

Dutchess County Office for the Aging's

AGING NEWS

For the week of October 3

Note: the Office for the Aging and OFA Friendship Centers are closed for Columbus Day on Monday, October 10th, with OFA Home Delivered Meals clients receiving meals in advance of the holiday.

MEDICARE OPEN ENROLLMENT SEASON ARRIVES THIS MONTH

If you're already a Medicare beneficiary or closing in on the age of Medicare eligibility, October marks the busiest time of year for Medicare: open enrollment season, every year from October 15th to December 7th. Chances are you've been getting more than a few Medicare plan advertising mailers, with TV and internet advertising also aimed at you.

It can combine to cause a lot of anxiety: am I signed up for the right plan? Do I need to make changes? That ad I got in the mail says one thing, but does the fine print say something else? (It probably does.)

The options can be a bit much. Last year's Kaiser Family Foundation survey of

2022 Medicare plans found the average beneficiary could have chosen from among 54 Medicare plans, 766 Medicare Part D prescription drug plans, and a record 3,834 Medicare Advantage plans.

Somewhere amid the hype, or apart from it, are the right plans for you for 2023. You might already be enrolled in them. But if Medicare is new to you, and you want an impartial look at your open enrollment options, reach out to us at OFA. Our certified HIICAP (Health Insurance Information, Counseling and Assistance Program) counselors provide non-sales-oriented guidance. The OFA HIICAP Hotline is available at 845-485-2566, and you can find more at www.dutchessny.gov/hiicap.

LOWER-PRICE OFA PROM ADMISSION FOR ONE MORE WEEK

This is the last week Dutchess County older adults will be able to obtain lower-priced admission to the 25th annual OFA Senior Prom, coming up on Monday, October 24th from noon – 4pm at Village Borghese, 70 Widmer Rd. in Wappingers Falls. Admission is \$20 per person when paid before Friday, October 7th, or the prom reaches capacity. If any seats are left after October 7th, the price goes up to \$30 per person.

After a two-year hiatus the prom is back, with the theme “Silver Anniversary.” Many prom-goers have been planning their silver-themed prom gear ever since the previous prom. Dressing up to match the theme is optional, but it does put participants in the running to be the “Duke and Duchess” of each year’s prom. Bob Martinson and his full band will be there, making sure the dance floor stays packed.

There’s a Senior Prom reservation form inside the Fall 2022 THRIVE60+ newsletter, now being delivered to thousands of homes on the OFA mailing list. THRIVE60+ is also available at libraries countywide. You can also print a prom reservation form from the OFA website, available at dutchessny.gov/prom, or pick one up at OFA headquarters in Poughkeepsie.

If you’re coming as part of a group, there are a maximum of ten seats per table.

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

THE HIDDEN LONELINESS EPIDEMIC – AND ITS SOLUTIONS

The number of older adults battling isolation and loneliness is growing, and by more than official measurements can count. The increased risk of isolation and loneliness on older adults can have a significant negative impact on their health and wellbeing, described by some researchers as equal to the effect of a smoking 15 cigarettes a day.

Dutchess County OFA is part of the search for solutions. We're taking part in a special free screening of the new documentary "All the Lonely People" at Boardman Road Library, 141 Boardman Road in Poughkeepsie, on Friday, October 21st at 1 pm. Register in advance by contacting OFA during business hours at 845-486-2555.

"All The Lonely People" tells the stories of a handful of people from many different walks of life, offering intimate access to their struggles to overcome their own loneliness and isolation. It's part of a statewide screening tour organized by the New York State Office for the Aging (NYSOFA), and the Association on Aging in New York (AgingNY).

Where are the sources of connection that can fight isolation and loneliness? Being involved in the community, through volunteering, physical

activities, or connection through seniors' houses of worship. According to a recent AARP study, other sources of joy for older adults include activities such as:

- Being outdoors (87%)
- Physical activity (72%)
- Hobbies, skills or projects (72%)
- Connecting with others in person (83%)
- Connecting by phone or virtually (79%)

Future OFA newsletters will feature more information on how we can replace isolation with connectedness.

SPEAKING OF BEING OUTDOORS...

We're closing in on peak fall foliage season in Dutchess County, and if you're looking for places to get out and enjoy the foliage that would be suitable for older adults with mobility challenges, an informal survey of OFA staff mentioned the following:

Dutchess County Parks – Bowdoin Park in Wappinger; Wilcox Park in Milan/Stanford; both Dutchess County Rail Trails; and Quiet Cove Park in

Poughkeepsie (open through the end of October). For more information, visit www.dutchessny.gov/parks.

