

Dutchess County Office for the Aging's

AGING NEWS

For the week of April 25th

OFA PICNIC REMINDER CARDS ARE BEING MAILED

We're mailing tens of thousands of cards reminding older adults in Dutchess County about this year's OFA Summer Picnic program. "What if I don't get a card?" is a question we get every year.

No reminder card? No problem – but reservations are essential. Remember to call us at 845-486-2555, during office hours (9 am – 5 pm weekdays), to make a reservation.

The reservation *is* required because demand for seats at picnics is extraordinarily high every year. We have seats for about 4,500 people at all the picnics combined, and Dutchess County's 60+ population is well over 60,000 and growing.

Some older adults might not receive a reminder card in the mail because they're new to Dutchess County. Whether you're an older adult who moved to

Dutchess County yesterday or you're a lifelong resident, call OFA to make a reservation for your community's picnic – and introduce yourselves to us on picnic day.

The full schedule of picnics is at dutchessny.gov/OFApicnics. Many thanks to The Pines at Poughkeepsie, and all our OFA sponsors, for their support of picnic season.

MOTHER'S DAY EXERCISE AND BINGO

The Office for the Aging and Dutchess County Parks are hosting a free Mother's Day Bingo and Exercise event on Friday, May 6th, from 1:00 to 2:30 p.m. at Bowdoin Park (85 Sheafe Rd., Wappingers). Reservations are required for this event, and can be made by calling OFA during business hours at 845-486-2555.

MEDICARE COVERAGE FOR OVER-THE-COUNTER COVID TESTS

Medicare has a new initiative that will cover up to eight over-the-counter COVID-19 tests each calendar month, at no cost to you, for as long as the current national Public Health Emergency (PHE) lasts. The PHE has been extended several

times over the past two years, most recently to July 15th.

Medicare will cover these tests if you have Part B, including those enrolled in a Medicare Advantage plan.

If you are in a Medicare Advantage plan, the tests covered under this initiative will be covered outside of your existing plan's coverage, and in addition to any over-the-counter tests that may be covered under the plan as a supplemental benefit.

Medicare *won't* cover over-the-counter COVID-19 tests if you only have Medicare Part A (Hospital Insurance) coverage, but you may be able to get free tests through other programs. Additionally, if the PHE is not extended beyond July 15th, this coverage may end.

You can get over-the-counter COVID-19 tests at any pharmacy or health care provider that participates in this initiative. Check with your pharmacy or health care provider to see if they are participating. If so, they can provide your tests and will bill Medicare on your behalf. A partial list of participating pharmacies can be found at www.medicare.gov/medicare-coronavirus. You should bring your red, white, and blue Medicare card to get your free tests, even if you have a Medicare Advantage

Plan or Medicare Part D plan, but the pharmacy may be able to get the information it needs to bill Medicare without the card.

Call 1-800-Medicare (1-800-633-4227) with any questions about this initiative.

TTY users can call 1-877-486-2048.

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

REGISTRATION OPEN FOR MAY 21 HOUSEHOLD HAZARDOUS WASTE AND ELECTRONICS COLLECTION

Registration for the May 21, 2022 Household Hazardous Waste and Electronics Collection is open. [Register online here](#). This event is limited to the first 380 households and will fill up quickly; if you miss registration this time,

there'll be one more opportunity in September for which registration has not yet opened.

For registration instructions and a list of accepted and not accepted items please see the [Household Hazardous Waste events flyer \(.pdf\)](#). The event is open from 8:00 am to 12:30 pm. There are no appointment times. If you prefer to register by phone, please call 845-463-6020.

DUTCHESS CELEBRATES EARTH DAY

County Executive Marc Molinaro has announced various Dutchess County Government departments are marking the global observance of Earth Day (Friday 4/22) by beautifying local roadways, assisting residents in recycling furniture, and answering residents' questions regarding recycling.

The County's Department of Public Works (DPW) Highway Construction and Maintenance Division is devoting several days this week and next week to highway clean-up as part of ongoing efforts to maintain the County's roadway system. DPW crews began their work Wednesday, April 20th, are working through Friday, April 22nd, and will continue next Monday and Tuesday, April 25-26th.

DPW maintains nearly 400 miles of County roads annually and assists the Office for the Aging's annual Summer Picnic Program.

