

Dutchess County Office for the Aging's

AGING NEWS

For the week of February 21

Note: the Office for the Aging and all OFA Friendship Centers are closed on Monday, February 21st, for the national President's Day holiday. Home Delivered Meals clients will receive appropriate meals in advance of the holiday.

“STAR” DEADLINE FOR HOMEOWNERS AGE 65+ COMING MARCH 1ST

The New York State Department of Taxation and Finance is reminding older adult homeowners that, for most localities, the deadline to apply for greater property tax savings through the Enhanced STAR property tax exemption is Tuesday, March 1st. **Older adults who receive the STAR credit instead of the STAR exemption are all set. They don't need to apply or take any other action.** The Tax Department will automatically upgrade them to Enhanced STAR if they qualify.

To be eligible for the 2022 Enhanced STAR property tax exemption, older adults must:

- currently receive the Basic STAR property tax exemption;
- have one owner of the property who will be at least 65 years of age by December 31, 2022; and
- have had 2020 adjusted gross income equal to or below \$92,000.

More information about eligibility is available at tax.ny.gov/star.

Acting Commissioner Amanda Hiller says the state recently sent letters to 27,000 older adults who may be eligible for additional savings.

Eligible older adults should apply to their local assessor's office by the application due date, which is March 1st in most towns and some cities, with some exceptions. Older adults should verify their exact due date with their local assessor. You can find contact information for your local assessor by contacting your local town or city hall, or by visiting www.dutchessny.gov/assessors.

If you live in a village in Dutchess County, be aware that all Dutchess villages now use their town's assessment roll for village taxes.

To apply, older adults must provide the following to the assessor:

- [Form RP-425-E, Application for Enhanced STAR Exemption](#)

- [Form RP-425-IVP, Supplement to Form RP-425-E](#)
- Proof of income: 2020 New York State or federal income tax forms. (If the older adult wasn't required to file an income tax return, the assessor can guide them on how to provide proof of income.)

In 2021, 577,000 older adults received a total of more than \$800 million in savings from the Enhanced STAR property tax exemption.

If the older adult is a new homeowner, they may be eligible for the STAR credit. They can find out more from their assessor or from the New York STAR website tax.ny.gov/star.

Older adults who are turning 65 in 2022, meet the other eligibility requirements, and are already Basic STAR exemption recipients, should apply to their assessor for the Enhanced STAR exemption. It's a one-time application and won't need to be repeated.

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

SIGN UP NOW FOR “A MATTER OF BALANCE” IN POUGHKEEPSIE, FISHKILL

OFA’s popular “A Matter of Balance” program is getting ready for a series of in-person classes, which will begin in Poughkeepsie on Monday, March 7th.

An additional series of “A Matter of Balance” classes is beginning in mid-March in Fishkill.

Prospective participants in either class must contact the Office for the Aging at 845-486-2555 to sign up. Space is limited by social distancing and class size requirements. Specific class locations and times will be disclosed upon acceptance to the program. The classes prohibit walk-in participants. Advance registration is a must!

Fall prevention programs like “A Matter of Balance” have become increasingly essential in recent years for older adults, many of whom have found it difficult to maintain pre-pandemic levels of physical activity. “A Matter of Balance” is designed to reduce the fear of falling, stop the fear-of-falling cycle, and improve activity levels among older adults living in the community.

Click the following link to read more about “A Matter of Balance” and to find a printable application for prospective participants:

<https://www.dutchessny.gov/Departments/Aging/OFA-A-Matter-of-Balance.htm>

OFA “SUCCESSFUL AGING” PRESENTATION AT CLINTON LIBRARY

OFA Outreach Coordinator Brian Jones is giving a presentation on "Successful Aging" at Clinton Community Library (1215 Centre Rd., Rhinebeck/Schultzville) at 2:00 p.m. on Thursday, March 17th. For more information, or to book an OFA presentation for your own group of seniors and/or caregivers, call 845-486-2544 or email bjones@dutchessny.gov. We offer a wide range of aging-related topics.

