

Dutchess County Office for the Aging's

AGING NEWS

For the week of April 13th

Important Notices:

Our offices remain open 9 a.m. - 5 p.m. Monday – Friday. **We are able to accept visitors only under strict limitations. Call or email before visiting – many issues can be resolved without having to leave the safety of your home:**

845-486-2555, ofa@dutchessny.gov.

How You Can Help

- To learn more about the county's "Dutchess Responds" program, visit www.dutchessny.gov and click on the "Dutchess Responds" link.
- As of this week, we could use two volunteers at OFA's central kitchen in Poughkeepsie to help package meals for homebound seniors. For more information, email nbhargava@dutchessny.gov.

You can find information on stores in and around Dutchess County that offer special shopping hours for seniors and at-risk individuals at this link, keeping in mind that many stores are closed or offering shortened hours on Easter Sunday:
<https://www.dutchessny.gov/Departments/Aging/OFA-Home-Delivered-Meals-Groceries.htm>

Golden Living . . . News for Seniors, Their Families and Caregivers

Todd N. Tancredi, Director

Dutchess County Office for the Aging

STOPPING CORONAVIRUS-RELATED SCAMS

The COVID-19/coronavirus outbreak may be new to us this year, but the scammers trying to take advantage of us are all too familiar. What's different this time? Due to the physical distancing necessary for safety, it's harder for seniors to stay connected with their usual network of friends, family and neighbors. This leaves an opening for scammers to exploit, and that's just what they're doing. Some of their methods may change, but we can adapt if we're diligent.

If you're caring for a senior, share this column with them – especially if they don't have internet access and are more isolated than they'd ordinarily be.

If you have access to a printer, you can find a printable Office for the Aging scam prevention resources sheet at www.dutchessny.gov/aging.

YOU DON'T HAVE TO ANSWER THAT CALL

Scammers rely on stirring up panic, which can lead to mistakes. The best defense against somebody trying to stir up panic is to know that they're trying to scare you, and to have a plan in place.

When your phone rings, don't pick up right away until you're sure it's somebody you know. If it's an unfamiliar number, or you don't have Caller ID, ignore the call and let your answering machine or voice mail take it. Many scammers operate auto-dialing technology and will disconnect if they encounter this simple defense.

If your phone has Caller ID, look for the "likely spam" or "likely scam" message that many providers now display for customers.

But what's the plan if you've picked up the phone, either out of force of habit or because you don't have Caller ID or an answering system, and now there's a suspected scammer on the line with you? Simple: just hang up. Don't say anything or push any buttons. Just hang up.

SCAMMERS WON'T GIVE UP

The COVID-19 outbreak is a potential bonanza for scammers selling fake virus treatment kits, fake cures and vaccines, and so on. The outbreak may be new, but the scammers' goal is the same: to get at your personal information.

Ignore anyone who contacts you and asks for your Social Security number, bank account number, credit card information, Medicare and/or insurance ID number, driver's license number or any other personally identifiable information by phone, in person, by text message, or email.

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

AGING NEWS CONTINUES FOR HOMEBOUND SENIORS (WEEK 3)

We are continuing to distribute at least 500 special weekly copies of the Aging News to seniors in our Home Delivered Meals program. They're among those most likely to be unable to connect to the internet at their homes.

If you know of a senior without internet access, you can print this Aging News for them, and help them stay informed that way.

For more information about the Home Delivered Meals program for homebound seniors, call **(845) 486-2555** or email nbhargava@dutchessny.gov.

Other aging news online:

If you're a retired computer programmer, New Jersey is looking for people who are fluent in the old programming language COBOL, which dates back six decades:

https://www.cnbc.com/2020/04/06/new-jersey-seeks-cobol-programmers-to-fix-unemployment-system.html?_source=iosappshare%7Ccom.apple.UIKit.activity.PostToFacebook

<https://www.facebook.com/WorldEconomicForum/?fbclid=IwAR3PpkRAy7mKsWf7Rg0YK2b69nFX0X1BCOmzbp0zr7oCmUisK9xvD3x>

[CIQ](#)

More tips on keeping seniors connected during the outbreak, from the World

Economic Forum: <https://www.weforum.org/agenda/2020/03/seniors-elderly-coronavirus-isolation/>

A reminder from last week - Social Security beneficiaries who are not typically required to file tax returns will not need to file a return this year to receive a federal economic impact payment. It's automatic: www.irs.gov/coronavirus

USEFUL LINKS

[Centers For Disease Control](#)

[Coronavirus Testing Sites in Dutchess County](#)

[New York State Government](#)

[Dutchess Tourism Open Restaurant List](#) (Takeout/pickup/delivery only)

[Office for the Aging Senior Friendship Center Contact Information](#)

Note: Friendship Centers are operating only as distribution hubs for the Home Delivered Meals program. They are not currently open to senior clients or the general public.

[Scam Prevention Resources](#)

[Spanish Language Coronavirus Information](#)