SENIOR SEMINARS RETURN IN NOVEMBER

The Dutchess County Office for the Aging’s annual “Senior Seminars” day takes place Thursday, November 2nd, at New Hackensack Reformed Church at 1580 Route 376, Wappingers Falls. The event has grown quickly in popularity in recent years, to the point where space and parking limitations now require that you register in advance for any seminar you’d like to attend.

Here’s the schedule for this year’s seminars:

9:30 a.m. - MAKE YOUR HOME SENIOR-FRIENDLY - Very few homes are built from the start with seniors’ needs in mind, but retrofitting is easier than you think, presented by Christina Boryk, director of Rebuilding Together Hudson Valley.

STOP FINANCIAL ELDER ABUSE - Recognizing the signs of financial elder abuse is easier when you know what to look for. Find out more from Lisa Morris, assistant vice president at Hudson Valley Federal Credit Union.
10:30 a.m. ASK THE COUNTY EXECUTIVE - Have a question about County government? Here’s your chance to get answers directly from Dutchess County Executive Marcus J. Molinaro and his staff.

STOP MEDICARE FRAUD - Learn how to protect yourself from Medicare fraud, along with how to detect and report it; presented by Jenna Gladfelter of Senior Medicare Patrol.

PUT YOUR BEST FOOT FORWARD - Staying active is key to successful aging, and healthy feet are key to staying active. Achieve great “feets” with help from podiatrist Dr. Timothy Fishman, courtesy of Wingate Healthcare.

11:30 a.m. SPOT THE SCAM - Scammers know lots of underhanded tricks, but you can protect yourself and your loved ones from con artists. Find out more from David Lederman from the New York State Attorney General’s office.

FOSTER GRANDPARENTING - If you’re 55+ with a limited income, here’s a way to share your wisdom with young people in need, while benefitting yourself as well; presented by Liz Magier of the Westchester Community Opportunity Program.

ON THE ROAD - Being able to drive is a vital part of seniors’ independence, but there may come a time when it’s best for all concerned to give up the keys. Find out more about this sensitive issue with Bill Johnson and Jim Rapoli from the Dutchess County Traffic Safety Board.

All Morning - FINDING YOUR UNCLAIMED FUNDS - New Yorkers have over $15 billion in unclaimed funds sitting in 35 million accounts from banks and other institutions; maybe some
of it belongs to you! We’ll have a representative from the State Comptroller’s Office available throughout the day to help you find your long-lost money.

**Advance registration is required for all seminars**; call the Office for the Aging at (845) 486-2555 to find out more, or email the Office for the Aging at ofa@dutchessny.gov. While space is available, you can choose up to three seminars to attend, one per time slot.

Light refreshments will be available.

*Golden Living is prepared by the Dutchess County Office for the Aging, 27 High Street, Poughkeepsie, New York 12601, telephone (845) 486-2555, email: ofa@dutchessny.gov*

**website:** [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)

**OFFICE FOR THE AGING CALENDAR OF EVENTS**

Tue 10/17, 11 a.m. – “Better Nutrition, Better Vision” at Pawling Senior Friendship Center

154 Charles Colman Blvd.

With OFA nutrition coordinator Nimesh Bhargava

(845) 486-2555 for information

Thu 10/19, 10 a.m. – 3 p.m – at MidHudson Regional Hospital Fall Prevention Seminar

Registration required; call (845) 431-8159 or email Angela.Katz@wmchealth.org

Light refreshments will be available

Tue 10/24, 11 a.m. – “Food Additives” at Beacon Senior Friendship Center

1 Forrestal Heights (Community Room)
With OFA nutrition coordinator Nimesh Bhargava

(845) 486-2555 for information

Tue 10/24, 2 p.m. – “Successful Aging” at Arbor Ridge at Brookmeade
Route 308, Rhinebeck
With OFA outreach coordinator Brian Jones

