

Dutchess County Office for the Aging's

AGING NEWS

For the week of July 15

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

IS IT SENIOR PROM SEASON ALREADY?

For those of you who've never been to an Office for the Aging Senior Prom, it may seem strange to begin planning for an October event in July, but long time prom-goers will start planning for the next year's prom as soon as the current year's prom is over.

This year's prom takes place on Monday, October 21st, from noon to 4 p.m. at Villa Borghese, 70 Widmer Rd. in the Town of Wappinger.

Each year's prom has a unique theme, and many prom-goers dress to match

the theme. This year's theme is "The 70's," which should provide many opportunities for creativity. It's optional to dress up, but those who dress to match theme are in the running to become the "Duke and Duchess" of the 2019 Senior Prom.

The prom begins at noon with a buffet lunch. Once again, the full Bob Martinson Band will help fill the dance floor playing your favorites from the 70's (obviously) along with anything else that'll keep the dance floor full. There'll be plenty of prizes; and a 50-50 raffle will benefit the Office for the Aging.

Reserved admission will be the same price as last year - \$20 per person (\$200 for a table of 10) until September 27th or when the event sells out, whichever comes first. After that date, the price increases to \$30 per person. Reservation forms are available on request from the Office for the Aging, and will be printed in the fall edition of the OFA "Spotlight on Seniors" newsletter, which is published in late summer.

Local businesses interested in providing prizes for prom guests in exchange for publicity at the venue and on the prom program can email OFA Outreach Coordinator Brian Jones at bjones@dutchessny.gov, or call (845) 486-2555.

Many thanks to our sponsors: The Pines at Poughkeepsie, EverCare At Home, Wingate Healthcare, UnitedHealthcare and MVP Healthcare.

SCAM PREVENTION PRESENTATION IN RHINEBECK

OFA Outreach Coordinator Brian Jones will host a presentation on the latest developments in scams and scam prevention, on Thursday, July 25th at 2 p.m., at Arbor Ridge, 11 Mountain Laurel Ln. in Rhinebeck.

Scam calls in particular are the single biggest source of consumer complaints to the Federal Communications Commission (FCC), and can result in serious financial losses. If you can't make it to the presentation, here are three quick tips from the FCC:

- Don't answer calls from unknown numbers.
- If the caller claims to be from a legitimate company or organization, hang up and call them back using a valid number found on their website, or on your latest bill if you do business with them.
- Be aware: Caller ID showing a "local" number no longer necessarily means it is a local caller.

If your group would like to host a presentation on scam prevention,

successful aging, nutrition, Medicare and Medicaid, or one of many other topics,
email bjones@dutchessny.gov or call (845) 486-2544.

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Delafield St., Poughkeepsie, New York 12601, telephone (845) 486-2555, email:

ofa@dutchessny.gov website: www.dutchessny.gov/aging

Office for the Aging events schedule

See the online calendar at www.dutchessny.gov to find out more

(All events subject to change)

Mon 7/15, 11 a.m. – The Benefits of Local Farmers Markets

With OFA nutrition coordinator Nimesh Bhargava

Kings Apartments, 20 Pine Dr., Pawling

Sat 7/20, 8:30 a.m. – 3:30 p.m. – OFA at the Dragon Boat Races

To benefit Habitat for Humanity

Hudson River Rowing Association, 270 N. Water St., Poughkeepsie

www.dutchessdragonboat.org for more information.

Thu 7/25, 2 p.m. – OFA Scam Prevention Presentation

With OFA outreach coordinator Brian Jones

Arbor Ridge, 11 Mountain Laurel Lane, Rhinebeck

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 information

Vendor contact information to be announced

BEACON PICNIC VOLUNTEERS WANTED (Wed 7/17)

The Senior Picnic, for residents of the City of Beacon, is taking place at Memorial on Wednesday, July 17th – and if you'd like to volunteer to help your senior friends and neighbors enjoy the day, please get in touch with OFA

Outreach Coordinator Brian Jones at bjones@dutchessny.gov or (845) 486-2555.

The complete picnic schedule is available at

www.dutchessny.gov/seniorpicnic.

SENIOR PICNIC RECAPS

Remember, you can see all the highlights of each OFA Senior Picnic by following Dutchess County Government on Facebook:

<https://www.facebook.com/DutchessCoGov/>

Other aging news online:

Reanimating dead brain tissue? Like the headline says...what could go wrong?

https://www.nytimes.com/2019/07/02/magazine/dead-pig-brains-reanimation.html?fallback=0&recId=1NVqsEeu2c5oAYJCLRH8d1DSZgo&locked=0&geoContinent=NA&geoRegion=NY&recAlloc=top_conversion&geoCountry=US&blockId=most-popular&imp_id=460433142&action=click&module=Most%20Popular&pgtype=Homepage

Following up on the scam-prevention theme at the top of this week's Aging News, AT&T this past week became the first major wireless carrier to automatically block spam calls: <https://www.cnn.com/2019/07/10/tech/att-spam-call-blocking/index.html>

At their age, the Rolling Stones' corporate sponsors have...evolved:

https://www.nytimes.com/2019/07/01/business/rolling-stones-social-security-retirement.html?rref=collection%2Ftimestopic%2FElderly&action=click&contentCollection=timestopics®ion=stream&module=stream_unit&version=latest&contentPlacement=2&pgtype=collection

And here's a Facebook group comprised of 229,000 people of all ages pretending to be baby boomers:

<https://www.theguardian.com/technology/2019/jul/08/millennials-baby-boomers-roleplaying>

This week in senior birthdays:

7/15: Singer/songwriter Linda Ronstadt (73)

7/16: Football coach/commentator Jimmy Johnson (76)

7/17: Actor/producer Donald Sutherland (84)

7/18: Yankees/Mets manager Joe Torre (79)

7/19: Songwriter/astrophysicist Brian May (Queen): (72)

7/20: Guitarist/songwriter Carlos Santana (72)

...and also celebrating a well-received new album:

<https://www.rollingstone.com/music/music-album-reviews/santana-africa-speaks-album-review-845131/>

7/21: Cartoonist Garry Trudeau

Uh-oh...the Bad Jokes just keep coming.

I went to my doctor and told him "I can't stop singing 'What's New Pussycat.'"

He said "Looks like you've got Tom Jones syndrome."

I asked "Is that common?"

He said "It's not unusual."