

Dutchess County Office for the Aging's

AGING NEWS

- **OFA Director Mary Kaye Dolan Retires With a Look Ahead**
- **Sherriff Warns of Computer Scam**
- **Interfaith Peace Concert (2/7)**
- **FREE Tax Preparation**
- **Fall & Burn Prevention Seminar (2/18)**
- **Alzheimer Caregiver Support Groups**
- **More Aging News Online**

Golden Living . . . News for Senior Citizens
Mary Kaye Dolan-Anderson, Director
Dutchess County Office for the Aging

AGING: A LOOK AHEAD

Working 26 years for Dutchess County, including more than 22 at the Office for the Aging, has made for a great career. I would like to use this, my final column, to highlight some current and future aging issues.

First up: longevity, free time and disposable income. Older adults are a social and economic force and should advocate for their needs and call attention to their value and contributions. While the county's overall population grew 6.55 percent between 2000 and 2010, the age 60+ population grew by 27.77 percent, and the 85+ growth was an astounding 36.44 percent. Not only is the baby boom generation growing older, they are living longer. Today's seniors live longer, have more free time available for travel and volunteering, and in large part, have more

disposable income. Given these trends, planning efforts must focus on this population with the same vigor and attention given to other generations.

Second, Alzheimer's Disease is fast becoming a Public Health Crisis. One in nine people over the age of 65 and one-third over 85 have Alzheimer's, and the number will escalate rapidly, representing a challenge. The greatest risk factors of developing Alzheimer's are age, genetics and family history of the disease. The number of those in New York State with Alzheimer's will increase over 20 percent in the next 10 years. Alzheimer's has a long duration of disability and dependence. Expenditures on health care, long-term care and hospice care for those with Alzheimer's equaled \$226 billion in 2015, with 70% of that coming from public sources (Medicare and Medicaid). This is not sustainable.

Third, ageism sometimes seems like the last area where discrimination is tolerated. This is not acceptable. Ageism leads to age discrimination, which is illegal, and also can be a contributing factor in elder abuse, neglect and exploitation. Locally, there is an active Coalition on Elder Abuse coordinated by the Mediation Center of Dutchess County. While those working in the Coalition are very active and committed, it will take the entire community to combat and address the frequently hidden issues of ageism and elder abuse.

Fourth, falls in Dutchess County represent the second-leading cause of accidental deaths for the most recent year where we have statistics. More people die of falls than from car accidents. The Office for the Aging has three important programs (Senior Exercise, Tai Chi, and A Matter of Balance) addressing the fear of falling and preventing falls. While they have been hugely successful, there is always room for more, and health officials and public policy makers will need to pay more attention to this issue.

Fifth, caring for an aging family member has become more common, whether it is actual hands-on care or assisting with things like bill-paying and transportation. For many caregivers, these duties come at the height of their careers or at the same time they are raising children. Many working caregivers find themselves having to take time off from work or leave the workforce due to caregiving responsibilities. This informal care is worth billions of dollars, yet goes largely unrecognized.

These represent just some of the top current and emerging issues in aging and aging services. The Dutchess County Office for the Aging is an active advocate and service provider in all of them and many more. It has been a tremendous honor to play a role here since 1993.

Golden Living is prepared by the Dutchess County Office for the Aging, 27 High Street, Poughkeepsie, New York 12601, telephone 486-2555, email:

aging@ Dutchessny.gov website:

<http://www.dutchessny.gov/CountyGov/Departments/Aging/AGIndex.htm>

Sheriff's Office warns of computer scam

The Dutchess County Sheriff's Office would like to warn residents of Dutchess County and surrounding areas of a computer scam which has been occurring recently.

This scam starts when the victim is contacted by someone that they don't know who claims to work for Microsoft. The victim may be contacted either by phone or via the computer, which will display a pop-up window telling them that the computer has a virus and to call Microsoft at the number provided. Whichever the method of contact, the suspect will then tell the victim that they can fix the computer for a fee and proceeds to elicit credit card and other information from the victim. In most cases there was never a virus or anything wrong with the victim's computer, and once the money is paid the suspect is never heard from again. In some instances the suspects were even able to get into the victim's computer and control it remotely; this is a way to convince the victim that it is legitimate and is also very dangerous because they now have access to everything on it. This scam is similar to the FBI MoneyPak virus that has circulated in the recent past, in which the virus locks the victim's computer and tells them to send money to unlock it.

The Sheriff's Office would like to offer the following tips to help people avoid being victimized by these individuals:

- If someone contacts you unsolicited and out-of-the blue, it is most likely a scam. Microsoft or any other reputable company will generally not contact people to offer their services, especially before the person even knows they have a virus. **Use extreme caution if you are contacted by someone in an unsolicited way.**

- If you are contacted unsolicited by someone claiming to work for Microsoft or another company, tell them you will need to verify their employment. Then hang up with them, research a number for the company, and call the company using the number that *you* found. **Do not use a number that the person gives you, use an independent number.**
- Do not give credit card information, personal information, or passwords to anyone until you have verified who they work for and that their purpose is legitimate. Once the money is gone it is extremely difficult, and in most cases impossible, to recover it.
- **Don't panic.** The reason that scams are successful is because they prey on people using emotion and/or an urgent situation that *they* say needs to be fixed immediately – like a loved one in jail or a virus on their computer. Remain calm and you will then be better able to think clearly, weigh the options, and make the best decision. These suspects want their victims to panic and make hasty decisions because that is when they are most vulnerable. Don't let them get you to make a hasty decision based on the fear of a supposed urgent situation. Keep in mind that if it truly was an urgent circumstance, you would have most likely already known about it when they contacted you.

