

Dutchess County Office for the Aging's

AGING NEWS

For the week of November 28 (plus Thanksgiving weekend)

Holiday Advisory:

The Office for the Aging and all OFA Friendship Centers are closed on Thursday, November 24th (Thanksgiving).

OFA Friendship Centers are also closed on Friday, November 25th, but the OFA central office in Poughkeepsie will be open on the 25th.

Dutchess County government observes Christmas Day on Monday, December 26th; and New Year's Day on Monday, January 2nd, 2023. Offices and Friendship Centers will be closed both days.

Clients of OFA's Home Delivered Meals program will receive meals in advance of each day that friendship centers are closed.

HOLIDAY SCAM PREVENTION FOR CAREGIVERS AND OLDER ADULTS (Part 2 of 2)

One point we repeat in our scam prevention presentations to older adults is that scammers will tailor their messages to the headlines, especially when money is involved. This pattern is already being seen by Social Security's Office of the Inspector General (OIG), who recently issued a warning that criminals are using the annual increase in Social Security benefits as an opportunity to trick people into sharing their personal or financial information.

YOUR COST-OF-LIVING ADJUSTMENT IS AUTOMATIC

One common end-of-year scammers' tactic is pretending they're from Social Security or another government agency, using doctored credentials to give the illusion of legitimacy. They'll claim that you need to give them your personal and financial information to get your 2023 Social Security cost-of-living adjustment, also known as a COLA.

No need to do that. That's never been a Social Security policy. Your 2023 COLA takes effect automatically in the new year. For more on scammers' attempts to impersonate Social Security officials, visit their Inspector General's website at oig.ssa.gov and follow them on social media at www.facebook.com/oigssa.

For general scam prevention tips and information on how to report scam

attempts, there's a printable and regularly updated Scam Prevention Resources flyer at www.dutchessny.gov/aging.

As always, the best way to avoid being victimized is not to communicate with scammers in any way. If you have any reason to think a call or email might not be legitimate, ignore it.

SKETCHY MEDICARE ADS DISAPPEARING IN 2023

Not quite a scam, but close to the line of what's ethical, are the Medicare Advantage ads you've been seeing on TV, receiving in the mail, and viewing online. Among the plans' celebrity pitchmen are William Shatner, Jimmie (J.J.) Walker and Joe Namath.

Come 2023, those ads will be a thing of the past.

Beginning January 1, 2023, Medicare Advantage organizations and Part D drug plans will not be allowed to air TV advertisements before the Centers for Medicare and Medicaid Services (CMS) has approved them, according to Kathryn Coleman, director of the Medicare Drug & Health Plan Contract Administration Group.

Coleman says CMS is making the change after receiving thousands of complaints that the ads are confusing, misleading, or inaccurate, and use words and imagery that can cause beneficiaries to believe, incorrectly, that they're seeing advertisements backed by the federal government.

Coleman says none of the ads you've seen this year would qualify under the rules going into effect next year, meaning that Shatner will have to boldly go...back to the bridge of the U.S.S. Enterprise. perhaps.

Putting those ads aside, if you're a Dutchess County older adult who hasn't yet confirmed their health insurance and Medicare plans for 2023, there are still a few spots left with the unbiased counselors in OFA's Health Insurance, Information, Counseling and Assistance Program (HIICAP) between now and the close of Medicare Open Enrollment on December 7th. Call OFA at 845-486-2555 to make your appointment.

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

VOLUNTEERING OPTIONS FOR THANKSGIVING DAY

Many of us have family traditions of volunteering on Thanksgiving Day; however, it's also a national holiday and the Office for the Aging and Dutchess County offices are closed on Thanksgiving.

If you can volunteer after Thanksgiving weekend, especially in our Nutrition division, please contact OFA Outreach Coordinator Brian Jones at bjones@dutchessny.gov. We expect to have clerical volunteering opportunities available during the first two weeks of December.

For volunteering on Thanksgiving Day itself, consult your local houses of worship. In the City of Poughkeepsie, packaging and delivering of Thanksgiving Day meals will be taking place at the Family Partnership Center (29 North Hamilton St.) from approximately 9am to 1pm. For more information, contact Paula at 845-546-9271.

THANKSGIVING DRAMA-CONTROL TIPS

It may have been a while since your last in-person Thanksgiving celebration, so let's review a few tips to keep things running as smoothly as possible.

- Keep realistic expectations. Things won't always go according to plan.
Embrace imperfection. Relax.
- Put down the devices and turn off the electronics. Make a "no-electronics" rule at special meals and gatherings.
- Keep a sense of humor. Laughter, humor, and a positive attitude are contagious and can cover a multitude of sins. Remember, we include a Bad Joke at the end of each newsletter - for moments just like this!
- Be a giver, not a taker. Listen more than you talk. Give more than you get.
Kindness and generosity build happiness and reduce stress.
- Be flexible. Traditions change as families expand. Roll with the changes and remember that it's about people and sharing, not rituals.
- Avoid touchy topics. Steer clear of topics that lead to arguments. If you can't do that, then practice tolerance. Give people the benefit of the doubt.
- Forgive and forget. The holidays are the perfect time to free yourself from the burden of old grudges. Forgiveness is liberating and a gift to both the forgiver and the forgiven.

- Try not to seat Giants fans next to Cowboys fans. (Kickoff is at 4:30.)

2023 COUNTY BUDGET TOWN HALL FORUM – ONE LEFT (Tue 11/29)

The 2023 Executive Budget was accompanied this past week by a budget address from County Executive Marcus Molinaro. You can [find out more about the '23 budget at this link](#). The complete budget proposal is a lengthy document, [which you can read here](#) to get more detail. The section of the executive budget concerning OFA services and plans for 2023 and beyond is on pages 38-39.

One in-person public forum was held on November 15th; a second is scheduled:

Tuesday, November 29th, 6 pm

In-Person Town Hall

East Fishkill Town Hall

330 State Route 376, Hopewell Junction

Other news:

President Joe Biden recently turned 80 years old...and a lot of Aging News readers have hit that milestone as well. [What can you expect from 80 onward?](#)

Repeated stress [accelerates eye aging](#).

A lack of [grip strength](#) may indicate premature aging.

It's difficult for writers to completely avoid using potentially ageist terms like "seniors" and "elderly" to describe older adults [but we try](#). (Which is why we changed the name of OFA's newsletter earlier this year from "Spotlight on Seniors" to "THRIVE60+." The winter newsletter should arrive in mid-December.

The principles of successful aging [sometimes work for horses](#) as well as humans.

This week's birthdays:

11/27: Engineer/educator Bill Nye (67)

11/28: Comedian/TV host Jon Stewart (60)

11/29: Singer/songwriter/guitarist John Mayall (89)

11/30: Football/baseball player Bo Jackson (60)

12/1: Singer/songwriter/actress Bette Midler (77)

12/2: Novelist T.C. Boyle (74)

12/3: Actress/author Julianne Moore (62)

And a Bad Joke!

Q: What does the turkey have for Thanksgiving dessert?

A: Peach gobbler.