

Dutchess County Office for the Aging's

AGING NEWS

For the week of September 26

STILL SOME LOW-PRICE SENIOR PROM SEATS LEFT

The Office for the Aging Senior Prom is back after a two-year hiatus and seats are going quickly, but we're not at the sellout point yet. There's still time for you and your friends to purchase seats for the prom, which takes place on Monday, October 24th from noon to 4 p.m. at Villa Borghese in the Town of Wappinger (70 Widmer Rd.).

This year's prom theme is "Silver Anniversary," and every year we choose a couple to be the Duke and Duchess of the prom. There'll be a buffet lunch, live music from the full Bob Martinson Band, plus great prizes. Dressing up to match the prom's theme is optional, but many guests have been planning their "look" for the big day, ever since 2019.

Reservations to the prom are \$20 per person if paid before October 7th, or the event sells out, whichever's first. The price increases to \$30 per person after October 7th if there are any seats left. A printable reservation form is available at www.dutchessny.gov/aging, and is also in the new *THRIVE60+* OFA newsletter.

The prom is co-presented with vital support from The Pines at Poughkeepsie.

CONSIDER FREE COUNSELING FOR MEDICARE ANSWERS

October 15 to December 7, also known as Open Enrollment season, is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs. The Office for the Aging offers free phone and in-person counseling to people with questions about their Medicare plans. This counseling, presented as part of HIICAP (Health Insurance Information, Counseling and Assistance Program), is unique in that it's non-sales-oriented. HIICAP provides unbiased information.

You can make an appointment by contacting us during business hours at 845-486-2555, or by emailing ofa@dutchessny.gov. With over 60,000 seniors in Dutchess County, counseling appointments fill up quickly. If we are unable to book an appointment for you, we can put you in touch with other local Medicare counseling alternatives who may have space.

OFA has also added extra Medicare 101, Open Enrollment and Navigating the Medicare Website classes, up to and through Open Enrollment season. Visit dutchessny.gov/calendar-page.htm for a complete listing.

We'll go into greater detail on health insurance counseling in next week's Golden Living column.

SCAM OF THE WEEK – WHEN “FREE” ISN'T FREE

Are you getting questionable phone calls or mailers offering “free” medical equipment? Chances are it's one of the oldest Medicare scams in the book: the durable medical equipment (DME) scam. To protect yourself from DME scams, follow these tips:

- If you do need medical equipment, it should be your health care provider who has assessed your condition before ordering equipment.
- Never sign a blank form from an equipment supplier or health care provider, and never sign for a delivery of equipment you weren't expecting. Refuse and report anything offered to you for “free.”

- Read your Medicare Summary Notice (MSN) and Explanation of Benefits (EOB), looking for charges for equipment you do not need and did not receive.

OBITUARY: SAM LEE, 1921-2022

At nearly 83 years, Sam and Lossie Lee of Fishkill enjoyed the longest marriage in Dutchess County history, and the second-longest in New York State history by OFA calculations.

Sam and Lossie were honored annually for many years at OFA's annual Celebration of Aging festivities, both in-person and in the pages of OFA newsletters.

Sam passed away on September 16th at age 101 and is survived by Lossie (age 100) and a great many children, grandchildren, great-grandchildren, great-great-grandchildren and great-great-great-grandchildren. [Read his obituary and life story here.](#)

OFA KITCHEN VOLUNTEERS WANTED (Mon and/or Wed and/or Thu)

The Office for the Aging Home Delivered Meals (HDM) program is looking for volunteers who can help in our central kitchen in Poughkeepsie from roughly 9-11 am on Mondays, Wednesdays, and/or Thursdays.

You would be helping the process where OFA prepares and packages about 500 meals a day for delivery to homebound older adults throughout the county.

We work with your schedule - if you're free just one of the days, two days, or all three...that's fine.

For more information, contact Jamie in the OFA Nutrition division, at 845-486-2597 or jdennis@dutchessny.gov.

OFA MEDICARE CLASSES IN ENGLISH AND SPANISH

Medicare's annual Open Enrollment season begins on October 15th, concluding on December 7th. It's the one time of year that Medicare beneficiaries can make changes to their coverage that will take effect in the following year.

