

# SPOTLIGHT ON SENIORS

A Publication of the Dutchess County Office for the Aging

Spring 2018

## Coming in '18-19: New Medicare Cards

Starting this spring and continuing for a year after that, every senior served by Medicare will receive an all-new Medicare card in the mail. Seniors and caregivers: watch your mail carefully starting in April, so that you don't throw out your new card by mistake.

The cards are being changed in part to close the security vulnerability created by the use of Social Security numbers in Medicare IDs.

The cards are formally named Medicare Beneficiary Identification (MBI) cards, and they'll differ from the cards that have been in use since the 1960's in a few ways. Here's how:

The new cards will feature 11 characters instead of 10. The ID "number" will consist of a random combination of letters and numerals, instead of your Social Security number and one letter. The federal Centers for Medicare and Medicaid Services (CMS) have taken care not to use any letters in the new IDs that could be confused with numbers, like S, L, O, I, B and Z.

Unlike in the past, you will not need to sign the new MBI card.

Although the cards are being designed to improve Medicare information security, scammers are relentless in their attempts to steal both from beneficiaries as well as government.

*continued on page 7*

Todd N. Tancredi  
Director

A Message from  
County Executive  
Marcus J. Molinaro



*Friends,*

*We're looking for nominees to be this year's Dutchess County Senior Citizens of the Year. If you know a senior in Dutchess County who's gone above and beyond to help their community, let the Office for the Aging know about them!*

*You can get a nomination form by contacting the Office for the Aging using the information on the next page, or at any of our eight Senior Friendship Centers.*

*I'm also looking forward to the 26th season of Office for the Aging Summer Picnics. These 12 free picnics cover every community in the county, providing a nutritious lunch, entertainment, companionship and information to over 5,000 seniors every summer. Many of your local elected officials (including yours truly) make it a point to be at the picnics whenever possible, so they can hear your concerns in person.*

*We start mailing picnic invitations in the spring, about six weeks before each community's picnic. The picnics fill up quickly, so when you get your invite, don't wait to reserve your space.*

*See you there!*

A handwritten signature in blue ink that reads "Marcus".

Marcus J. Molinaro  
County Executive



# Springtime News

## FRIENDSHIP CENTER MOVES TO RED HOOK

The Office for the Aging's Senior Friendship Center serving northwestern Dutchess County has moved to its spacious new home at the Red Hook Community Center at 59 Fisk St., on the east end of the village of Red Hook.

The new location is closer to the population centers of northern Dutchess, features considerably more space for socialization and exercise, and offers the opportunity for intergenerational activities with seniors, teens and local organizations.

Additionally, the Community Center offers other senior-friendly activities outside of the usual Friendship Center hours, including a Monday night line dancing class led by 2016 Office for the Aging Senior Citizen of the Year honoree Evelyn O'Brien.

The new Friendship Center will serve as a base for the division of our Home Delivered Meals operations that serves the towns of Milan, Red Hook, Rhinebeck and part of Clinton. The new Friendship Center's new phone number will be **(845) 475-1129**.

For information on the Red Hook Community Center, call **(845) 758-0077** or visit [www.redhookcommunitycenter.org](http://www.redhookcommunitycenter.org).

Below is information on Dutchess County's eight Senior Friendship Centers:

### OFFICE FOR THE AGING SENIOR FRIENDSHIP CENTERS

**Beacon - 838-4871**

**East Fishkill - 226-3605**

**Millerton - (518) 789-3081**

**Pawling - 855-9308**

**City of Poughkeepsie - 275-2661**

**Red Hook - 475-1129**

**South Amenia - 373-4305**

**Tri-Town (Towns of Poughkeepsie,  
Pleasant Valley & LaGrange) - 486-6363**

**(845 area code unless otherwise indicated)**

## NOMINATE A SENIOR OF THE YEAR

You have until March 31 to nominate candidates for Dutchess County Seniors of the Year in three categories: male, female and couple. Nomination forms are available on the Office for the Aging website ([www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)), at our office or by calling (845) 486-2555.

Winners will be chosen in April by the Office for the Aging Advisory Board, and will be honored on Monday, May 21st at the Celebration of Aging at Villa Borghese in Wappingers Falls.

Also being honored at the celebration are Dutchess seniors turning 100 or more in 2018, and couples celebrating 70 years or more of marriage in 2018. If anybody you know fits these descriptions and would like to come to the Celebration of Aging, tell us about them. We'd love to give them their long-deserved moment in the sun!