“SPOTLIGHT ON SENIORS” RENAMING CONTINUES

The Spring 2022 issue of OFA’s quarterly newsletter will be the last one to carry the title “Spotlight on Seniors.” That’s because many people in the over-60 age group served by the Office for the Aging don’t think of themselves as “seniors,” not until they’re well into their 70’s or even 80’s.

As older adults, you’re the target audience for this newsletter so...what are your ideas for a new title that reflects the many ways you live your lives? Email bjones@dutchessny.gov, or bounce your ideas off the OFA Outreach desk at 845-486-2544.

PHYSICAL THERAPY AND ARTHRITIS (Tue 4/26)

Arthritis is a common condition that affects many adults in the United States. According to the Center for Disease Control, about half of all adults 65 or older have been told they have some type of arthritis. Pain due to arthritis can impact daily tasks, but there are resources that can help improve your quality of life.

The Office of the Aging is teaming with Marist Doctorate of Physical Therapy students Lilian Tang and Ksenia Mack for an in-person presentation about how physical therapy can help manage pain for those with arthritis. As students in their third and final year, Lilian and Ksenia will be using their knowledge and experience to cover topics about medication use, nutrition, exercise, and tools to help improve daily living. Please join us in an informative and fun conversation on Tuesday, April 26th at 10:30 am in the Poughkeepsie friendship center.

Space is limited to 20 participants; to reserve your seat, call OFA at 845-486-2555.

If you have online access: before the event, please fill out this anonymous survey, which will be returned: <https://www.surveymonkey.com/r/SNMG3TP>

“NAMI IN OUR OWN VOICE” ZOOM PRESENTATION (Fri 3/25)

NAMI Mid-Hudson, the local organization of the National Alliance on Mental Illness, offers its next NAMI In Our Own Voice presentation on Zoom, on Friday, February 25th, from 6:30-7:30 pm. The presentation provides insight into what it’s like to live with a mental health condition, given by two adults living with mental health conditions. It’s a safe place to ask questions, and to gain understanding of this often-misunderstood topic.

A registration link is available at www.namimidhudson.org.

Call 845-206-9892 or email contact@namimidhudson.org for more information.

Other aging news online:

The kind of medical research that has helped humans age successfully, with fewer frailties, may also be helpful for dogs: <https://news.yahoo.com/study-exploring-canine-aging-hopes-193728458.html>

A study has found that anxious and depressed people over age 50 have experienced the equivalent of a six year “memory decline” during the pandemic: <https://www.independent.co.uk/life-style/health-and-families/memory-loss-pandemic-anxiety-depression-b1954152.html>

For Black History Month...the stories of African-American automotive pioneers including Garrett Morgan, inventor of the modern three-position traffic signal, which is almost 100 years old:

https://magazine.northeast.aaa.com/daily/life/cars-trucks/auto-history/black-pioneers-automotive-industry/?mqsc=ED4116063&utm_source=AdobeEmail&utm_medium=Daily&utm_campaign=220216>YourAAAToday

And while we're on the topic of traffic signals, did you know that one of the country's last remaining ground-level "dummy" traffic signals is in Beacon? It even has its own Facebook page: <https://www.facebook.com/BeaconDummyLight/>

Predicted warmer weather was expected to melt much of the snow and ice covering the Dutchess Rail Trail...so why isn't it plowed? There's a reason for that, and for why the future Urban Trail route in the City and Town of Poughkeepsie *will* be plowed:

<https://www.poughkeepsiejournal.com/story/news/local/2022/02/14/dutchess-rail-trail-does-not-get-plowed-urban-trail-poughkeepsie-ny/6777796001/>

This week in birthdays:

2/21: Country/folk singer/songwriter Mary Chapin Carpenter (64)

2/22: NBA Hall of Famer Julius "Dr. J" Erving (72)

2/23: Singer/songwriter Howard Jones (67)

2/24: Musician/actor George Thorogood (72)

2/25: Journalist Bob Schieffer (85)

2/26: Actor/director and Dutchess County native Bill Duke, Jr. (79)

2/27: Actress Joanne Woodward (92)

And our Bad Joke:

I found a wooden shoe stuck in my toilet the other day. It was clogged.