

# SPOTLIGHT ON SENIORS



Fall  
2019

## Be Heard at OFA Public Listening Sessions

Advocating for your needs is a key part of successful aging - as the old saying goes, the squeaky wheel gets the grease.

You can contact us at any time with your questions, but every September the Office for the Aging provides two chances to express your concerns directly to OFA director Todd Tancredi and members of the OFA Advisory Board, in the form of public listening sessions. This year we're holding two listening sessions:

**Wednesday, September 25th, 10 a.m.**  
**Millerton Senior Friendship Center**  
**28 Century Blvd., Millerton**

**Thursday, September 26th, 10:30 a.m.**  
**Poughkeepsie Senior Friendship Center**  
**114 Delafield St., Poughkeepsie**

Even if you're not sure the Office for the Aging is the right venue for your question, we can help you direct your question to the organizations who can help you the best.

The listening sessions are also a chance for you to get a look at two of our eight Senior Friendship Centers. We're delighted that we've been able to expand operating hours to five days a week at two more Friendship Centers this year, in addition to relocating the Poughkeepsie Friendship Center to a new and more accessible location.

We're looking for new opportunities to expand Friendship Center services in 2020 and beyond. You can find out more about our future plans at the listening sessions, and we hope to see you there!

Todd N. Tancredi  
Director

## A Message from County Executive Marc Molinaro

It can be challenging for seniors and their caregivers to locate and keep track of the local services they need to live successfully and independently here in



Dutchess County. There could be a doctor's appointment in Rhinebeck, a financial adviser to meet in Pawling, another doctor's appointment in Poughkeepsie, an exercise class in Hyde Park, a volunteering opportunity in Beacon. Your time could be more in demand in retirement than it ever was.

What if you could find out about all the ways to meet seniors' needs and interests, all in one place?

There are three opportunities to do just that coming up this fall.

The first is the annual Golden Gathering event, presented jointly this year by the Office for the Aging and the office of State Senator Sue Serino. This free event happens on the morning of Saturday, September 28th at Arlington High School in the Town of LaGrange. The Golden Gathering features health screenings, entertainment, refreshments, door prizes, and over 120 informational tables covering topics from nutrition to home safety to finance, and much more.

In November, there are additional annual events - the Office for the Aging's Senior Seminars, and the Caregiver Conference. You can find out more about these events in this issue of the Spotlight on Seniors.

I'm planning to be at all three events, and I hope to see you there!

My best wishes,

Marcus J. Molinaro  
County Executive

## November 21: A Day for Caregivers

About 44 million Americans provide unpaid care to adult family members every year. That's according to data from AARP and the National Alliance for Caregiving. They're taking care of vital work like shopping, cooking and feeding, laundry, grooming, bathing, doctor's visits and much more.

Assuming a similar percentage of Dutchess County residents provide unpaid care to their adult family members, that's over 40,000 county residents in a caregiving situation.

A 2005 Family Caregiver Alliance survey of caregivers of brain-impaired adults (those with Alzheimer's disease, stroke, Parkinson's disease or traumatic brain injury) in California found that caregivers were putting in an average of 84 hours of work every week - that's 12 hours a day, every day, for caregivers whose average age was 58.

Here in Dutchess County, caregivers can learn more about how to balance their own needs with their caregiving duties at the 15th annual Conference on Caregiving, taking place this year on Thursday, November 21st at the Grandview (176 Rinaldi Blvd., Poughkeepsie) from 8:30 a.m. to 3 p.m.

This year's conference theme is "Caregiving: Sailing the High Seas," and will include a caregivers' panel discussion, information on respite options, an update on scam prevention, a discussion of patient review instruments (PRIs), and a discharge panel.

Advance registration is required for this free event, which includes lunch and a continental breakfast. Starting October 21st, you can register by contacting the Alzheimer's Association at **800-272-3900**. Space is limited.