(845) 486-2555 for more information

Wed 10/25, 11 a.m. – “Portion Distortion” at South Amenia Senior Friendship Center
229 South Amenia Road, Wassaic
With OFA nutrition coordinator Nimesh Bhargava

(845) 486-2555 for information

Thu 10/26, 11 a.m. – “Successful Aging” at Executive Towers
160 Academy St., Poughkeepsie
With OFA outreach coordinator Brian Jones

(845) 486-2555 for more information

Thu 10/26, 11 a.m. - “Portion Distortion” at Tri-Town Senior Friendship Center
55 Overlook Rd., Poughkeepsie (rear of the American Legion building)
With OFA nutrition coordinator Nimesh Bhargava

(845) 486-2555 for information

Fri 10/27, 11 a.m. - “Food Additives” at Poughkeepsie Senior Friendship Center
110 South Grand Ave.
With OFA nutrition coordinator Nimesh Bhargava

(845) 486-2555 for information
Thu 11/2, 9:30 a.m. – 12:30 p.m. – Office for the Aging Senior Seminars

    New Hackensack Reformed Church, 1580 Route 376, Wappingers
    (845) 486-2555 for information (FREE with reservations required)

    Full listing of Senior Seminars is in the fall Spotlight on Seniors, available online here: http://www.dutchessny.gov/CountyGov/Departments/Aging/Spotlight-on-Seniors-Fall-2017.pdf

Sat 11/4, 10 a.m. – 1 p.m. – OFA at Veterans Appreciation Day

    Wallace Center at the FDR Library and Home, Hyde Park
    (845) 486-2060 (Dutchess County Division of Veterans Services) for information

Wed 11/15, 11 a.m. – “Successful Aging” at Temple Beth-El

    118 South Grand Ave., Poughkeepsie
    With OFA outreach coordinator Brian Jones
    (845) 486-2555 for more information

Fri 11/17, 8:30 a.m. – 3 p.m. – OFA at Dutchess County Caregivers Conference

    The Grandview, 176 Rinaldi Blvd., Poughkeepsie
    Free with required registration at 1-800-272-3900

To request an Office for the Aging presentation for your senior, social and/or civic group, get in touch with outreach coordinator Brian Jones at (845) 486-2555 or bjones@dutchessny.gov. All your group needs to provide is a venue that’s accessible and open to the public, with space to set up a projector and screen.
We feature presentations on Successful Aging, Office for the Aging services, a wide range of topics related to nutrition, and more!

**FRIENDS OF SENIORS NEEDS YOUR HELP**

There’s greater demand than ever before for services for seniors – and also greater demand for volunteers to help seniors. One group that goes above and beyond to help Dutchess County’s seniors is Friends of Seniors (845-485-1277 or www.friendsofSeniors.biz), which is looking for volunteers to drive seniors to non-emergency medical appointments.

Friends of Seniors pays mileage reimbursement (30 cents/mile), their umbrella insurance policy covers drivers, and they’re able to work within your schedule, however many hours you have available to help.

With demand for transportation outpacing available drivers, you’ll be helping seniors right away. To get started with Friends of Seniors, call (845) 485-1277.

**Other aging news online:**

Social Security benefits will increase in 2018; the official word came down this past Friday:


Modern medicine can do many things but it’s not a cure for loneliness:

For homeowners wondering about STAR rebates – checks start going out in November:


Interested in joining an Alzheimer’s-prevention registry?


This week in senior birthdays:

10/16: Actress/singer Dame Angela Lansbury (92)

10/17: Actor/comedian George Wendt (69)

10/18: Sportscaster Keith Jackson (89)

10/19: American ballerina Marjorie Tallchief (91)

10/20: Baseball Hall-of-Famer Juan Marichal (80)

10/21: Yankees pitcher and Baseball Hall-of-Famer Whitey Ford (89)

10/22: Actress/singer Catherine Deneuve (74)

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