

Dutchess County Office for the Aging's

## AGING NEWS

- **IRS Scam and Other Senior Scams**
- **Town Hall Budget Forums Upcoming (11/30)**
- **Veteran Health Fairs (12/3)**
- **Cancer Support Group Meeting**
- **More Aging News Online**

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

### IRS SCAM CONTINUES

The IRS telephone scam we first warned everyone about last year continues to be pervasive in the Hudson Valley. We hear from senior citizens on a regular basis who have been contacted by IRS “debt collectors” seeking to settle outstanding tax debts by pressuring them to send a payment via a money order or wire transfer immediately, or they will be taken to court.

According to the IRS, their office will always send a taxpayer written notification of any tax due via the U.S. mail. They will never ask for credit card, debit card or prepaid card information over the telephone. They also will not contact you via email. If you receive an email solicitation, send it to [phishing@irs.gov](mailto:phishing@irs.gov) .

These scammers tend to be very aggressive and may threaten seniors with arrest, having their utilities shut off, or having their driver's license revoked. The call may seem very real, and very scary, but that is part of what makes it so successful.

If you get a call from someone saying they are from the IRS and you think you may owe taxes, hang up and call 1-800-829-1040. The IRS employee who answers the phone will be able to help you with any payment issue. If you are certain you do not owe any taxes, call the Treasury Inspector General at 1-800-366-4484 to report the incident.

Seniors should be vigilant against any and all phone and email scams. Invest in a phone with caller ID so you can avoid answering calls from any number you are not familiar with. Additionally, do not answer the door for anyone you do not know. If a utility company employee is knocking on your door, and you do not have a scheduled appointment, call the utility company to find out why. Do not answer the door. There is a common scam involving someone representing themselves as being from a utility company keeping a senior occupied at the front door with survey questions, etc., and an accomplice entering the home through a back door or window to steal any valuables they can find.

Similar scams, including the dreaded “Grandma, it’s me” scam, where a young person claiming to be your grandchild in terrible trouble and requests you wire them money, are all still very common. The Dutchess County Sherriff’s Office warns, “It is very important to not send any money to anyone that you don’t know until you’ve confirmed the situation through an independent source and feel comfortable with it. ***If it’s a scam, once the money is sent it’s very difficult, and most times impossible, to get it back.***”

If you think you may have been a victim of this type of scam in the past, or if you receive these types of calls in the future, you are encouraged to contact the Sheriff’s Office at 845-486-3800, via the tipline at 845-605-CLUE, or email them at: [dcsotips@gmail.com](mailto:dcsotips@gmail.com).

Finally, please help us spread the word about these scams to your friends and neighbors so they can be wary as well.

***Golden Living is prepared by the Dutchess County Office for the Aging, 27 High Street, Poughkeepsie, New York 12601, telephone 486-2555, email: [agingervices@dutchessny.gov](mailto:agingervices@dutchessny.gov) website: <http://www.dutchessny.gov/CountyGov/Departments/Aging/AGIndex.htm>***

### **Molinaro to Host Town Hall Forum Series Opportunity to Discuss 2016 County Budget with Residents**

Dutchess County Executive Marc Molinaro will host a series of town hall forums to discuss the 2016 Dutchess County Budget, as well as other county

government topics of interest to residents. The forums provide residents the opportunity to get an overview of the proposed 2016 budget and engage in a question-and-answer session with the County Executive. Since taking office in 2012, County Executive Molinaro has hosted more than 60 town hall forums.

“The 2016 county budget cuts the property tax levy by over \$1 million, cuts the property tax rate for the first time in eight years and has no reduction to services or programs. As the County Legislature considers the budget proposal and moves toward final adoption, this is a great opportunity for residents to learn more about the budget and share their feedback,” said County Executive Molinaro.

