

Dutchess County Office for the Aging's

**AGING NEWS**

For the week of August 19<sup>th</sup>

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

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

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

**GETTING AROUND DUTCHESS WITHOUT A CAR (PART 1 OF 2)**

One of the most difficult decisions any senior will likely have to make is when to cut back on driving; and later, when to give up driving forever. In some situations, a loss of independence can come with less warning, as when a senior loses a spouse or partner who drives.

However it happens, the loss of independence comes when a senior needs it more than ever, to get to medical appointments, in addition to the usual grocery shopping and other errands. There are very few communities where everything a senior would need is within walking distance of home; however, those communities are often unaffordable to most because of their desirability.

You can volunteer to transport seniors to non-emergency medical appointments and/or grocery shopping, with Poughkeepsie-based “Friends of Seniors.” You can commit to drive whenever you’re available, even if only for just a few hours a week. They can also be “on call” to drive on an as-needed basis. All drivers are reimbursed for mileage and covered by supplemental automobile insurance.

If you’d rather volunteer in a non-driving capacity, Friends of Seniors volunteers also provide other services to seniors, including friendly visiting, telephone reassurance and respite for caregivers.

For more information about the program, call Friends of Seniors at (845) 485-1277.

Friends of Seniors services most of Dutchess County except for the northeastern and southeastern corners. The village of Millerton, the hamlet of Wassaic, and the towns of Amenia, Dover, North East, and Pine Plains are served by the North East Community Center (51 South Center St., Millerton) covers this region, including trips to Sharon Hospital in western Connecticut, and elsewhere based on volunteer availability. To become a volunteer with NECC, or if you are a senior in northeastern Dutchess in need of transportation, call (518) 592-1399

extension 5 or email [transportation@neccmillerton.org](mailto:transportation@neccmillerton.org). A ride can only be provided if a volunteer is available.

For seniors living in the Pawling/Holmes area, contact the Pawling Resource Center (126 E. Main St., [www.pawlingresourcecenter.org](http://www.pawlingresourcecenter.org) or (845) 855-3459).

They provide volunteer-based travel, even if the trip goes outside Dutchess to Putnam County or western Connecticut.

All three organizations are partially funded by the Dutchess County Office for the Aging, the Administration on Aging, and the New York State Office for the Aging.

## **DIAL-A-RIDE**

Dial-A-Ride is provided by the Dutchess County Public Transit, and is available to the residents of the areas covered by the North East Community Center, as well as the City and Town of Poughkeepsie, Fishkill, East Fishkill, Hyde Park, Wappinger and Washington. The Public Transit system also operates Dutchess County Paratransit, which provides transportation services in many locations from a rider's home to their destination. Public Transit also operates an Americans with Disabilities Act (ADA) Complementary Paratransit Service, which is available for

qualified individuals who meet the following three qualifications:

- complete an ADA Paratransit application;
- live within three quarters of a mile of a regularly scheduled Public Transit bus route; and
- are able to schedule a trip that coincides with an existing fixed route schedule.

For information about any of these services, call (845) 473-8424 or visit [www.dutchessny.gov/publictransit](http://www.dutchessny.gov/publictransit). Click on the “Accessibility” link for greater detail and an application.

We’ll explore more options for senior transportation in next week’s Golden Living, but if you need more immediate information, you can contact us using the information below.

***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)***

## Office for the Aging events schedule

To find out more, see the events calendar at [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)

or call (845) 486-2555 (unless a different number is indicated)

**(All events subject to change)**

### **Thu 8/29, 11 a.m. – Diabetes Awareness**

With Ozie Williams, Public Health Nutrition Coordinator, Dutchess County  
Department of Behavioral and Community Health

OFA Senior Friendship Center - City of Poughkeepsie

(845) 486-2564 for more information

### **Wed 9/25, 10 a.m. – OFA Public Hearing**

With OFA director Todd Tancredi and OFA Advisory Board members

Millerton Senior Friendship Center, 28 Century Blvd.

### **Thu 9/26, 10:30 a.m. – OFA Public Hearing**

With OFA director Todd Tancredi and OFA Advisory Board members

Poughkeepsie Senior Friendship Center, 114 Delafield St.

*If you are unable to attend a Public Hearing, you can mail written comments to the Dutchess County Office for the Aging, 114 Delafield St., Poughkeepsie, NY 12601. You can also email comments to **ofa@dutchessny.gov**.*

**Sat 9/28, 9:30 a.m. – 12:30 p.m. – The Golden Gathering**

Presented by OFA and state senator Sue Serino

Arlington High School, 1157 NY 55, LaGrangeville

(845) 229-0106 for vendor information

**SHERIFF'S OFFICE WARNS OF ONGOING SCAMS**

You may have received the advisory from the Dutchess County Sheriff's Office of ongoing scams – but if it went under the radar or you were on vacation, here it is again: <https://www.dutchessny.gov/Departments/Sheriff/Sheriffs-Office-Warns-of-Ongoing-Scams.htm>

Scammers, you may have noticed, don't take vacations – in fact, they target vacationers. If you're flying in the near future, watch out for this one: <https://www.bbb.org/article/news-releases/20487-scam-alert-alert-about-your-flight-it-could-be-a-scam?fbclid=IwAR1ZMaJezgt9L3M7YjdLphe0piwl6sSrw8Agwzk4iFwZgLoKO1QhyV>

[qWoOo](#)

## **ROBOCALLS THAT -AREN'T- A SCAM**

If you are on Medicaid, you're required to re-certify your eligibility every year. It's less complicated than the initial Medicaid application, but it does require your diligence, along with your recent financial records.

