

Dutchess County Office for the Aging's

AGING NEWS

For the week of October 31

You might assume that winter is the most dangerous time of year to drive, and you wouldn't be entirely wrong; however, more crashes happen in the fall than in the winter because more cars are on the roads in the fall.

For a largely rural/suburban county like Dutchess, the importance of being able to drive cannot be overstated. It equals being able to live independently without help running errands. Being forced to give up the keys is a life-changer we hope to avoid, and OFA's goal is to promote independence in aging whenever it's safe to do so.

Driving Issues Specific To Autumn

Wet leaves - The changing leaves looked beautiful on the trees in October, but it's a different story when they fall to earth in November. Wet leaves on the road

impair contact between your car's tires and the road, and leaves crushed by vehicles can leave behind a slippery coating on roads. Together, it means that wet leaves can be every bit as dangerous as black ice.

The sun - As the days get shorter, sunrises and sunsets take place during mornings and afternoons. Before driving during those hours, keep some sunglasses handy to counteract the glare, and keep your windshields clean inside and out.

Deer and wildlife - November is the peak time of year for car-deer collisions. It's the height of "the rut," their mating season, and deer are less likely to be aware of your approaching car. Take extra time to scan roadsides, especially near sunrise and sundown when deer are most active. Should an animal run (or fly) into your path, *don't swerve*. It's an understandable instinct but think about everything else you could crash into: utility poles, trees, other vehicles. Even if none of those hazards are nearby, swerving can trigger a rollover crash. Slow down, use the brakes as needed, and keep the wheel straight; striking the animal is your "least worst" option.

While we're on the topic, repeated studies have shown that "deer whistles" attached to your car don't work. Some even made noises that attracted deer to the road.

Fog and frost - Keep your low beams and fog lights on, so that other drivers can see you. High beams will reflect light back into your eyes. On frosty mornings, take a few extra minutes to clear your windshields. Those "Bridge Freezes Before Road" signs are there for days just like this. It's when temperatures are close to freezing that bridge surfaces can be slick while the rest of the road is fine.

School buses - Under New York State law, you must stop for a stopped school bus with its red lights flashing - at all times. Even on a divided highway. Many school districts in Dutchess County have outfitted buses with stop-arm cameras. Illegally pass a bus, and the owner of the offending vehicle can expect a fine in the mail. A first-offense violation carries a \$250 fine.

Even when there's no bus in sight, stay alert. There'll be more children walking to and from their schools, bus stops and homes.

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

OFA VOLUNTEERS WANTED WEEKDAYS AT BEACON FRIENDSHIP CENTER

The Office for the Aging Home Delivered Meals (HDM) program and Senior Friendship Center in Beacon (1 Forrestal Heights) is looking for volunteers who can help in the kitchen at the Beacon Friendship Center. We're looking for help on any or all weekdays from Tuesday through Friday, from approximately 9-11 am. You would be part of the process where OFA prepares and packages dozens of meals delivery to homebound older adults in the greater Beacon area, along with clients of the Friendship Center.

Additionally, we're looking for volunteer assistance with Friendship Center clients on Wednesdays between 10 am and 2 pm, and help at the

friendship center's Halloween party, on Thursday, October 27th. We work with your schedule - if you're free just one of the days, two days, or all of them, our older adults will be more than grateful for the assistance and companionship.

For more information, contact Jamie in the OFA Nutrition division, at 845-486-2597 or jdennis@dutchessny.gov.

INSURANCE COUNSELING "AFTER-HOURS" EVENT (Tue 11/1, 5-7p)

An increasing number of Dutchess County older adults are staying in the workforce while also being eligible for Medicare. Because of their work schedule, they may not have time during conventional 9-to-5 business hours for a free Office for the Aging insurance counseling session. That's why OFA has arranged a limited number of "after-hours" counseling appointments for Tuesday evening, November 1st, from 5 to 7 pm, at OFA's main office in Poughkeepsie. *There are fewer than 10 time slots still available* for counseling sessions. Reserving a time slot is required; we cannot accept walk-ins. For reservations and more information, call OFA at 845-486-2555. OFA's trained counselors from HIICAP, the Health Insurance Information, Counseling and Assistance Program, provide free and unbiased information on the health insurance choices that can work best for

you in 2023. Read more about how HIICAP helps older adults at

www.dutchessny.gov/hiicap.