The event is organized by the Alzheimer's Association Hudson Valley Chapter, the Office for the Aging, Hudson Valley Hospice, the Lutheran Care Center at Concord Village, MidHudson Regional Hospital, the Parkinson's Disease Support Group of the Mid-Hudson Valley, and Wingate Healthcare.

### OFA SENIOR FRIENDSHIP CENTERS

(all phone numbers 845 area code unless noted)

Beacon • 838-4871

East Fishkill • 226-3605

Millerton • (518) 789-3081

Pawling • 855-9308

City of Poughkeepsie • 486-2564

Red Hook • 475-1129

South Amenia • 275-2661

Tri-Town • 275-8565

(Towns of Poughkeepsie, Pleasant Valley, LaGrange)

***Clip and save!***

## SPOTLIGHT ON SENIORS

Marcus J. Molinaro — County Executive  
Todd N. Tancredi — Director, Office for the Aging  
Brian Jones — Editor, Spotlight on Seniors

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114 Delafield St., Poughkeepsie NY 12601

(845) 486-2555 / toll free (866) 486-2555

Email: [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov)  
Web: [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)

Available for free at libraries, senior centers and municipal buildings throughout Dutchess County.

Distributed in February, June, September and December, with a Medicare-focused edition in October.

To be added to or removed from our mailing list, call (845) 486-2544 or email [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov).

## Need A Break? If You Have To Ask, You Probably Do

Maybe you're caring for an elderly spouse, but it's taking so much time and energy that you're concerned about being able to meet your own needs.

Or perhaps you're in the "sandwich generation," responsible not only for bringing up your own kids, but also for the care of aging parents...all while holding down a full-time job.

Thanks to advances in longevity there's even a "club sandwich generation" - older adults who are doing their best to support their own aging parents, adult children, and grandchildren.

Whatever your situation, it's easy to be pulled in more directions than you can handle. Whose need gets taken care of first?

Your own.

That means getting enough sleep and exercise, making sound nutritional choices, and continuing to do things you enjoy, along with asking for help when necessary. If you don't know where to begin or whom to ask, start with us. Chances are there are options for your situation of which you may not be aware.

### One Option Of Many: Adult Day Care

Adult day care may be helpful for seniors who can remain independent with the help of family members, but whose families can't be around during the day because of work or other obligations.

In New York, adult day care centers operate under either a "social" model, which provides opportunities for social interaction, or a "medical" model where medical care is emphasized. We're focusing on the social model in this article.

There are several social adult day care centers serving Dutchess County residents. Among them are three centers which are currently under contract with the Office for the Aging. That means they're subject to OFA monitoring in addition to any federal, state and local regulation.

For more information on the adult day care possibilities that could be right for you and your family, contact the Office for the Aging at **(845) 486-2555** or [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov).

## Your Annual Health Insurance Check-Up

Medicare's open enrollment period remains the same from year to year: beginning on October 15th and ending on December 7th, with any resulting changes in coverage taking effect the following January 1st.

Maybe you like your health insurance and Medicare coverage the way it is, or maybe circumstances have changed and you'd like to make some adjustments. Perhaps you're not sure what to do.

Since your needs and available plans change every year, it's wise to compare your choices - especially since you could find better coverage or lower costs.

Try calling the Office for the Aging. Our trained volunteer counselors with the Health Insurance Information, Counseling and Assistance Program (HIICAP) can meet with you and go over your options.

Appointments will be available any time during the Open Enrollment period; but remember, after December 7th, it's too late. Our HIICAP appointments for open enrollment season tend to fill up by November at the latest. **(845) 486-2555** is the number to call to make your appointment!

If you also would like to do research on your own, the Medicare website ([www.medicare.gov](http://www.medicare.gov)) has tools to help you go over your options. You can compare coverage options, estimate costs, find plans and more.

### Keep Your Medicare Card Safe

Treat your Medicare card like you would a credit card. Medicare removed Social Security numbers from its cards in 2018 to help prevent identity theft, and now uses unique 11-character identifiers aimed at preventing identity theft and fraud.

