

Dutchess County Office for the Aging's

AGING NEWS

For the week of May 30th

Note: the Office for the Aging and all OFA Friendship Centers are closed for Memorial Day on Monday, May 30th. OFA Home Delivered Meals clients will receive their meals in advance of the holiday.

CONTRACTING SCAM SEASON

After over two years of pandemic delays, demand for home improvement contractors is still high. This creates another opportunity for home improvement scammers. They target people who've been trying for months or even years to hire somebody – and skip due diligence in their eagerness to get the project done.

It may have become more difficult to find the right help when there's so much demand, but the standard precautions haven't wavered:

Start by checking contractors' references. In a time when online reviews can be easily faked, local word-of-mouth is more important than ever. Talk to

friends and neighbors. Reputable, locally-focused social media pages can also be a source of good tips.

Ask your municipal government about contractors' licensing necessities.

Disreputable contractors may tell you that "pulling a permit" won't be necessary. Get the permit anyway, if such a thing is required by your local government. It's a valuable way to get an independent look at the work, and it protects you from future issues.

Get all aspects of the job guaranteed in writing, and make sure any contract includes procedures for dealing with unforeseen costs.

Never hire anybody on the spot. This is the peak season for scams involving paving, driveway sealing and other kinds of outdoor work. They're just a few of many common scams targeting older adults and retirees, who tend to be home during the day to answer the door. Traditionally, the perpetrators of the paving scam will show up unannounced, claiming they can offer a reduction in cost. They'll tell a tale that they were in the neighborhood working on another job and have "leftover" material. They will usually ask for a cash deposit; and once it has been paid, they disappear with the money.

Another common scam involving fake contractors is the “distraction” scam. This one involves at least two participants: one to lure an unwary person out of the home to look at supposed areas that need repair, another to sneak into the home to steal valuables.

If you think a scammer is working your neighborhood and an unfamiliar vehicle pulls up to your home, note their vehicle’s license plate number, passing it along to local law enforcement if you sense a scam attempt. Law enforcement is well-versed in spotting scammers’ tactics, but their success in stopping such scams depends in great part on how alert we are. You can find a printable Scam Prevention Resources Flyer at www.dutchessny.gov/aging.

Now that you’ve got an idea of what *not* to do when hiring a contractor, you may be thinking of what improvements you can make to your home to make it more aging-friendly. That’s something we’ll cover in next week’s column.

Golden Living is prepared by the Dutchess County Office for the Aging, 114

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DUTCHESS COUNTY MEMORIAL DAY EVENTS

Join Dutchess County Government representatives on Monday, May 30th, at 11 a.m., in gathering for Memorial Day to honor the men and women that made the supreme sacrifice in service to our nation, at the Dutchess County War Memorial, at the intersection of Raymond Avenue and Main Street in Poughkeepsie.

More information about this ceremony as well as a schedule of Memorial Day events throughout Dutchess County can be found [online](#).

OFA SUMMER KITCHEN AND PICNIC VOLUNTEERS WANTED

The Office for the Aging Summer Picnic Program needs your help!

The picnic program is returning in sit-down form starting on June 1st at Boyce Park in Wingdale, and 11 more picnics follow between then and Labor Day. The full schedule is available at www.dutchessny.gov/OFApicnics.

Besides help at the picnics themselves, we also need help in the OFA central kitchen the Tuesday afternoon before each picnic. If you're available to help at any time between noon and 4 p.m. on Tuesday afternoons of any or all

picnic weeks, please contact OFA Outreach Coordinator Brian Jones at 845-486-2544 or bjones@dutchessny.gov. There's also a printable volunteering form at www.dutchessny.gov/aging that includes a description of OFA's diverse volunteering opportunities.

"GETSETUP" WITH OFA

GetSetUp (www.getsetup.io) is an online community of older adults who want to learn new skills and stay connected with others. The safe, social, and interactive GetSetUp learning environment has been specifically designed for older adults, with classes taught by older adults and kept small to ensure everyone can actively participate. Classes are FREE to older adults, with funding provided in this year's New York State budget. For more information, visit <https://www.getsetup.io/partner/NYSTATE>.

Other aging news:

Advice from [90-year-old runners](#). No, it doesn't necessarily involve running.

Remembering legendary New York sportswriter [Roger Angell](#) who lived and wrote to the age of 101, until his passing a week ago.

[This 68-year-old ice hockey goalie](#) won't be lacing up the skates for the Rangers any time soon, but what a story.

This week's birthdays:

5/29: New York Knicks star [Richie Guerin](#) (90)

5/30: Mathematician [Joan Birman](#) (95)

5/31: Actor/director/producer [Clint Eastwood](#) (92)

6/1: Guitarist [Ronnie Wood](#) (Jeff Beck Group/Faces/Rolling Stones) (75)

6/2: Comedian/actor [Dana Carvey](#) (67)

6/3: Musician/actress [Suzi Quatro](#) (72)

6/4: Therapist/author [Dr. Ruth Westheimer](#) (94)

And here's our weekly Bad Joke:

I know how to build pyramids, up to a point.