

Dutchess County Office for the Aging's

AGING NEWS

For the week of November 4th

(Note: the Office for the Aging will be closed for Election Day on Tuesday, November 5th; for Veterans Day on Monday, November 11th; and for Thanksgiving Day on Thursday, November 28th. We'll be OPEN the day after Thanksgiving, the 29th.)

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

The Medicare Open Enrollment period, the yearly window of opportunity for Medicare beneficiaries to change their coverage options, closes on December 7th.

If you are happy with your current coverage, and your plan is not making changes that affect you, you might not need to do anything; however, it is always a good idea to investigate all your options. The Office for the Aging's HIICAP (Health Insurance Information, Counseling and Assistance Program) counselors can help you make the best decision for yourself.

Beneficiaries with original Medicare paying extra for a prescription drug plan (Medicare Part D) may want to confirm that all the important medications you take will still be covered in 2020. There may also be less costly plans available that cover those medications.

If you have a Medicare Advantage Plan with a private H.M.O. or P.P.O. instead of original Medicare, you may wish to check to see if your plan is still the best available option. These plans may include added benefits like vision or dental care, but they can change from year to year and premiums can change as well. You may also want to check to be sure your preferred doctor is still included in the plan and will continue to accept your coverage.

As of this week, appointments for individual counseling with the Office for the Aging's HIICAP counselors for the remainder of the open enrollment period were close to being completely booked. Fortunately, there are other sources from which you can seek health insurance information and counseling:

- Medicare (www.medicare.gov; 1-800-633-4227; TTY: 1-877-486-2048) offers a great deal of useful information, including an online Medicare Plan Finder tool which allows beneficiaries to enter the names of their prescription drugs to generate a comparison of available plans;
- Medicare Interactive (www.medicareinteractive.org; 1-800-333-4114) provides easy-to-understand answers to Medicare beneficiaries, family members, caregivers and professionals alike;
- EPIC (Elderly Pharmaceutical Insurance Coverage) is a New York State program for seniors, administered by the state Department of Health. EPIC helps pay the Medicare Part D drug plan premiums for members with income up to \$23,000 if single or \$29,000 if married;
- The Social Security Administration (www.ssa.gov; 1-800-772-1213) can direct you to extra help with Medicare prescription drug costs, The Social Security website includes publications on prescription drug plan cost assistance in 17 languages.

Additionally, New York Senior Medicare Patrol (SMP)

(www.smpresource.org) is part of a nationwide education and assistance program

working to empower seniors and caregivers to prevent, detect, and report Medicare fraud and waste. You can report suspected problems to the SMP hotline at 1-877-678-4697

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 website: www.dutchessny.gov/aging

Office for the Aging events schedule

To find out more, see the events calendar at www.dutchessny.gov/aging

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

(All events subject to change)

Sat 11/2, 9:00 a.m. – 12:30 p.m. – OFA at Thriving in Rhinebeck

(A showcase of services and resources for older adults and caregivers)

With OFA Outreach Coordinator Brian Jones

Rhinebeck High School, 45 North Park Rd.

(845) 379-1114 or www.rhinebeckathome.org for information

Mon 11/4, 11:00 a.m. – Scam Prevention

With OFA Outreach Coordinator Brian Jones

East Fishkill Community Library, 348 NY 376, Hopewell Junction

More information at (845) 221-9943

Mon 11/4, 2:00 – 3:00 p.m. – Scam Prevention

With OFA Outreach Coordinator Brian Jones

Pawling Free Library, 11 Broad St.

Register at (845) 855-3444

Thu 11/7, 9:00 a.m. – 12:45 p.m. – OFA Senior Seminars

New Hackensack Reformed Church, 1380 NY 376, Wappinger

Speaker schedule in the fall Spotlight on Seniors, on page 6, at this link:

<https://www.dutchessny.gov/Departments/Aging/Docs/NewSpotlightFall2019.pdf>

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Seating is limited. Some seminars are already fully booked!

Make reservations at (845) 486-2555

Wed 11/20, 11:00 a.m. – Senior Pedestrian Safety

With Emily Dozier, Dutchess County Senior Planner

and Aisha Phillips, Dutchess County Senior Public Health Educator

OFA Poughkeepsie Friendship Center, 114 Delafield St.

Seating is limited; (845) 486-2564 to RSVP

OFA VOLUNTEERS NEEDED THIS THURSDAY (11/7)

If you can volunteer at the OFA Senior Seminars at New Hackensack Reformed Church (1580 NY 376, Wappinger) on the morning of Thursday, November 7th, please contact OFA Outreach Coordinator Brian Jones at bjones@dutchessny.gov or (845) 486-2544.

We need volunteers outdoors, to help guide visitors as they park their cars, to help people find the correct entrance to the building, and indoors to help them find the correct classrooms for their seminars. Thanks in advance for your help!