Don't share your Medicare identification with anyone who contacts you by phone, email, or in person, unless you already gave them permission in advance.

We'll be distributing a Medicare-focused edition of the "Spotlight on Seniors" in early October, with plenty more for you to learn.

# Pictures from our 2019 Senior Picnics



The Office for the Aging thanks all the organizations who help underwrite the Senior Picnics and other OFA services, for a great 2019 - including our Platinum sponsors:

- The Pines at Poughkeepsie*
- EverCare at Home*
- Wingate Healthcare*
- Home Energy Consultants*
- United HealthCare*

If you'll be over 60 next year and a registered voter in Dutchess County, watch for your invitation to your community's 2020 Senior Picnic, starting next spring.

**Thanks again!**

# The Senior Prom

Theme: "The '70s"

## Monday, October 21st

Noon - 4 PM

Villa Borghese, 70 Widmer Rd., Wappingers Falls

Featuring the music of the full Bob Martinson Band

Co-hosted by The Pines at Poughkeepsie

Sponsored by:

Wingate Healthcare, EverCare At Home, Home Energy Consultants, and Aetna

**Full Buffet Lunch! Dancing! Prizes!**

\$20 per person if paid by September 27; \$30 per person after

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email (if any) \_\_\_\_\_

Please reserve \_\_\_\_\_ seats together at \$30 each (\$20 each before 9/27)

People wishing to sit together MUST send their checks in together (each table seats a maximum of 10). We MUST have the names of everyone you are paying for. Mail your check along with this form to: Office for the Aging, 114 Delafield Street, Poughkeepsie, NY 12601. Sorry, no refunds. Tickets will not be issued; your name(s) will be at the door.

# Senior Seminars

Thursday, November 7

New Hackensack Reformed Church Classrooms

1580 Route 376, Wappingers Falls, just south of the Hudson Valley Regional Airport

\*\*\* Space is limited \*\*\* Advance registration is required \*\*\*

Call (845) 486-2555 to register for any of the seminars

(All speakers and times subject to change)

- 9:30 a.m. HOME ORGANIZING FOR SENIORS** - Letting longtime possessions go can be difficult at any age, but especially for seniors. Local professional organizer Colleen Ashe will offer tips on how to ease the decluttering process.
- TAI CHI and A MATTER OF BALANCE** - Find out about two great Office for the Aging programs, both of which can provide help in preventing falls. Classes resume in the spring of 2020 but they fill up quickly!
- FRIENDS OF SENIORS** - One of the county's most active volunteer groups, Friends of Seniors has been providing basic support services to older adults for over 15 years. Learn more about them in this talk with Executive Director Susan Davidson.
- 10:30 a.m. ASK THE COUNTY EXECUTIVE** - A chance to get your questions about county government answered directly by County Executive Marcus J. Molinaro.
- SOCIAL SECURITY** - Learn to maximize what Social Security can do for you and your loved ones, with Social Security Administration Public Affairs Specialist Vincent Scocozza.
- PROBLEM GAMBLING** - Compulsive gambling in seniors is linked not only to financial distress, but health problems as well. Learn about senior gambling issues with Amanda Quintana of the Mid Hudson Gambling Problem Resource Center.
- 11:30 a.m. CENTRAL HUDSON AND YOU** - Whether you're looking to save energy year round or are looking for assistance in keeping up with utility bills, find out more from Central Hudson Consumer Outreach Specialist Danielle Whiteley.
- MEDICARE AND YOUR OPTIONS** - You can tailor your Medicare services to meet your specific needs. Find out how with OFA Aging Services Specialist Maggie Kwet.
- SAVE YOURSELF FROM SCAMS** - Don't let scammers take advantage of you or your loved ones. Learn some easy scam prevention tips from Office for the Aging Outreach Coordinator Brian Jones.

