

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of February 17<sup>th</sup>

*Note: the Office for the Aging and Senior Friendship Centers are closed for the national President's Day holiday on Monday, February 17<sup>th</sup>. Clients of OFA's Home Delivered Meals program are receiving shelf-stable meals in advance of the holiday.*

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

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

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

## **SLOW, STEADY PROGRESS AGAINST PHONE SCAMS**

At this time last year, we were cautiously hopeful that 2019 would begin to bring an end to the billions of scam phone calls that plague anybody who owns

any kind of phone. A year later, we're still cautiously hopeful.

Last year, the U.S. Federal Communications Commission (FCC) announced it was working with phone companies to make improvements which would take effect late in 2019; that wasn't a hard deadline, though many large phone companies did meet it. Scam-call prevention remains very much a work in progress.

The first federal anti-robocall bill, the Telephone Robocall Abuse Criminal Enforcement and Deterrence (TRACED) Act, was signed into law early this year. The aim of the law is to spur providers to implement new call authentication technology called "SHAKEN/STIR" within 18 months.

To those of us who aren't technology specialists, myself included, SHAKEN/STIR amounts to this: A call to your phone will only get through to you if it's been proven authentic by the network the call is coming from, as well as the network the call is going to – in this case, yours. Ideally, if a scammer tries to call you under this system, they won't be able to reach you. Your phone won't even ring – peace and quiet at last.

We're not there just yet, but there's reason for hope.

Still, scammers rarely just give up and go into an honest line of work. They'll

adapt to the new technology and probe it for weaknesses, which means we still need to stay alert. And they'll continue their current methods for as long as they still work.

In the meantime, if you see an unfamiliar phone number on your caller ID, ignore the call. If you picked up before realizing you had gotten a scam call, just hang up.

Phone scammers thrive because they prey on people's fears. They have answers ready to reply to people's objections. The longer a person stays on the phone with a scammer, the more likely it becomes that they'll be victimized, and the more likely it becomes that they'll get even more calls from scammers.

Long story short: Just hang up. If they can't talk to you in the first place, you can't be victimized.

The Office for the Aging offers presentations on preventing all kinds of scams. If it sounds like an interesting topic for your civic organization, please contact OFA Outreach Coordinator Brian Jones at [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov) or (845) 486-2544 to make arrangements.

***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**

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

### **STILL A FEW SPOTS LEFT IN OFA TAI CHI CLASSES**

We have a few spots remaining for seniors who'd like to participate in our Tai Chi classes, beginning this spring at locations in Poughkeepsie and East Fishkill.

If you've been trying to stay active, OFA Tai Chi classes are a great way for seniors of to do so. To find out more and sign up, call us at (845) 486-2555.

### **MONTHLY NARCAN TRAINING WITH DUTCHESS DBCH (2/26)**

Naloxone (trade name Narcan) is a medication that can reverse an overdose by blocking the action of heroin or other opioids in a person's brain for 30 to 90 minutes.

The Dutchess County Department of Behavioral & Community Health (DBCH) offers monthly drop-in Narcan training sessions for anyone who believes they may encounter a person who is at risk for drug overdose or misuse. Attendees will learn why naloxone works to reverse an overdose, what to do when an overdose is suspected, and how/when to give someone Narcan.

No pre-registration is required for drop-in Narcan training sessions. The next session is being held at 4:30 p.m. at the Dutchess County Stabilization Center, 230 North Road, in Poughkeepsie. Each trainee will receive a FREE Narcan kit to carry. If you need to be trained immediately, come to the Stabilization Center, any time of day or night, and someone will train you immediately. No appointment needed.

For additional information, email [llevine@dutchessny.gov](mailto:llevine@dutchessny.gov).

Narcan training is also offered at most Office for the Aging Senior Picnics during the summer. We will release the 2020 picnic schedule soon!

**Other aging news online:**

Strength training plays a key role in avoiding aging-related injuries:

[https://www.washingtonpost.com/health/strength-training-is-vital-in-avoiding-injuries-and-staying-independent-as-you-age/2020/02/07/88694832-3888-11ea-bf30-ad313e4ec754\\_story.html](https://www.washingtonpost.com/health/strength-training-is-vital-in-avoiding-injuries-and-staying-independent-as-you-age/2020/02/07/88694832-3888-11ea-bf30-ad313e4ec754_story.html)

The federal Centers for Disease Control and Prevention is releasing new resources and information related to Alzheimer's disease, in both English and Spanish:

[https://www.cdc.gov/aging/index.html?deliveryName=DM19331\\_USCDC\\_2033](https://www.cdc.gov/aging/index.html?deliveryName=DM19331_USCDC_2033)

Some questions for those who wish to work during retirement to ask themselves:

[https://www.nextavenue.org/questions-to-ask-to-work-in-retirement/?fbclid=IwAR0\\_ZZ0P8NZNFVhuCe5Gc4vm074cwVfiY1tU4TvYfijzCAX-3uzqK-LhgPU](https://www.nextavenue.org/questions-to-ask-to-work-in-retirement/?fbclid=IwAR0_ZZ0P8NZNFVhuCe5Gc4vm074cwVfiY1tU4TvYfijzCAX-3uzqK-LhgPU)

The secret to a long, healthy life is...marmalade?

<https://www.theguardian.com/food/2020/feb/09/forget-wellness-marmalade-is-the-key-to-a-long-healthy-life>

**This week in senior birthdays:**

2/17: Actor/director Hal Holbrook (95)

2/18: Actor/producer John Travolta (66)

2/19: Singer/songwriter Smokey Robinson (80)

2/20: Four-time Olympic gold medalist (pole vault) Bob Richards (94)

2/21: King Harald V of Norway (83)

2/22: NBA Hall of Famer Julius Erving (70)

2/23: Singer/songwriter Howard Jones (65)

**And a Bad Joke to share:**

Did you hear about the new auto body shop in town?

It comes highly wreck-a-mended.