To assist residents' questions about proper recycling and disposal of household items, the County's Division of Solid Waste Management will host a virtual information session on Friday, April 22nd from 10 a.m. to 11 a.m., providing guidance and information. Residents can access this free forum, available via Microsoft Teams, at <https://bit.ly/DutchessEarthDay> and join the discussion with a County recycling educator and receive responses to their queries.

On Saturday, April 23rd from 9 a.m. to 3 p.m. at Dutchess Stadium, (1500 Route 9D, Wappingers Falls) DPW staff will assist Habitat for Humanity of Dutchess County with its second annual Countywide Donation Day. This County park will be one of several collection sites throughout Dutchess County where residents can donate gently used furniture and household goods, including appliances less than ten years old, kitchenware, lighting, and exterior or interior doors no taller than 84" (7 feet).

Before loading up your vehicle, visit www.habitatdutchess.org or call 845-297-7610 for a more detailed description of what can and cannot be accepted.

Besides Dutchess Stadium, items will be accepted at the following locations:

Dutchess County Fairgrounds (6636 US 9, Rhinebeck)

Pleasant Valley Town Hall (1554 US 44)

ReStore (1822 South Road (9 Mall), Wappingers Falls)

Union Vale Transfer Station (2006 NY 55, LaGrangeville)

Donated items will be taken to Habitat for Humanity's ReStore location in Wappingers Falls, which sells such high-quality items at discounted prices, with all proceeds helping Habitat Dutchess' mission of affordable homeownership.

Additional information is available at <http://www.habitatdutchess.org>.

More news for older adults and caregivers:

Scam of the Week – pet fraud:

https://www.nytimes.com/2022/04/12/business/google-lawsuit-puppy-fraud-scheme.html?unlocked_article_code=AAAAAAAAAAAAAAAAACEIPuomT1JKd6J17Vw1cRCfTTMQmqxCdw_Plxftm3iWka3DJDm8YiO4IGImG9IzWIqVkYNQ30nGfTcBaL

[b4zAeRv1vdOekJ3QhSk54CPmJkALmM1tYe3FCsQ7q76YloZo3Xsf3Xrb6B23qG-tBaLd2C-](#)

[XvTfgyZ1OAZm8ZZ6cViv2WgCwv ADuZw3NQq26orBsh QSwSJ3Xf54meAB19PNmBZhzY-1N2D7kfAWeP6Ibav7EQcwxSckbESWd86As 7NBfPdAVNMXvPkJqOZq-](#)

[OfhKVDsefMr-](#)

[DIYxRoPUI7xtrbbHzBSLw8KwzPw9f75G4TN8pWvHI5npDm1LnH50Nw&smid=url-share](#)

Cataract removal has been linked to a reduction in dementia risk:

[https://www.nia.nih.gov/news/cataract-removal-linked-reduction-dementia-risk?utm_source=nia-eblast&utm_medium=email&utm_campaign=alzgov-20220419](#)

Dizzy when you stand up? Possible help here:

[https://www.nbcnews.com/health/health-news/dizzy-stand-simple-leg-moves-can-help-study-suggests-rcna15498](#)

Social Security is “beta-testing” a new website, if you’d like to provide feedback:

https://blog.ssa.gov/building-a-better-ssa-gov/?utm_medium=email&utm_source=govdelivery

97-year-old concert pianist Ruth Slenczynska has released her first album in 60

years: <https://www.knxx.org/2022-03-18/at-97-pianist-ruth-slenczynska-has-a-new-album-and-plenty-of-stories>

Happy 100th to Beacon resident Pocahontas Jackson!

https://highlandscurrent.org/2022/04/15/ill-be-darned/?utm_source=newsletter&utm_medium=email&utm_content=headlines&utm_campaign=TU_HudsonValley&sid=60bf46d3f517e149fb4ee1c7

This week in birthdays:

4/24: Singer/actress Barbra Streisand (80)

4/25: Actor/director Al Pacino (82)

4/26: Comedy legend Carol Burnett (89)

4/27: Singer/songwriter Kate Pierson (The B-52's) (74)

4/28: Actress/dancer/singer Ann-Margret (81)

4/29: Singer/songwriter/guitarist/actor Willie Nelson (89)

Willie's still busy musically, while grieving the recent death of his older sister and band member Bobbie Nelson at age 91: <https://theboot.com/luck-reunion-2022-willie-nelson/>

4/30: Director/screenwriter Jane Campion (68)

And the Bad Joke:

To the person who stole my sneakers and high-visibility jacket: You can run but you can't hide.