

SPOTLIGHT ON SENIORS



SPRING
2019

This One's For The Centenarians

A generation or two ago, it would have been extremely unusual to have even one person among your family and friends who reached the 100-year-old mark – but now? Turning 100 is more common than ever, and with the growing number of centenarians here in Dutchess County, we think it's the kind of milestone that's worth marking with a big party.

Another milestone that's worth a party happens when a married couple reaches their 70th anniversary... and beyond.

Those are two of the reasons why we've been hosting a Celebration of Aging luncheon every year since the 1990s. Those of us who would like to reach these milestones need the wisdom of those who've achieved truly outstanding feats of aging.

If you know a Dutchess resident who will turn 100 or more in 2019, or a Dutchess couple who'll reach their 70th or greater anniversary this year, please get in touch with us and we'll get you all the details about the Celebration, which takes place on Monday, May 20th, at Villa Borghese in Wappingers Falls.

There's a third reason for the Celebration, too. We also honor the achievements of the county's Senior Citizens of the Year at the Celebration of Aging. It adds up to an event that'll leave you inspired to reach the bar that's been set by this year's honorees.

Todd N. Tancredi
Director

A Message from County Executive Marcus J. Molinaro

Friends,

Between the budding plants that represent rebirth in spring and the warmer temperatures that are on the way, this season brings great promise to all of us – particularly seniors here in Dutchess County.



On Wednesday, May 8th, the Dutchess County Office for the Aging (OFA) will host an open house of its new offices, located at 114 Delafield Street in Poughkeepsie, for residents throughout the county. Beginning at 10 a.m., OFA staff will share with visitors the features of the new facility, including games to test your knowledge and strengthen your brain. At noon, the first 50 seniors, age 60 and older, who RSVP will enjoy a free lunch, courtesy of the OFA. Seniors can RSVP by calling (845) 486-2555. The fun will continue with cake, live music and tours of our new facility.

Just three weeks later, on May 29th, our 2019 Summer Picnic Series kicks off, offering great food, live entertainment and a day of free fun to thousands of residents throughout Dutchess County. Almost every Wednesday through late August, OFA staff will bring the excitement of our picnics to a different community. Look out for an invitation to your specific picnic – they'll be arriving soon – and be sure to call and RSVP to assure yourself a seat.

Indeed, this spring and summer offer fun for practically every Dutchess County senior. I hope to see you at our OFA open house and your local picnic so we can share in the excitement together!

My very best,

A handwritten signature in blue ink that reads "Marcus".

Marcus J. Molinaro
County Executive

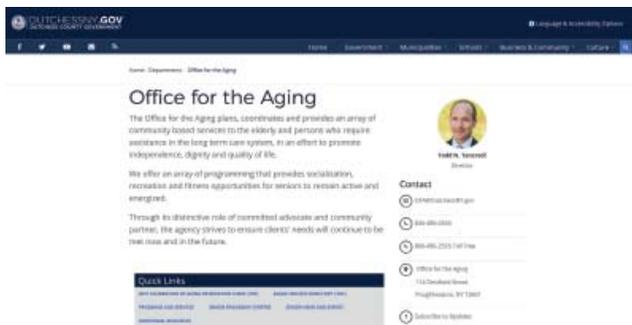
New Year, New Website

You may have had a chance to explore Dutchess County's newly-redesigned website, www.dutchessny.gov, which re-launched in February - and if not, check it out on your computer or mobile device. We think you'll find it easier to find the information you're looking for, from the Office for the Aging and every other county department.

Keep in mind, though, that the Office for the Aging may have additional useful information that you haven't yet considered. One of the most common comments we hear from seniors and caregivers is one of pleased surprise at what OFA has to offer beyond what they initially believed was available.

With that in mind, we urge you to supplement what you find on our website by getting in touch with us, either by phone or email. OFA staff can not only answer your immediate questions, but also follow up with additional information.

Below is a snapshot of the new website.