The purpose of annual recertification is threefold:

- (a) to prove that you're still alive;
- (b) to prove that you still need services; and
- (c) to prove that you are still financially eligible for Medicaid.

In the near future, Medicaid recipients will get a robocall reminding them of the requirement to recertify.

It's important to remember that **the call is a reminder only. Medicaid recertification cannot be done over the phone.** But that doesn't mean scammers won't try to impersonate Medicaid representatives in hopes of tricking recipients into giving up personal information.

Some people believe that a Medicaid recertification can be taken care of by

their MLTC agency (managed long-term care agency) or nursing home. This is only partially true. Recertification is the legal responsibility of the Medicaid recipient; however, nursing homes serving Medicaid clients often assist or direct the recertification, because the recertification is essential for the nursing home to continue being paid.

## **FALLS PREVENTION EVENT IN SEPTEMBER**

According to the National Council on Aging, one in four Americans age 65 and older will experience a fall each year. Many of these falls are entirely preventable and can lead to serious injuries. In honor of National Falls Prevention Week, as part of a multi-county initiative and in conjunction with the Lower Hudson Valley Falls Prevention Coalition, the Dutchess County Office for the Aging, Vassar Brothers Medical Center and Mid-Hudson Regional Hospital will come together to host "How to Fall Well," a discussion on falls prevention from 10:30 to 11 a.m. on Thursday, Sept. 26, at Bounce Trampoline Sports, 2 Neptune Road, Poughkeepsie.

Representatives from each group will demonstrate how to limit injury during a fall, safe methods for getting back on your feet with ease, and important tips to keep falls at bay.

For additional information, contact Jill Bubel at [jbubel@health-quest.org](mailto:jbubel@health-quest.org), call the Office for the Aging at 845-486-2555, or visit the Lower Hudson Valley Falls Prevention Coalition website at [HTTP://LHV FALL PREVENTION.WIXSITE.COM/LHV FALL PREVENTION](http://LHV FALL PREVENTION.WIXSITE.COM/LHV FALL PREVENTION).

### **SIGN UP NOW FOR “A MATTER OF BALANCE” (starting September)**

The latest session of “A Matter of Balance” falls prevention classes begins in September. Classes fill up quickly, so you’ll want to sign up quickly as well. Classes in the Poughkeepsie area are already full, but as of August 16<sup>th</sup> there were still a few openings available in classes in Rhinebeck, Dover and southern Dutchess.

Each session lasts eight weeks, with classes held once a week at locations throughout Dutchess County. The evidence-based “A Matter of Balance” program is ideal for you, if you are a resident of Dutchess County, age 60 or more and ambulatory, and you’d like to maximize the likelihood that you’ll be able to live independently in your own home for as long as possible.

You can sign up for “A Matter of Balance” or get more information by calling the Office for the Aging at (845) 486-2555. Outside the 845 area code, our toll-free number is (866) 486-2555.

## **EAST FISHKILL PICNIC VOLUNTEERS WANTED (Wed 8/21)**

This week's Senior Picnic, for seniors living in the Town of East Fishkill, is taking place at the town recreation park (Route 376, Hopewell Jct.) on Wednesday, August 21st. If you are available to help at the picnic, email [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov).

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

Excessive daytime napping often precedes a diagnosis of Alzheimer's disease, and researchers may have found out why:

[https://www.medpagetoday.com/neurology/alzheimersdisease/81541?xid=nl\\_mpt\\_SRNeurology\\_2019-08-13&eun=g1261622d0r&utm\\_source=Sailthru&utm\\_medium=email&utm\\_campaign=NeuroBreak\\_081319&utm\\_term=NL\\_Spec\\_Neurology\\_Update\\_Active](https://www.medpagetoday.com/neurology/alzheimersdisease/81541?xid=nl_mpt_SRNeurology_2019-08-13&eun=g1261622d0r&utm_source=Sailthru&utm_medium=email&utm_campaign=NeuroBreak_081319&utm_term=NL_Spec_Neurology_Update_Active)

On the potential benefits and drawbacks of home dialysis:

<https://www.nytimes.com/2019/08/15/well/live/the-challenges-of-home-dialysis.html?action=click&module=Discovery&pgtype=Homepage>

Yet another scam! This one is yet another one involving con artists trying to get you to part with your personal information so that they can steal from Medicare:

<https://www.nbcnews.com/health/aging/genetic-testing-scam-targets-seniors-rips-medicare-n1037186>

Fans can be helpful to make things more comfortable when it's hot and humid...but when it's hot and dry they may be counterproductive. Here's the science: <https://www.nbcnews.com/health/health-news/electric-fans-may-not-always-be-best-choice-cooling-here-n1039281>

For you to bookmark: the New York Times' stories on seniors-related issues: <https://www.nytimes.com/topic/subject/elderly>

**This week in senior birthdays:**

8/19: Yankees second baseman Bobby Richardson (84)

8/20: Boxing promoter Don King (88)

8/21: Actor/director/screenwriter Melvin Van Peebles (87)

8/22: Former Giants/Jets coach Bill Parcells (78)

8/23: Actress/singer Barbara Eden (88)

8/24: Author/poet A.S. Byatt (83)

8/25: Actor Sean Connery (89)

**Speaking of Sean Connery, the Bad Joke to tie things up this week only works if you say it in Connery's unique accent:**

“As I was walking through my library, a book fell on me. I had only myself to blame.”