UTILITY BILL VOUCHERS FOR NORTHEASTERN DUTCHESS

Thanks to the North East Community Center (51 S. Center St., Millerton) via the Holiday Helping Hands Program of the United Way of Dutchess County, there are a limited number of \$50 vouchers which can be used towards Central Hudson or NYSEG bills.

The program is only available to residents of Millerton, Amenia, Wassaic, Dover Plains and Pine Plains, in November/December. Have your account number available when you call.

For additional information about low-income energy assistance programs, here are some additional links:

Dutchess County OFA HEAP program:

<https://www.dutchessny.gov/Departments/Aging/OFA-Home-Energy-Assistance-Program.htm>

Central Hudson Low Income Bill Discount Program:

<https://www.cenhud.com/billdiscountprogram>

NYSEG Low Income Rate Assistance:

<https://liheapch.acf.hhs.gov/Utility/NY/nyseg.htm>

WANT TO WATCH VIDEO OF THE 2019 SENIOR PROM?

It's available by clicking the following link:

<https://drive.google.com/file/d/1ICdG7pd8DD5AX689XUp9i8cySc2wA-SQ/view>

We're also delivering the video this week to public access channels serving Dutchess County, and it should start appearing on their schedules in November and/or December. Watch the Aging News for local listings.

Many thanks to videographer Domenic Trocino

(www.djdomentertainment.com).

Other aging news online:

In the UK, nursing home night staff are wearing pajamas to help patients with dementia understand that it's bedtime:

<https://www.telegraph.co.uk/news/2019/10/28/care-home-workers-should-wear-pyjamas-dementia-patients-know/>

Some things to consider for those with life insurance policies, regarding what's covered and what might not be: <https://seniorplanet.org/think-youre-covered-think-again/>

Scammers keep adapting. Now they've gotten their hooks into telemedicine: <https://www.npr.org/sections/health-shots/2019/10/07/766517003/phone-scammers-and-teledoctors-charged-with-preying-on-seniors-in-fraud-case>

Here's what the Federal Trade Commission (FTC) is finding out from the millions of complaints that Do Not Call laws are being violated:

https://www.consumer.ftc.gov/blog/2019/10/what-do-not-call-complaints-are-telling-us?fbclid=IwAR0-W7M4Xnrq4mym_RH8SeA9ua1DXwjVO_yZ1VofTrsgach8nqFyS5pWdWE

Is there a link between drinking coffee and a reduced risk of colorectal cancer?

The evidence thus far is...inconclusive: <https://www.mskcc.org/blog/should-drink->

[coffee-prevent-colorectal-cancer?utm_source=Facebook&utm_medium=paid&utm_campaign=102819CoffeeColorectal&utm_content=HealthTips&fbclid=IwAR0bfSzIjYiZetQ4M_oRlaZ-ooRwuaB5R_-geWpaW3i5dgLzuKqh9nlkdo](https://www.foxnews.com/health/does-coffee-prevent-colorectal-cancer?utm_source=Facebook&utm_medium=paid&utm_campaign=102819CoffeeColorectal&utm_content=HealthTips&fbclid=IwAR0bfSzIjYiZetQ4M_oRlaZ-ooRwuaB5R_-geWpaW3i5dgLzuKqh9nlkdo)

Does aging make our brains less efficient?

<https://researchblog.duke.edu/2019/10/28/does-aging-make-our-brains-less-efficient/>

The National Institutes of Health is funding a study of 20,000 older adults (75+) to determine if taking statins (cholesterol-lowering drugs) can prevent dementia and disability: <https://www.nia.nih.gov/news/could-taking-statins-prevent-dementia-disability>

What time of day is best to take blood pressure medicine? Check with your doctor before making any changes, but one study indicates bedtime works well:

<https://www.washingtonpost.com/health/study-taking-hypertension-meds-at->

[bedtime-cuts-health-risks-significantly/2019/10/25/90d84c4e-f688-11e9-ad8b-85e2aa00b5ce_story.html](https://www.nbcnews.com/mach/science/how-virtual-reality-helping-seniors-breathe-new-life-old-memories-ncna1069461?mc_cid=71e2eb27a9&mc_eid=f90ff348a8)

Virtual reality is helping seniors re-connect:

https://www.nbcnews.com/mach/science/how-virtual-reality-helping-seniors-breathe-new-life-old-memories-ncna1069461?mc_cid=71e2eb27a9&mc_eid=f90ff348a8

From 1987, a New York Times story on shortages of home health aides for seniors in New York. It's still an issue 30+ years later:

<https://www.nytimes.com/1987/06/14/nyregion/health-aides-in-short-supply.html?fbclid=IwAR2BH7lcuguKH76biA-BgAC9W6Q81JbAWZNvk86kjVer6YE6BcVBQY641R4>

The internet is getting close to becoming a senior! It turned 50 this past week:

https://www.fastcompany.com/90423457/50-years-ago-today-the-internet-was-born-in-room-3420?partner=rss&utm_source=facebook.com&utm_medium=social&utm_campaign=