The town hall meeting series includes the following dates and locations:

**Monday, November 30th at 5:30 PM**

Wappinger Town Hall  
20 Middlebush Road  
Wappingers Falls, NY 12590

**Wednesday, December 9th at 11:00 AM**

Tri-Town Senior Friendship Center  
American Legion Post #1302  
55 Overlook Road  
Poughkeepsie, NY 12603

**Monday, December 14th at 6:00 PM**

Clinton Town Hall  
1215 Centre Road  
Rhinebeck, NY 12572

The town hall forums are open to the public and all are encouraged to attend. For more information about the 2016 County Budget or the town hall forum series, visit [dutchessny.gov](http://dutchessny.gov).

Click [HERE](#) to view flyer about upcoming forums.

**Two health fairs, education events serve local Veterans**

VA Hudson Valley Health Care System has two health fair and education series events slated for December focused on Veterans that include free flu shots, blood pressure screenings and more. The events are: **Thursday, Dec. 3, 10 a.m.**

**to 2 p.m., multipurpose room, Castle Point campus, 41 Old Castle Point Road,**

**Wappingers Falls, N.Y;** and Friday, Dec. 4, 10 a.m. to 2 p.m., Bldg. 15, room 16,

FDR Montrose campus, 2094 Albany Post Road, Montrose, N.Y. Both events are free for Veterans.

Veterans will be able to solve issues with MyHealthVet, telehealth and other issues while learning more about rehabilitation, life safety, positive affirmation and more. Health screenings and nutrition tips will also be available. The education series includes mindfulness and health, 10 a.m.; seizure first aid, 10:30 a.m.; diabetes basic, 11:15 a.m.; heart failure, noon; herb and dietary supplement facts and myths, 1 p.m.; and quality of life matters, 1:30 p.m.

For more information, call Yurcania Villalona, Veteran health education coordinator, at (914) 737-4400 ext. 3530 or Nichola Watkins, nurse educator, at (914) 737-4400 ext. 2353.

### **Cancer support group**

Support Connections Inc. will host a support group session for women with breast, ovarian or gynecological cancers at:

- Vassar Brothers Medical Center: 7 p.m. Thursday, Dec. 17.

Pre-registration is required. To register or learn more, women may call 914-962-6402 or 1-800-532-4290.

**MORE AGING NEWS ONLINE:**

## **Thankful Gut Microbes Signal “Full” So Brain Knows You're Stuffed**

Genetic Engineering & Biotechnology News -

When you join a Thanksgiving feast or any other meal, you don't come alone. You bring your gut microbes with you. And they seem to have a say over how much food you'll consume.

## **Loneliness Can Make You Physically Sick, So Here Are 6 Ways To Fight It**

Bustle

Although loneliness is a universal human emotion, it is also highly individual. Being lonely is far more complex than fleeting feelings of sadness and isolation, which makes treating this troubling state especially tricky.

## **Dermatology drug prices in US soared in recent years**

Reuters

(Reuters Health) - The price of many drugs prescribed by U.S. dermatologists has skyrocketed over the past six years, far exceeding increases in overall health care costs and stretching patients' budgets in an era of high insurance deductibles.

## **Check Your Vitals With Tech Tattoos**

PC Magazine -

Forget bulky heart rate monitors and clunky pedometers: Chaotic Moon Studios is developing temporary "tech tattoos" that turn your body art into a health tracker.

## **Women Now Starting to Match Men's Drinking Habits, and That's Bad**

Health.com

TUESDAY, Nov. 24, 2015 (HealthDay News) - American women are catching up to men when it comes to using and abusing alcohol, a new government report shows.

## **Pfizer's Lyrica Fails to Treat Traumatic Neuropathic Pain**

Wall Street Journal -

Drug maker Pfizer Inc. PFE 3.05 % said Wednesday that its drug Lyrica didn't reduce pain any more than a placebo for those suffering from chronic nerve pain caused by traumatic accidents or surgeries.

**ALZHEIMER'S NEWSLETTER:**

**[http://act.alz.org/site/MessageViewer?autologin=true&em\\_id=204366.0&dlv\\_id=232350&utm\\_campaign=enews-2015-11-](http://act.alz.org/site/MessageViewer?autologin=true&em_id=204366.0&dlv_id=232350&utm_campaign=enews-2015-11-)**

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