

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of February 10

*Note: the Office for the Aging and all OFA Senior Friendship Centers will be closed on Wednesday, February 12<sup>th</sup>, for the New York state Lincoln's Birthday holiday; and on Monday, February 17<sup>th</sup>, for the national President's Day holiday. Clients of our Home Delivered Meals program will receive shelf-stable meals in advance of each holiday.*

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

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

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

## **WATCH FOR CENSUS SCAMS**

Following up on last week's edition of Golden Living, we've learned of

potential scams amid the U.S. Census Bureau's attempts to get people involved in this year's count.

This month, the Census Bureau is recruiting to fill thousands of temporary jobs, and scammers posing as the Census Bureau have tried to take advantage, asking to be paid fees for applications or training. That's a scam. Federal agencies don't charge these kind of application fees, and they won't ask you to buy any equipment.

Other scammers have been sending out phony mailers, hoping to trick people into giving up financial and/or insurance information that they'll use to commit identity theft or insurance fraud. The Census Bureau doesn't ask for this kind of information.

Scammers may also pose as Census workers to get your personal information. Not only will census workers not ask for that kind of information, the real census workers who will be visiting some residences won't be on the job until March, in most cases.

The Census Bureau will never ask for your full Social Security number, nor will they ask for banking or credit card information. They will not ask citizenship status, nor will they ask any questions on behalf of a political campaign. Your

answers to census questions cannot be shared with law enforcement. All your information is kept strictly confidential.

The National Archives will eventually release certain census records to the general public –72 years from this year’s Census Day. In other words, your personally identifiable information from this year remains sealed until April 1<sup>st</sup>, 2092.

If you see false information about the census, you can email [rumors@census.gov](mailto:rumors@census.gov).

## **ROSIE THE RIVETER ASSOCIATION COMES TO DUTCHESS**

The American Rosie the Riveter Association (ARRA) has selected Dutchess County as the site for its 2020 convention, observing the 75<sup>th</sup> anniversary of the end of World War II. The convention will be held over the weekend of June 12-14 at Comfort Suites, 835 Route 52 in Fishkill, with a visit to the FDR Presidential Library and Museum in Hyde Park on Saturday, June 13<sup>th</sup>.

There are no official records of how many “Rosies” worked in American industry during the war with so many men deployed overseas, but ARRA estimates that there were 6 million women in industry, and another 10 million

“Rosies” who volunteered collecting materials for the war effort. They recycled everything from old shovels to waste cooking fat. “Rosies” were key to the production of 297,000 airplanes; 102,000 tanks; 372,000 pieces of artillery; 88,000 warships; and 44 billion rounds of small arms ammunition.

It’s the first time an ARRA convention will be held in the Northeast, and there is no Hudson Valley chapter yet; ARRA National President Gretchen Caulfield says forming a chapter requires a minimum of four ARRA members of any type.

About 250 “Rosies” and their family members are expected to attend June’s gathering in Dutchess County. For more information about the weekend, or about forming a local ARRA chapter, visit [www.rosietheriveter.net](http://www.rosietheriveter.net) or call (888) 557-6743.

***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 calendar**

**Unless otherwise indicated, call (845) 486-2555 for more information**

**All times and venues subject to change**

**Complete county calendar of events at [www.dutchessny.gov](http://www.dutchessny.gov)**

**Follow Dutchess County Government on social media to find out more**

Mon 2/10, 11 a.m. – Heart Health Month/Reversing Disease Via Diet

With OFA nutrition services coordinator Nimesh Bhargava

Beacon Friendship Center, 1 Forrestal Heights

Tue 2/11, 11 a.m. – Heart Health Month/Reversing Disease Via Diet

With OFA nutrition services coordinator Nimesh Bhargava

Red Hook Friendship Center, 59 Fisk St.

Tue 2/11, 2:00 p.m. – Scam Prevention

With OFA outreach coordinator Brian Jones

Castle Court at Concord Village, 386 Van Wagner Rd., Poughkeepsie

Tue 2/18, 11 a.m. – Heart Health Month/Reversing Disease Via Diet

With OFA nutrition services coordinator Nimesh Bhargava

Poughkeepsie Friendship Center, 114 Delafield St.