## SPOTLIGHT ON SENIORS

Marcus J. Molinaro - County Executive  
Todd N. Tancredi - Director, Office for the Aging  
Brian Jones - Editor, Spotlight on Seniors

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Email: [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov)  
Web: [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)

Available for free at libraries, senior centers and municipal buildings throughout Dutchess County.

Distributed in February, May, August and December, with a Medicare-focused edition in September.

To be added to or removed from our mailing list, call (845) 486-2544 or email [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov).

# From the OFA Kitchen

It can be hard to find healthy options in the cookie jar, but OFA Nutrition Coordinator Nimesh Bhargava has found an exception: oatmeal walnut crisps.

These delicate, thin cookies are made with whole grains, contain minimal saturated fat, and (for a cookie) are relatively low in calories—as long as you stop after one or two.

## OATMEAL WALNUT CRISPS

### Ingredients

- 3/4 cup old-fashioned rolled oats
- 1/4 cup white whole-wheat flour or whole-wheat pastry flour
- 1/2 tsp ground cinnamon
- 1 pinch salt
- 2 large egg whites
- 1/3 cup packed light brown sugar
- 1/4 cup canola oil
- 1/3 cup walnuts, chopped fine
- 1 ounce bittersweet chocolate (60-70% cacao)
- 1 tsp vanilla extract

### Nutritional Info (per serving)

*Calories: 45 (50 with chocolate drizzle)*  
*Total fat: 3 grams (3.5 grams with chocolate drizzle)*  
*Saturated fat: 0 grams*  
*Cholesterol: 0 milligrams*  
*Sodium: 15 milligrams*  
*Carbohydrates: 5 grams*  
*Fiber: 0 grams*  
*Protein: 1 gram*

Position rack in center of the oven; preheat to 400°F. Line two baking sheets with parchment paper, or use a nonstick baking liner.

Whisk oats, flour, cinnamon, and salt in medium bowl. Whisk egg whites, sugar, oil, and vanilla in large bowl. Add oat mixture; mix with rubber spatula until blended. Stir in walnuts.

Drop batter by rounded teaspoonfuls, spacing mounds 4 inches apart, on prepared baking sheets. Use the back of a spoon to spread batter into 2- to 2 ½-inch rounds. Bake, one sheet at a time, until edges are just starting to turn golden, 6 to 8 minutes. Do not over-bake.

Immediately slide a metal spatula under each cookie to loosen, then transfer to wire rack to cool. Continue until all the batter is used. Make sure that baking sheets are cool before spooning new batter onto them.

Store cookies in an airtight container. If cookies become soft, you can re-crisp them in a 350°F oven for 5 to 8 minutes.

If desired, drizzle cookies with chocolate. Place in refrigerator for a few minutes to set the chocolate.  
Yield: about 30 cookies.

### Variations:

- Substitute 1 tsp freshly grated orange zest or 4 tsp minced crystallized ginger for cinnamon.
- Substitute finely chopped almonds, hazelnuts, or pecans for walnuts.

Tip: To make larger cookies with a chewy texture, drop batter by rounded tablespoonfuls onto prepared baking sheets. Do not spread batter. Bake 8 to 10 minutes. Yield: about 12 cookies.

# 2017 BY THE NUMBERS

In conjunction with our community partners and volunteers, the Office for the Aging provided a wide variety of services to the older adults of Dutchess County in 2017:

Overall Service	14,000+ individual seniors served
Home Delivered Meals	137,645 meals delivered to 831 homebound clients (2016-17)
Congregate Meals	40,633 meals at 8 Senior Friendship Centers and 12 picnics
Nutrition Education	65 presentations, 2 healthy cooking demos and 36 articles
Nursing/Case Management	1,935 field visits to community based long-term care clients
Legal Services	652 hours of legal service to 254 clients
Home Care	27,300 hours of home care to 368 non-Medicaid clients
Reception	34,314 phone calls and 3,882 walk-ins assisted
Health Insurance	1,411 counseling sessions for 1,825 clients
PERS Units	300 Emergency Response Units to non-Medicaid clients
HEAP	794 Home Energy Assistance applications processed
Intake / NY Connects	6,145 intakes received
Caregiver Support	705 units of workshops, training and support to caregivers
Transportation	27,490 units of transportation to medical appts., shopping, etc.
Outreach Events	94 community outreach events on a variety of topics
Senior Picnics (summer)	12 senior picnics held throughout the county
Volunteers	41,546 hours of service provided by our 300+ volunteers
Prescription Drug Collection	177 pounds of outdated medication collected at senior picnics
Senior Prom (October)	377 people attended
Celebration of Aging (May)	290 people attended
Senior Seminar Day (Nov.)	150 people attended
Caregiver Conference (Nov.)	150 people attended
Website	413,000 hits



County Executive Marcus Molinaro and OFA Director Todd Tancredi, with May and Andrew Ambrosio of Clinton Corners - married 72 years in 2017!