If you suspect that you may be a victim of this or any other scam please contact the Sheriff's Office at 845-486-3800.

Annual DCIC Interfaith Peace Concert: An Afternoon of Stories

Sponsored by the Dutchess County Interfaith Council

Sunday February 7th, 2 PM, Unitarian Universalist Fellowship, 67 South Randolph Avenue, Poughkeepsie.

Featuring Storytellers: Kusum Gupta, Lorraine Hartin-Gelardi, Adah Hetko, Muriel Horowitz, Jonathan Heiles, Rabbi Paul Golomb & Karen Pillsworth

Suggested Donation: \$10 to support the Coming Home program sponsored by the Unitarian Universalist Fellowship. This program provides mentors for people returning home from prison.

FREE TAX PREPERATION

The Hudson Valley CA\$H Coalition and AARP Tax Aide Foundation offer free tax preparation assistance for low to moderate income individuals, families and

seniors. Certified volunteer tax preparers assist filers and ensure those who may be eligible for tax credits and refunds receive these valuable credits. There are many sites throughout the Hudson Valley including libraries, community centers and churches offering this free service. No age restrictions and AARP membership is not required. To schedule an appointment call 2-1-1 or 1(800) 899-1479 today! **NEW THIS YEAR:** Marist College is a new location, open to the public, with 50 available appointments every Saturday! Call today!

MidHudson Regional Hospital Licensed Home Care Presents:

Fall And Burn Prevention: Strategies For Older Adults

A FREE EDUCATIONAL PROGRAM

Thursday, February 18, 2016 12:30 to 1:30 p.m.

Saint Simeon, 24 Beechwood Avenue, Poughkeepsie, NY 12601

Presented by:

Mary R. McCarthy, BS – Trauma Injury Prevention and Outreach Coordinator, WMCHHealth Network

Thomas C. Rutan, ACNS-BC – Burn Program Coordinator, WMCHHealth Network

Can your home be safer?

Join our discussion to raise awareness of potential fall hazards and burn risks where you live. Learn simple strategies for reducing your risk of injury, both at home and in the community. Find out what resources are available to help you build a safer living environment and lifestyle. This is a FREE presentation, however space is limited. Please reserve by calling 845.483.5551. This program is funded in part by the U.S. Administration on Aging, New York State Office for the Aging and Dutchess County Government.

ALZHEIMER'S CAREGIVER SUPPORT GROUPS

Here is the list of support groups in Dutchess County:

Caregiver Support Group

All Sport Health and Fitness

17 Old Main St.,

Fishkill, NY

7-8:30 p.m. first Tuesday

Call 800-272-3900 for information or to RSVP.

Caregiver Support Group

Hopewell Reformed Church

143 Beekman Road

Hopewell Junction, NY

1 p.m. third Tuesday

Call 800-272-3900 for information or to RSVP.

Caregiver Support Group

Alzheimer's Association

2 Jefferson Plaza, Suite 103

Poughkeepsie, NY 12601

11 a.m. first Wednesday

Call 800-272-3900 for information or to RSVP.

Caregiver Support Group

Starr Library

65 W. Main St.

Rhinebeck, NY 12572

4 p.m. second Monday

Call 800-272-3900 for information or to RSVP.

MORE AGING NEWS ONLINE:

[Low Bicarbonate Levels May Be a Danger for Seniors](#)

01/14/2016 07:00 PM EST

Healthy older people have greater risk of death if blood bicarbonate level too low, research suggests

Source: HealthDay

[For Seniors, Poor Sleep May Mean Higher Stroke Risk, Study Suggests](#)

01/14/2016 04:00 PM EST

Researchers found those who woke up the most were more likely to have hardening of brain

arteries. Source: HealthDay

[Centenarians Proliferate, and Live Longer](#)

BY SABRINA TAVERNISE

The number of Americans age 100 and older — those born during Woodrow Wilson's administration and earlier — is up by 44 percent since 2000, federal health officials reported Thursday.

'Fat but fit': How carrying excess weight can have long-term health consequences

Fox News

For decades, scientists believed that excess body fat was mere storage for unused calories. However, research conducted over the past 20 years suggests added fat is more than a little extra cushion—fat cells are actually “toxic factories,”

SIX STRATEGIES TO BE HAPPIER WITH YOUR LIFE:

[http://e.nm.com/nw40/pd/articlelibrary/newsbrief2/14-newsbrief/286-6-strategies-for-being-happier-with-your-life.html?email=e18ba0a609cf91a6c76179d68fc80412&AgentID=063430&bid=50043330&eVar4=Newsbrief&cmpid=EMC-NewsBrief January2016 Article-BeingHappier](http://e.nm.com/nw40/pd/articlelibrary/newsbrief2/14-newsbrief/286-6-strategies-for-being-happier-with-your-life.html?email=e18ba0a609cf91a6c76179d68fc80412&AgentID=063430&bid=50043330&eVar4=Newsbrief&cmpid=EMC-NewsBrief%20January2016%20Article-BeingHappier)

ALZHEIMER'S NEWSLETTER:

http://act.alz.org/site/MessageViewer?autologin=true&em_id=205883.0&dlv_id=233583&utm_campaign=enews-2016-01-25&utm_medium=email&WT.mc_id=enews2016_01_25&utm_source=enews-aff-118