Outside of the county parks system, there are votes for Poet's Walk in Red Hook; the Walkway over the Hudson in Poughkeepsie; the Mills Mansion and Norrie Point areas in Staatsburg; and the Franklin D. Roosevelt and Vanderbilt sites in Hyde Park. Check ahead to find out about any accessibility issues and accommodations.

For those who prefer a drive through the countryside, there are countless county routes (the ones with the blue-and-gold numbered "Dutchess County" signs) that are lovely this time of year. Which is your favorite?

OFA PUBLIC COMMENT FORUMS IN OCTOBER

OFA's annual Public Comment Forums have returned in in-person form for 2022. While you can contact OFA at any time with your questions and concerns, the Public Comment Forums are unique opportunities to speak directly to OFA leadership and members of the OFA Advisory Board, at the following dates and locations:

Tuesday, October 4, 10:30 am

OFA Friendship Center

114 Delafield St., Poughkeepsie

Friday, October 7, 10:30 am

Beekman Recreation Park Community Center

29 Recreation Center Rd., Poughquag / Hopewell Junction

If you are unable to attend a Public Comment Forum, you can mail written comments to the Dutchess County Office for the Aging, 114 Delafield St, Poughkeepsie, NY 12601. You can also email comments to ofa@dutchessny.gov

FACEBOOK LIVE EVENT FOR CENTRAL HUDSON CUSTOMERS (Tue 10/4)

Central Hudson is hosting a free livestream Facebook event at 5 p.m. on Tuesday, October 4th. [Click here for the link to “The Story Behind Your Bill.”](#)

THANKS TO ALL THE NEW OFA KITCHEN VOLUNTEERS – AND ANOTHER VOLUNTEER OPPORTUNITY

Our request of last week for volunteers to help in the OFA central kitchen to keep our Home Delivered Meals (HDM) program humming met with an outstanding response, and we're now serving over 500 homebound older adults and participants in the OFA Friendship Center program countywide.

OFA offers a variety of volunteering opportunities, and the next big one coming up in October is clerical in nature.

We're looking for volunteers who can help our mailing-preparation process, to get over 2,000 copies of the 2022-2023 "Medicare Spotlight" newsletter ready for delivery to households and offices. If you are available at any time between 9 am and 4 pm on Mondays, Tuesdays, Wednesdays and/or Thursdays, please contact OFA Outreach Coordinator Brian Jones at bjones@dutchessny.gov.

"THRIVING IN RHINEBECK" RETURNS (Sat 10/22)

"Thriving in Rhinebeck: a Showcase of Services and Resources for Older Adults" will be held on Saturday, October 22, 2022 at Rhinebeck High School (45 North Park Road, Rhinebeck).

Among the invited attendees are health care / home care organizations, cultural / educational resources, transportation services and an array of civic groups with programs targeting older adults. Organizers hope to attract 200+ people – older adults, their families, their caregivers, and others interested in this sector. There will be printed programs for attendees with the names of all participants. There is NO CHARGE for participating or attending. The Office for the Aging will be represented at “Thriving in Rhinebeck” as well.

If you have any questions as a prospective attendee, whether as an individual or on behalf of an organization, please contact Nina Lynch or Anne Brueckner at Rhinebeck @ Home, at 845-379-1114 or office@rhinebeckathome.org.

Other news:

[2023 Medicare premiums and deductibles](#) have been announced.

Do golf and arthritis mix? Tricky, [but it's possible](#).

[Slow progress against “scam texts”](#) sent to mobile devices.

[Loneliness and unhappiness](#) can speed up the aging process.

This week’s birthdays

10/2: Songwriter/singer/actor [Sting](#) (71)

10/3: Singer/songwriter [Chubby Checker](#) (81)

10/4: Actor [Christoph Waltz](#) (66)

10/5: Singer/songwriter/guitarist [Steve Miller](#) (79)

10/6: Former Mets catcher [Jerry Grote](#) (80)

10/7: Cellist/educator [Yo-Yo Ma](#) (67)

10/8: Actress/producer [Sigourney Weaver](#) (73)

And a Bad Joke:

What’s the opposite of a croissant?

A happy uncle.