# The Celebration of Aging

**Monday, May 21st  
12 p.m.**

**Villa Borghese, 70 Widmer Road, Wappingers Falls  
featuring a delicious hot lunch buffet**

**Reserve by April 27th for just \$25 per person**

**(\$40 per person after April 27th)**

**Guests over the age of 100 in 2018 and their guest are free!**

**Couples married 70 years or more in 2018 are free too!**

**Presentation of the 2018 Senior Citizens of the Year!  
Recognition of Dutchess County Centenarians!  
Recognition of couples married for 70+ years!**

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**RESERVE MY SEAT!**

**Please reserve my seat for the 2018 Celebration of Aging on Monday, May 21st, 12 noon at the Villa Borghese in Wappinger. Enclosed please find my check made out to the Office for the Aging. Tickets are \$25 if paid by April 27th and \$40 after.**

*Please print.*

**Name(s)** \_\_\_\_\_

**Address** \_\_\_\_\_

**Daytime Phone** \_\_\_\_\_ **Email (if any)** \_\_\_\_\_

**Please reserve \_\_\_\_\_ seats at \$25 each (\$40 if received after April 27th)**  
**Mail form and check to: Office for the Aging, 27 High Street, Poughkeepsie, 12601**  
*We regret that Dutchess County is unable to provide refunds.*

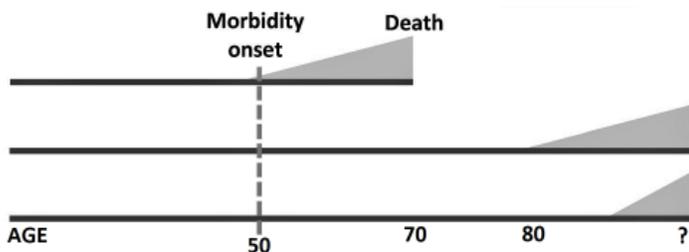
# Making Your Extra Years Count

The human lifespan has more than doubled since 1900. It's grown to the point where the Social Security Administration has calculated that an American male turning 65 this year can expect to live, on average, to over 84, while an American woman turning 65 can expect, on average, to reach 86.

One out of every four of today's 65-year-olds will reach the age of 90; one out of 10 will make it to 95; and about 3% will celebrate a 100th birthday.

After stocking up on birthday candles, what can we do to ensure the extra lifespan comes with good enough health for us to enjoy the extra time to the fullest?

You may have heard the term "healthspan." Think of it as the portion of your lifespan when you're not only alive, but also able to live independently with good physical and mental health. The goal is to maximize your healthspan, as illustrated below:



Think of the gray section of the diagram as the end of your healthspan. In the past, even experts simply assumed that after around age 50 the human body and mind would begin to fail ("morbidity" is the medical term) and there wasn't much to be done about it.

Since then, we've learned that there are many things that we all can do to extend healthspan as well as lifespan. Better yet, they're neither complicated nor costly, and it's never too late to begin taking steps to what the Office for the Aging calls **SUCCESSFUL AGING**.

Keep reading...in the next column!

## GIMME THREE STEPS (TO SUCCESSFUL AGING)

Successful aging boils down to three easy-to-understand components:

- 1) reducing risk of disability and disease
- 2) maintaining physical and mental skills
- 3) having meaningful relationships

But where to start?

The key is to consider what your needs will be over the years, sooner rather than later. You risk losing options by not planning ahead.

There's no single correct place to begin evaluating your situation, so let's start with your relationships and social support network. For most people this will be your spouse and family; but it can additionally be friends, fellow members of a group you've joined, and people who share your interests. We may have been raised to be independent, but don't confuse independence with refusing support and companionship when it's available.

The key to maintaining physical and mental skills is so simple we can use just two words: *challenge yourself*. Just a little each time will do. If you're a crossword fan, mix it up with learning a new language or musical instrument. If you're a walker, try other forms of exercise. Nobody's expecting you to become an expert or an elite athlete. The point is to keep different areas of your brain and body continually working on new challenges. As always, check with your doctor before starting a new exercise program.

As for reducing the risk of disability and disease, in the space we have left on this page we can make two more important recommendations:

*Practice good nutrition.* The Office for the Aging's Nutrition Coordinator Nimesh Bhargava ([nbhargava@dutchessny.gov](mailto:nbhargava@dutchessny.gov)) gives presentations countywide and can provide tips to get you started.

