

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of August 26

*Note: the Office for the Aging and all OFA Senior Friendship Centers will be closed for the Labor Day holiday on Monday, September 2. Homebound seniors in the OFA Home Delivered Meals program will receive shelf-stable meals in advance of the holiday.*

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

If you aren't able to get your hands on last week's "Part 1" column that also covered transportation options for Dutchess County seniors who no longer drive, the Office for the Aging fill you in on what you may have missed. Contact us using the information at the end of this column to find out more.

Today, let's cover additional transportation options for Dutchess County seniors that weren't mentioned last week:

- The Retired and Senior Volunteer Program (RSVP) (845-452-5104 extension 101) picks up senior residents of the city of Beacon who do not drive, and transports them to the Beacon Senior Friendship Center at Forrestal Heights. Participants are driven to the Friendship Center no later than 10:00 a.m. and brought back home no later than 2:00 p.m. Also, any senior that does not drive may be eligible to be transported to Walmart or Shop Rite in Fishkill once per week for one hour of shopping, regardless of whether they attend a Friendship Center. RSVP is a program of Community Action Partnership for Dutchess County.

- VA Castle Point (845-831-2000 ext. 5145) can transport veterans to medical appointments at veterans' hospitals.

- The Community Senior Transportation Program (845-485-1277) is for LaGrange & Pleasant Valley senior citizens, for recreation and shopping on Tuesdays and Thursdays. This service is not wheelchair accessible and is not available for medical appointments.

- The Town of Rhinebeck (845-876-3409) provides transportation to independently living senior citizen Rhinebeck residents.

Other local governments and houses of worship may also provide senior transportation when possible; contact them to find out more.

## **HERE COMES THE PROM**

Friday, September 27th, will be your last chance to obtain discounted tickets to the annual Dutchess County Senior Prom to be held on Monday, October 21st from noon until 4 p.m. at the Villa Borghese (70 Widmer Rd., Wappingers Falls). The theme this year is “The 70’s,” and attendees are encouraged to dress in whatever way evokes that decade. The full Bob Martinson Band will provide the entertainment, and you’ll have plenty of opportunities to win great prizes.

The Prom is once again co-hosted by the Pines at Poughkeepsie. Sponsors for the Senior Prom include Wingate Healthcare, EverCare At Home, and United Health Care.

Early registration is available for \$20 per person, for those whose payment is received or postmarked by September 27<sup>th</sup>; after that date, the charge is \$30 per person. Those who wish to sit together must send their payment in together.

For those of you coming in a larger group and trying to figure out seating, each table seats a maximum of 10 attendees. Please be sure to include the names of everyone you are paying for, along with your contact information (phone and/or email) and send your check to: Dutchess County Office for the Aging, 114 Delafield St., Poughkeepsie, NY 12601. The prom sells out every year, so make your reservations early.

A printable prom sign-up form is available at the Office for the Aging website, [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging), and it will also be printed in the fall edition of the “Spotlight on Seniors,” due out in early September.

***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 9/18, 4:30 – 6:00 p.m. – Elder Financial Abuse Prevention Seminar**

With OFA outreach coordinator Brian Jones

Riverside Bank, 2064 New Hackensack Rd. (Route 376), Red Oaks Mill

**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](mailto: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

**FAKE “OFFICE FOR THE AGING” CALLS**

Share this one with your friends and neighbors...and not necessarily just seniors. Anybody who's isolated is a prime target for scammers.

One key scammers' tactic is to impersonate a government agency, to trick you into giving up personal information. It was only a matter of time before they impersonated an Office for the Aging. That's what's been happening this month across the river in Ulster County.

Remember this one thing: **no government office, at any level, will call and ask for your Social Security number or Medicare number. It's a scam.** They're trying to steal not only from you, but from taxpayers and insurance companies, by

linking your personal information to fraudulent claims. Both Medicare and private insurance lose tens of billions of dollars to fraud every year – a number that is hard to pin down, because by definition a ‘successful’ fraud will go undetected by authorities and victims alike.

As for the Office for the Aging, we call you ONLY when you’ve already contacted us, and any personal information necessary for OFA services is kept in the strictest confidence.

Any time you’ve gotten a call that you find the slightest bit questionable, hang up – and let us know about it. You can email [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov) with your concerns. There is a scam-prevention resources page in the summer edition of our Spotlight on Seniors newsletter, available at libraries countywide and at the following link: <https://www.dutchessny.gov/Departments/Aging/Spotlight-on-Seniors-Newsletter.htm>

Having written all that, the next story is a reminder from last week’s Aging News about a robocall that is NOT a scam.