Tue 2/18, 1:00 p.m. - Your Role in the 2020 Census

With OFA outreach coordinator Brian Jones

South Amenia Senior Friendship Center, 229 South Amenia Rd., Wassaic

Wed 2/19. 1:00 p.m. – Diet and Longevity

With OFA nutrition services coordinator Nimesh Bhargava

Parish Hall, St. Joseph's Church, Millbrook, 15 North Front St.

Thu 2/20, 11 a.m. – Heart Health Month/Reversing Disease Via Diet

With OFA nutrition services coordinator Nimesh Bhargava

Tri-Town Friendship Center, 110 S. Grand Ave., Poughkeepsie

Fri 2/21, 11 a.m. – Heart Health Month/Reversing Disease Via Diet

With OFA nutrition services coordinator Nimesh Bhargava

East Fishkill Friendship Center, 890 NY 82, Hopewell Junction

Tue 2/25, 11 a.m. – Heart Health Month/Reversing Disease Via Diet

With OFA nutrition services coordinator Nimesh Bhargava

South Amenia Friendship Center, 229 S. Amenia Rd., Wassaic

Wed 2/26, 11 a.m. – Heart Health Month/Reversing Disease Via Diet

With OFA nutrition services coordinator Nimesh Bhargava

Pawling Friendship Center, 154 Charles Colman Blvd.

Tue 3/24, 1:00 p.m. – Scam Prevention

With OFA Outreach Coordinator Brian Jones

Red Hook Public Library, 7444 S. Broadway (Route 9)

Thu 3/26, 11:00 a.m. – Office for the Aging Services

With OFA Outreach Coordinator Brian Jones

The Gables (community room), 8 Gables Blvd., Poughkeepsie

### **POUGHKEEPSIE VFW PASTA DINNER (Fri 2/7)**

The Poughkeepsie VFW is hosting a pasta dinner this Friday, February 7th from 5pm-7pm.

Baked ziti, spaghetti & meatballs, salad, and more will be served! Dinner is only \$10 and kids eat free, so please bring the whole family. All are welcome.

The VFW will also provide takeaway service, so feel free to stop by the VFW on the way home to pick up a delicious dinner for the troops back home.

VFW Post 170 is located at 1 Violet Avenue in Poughkeepsie. As always, all proceeds benefit veterans.

**“GOLDEN LIVING” NOW IN FIVE LOCAL WEEKLY PAPERS...SOMETIMES SIX**

Share this next one with your friends and neighbors who don't have online access.

OFA Director Todd Tancredi's weekly "Golden Living" column now appears in several local weekly print publications:

Beacon Free Press

The Hudson Valley News

Northern Dutchess News

Pawling Record

Southern Dutchess News

You should be able to find at least one of them available near you.

Additionally, you'll be able to find "Golden Living" from time to time in the weekly Millerton News in northeastern Dutchess.

**Other aging news online:**

What do the 2020's have in store for aging baby boomers? Here's one educated guess: <https://khn.org/news/what-the-2020s-have-in-store-for-aging-boomers/>

Amazon's "Alexa" and other voice assistants may be able to detect signs of dementia one day: <https://apnews.com/74571b706309f6dcfdf1571609408a3b>

The traditional age of a recommended first colonoscopy may be trending downward from 50: <https://www.usnews.com/news/health-news/articles/2020-01-31/new-study-supports-lowering-age-of-first-colonoscopy>

**This week in senior birthdays:**

2/10: Opera legend Leontyne Price (93)

2/11: Actress/singer Tina Louise (86)

2/12: Basketball Hall-of-Famer Bill Russell (86)

2/13: American pilot/general Chuck Yeager (97)

2/14: American journalist Hugh Downs (99)

2/15: Actress/producer Jane Seymour (69)

2/16: Actor/director LeVar Burton (63)

**And a Bad Joke to conclude matters. This week's theme is Valentine's Day:**

Q: Why do skunks like Valentine's Day?

A: For scent-imental reasons.