*Pay attention to balance issues.* If you haven't taken one of our "A Matter of Balance" classes yet, we strongly suggest you do so. Call **(845) 486-2555** to find out more!

## Coming in '18-19: New Medicare Cards

(continued from front page)

The Federal Trade Commission (FTC) says the would-be scams take four main forms. Here's how to watch for the scams and avoid them:

- Is someone calling, claiming to be from Medicare, and asking for your Social Security number or bank information? Hang up. That's a scam. First, Medicare won't call you. Second, Medicare will never ask for your bank information, and they already have your Social Security number.

- Your new Medicare card is free, so if you get a call demanding you pay for it...hang up.

- Is someone threatening to cancel your benefits if you don't give up information or money? Also a scam. New Medicare cards will be mailed out to you automatically. There won't be any changes to your benefits.

- Distribution of new cards doesn't begin until April 2018, so anybody claiming they can get you the new card ahead of time is trying to pull a fast one. It might take until as late as April 2019 for your new MBI card to arrive. Medicare plans to mail out 60 million new MBI cards, which is why the distribution process is expected to take 12 months.

Other scams are aimed at Medicare itself. When you receive your Medicare Summary Notice and/or Part D Explanation of Benefits (EOB) in the mail, look for charges for services you didn't receive, duplicate billings, services your doctor did not order, and billings from distant or unfamiliar locations. If you see something that doesn't look right, get in touch with your doctor. If you have private insurance in addition to Medicare, get in touch with them also. For more information, contact Senior Medicare Patrol ([www.smpresource.org](http://www.smpresource.org) or **877-678-4697**).

Both the old and new versions of the card will be accepted by Medicare until the end of 2019, when the old 10-character cards will no longer be accepted.

## From the Director's Chair

Todd Tancredi  
[ttancredi@dutchessny.gov](mailto:ttancredi@dutchessny.gov)



*Dear Friends,*

*Whenever we get a report of a missing vulnerable senior in Dutchess County, one of the first things we do is check to see if the missing person is known to us, and whether they receive Office for the Aging services or take part in OFA activities.*

*What we've found out thus far has concerned us, but has also revealed a possible opportunity. None of the missing seniors' names have appeared in our database thus far - so we're trying to find out why that is, and how we can help.*

*We hope that what we're learning can reach seniors who may be unaware of the help OFA can provide, and help us improve the way we serve seniors so that those with dementia don't go wandering in the first place.*

*In the meantime, if you know of a senior friend, neighbor or family member who might be helped by OFA services, keep our contact information in mind. Staying in touch with the community is one of many great ways to remain mentally active, so get in touch if you'd like to be added to the Spotlight mailing list and/or the weekly Aging News email blast.*

*We know that many seniors are reluctant to seek help because they were raised to be self-reliant, but independence does not equate to refusing assistance when it's needed and available. In fact, accepting a bit of help here and there can be what helps ensure seniors remain independent for as long as possible.*

*Sincerely,*

Todd N. Tancredi, Director  
Dutchess County Office for the Aging

**Dutchess County Office for the Aging  
27 High Street, Poughkeepsie, NY 12601**

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**TO:**

**Medicare Website Orientation and Medicare 101**

We offer a basic overview of Medicare.gov for people approaching the age of 65, caregivers, and anyone who would like a better understanding of how Medicare works. All classes will take place 9:30-11:30 a.m. at the Adriaance Library in the City of Poughkeepsie (93 Market St.), on the fourth Wednesday of every month:

*February 28, March 28, April 25, May 23, June 27, July 25*

Our "Medicare 101" classes will be held on the third Wednesday of each month from 10 a.m.-noon at the community room at the Poughkeepsie Galleria:

*February 21, March 21, April 18, May 16, June 20, July 18*

"Medicare 101" classes will also be held on the fourth Monday of each month (except May and December) at 4 p.m. at the Center for Healthy Aging, 6527 Springbrook Ave. (Route 9) in Rhinebeck:

*February 26, March 26, April 23, June 25, July 23*

There is no charge for any of these orientation sessions, but space is limited. Please call (845) 486-2555 to make a reservation.

For more information  
about the  
Dutchess County  
Office for the Aging,  
visit us online at  
**[www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)**  
email  
**[ofa@dutchessny.gov](mailto:ofa@dutchessny.gov)**  
call  
**(845) 486-2555**  
or **(866) 486-2555**  
or mail  
**Dutchess County  
Office for the Aging  
27 High St  
Poughkeepsie NY 12601**

We're open 9 a.m. to 5 p.m.  
Monday through Friday.