## **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.

## **UPCOMING PARKINSON'S SUPPORT GROUP EVENT (Fri 9/27)**

September's monthly meeting of the Parkinson's Disease Support Group of the Mid Hudson Valley will feature inspirational speaker, author and attorney John Bauman, who was diagnosed with young-onset Parkinson's at the age of 41.

His presentation, taking place Friday, September 27<sup>th</sup> at 10:00 a.m. at the Unitarian Universalist Fellowship (67 Randolph St., Poughkeepsie) focuses on moving forward to life live to its fullest, regardless of circumstances. The presentation is free but reservations are required due to space limitations. To book a spot, call (914) 720-3926 or email [Julie.fineman@marist.edu](mailto:Julie.fineman@marist.edu) and leave your name AND phone number.

## **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://LHVFALLPREVENTION.WIXSITE.COM/LHVFALLPREVENTION](http://LHVFALLPREVENTION.WIXSITE.COM/LHVFALLPREVENTION).

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

The latest session of "A Matter of Balance" falls prevention classes begins in September. Many classes are already full, but as of August 23rd there were still a few openings available in classes in Rhinebeck and Dover Plains.

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.

If the class you want is full, we can put you on a waiting list for future classes.

### **CITY OF POUGHKEEPSIE PICNIC VOLUNTEERS WANTED (Wed 8/28)**

This week's Senior Picnic, for seniors living in the City of Poughkeepsie, is taking place at Stitzel Field (10-14 Lincoln Ave.) on Wednesday, August 28th. It's the final picnic of the 2019 season. If you are available to help at the picnic, email [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov).

For a look back at the 2019 Senior Picnic season, go to

<https://www.dutchessny.gov/Departments/Aging/Senior-Picnic.htm>

**Other aging news online:**

An excellent article on the value of personal connections:

[https://qz.com/1570179/how-to-make-friends-build-a-community-and-create-the-life-you-want/?utm\\_source=facebook&utm\\_medium=qz-archive&fbclid=IwAR3\\_uIQEAN4ZDomjJqXV1m0ECiwjmUKM5q\\_arDkh5XdKbJs91c3nwDs6ZFw](https://qz.com/1570179/how-to-make-friends-build-a-community-and-create-the-life-you-want/?utm_source=facebook&utm_medium=qz-archive&fbclid=IwAR3_uIQEAN4ZDomjJqXV1m0ECiwjmUKM5q_arDkh5XdKbJs91c3nwDs6ZFw)

Researchers are getting closer to predicting human mortality - but not specifically for individuals. And the older the study participants, the less accurate the

predictions: [https://arstechnica.com/science/2019/08/researchers-are-creepily-close-to-predicting-when-youre-going-to-die/?fbclid=IwAR3Ln\\_VLEvapw8NGi\\_D\\_9bztJPI4ap4qQpwZcMMw1vvl18QrJfaUIgYCyhc](https://arstechnica.com/science/2019/08/researchers-are-creepily-close-to-predicting-when-youre-going-to-die/?fbclid=IwAR3Ln_VLEvapw8NGi_D_9bztJPI4ap4qQpwZcMMw1vvl18QrJfaUIgYCyhc)

“Robo-shorts” could one day assist people with both walking and running:

<https://wyss.harvard.edu/suit-up-with-a-robot-to-walk-and-run-more-easily/>

Medicare’s usefulness may be diminished for those who retire outside the US:

<https://www.nytimes.com/2019/07/18/business/medicare-retire-abroad.html>

**This week in senior birthdays:**

8/26: NASA mathematician Katherine Johnson (101)

Here's her story: <https://www.nasa.gov/langley/katherine-johnson>

8/27: Actress/singer Tuesday Weld (76)

8/28: Yankees outfielder/manager Lou Piniella (76)

8/29: Actor/producer Elliott Gould (81)

8/30: Businessman/philanthropist Warren Buffett (89)

8/31: Singer/songwriter Van Morrison (74)

9/1: Comedy legend Lily Tomlin (80)

**And finally, a back-to-school Bad Joke that involves some math:**

A cowboy asked me if I could help him round up 18 cows. I said, "Yes, of course.

That's 20 cows."