While many people may be satisfied with their current coverage and are confident that any changes for 2023 won't affect them...a double-check may be in

order. OFA volunteer counselors from HIICAP, the Health Insurance Information, Counseling and Assistance Program, provide reliable, unbiased information to assist you in making choices for 2023. Contact OFA for an appointment and visit www.dutchessny.gov/hiicap for more information.

This week we're hosting our first ever Medicare class in Spanish, a class in navigating the Medicare website (Navegando el sitio web de Medicare), at Adriance Memorial Library, 93 Market St. in Poughkeepsie, on Thursday, September 29th (Jueves, 29 de Septiembre), 9:30am. [Click here to register for the class](#), or call the library at 845-485-3445 extension 3321. Email: Elva Margarita Corbaton, ecorbaton@poklib.org

For information on English-language Medicare classes at Adriance, call 845-485-3445 extension 3380. [Click here for the Adriance calendar of events](#).

BIG BAND BENEFIT IN RED HOOK (Saturday 10/1)

VFW Post 7765 in Red Hook is hosting a benefit musical tribute to WWII and Korean War era veterans at 4 p.m. on Saturday, October 1st at the new auditorium at Red Hook High School (103 W. Market St.), with "The Gene Krupa Story," a multimedia big band swing show that's been performed at venues

worldwide. Proceeds beyond event expenses will be earmarked for a new event hall kitchen for the VFW post, located at 30 Elizabeth St.

For information on ticket prices and more, visit www.vfw7765.org/bigbandbenefit, or call the Red Hook VFW at 845-758-6212.

Potential sponsors are also wanted to assist area veterans with transportation and ambulatory issues in getting to the show.

UPDATE: A limited number of complimentary tickets for veterans are available, courtesy of Dutchess County Executive Marc Molinaro and the County Division of Veterans' Services. Complimentary tickets are limited to two per veteran (one for themselves, one for a guest) and must be reserved at dutchessny.gov/concert, and will be given to veterans who complete the online registration, on a first-come, first-serve basis.

“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.

SCAM OF THE WEEK – UTILITY IMPERSONATION CALLS ARE BACK

OFA and our colleagues at the Dutchess County Department of Community and Family Services have noted a recent increase in fake calls from scammers falsely representing themselves as employees of local utility companies like Central Hudson and NYSEG, the two that serve Dutchess County.

Remember that scammers chase headlines, like this year's news of higher energy prices. Scammers succeed by manipulating the emotions of their would-be victims, driving them to panic.

Don't let scammers live in your head.

Utility company representatives do not call customers to warn that they're having service shut off.

If a caller purporting to be from a utility sounds suspicious, don't answer – or hang up if you did answer. You don't have to say anything or press anything. Just hang up and, if you have further questions, call the utility back to be sure you're getting their legitimate phone number. For Central Hudson, that's 845-452-2700; for NYSEG it's 800-572-1131.

[Click here for a printable list of scam prevention resources](#) to share with your offline friends.

Other news:

[Click here for a Facebook link](#) to view highlights from this past Wednesday's "Echoes of Sinatra" concert at the Grandview in Poughkeepsie.

[Keep moving](#). You'll be happier and healthier.

Could [bad dreams in middle age](#) be a sign of dementia to come?

Comedy legend Eric Idle of Monty Python survived a recent bout with pancreatic cancer, and [he's got quite the story to tell about it](#).

This week's birthdays:

9/25: Actor/producer [Michael Douglas](#) (78)

9/26: Singer/songwriter [Bryan Ferry](#) (77)

9/27: 70s teen idol [Shaun Cassidy](#) (64)

9/28: Actress [Brigitte Bardot](#) (88)

9/29: Singer/songwriter [Jerry Lee Lewis](#) (87)

9/30: Jazz-pop musician [Patrice Rushen](#) (68)

10/1: Actress/singer Dame [Julie Andrews](#) (87)

The days are getting shorter, but the Bad Jokes...remain bad:

According to a recent study, 9 out of 10 people who are afraid of hurdles never get over it.