\*\*\* Space is limited \*\*\* Advance registration is required \*\*\*

## Avoiding Online Scams

Many seniors have taken up using computers and mobile devices. It's a great way to improve personal and social connections and reduce paperwork. But wherever there is innovation, there are sure to be criminals who follow, trying to trip up people who are not yet familiar with ways of keeping personal information secure in the online world.

You might have heard of something called "phishing." It's the attempt to trick computer users into giving up personal information, by impersonating a link to a legitimate organization. Usually this is done in emails, which people sometimes don't read carefully before clicking on the link within.

Because the internet is used worldwide, it accommodates all the world's diverse alphabets - but some of those alphabets have characters that look exactly like Roman (English) letters to our eyes.

There's a related tactic called "smishing." It's the same thing as phishing, except that the attempt to trick you is sent via a text message to your mobile device. Scammers have found that many people who won't fall for a phishing email on a desktop computer will be more likely to click on the same phishing link sent to a mobile device.

If you think you've gotten a phishing email or a suspicious text message, follow the tips listed to the right.

Forward any suspicious-looking emails to the Federal Trade Commission at [spam@uce.gov](mailto:spam@uce.gov), and to the Anti-Phishing Working Group at [reportphishing@apwg.org](mailto:reportphishing@apwg.org).

Scammers will continue to change their tactics. There are as many different kinds of phishing as there are...fish in the sea.

## The Bait



Scammers use familiar company names or pretend to be someone you know.



They ask you to click on a link or give passwords or bank account numbers. If you click on the link, they can install programs that lock you out of your computer and can steal your personal information.



They pressure you to act now — or something bad will happen.

## Avoid the Hook



### Check it out.

- » Look up the website or phone number for the company or person who's contacting you.
- » Call that company or person directly. Use a number you know to be correct, not the number in the email or text.
- » Tell them about the message you got.

### Look for scam tip-offs.

- » You don't have an account with the company.
- » The message is missing your name or uses bad grammar and spelling.
- » The person asks for personal information, including passwords.
- » **But note: some phishing schemes are sophisticated and look very real, so check it out and protect yourself.**



Source: Federal Trade Commission

## Watch your mailbox!

A special Medicare-focused edition of the "Spotlight on Seniors" will be arriving in time for Medicare open enrollment season (October 15 - December 7).

**Dutchess County Office for the Aging  
114 Delafield Street, Poughkeepsie, NY 12601**

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**TO:**

### **Learning More About Medicare**

We offer a basic overview of Medicare.gov for people approaching the age of 65, caregivers, and anyone who would like a better understanding of how Medicare works. All classes will take place 9:30-11:30 a.m. at the Adriance Memorial Library in the City of Poughkeepsie (93 Market St.), on the following Wednesdays:

**September 25, October 23, November 27, December 4**

Our "**Medicare 101**" classes will be held on the third Wednesday of each month from 10 a.m.-noon at the community room at the Poughkeepsie Galleria:

**September 18, October 16, November 20, December 18**

Additionally, the following evening classes are on the fall calendar.  
All classes run from 6:30-8 p.m.:

**Medicare 101: Pawling Library, Tuesday, November 12**  
**Navigating Medicare.gov: Boardman Road Library, Tuesday, October 29**  
**Navigating Medicare.gov: Adriance Library, Thursday, December 5**

There is no charge for any of these orientation sessions, but space is limited. Please call (845) 486-2555 to make a reservation. A full calendar of classes is available at **www.dutchessny.gov**.

*All times and venues subject to change.*

For more information  
about the  
Dutchess County  
Office for the Aging,  
visit us online at  
**www.dutchessny.gov/aging**

email

**ofa@dutchessny.gov**

call

**(845) 486-2555**  
or **(866) 486-2555**

or mail

**Dutchess County  
Office for the Aging  
114 Delafield St.  
Poughkeepsie NY 12601**

We're open 9 a.m. to 5 p.m.  
Monday through Friday.