess County have embraced digital technologies, in areas like telemedicine, communications, entertainment, assistive technology and more. It's enabled greater connections to friends, family and supports than would have been possible earlier. We'll have more to say about this later in 2022.

For caregivers, who see so many challenges firsthand, it's a chance not only to provide care, but to also provide inspiration.

These are all positive trends, and not what younger people are used to seeing from the media they consume most. The good news is easy to overlook given the lingering presence of COVID-19 pandemic, but the opportunities have been here all along and will become clearer once the pandemic is finally behind us.

Stay happy and safe...  
...and be kind!

## Winter Is Decluttering Season

If you didn't catch last week's Golden Living column, introducing you to the joys of mid-winter decluttering, fear not. You've come to the second in our two-part series on improving your home's safety and livability. You've looked around your cluttered home and you're ready to start cleaning – but where to start?

We turned to Colleen Ashe of Red Hook-based Ashe Organizing Solutions ([asheorganizing.com](http://asheorganizing.com)), for some tips on getting started:

- Set a timer for 15 minutes and select a drawer, countertop, or shelf to tackle;
- Sort the items (Keep, Toss/Recycle, Sell/Donate), putting similar items together if you're keeping them;
- Decide what should stay in the space, and remove everything else that doesn't belong; and
- When the timer rings, feel free to stop the process.

Small steps taken over time can lead to big changes. What can you sort in just 15 minutes? If a task or project just seems too big, think about recruiting friends, family, or even a professional organizer to help jump start your project.

Organizing has an additional benefit: You could find things you thought you had lost but were only misplaced. It could even be something truly valuable like a long-lost wedding ring that migrated to the back corner of a junk drawer, but it's more likely to be something you can easily dispose of. Say goodbye to that stack of utility bills from 1967.

One of the most important ways to get started decluttering is also one of the easiest. More about that on the back page!

## Winter Decluttering (continued)

**Dutchess County's Prescription Medication Drop Box Program** provides safe drop-off locations where you can anonymously dispose of expired, unwanted, and unused prescription medications and controlled substances, including inhalers, ointments, and over-the-counter medicines.

Hazardous materials and sharps/needles are not accepted.

There are 11 drop-off locations listed below. Unless indicated otherwise, they're open 24 hours a day, seven days a week.

## Dutchess County Office for the Aging

Marcus J. Molinaro - County Executive  
Todd N. Tancredi - Director, Office for the Aging  
Nimesh Bhargava - Nutrition Services Coordinator

Dutchess County Office for the Aging  
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845-486-2555 / toll free 866-486-2555

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*The Dutchess County Office for the Aging is funded under Title III of the U.S. Older Americans Act, the New York State Office for the Aging, and the County of Dutchess.*

City of Beacon Police 845-831-4111	1 Municipal Plaza	
Dutchess County Sheriff's Office 845-486-3800	108 Parker Ave., Poughkeepsie	
East Fishkill Police 845-221-2111	2468 NY 52, Hopewell Junction	
Hyde Park Police 845-229-9340	3 Cardinal Rd.	
New York State Police, Troop K Headquarters 845-677-7300	2541 NY 44, Salt Point	
Pawling Substation, Dutchess County Sheriff's Office	9 Memorial Ave.	Call 845-486-3800 for assistance
Town of Poughkeepsie Police 845-485-3666	19 Tucker Drive	
Millerton Police 518-789-6355	5933 North Elm Ave. (NY 22)	Mon-Fri 9a-4p Sat noon-midnight Sun 4p-midnight
Red Hook Police 845-758-6780	7467 South Broadway	Daily, 8a-midnight
Rhinebeck Police 845-876-8181	76 East Market St.	Daily, 7a-11p
Wappingers Falls Police 845-297-1011	2628 South Ave.	

## Aging News Online (click each link for more)

Consumption of olive oil is linked to lower risk of Alzheimer's disease ([USA Today](#))

A diagnosis of chronic illness will require long-term financial planning ([NY Times](#))

People who think their bodies will break down as they age may be setting themselves up for just that. ([US News and World Report](#))

Can gut bacteria slow aging? ([Independent UK](#))

## This Week's Birthdays

1/24: Singer-songwriter [Neil Diamond](#) and singer [Aaron Neville](#) (both 81)

1/25: Jazz composer [Benny Golson](#) (93)

1/26: Sportscaster/baseball player [Bob Uecker](#) (88)

1/27: Actor/activist [James Cromwell](#) (82)

1/28: Actor/director [Alan Alda](#) (86)

1/29: Oldest living Masters golf champion [Jack Burke Jr.](#) (99)

1/30: Singer/songwriter/drummer [Phil Collins](#) (71)

Know any Dutchess County seniors turning 100 this year? Any Dutchess County couples married 70 years or more? If they'd like (or if it's you!) they can be honored in OFA's upcoming *Spotlight on Seniors* newsletter. Email [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov) for details.

## OFA Nutrition Program Volunteer Drivers and Kitchen Help Wanted

The Office for the Aging's Nutrition Services Program is looking for volunteers to help with bringing Home Delivered Meals (HDMs) to seniors, as well as kitchen help at our Senior Friendship Centers.

Particular areas of need this week include Beacon, East Fishkill, and the City of Poughkeepsie.

Training is provided, and all current COVID-19 safety protocols are followed.

We'll work with your availability. Drivers in the HDM program can be reimbursed for mileage when using their own vehicles for deliveries.

For more information, contact OFA at **845-486-2555** or [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov).

## A Really Bad Joke

Somebody told me that a cow has three stomachs.

Sounds like a load of tripe to me.

**SAVE  
THE  
DATE!**

OFA and Dutchess County Parks present "Pancakes in the Park" at Bowdoin Park  
**Friday, March 25th** (new date)