

Dutchess County Office for the Aging's

AGING NEWS

For the week of May 4th

Important Notices:

Our offices remain open 9 a.m. - 5 p.m. Monday – Friday. **We remain 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.

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

2020 SENIOR PICNICS POSTPONED

Due to the COVID-19/coronavirus, the highly-anticipated 2020 season of summer Office for the Aging Senior Picnics has been indefinitely postponed. The picnics are the most well-attended events on the OFA calendar, but given current circumstances it is the safest of all choices. We hope to be able to safely reschedule the picnics.

We're not about to leave you with only disappointing news, though...

A VIRTUAL "CELEBRATION OF AGING"

While this year's OFA "Celebration of Aging" could not be held due to COVID-19 restrictions, we still want to honor the Dutchess County seniors achieving outstanding feats of aging in 2020. We estimate there are between 60 and 90 county residents who are at least 100 years old, and many others who are about to turn 100 this year. The oldest resident in the history of Dutchess County was Vera Van Wagner of Poughkeepsie and Rhinebeck, who reached age 113 and holds the record for most times honored at a "Celebration of Aging."

If you know any Dutchess County residents who will turn 100 at any time in 2020, or if you know any married couples from Dutchess County who will celebrate a wedding anniversary of 70 years or more in 2020, let us know about it

– especially if you yourself fit one or both of the categories. Send name(s), age (for centenarians), number of years married (for couples), hometown and a brief biography to bjones@dutchessny.gov, along with contact information if we need to ask follow-up questions. If you have any pictures, send those along too. If they wish to share any secrets as to the longevity of their lives and marriages, we youngsters who haven't yet reached those milestones want to know about that also. The centenarians and long-married couples will be honored in the Summer 2020 issue of our *Spotlight on Seniors* newsletter, scheduled to be mailed in June.

You can sign up for emailed weekly updates and special announcements from the Office for the Aging, along with advisories and alerts from other Dutchess County departments, by using the Dutchess Delivery feature at www.dutchessny.gov. If you don't have internet access, call the Office for the Aging at (845) 486-2555 and we'll see to it that you're added to our postal mailing list for the *Spotlight on Seniors*. We mail it out four times a year, plus a Medicare-focused edition in September. The newsletters are also available on the county website.

Whenever libraries and municipal buildings are authorized to re-open, the *Spotlight on Seniors* will also be available there, while supplies last.

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

NEWS FROM DUTCHESS COUNTY'S UTILITIES

Both public utilities serving Dutchess County, Central Hudson (www.cenhud.com, (845) 452-2700 or (800) 527-2714 outside the 845) and NYSEG (www.nyseg.com, (800) 572-1111), are getting the word out about service advisories and other features added in response to the COVID-19 outbreak.

First, from Central Hudson...

- Late fees and reconnection fees are waived
- Suspension of terminations for residential and non-residential accounts
- Restored any service that had limited usage and restored it to full service
- Collection practices have ceased, and payment agreement terms have been revised to ensure every customer who needs one will get one

- Referrals are being made to the Home Energy Assistance Program (HEAP), which has been extended through June 30th or until funds are depleted. Seniors looking for more information can contact the Office for the Aging.
- Requirements to receive a Good Neighbor Fund and Veteran's grant have been revised to make it easier to apply for assistance. Central Hudson has doubled their company match into our Good Neighbor Fund which is administered through local Salvation Army offices from \$50K match to \$100k match to increase the money that is available in the fund going forward.
- Outbound Call Campaign – wellness checks to our vulnerable customers to check on them to see how they are doing and offer them any resources that are available in their community that they may need (food, day care, health care, shelter, etc...)
- Instructing employees to follow Center for Disease Control guidance on maintaining a safe distance of six feet from others, wearing masks when self-distancing cannot be assured and using personal protection equipment when attending to emergencies inside homes or buildings. Only going inside of homes if it involves an emergency or moving, and a customer needs service unlocked. All non-emergency work is being delayed.

- Employee Food Drive

According to a statement from NYSEG, the utility serving much of eastern Dutchess (along with parts of Putnam and Westchester), the following advisories have been issued:

- NYSEG has suspended late payment charges, disconnections for non-payment, and required security deposits for new accounts. Please contact NYSEG if you would like to discuss your account and manage your payments.
- NYSEG customers may qualify for assistance. Please call 888.315.1755 to learn more.
- HEAP and Emergency HEAP have been extended to remain open until June 30, or when funds are exhausted, whichever comes first. Additionally, a third Emergency HEAP benefit is available to eligible households experiencing a crisis or life-threatening heat or heat-related energy emergency.
- Your donation to the Project SHARE Heating Fund helps income-eligible customers with energy emergencies. Active duty military personnel and

well-discharged veterans with an active disconnect notice may qualify for help regardless of income.

Other aging news online:

Are you a caregiver to a senior or other adult? If so, here's a caregiver questionnaire from Stanford University:

<https://redcap.stanford.edu/surveys/?s=9CKP3R43ET>

A closer look at disruptions to senior care related to the COVID-19 outbreak:

https://caregiver.com/articles/disruptions-seniorcare-coronavirus/?utm_source=Caregiver+Newsletter&utm_campaign=ac23cae4d4-caregiver+Newsletter+4-30-2020&utm_medium=email&utm_term=0_8c5d5e6a5e-ac23cae4d4-%5BLIST_EMAIL_ID%5D&ct=t%28caregiver+Newsletter+4-30-2020%29&mc_cid=ac23cae4d4&mc_eid=%5BUNIQID%5D

A four-second workout? We're

listening...<https://www.nytimes.com/2020/04/29/well/coronavirus-exercise->

[heart-](#)

[health.html?action=click&module=Top%20Stories&pgtype=Homepage&contentC](#)

[ollection=AtHome&package_index=1](#)

Because we all could use some adorableness, here's a lamb and her brand new quintuplets:

<https://www.denbighshirefreepress.co.uk/news/18412878.amazement-nantglyn->

[farmers-ewe-gives-birth-one-million-sheep-quintuplets/](#)

Humor can be an effective coping mechanism, the experts say. The experts never saw the jokes in this newsletter, though. Read on...if you dare...because, by popular demand, **the Bad Jokes have returned!**

I once had a hen who could count her own eggs... She was a mathemachicken.

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)

IRS Coronavirus Tax/Refund Information: www.irs.gov/coronavirus

[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.

[Other Community Resources in Dutchess County](#) – this covers a little bit of everything, including a listing of what’s available in each municipality in Dutchess County.

[Scam Prevention Resources from the Office for the Aging](#)

[Spanish Language Coronavirus Information](#)