LIONS / DUTCHESS COUNTY USED EYEGLOSS DRIVE

The Dutchess County Division of Solid Waste Management invites you to donate eyeglasses in usable condition at several County offices buildings listed below. Donated glasses will be given to the Lagrange Lions Club, as a donation to its international campaign, Recycle for Sight, which benefits those in need. This collection event, which runs through November 21st, complements the County Clerk's ongoing collection of eyeglasses at the Department of Motor Vehicles offices in Poughkeepsie, Beacon, Millbrook, and Wappinger.

You'll find a collection box at the following locations, and we thank you in advance for your any donation(s) you can make.

Dutchess County Office Building

22 Market St

Poughkeepsie, NY 12601

Dutchess County Planning Dept.

85 Civic Center Plaza #107

Poughkeepsie, NY 12601

Dutchess County Division of Solid Waste Management

96 Sand Dock Rd.

Poughkeepsie, NY 12601

Office for the Aging

114 Delafield St

Poughkeepsie, NY 12601

Eastern Dutchess Government Center

131 County House Rd.

Millbrook, NY 12545

Beacon Center

223 Main St.

Beacon, NY 12508

SAVE THE DATE – 2023 OFA SENIOR PROM

This past Monday's return of the OFA Senior Prom at Villa Borghese in Wappinger was a ringing success, with over 350 older adults enjoying the long-delayed but much-appreciated Silver 25th-anniversary celebration with an afternoon of good food, and dancing to the music of the Bob Martinson Band.

Congratulations to Keith Doughty and Ruth Theise of Poughkeepsie, the 2022 Duke and Duchess of the prom. Thanks as well to essential support from The Pines at Poughkeepsie. You can find a video of prom highlights at www.facebook.com/DutchessCoGov.

We know a great many regular prom-goers start planning for the following year's prom as soon as the current year's prom concludes and are already asking what the theme will be for 2023. We're working on a decision on that and will formally announce the theme in the Winter 2022-23 THRIVE60+ newsletter that's coming out right after Thanksgiving.

In the meantime, save the date **Monday, October 16th, 2023** for next year's prom, and watch upcoming OFA newsletters for new developments!

PHOTOS FROM LAST WEEKEND'S "THRIVING IN RHINEBECK"

If you weren't able to attend the October 22nd "Thriving in Rhinebeck" event for older adults at Rhinebeck High School, [here's a recap](#) with photos of the organizations represented, including OFA. If you were a participant or a guest at the event, or weren't able to make it there, and want to know more about OFA services, please email ofa@dutchessny.gov or call 845-486-2555.

MATURE WORKERS WANTED

Pagones-O'Neill, Inc. is seeking mature, reliable, individuals for light-duty security opportunities at local clients. They provide security officers for clients such as Vassar College. These positions are well-suited for responsible people looking for income beyond the holiday season.

These positions require the ability to sit, stand, and walk in various indoor and outdoor environments. Weekends and nights may be required from time to time. Registration with NYS is also required.

Pagones-O'Neill was founded by Steve Pagones, JD, PPS, in 1990 to meet the increasing demand for professional security services. Interested parties are encouraged to contact Tom Craven at:

845-632-6900, Office

845-453-6600, Mobile

Other news:

[One in ten Americans has dementia](#), according to a new study.

Is your internet connection as quick as it could be? [Here's some simple advice on how to check](#), along with a glossary of basic terms.

[What "aging well" is all about](#), according to older adults from around the country.

[Flu prevention tips](#) from the National Institute on Aging.

[A classic Stevie Wonder album](#) turns 50.

This week's birthdays:

10/30: Singer/songwriter [Grace Slick](#) (Jefferson Airplane) (83)

10/31: Musician/songwriter [Larry Mullen, Jr.](#) (U2) (61)

11/1: Golfer [Gary Player](#) (87)

11/2: Singer-songwriter [k.d. lang](#) (61)

11/3: Singer/songwriter [Lulu](#) (74)

11/4: Singer/songwriter [Delbert McClinton](#) (82)

11/5: Singer/songwriter [Art Garfunkel](#) (81)

And the Bad Joke:

Even though it's getting warmer now in the Southern Hemisphere, Argentina is still close to Chile.