

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of April 6th

### **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](mailto:ofa@dutchessny.gov).

### How You Can Help

- To learn more about the county's "Dutchess Responds" program, visit [www.dutchessny.gov](http://www.dutchessny.gov) and click on the "Dutchess Responds" link.
- We still need volunteers for our Home Delivered Meals Program – especially in the Amenia/Wassaic area and City of Poughkeepsie.
  - To assist in Amenia/Wassaic, contact our South Amenia Senior Friendship Center directly at (845) 275-2661. It's easiest to reach them weekdays between 10 a.m. and 2 p.m.

- To assist in Poughkeepsie, call the Office for the Aging directly at (845) 486-2555 or email [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov).

You can also find information on stores in and around Dutchess County that offer special shopping hours for seniors and at-risk individuals.

### **Cancellations and Postponements**

The Office for the Aging is postponing or cancelling several events and workshops.

- OFA Senior Friendship Centers are closed.
- All OFA senior group exercise, A Matter of Balance, Tai Chi and Brain Games classes are cancelled.
- Health Insurance Information, Counseling and Assistance Program (HIICAP), face-to-face sessions are postponed.
- All face-to-face legal counseling sessions are postponed.
- All off-site presentations and Medicare workshops are cancelled.
- May 18th Celebration of Aging luncheon has been postponed.

For more information, contact the Office for the Aging.

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

***Todd N. Tancredi, Director***

***Dutchess County Office for the Aging***

On behalf of the homebound seniors of Dutchess County, we thank the hundreds of you who have stepped up to help seniors meet their needs for nutrition and supplies during the ongoing COVID-19 crisis. In many cases, you've become their only connection to the wider world. Even as we practice social distancing, you've been able to help maintain social connections. Great work! If you can join the ranks of volunteers, contact Dutchess Responds at (845) 486-3555 or visit the Dutchess Responds link, which can be found at [www.dutchessny.gov](http://www.dutchessny.gov).

With so many of us spending more time at home, we're spending more time on social media, both to pass the time and to share useful information.

Social media can be an excellent way for seniors to stay connected, but it can also facilitate the spread of false information and scams.

Let's say a friend has shared a warning about possible criminal activity or scams, but with no verified information as to where or when, and from a source that's not a verified law enforcement agency. And you ask yourself what's the harm in sharing a warning that hasn't been verified, "just in case." There are two main reasons:

**1) Scammers count on us meaning well but not thinking things through.**

They post fake scam warnings on social media, hoping that somebody who means well will like and share "just in case," and pass it along to other people who like and share "just in case." Before long, legitimate information is crowded out by the false information – and that's just the start of the problem. The scammer then changes the item you liked to a link to their scam, or sells their page to scammers, and all those people who liked and shared "just in case" are on the record as having approved. Instead, be selective about your likes and shares. Seek out information that's from an official local source. On social media, we recommend following Dutchess County Government, Dutchess County Emergency Management, and the Medical Reserve Corps of Dutchess County.

## **2) Sharing unverified information wastes law enforcement resources.**

They're stretched really thin during the crisis. Let's not risk sending them on wild goose chases "just in case" – but do contact them if you yourself witness a legitimate situation that may need their attention. Follow your local police agencies and New York State Police on social media. If they're not reporting on the rumor you saw, or they're indicating that they have no verification themselves, the rumor is almost certainly false.

The Office for the Aging offers group scam-prevention presentations under normal circumstances - but since that option isn't available right now, we're working on a video version. In the meantime, if you need help determining what's real and what's false or a scam, contact OFA Outreach Coordinator Brian Jones at (845) 486-2544 or [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov).

***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](mailto:ofa@dutchessny.gov)***

***Website: [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)***

## **AGING NEWS CONTINUES FOR HOMEBOUND SENIORS (WEEK 2)**

This will be the second week we're printing and distributing at least 500 special copies of the Aging News, for distribution to seniors in our Home Delivered Meals program, who are among those most likely to be unable to connect to the internet at their homes.

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

### **Other aging news online:**

Social Security beneficiaries who typically do not file a tax return WILL automatically get the \$1200 federal stimulus payment. This is a reversal from earlier US Treasury policy:

[https://www.washingtonpost.com/business/2020/04/01/bailout-checks-social-security/?fbclid=IwAR1oWdB\\_A82PBa2xzH9gSjo-clk9yWpePbW0\\_v0TZKvpyVo-4XnU3XDpYM0](https://www.washingtonpost.com/business/2020/04/01/bailout-checks-social-security/?fbclid=IwAR1oWdB_A82PBa2xzH9gSjo-clk9yWpePbW0_v0TZKvpyVo-4XnU3XDpYM0)

From 2008 but relevant today – how some rumors spread when others don't:

<https://www.psychologytoday.com/us/articles/200811/the-8-laws-rumor-spread>

The Food and Drug Administration this past week advised anybody who still has supplies of the heartburn drug ranitidine (brand name Zantac) to safely dispose of it, and for those who take its prescription version to consult their health care

providers: [https://www.nytimes.com/2020/04/01/health/zantac-cancer-](https://www.nytimes.com/2020/04/01/health/zantac-cancer-fda.html?smid=fb-)

[fda.html?smid=fb-](https://www.nytimes.com/2020/04/01/health/zantac-cancer-fda.html?smid=fb-)

[nytscience&smtyp=cur&fbclid=IwAR2MHBRIpDu7I9QdHWz81itSL3KR7Vb9QaGG](https://www.nytimes.com/2020/04/01/health/zantac-cancer-fda.html?smid=fb-nytscience&smtyp=cur&fbclid=IwAR2MHBRIpDu7I9QdHWz81itSL3KR7Vb9QaGG)

[mn3z55fPAhKjKA74Zp9dl-8](https://www.nytimes.com/2020/04/01/health/zantac-cancer-fda.html?smid=fb-nytscience&smtyp=cur&fbclid=IwAR2MHBRIpDu7I9QdHWz81itSL3KR7Vb9QaGG)

Rural fire departments that rely on mutual aid may have operations affected by

the COVID-19 outbreak: [https://www.dailyonder.com/commentary-pandemic-](https://www.dailyonder.com/commentary-pandemic-threatens-mutual-aid-among-rural-fire-departments/2020/03/31/?utm_source=facebook&utm_medium=dailyonder&utm_campaign=commentary-pandemic-threatens-mutual-aid-among-rural-fire-departments&fbclid=IwAR1UKJa6womIkeM0abiRpXfRKPicrwDvY79AIHNeyg8ATWwhEqK-fGhUZrQ)

[threatens-mutual-aid-among-rural-fire-](https://www.dailyonder.com/commentary-pandemic-threatens-mutual-aid-among-rural-fire-departments/2020/03/31/?utm_source=facebook&utm_medium=dailyonder&utm_campaign=commentary-pandemic-threatens-mutual-aid-among-rural-fire-departments&fbclid=IwAR1UKJa6womIkeM0abiRpXfRKPicrwDvY79AIHNeyg8ATWwhEqK-fGhUZrQ)

[departments/2020/03/31/?utm\\_source=facebook&utm\\_medium=dailyonder&](https://www.dailyonder.com/commentary-pandemic-threatens-mutual-aid-among-rural-fire-departments/2020/03/31/?utm_source=facebook&utm_medium=dailyonder&utm_campaign=commentary-pandemic-threatens-mutual-aid-among-rural-fire-departments&fbclid=IwAR1UKJa6womIkeM0abiRpXfRKPicrwDvY79AIHNeyg8ATWwhEqK-fGhUZrQ)

[tm\\_campaign=commentary-pandemic-threatens-mutual-aid-among-rural-fire-](https://www.dailyonder.com/commentary-pandemic-threatens-mutual-aid-among-rural-fire-departments/2020/03/31/?utm_source=facebook&utm_medium=dailyonder&utm_campaign=commentary-pandemic-threatens-mutual-aid-among-rural-fire-departments&fbclid=IwAR1UKJa6womIkeM0abiRpXfRKPicrwDvY79AIHNeyg8ATWwhEqK-fGhUZrQ)

[departments&fbclid=IwAR1UKJa6womIkeM0abiRpXfRKPicrwDvY79AIHNeyg8ATW](https://www.dailyonder.com/commentary-pandemic-threatens-mutual-aid-among-rural-fire-departments/2020/03/31/?utm_source=facebook&utm_medium=dailyonder&utm_campaign=commentary-pandemic-threatens-mutual-aid-among-rural-fire-departments&fbclid=IwAR1UKJa6womIkeM0abiRpXfRKPicrwDvY79AIHNeyg8ATWwhEqK-fGhUZrQ)

[whEqK-fGhUZrQ](https://www.dailyonder.com/commentary-pandemic-threatens-mutual-aid-among-rural-fire-departments/2020/03/31/?utm_source=facebook&utm_medium=dailyonder&utm_campaign=commentary-pandemic-threatens-mutual-aid-among-rural-fire-departments&fbclid=IwAR1UKJa6womIkeM0abiRpXfRKPicrwDvY79AIHNeyg8ATWwhEqK-fGhUZrQ)

If you've been battling cabin fever, here's some advice on living in isolation from a senior who's lived for almost 50 years in an abandoned silver mine in Colorado, in a town with a population of...himself:

[https://www.npr.org/2020/04/01/824001085/tips-from-someone-with-50-years-of-social-distancing-experience?utm\\_source=fark&utm\\_medium=website&utm\\_content=link&ICID=ref\\_fark](https://www.npr.org/2020/04/01/824001085/tips-from-someone-with-50-years-of-social-distancing-experience?utm_source=fark&utm_medium=website&utm_content=link&ICID=ref_fark)

## **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](#)