OFFICE FOR THE AGING SENIOR FRIENDSHIP CENTERS

Beacon - 838-4871
 East Fishkill - 226-3605
 Millerton - (518) 789-3081
 Pawling - 855-9308
 City of Poughkeepsie - 486-2564 (new number)
 Red Hook - 475-1129
 South Amenia - 275-2661 (new number)
 Tri-Town (Towns of Poughkeepsie,
 Pleasant Valley & LaGrange) - 486-6363

(845 area code unless otherwise indicated)

A Successful Start for DC OFA Tai Chi

Our first two sessions of Tai Chi classes for Dutchess County seniors are off to a great start. Demand was so great for the classes in Fishkill and Poughkeepsie that they were completely booked within a matter of days of our initial announcement.

If you couldn't get into the first classes, don't give up. We maintain a waiting list for future classes, which are likely to begin in the fall. To get on the waiting list, call the Office for the Aging at (845) 486-2555 or email ofa@dutchessny.gov.

We began with five volunteer instructors, and if you'd like to help out as a Tai Chi volunteer, get in touch with us using the information above. We also have volunteering opportunities available in our Summer Senior Picnic program, for clerical assistance here at OFA, for drivers in our Home Delivered Meals program, and for leaders of our exercise, brain games and A Matter of Balance classes.

SPOTLIGHT ON SENIORS

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

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

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

Email: ofa@dutchessny.gov
 Web: www.dutchessny.gov/aging

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

Distributed in February, May, August and December, with a Medicare-focused edition in September.

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

Scram, Scams

The Federal Communications Commission (FCC) estimates up to half of all phone calls made in 2019 could be scam attempts, but there's potentially good news on the horizon this year.

This may be the last year phone scammers can operate in relative impunity, if the plans of the FCC, phone providers and manufacturers work as planned.

In November 2018, the FCC gave phone carriers a year to come up with a robust system that would validate that a call is coming from a legitimate source. As it stands now, wrongdoers can illegally "spoof" a phone number and trick you into answering.

"Spoofing" is the practice of masking a real phone number with a fake phone number that appears to be from a legitimate source. One favorite tactic of scammers is to spoof a number from an exchange that looks local. For example, if your phone number starts with the 876 exchange assigned to Rhinebeck, the illegally spoofed call will also start with 876.

There is a legitimate reason why businesses and governments may mask their phone numbers, most often being that they want to show a caller a single central phone number that's easy to remember.

But what can we do about phone scams in the meantime? The simplest answer is just two words long: Don't answer.

Scammers are trying to manipulate your emotions by scaring you, offering a prize, getting you angry, presenting an offer that looks too good to be true... anything to trick you into giving up personal information.

The only way to beat them is not to play their game. As satisfying as you might think it is to give the scammers a good chewing-out, picking up the phone tells scammers there's a potential target on your end of the call. The result? You get even more scam calls.

Even if the solutions being crafted in Washington work out, we doubt scammers will simply give up and go into an honest line of work. With warmer weather coming, other scams emerge.

Here are the top seasonal scams for this time of year:

1) **Travel scams** – You see an ad offering what looks like a great deal, and all that's required before you sign the contract is an advance payment. What happens then is that you pay and the contract never arrives, or you pay, but you get to the destination and it's locked, or it doesn't even exist.

We recommend booking your lodging only through verified vendors. If you're booking a hotel room, do it directly through their website or phone number. Avoid any lodging offered through free online listings like Craigslist.

2) **Home improvement scams** – You're outside working on your garden when a "contractor" rolls up claiming he's got extra material from another job, and for a couple hundred bucks he'll do the work. You give him the money...and you never see him again.

Never accept an unsolicited home improvement offer. Get references from friends and family, and check for any necessary permits and licensing with your local municipal government.

3) **Utility company impersonators** – The two utility companies that serve Dutchess County (Central Hudson and NYSEG) both go into great detail explaining how their workers and contractors operate, and how to tell them apart from scammers trying to illegally access your property.

4) **Door-to-door scams** – If the stranger at your door is selling a legitimate product, or fundraising for a legitimate cause, they'll understand that you need to do some research before any money changes hands. At that point, politely send them on their way.

5) **Phone scams...again?** – You settle in at your hotel and the phone rings, with a claim that there's a problem with your credit card. Hang up, and go to the front desk to double-check.

We give scam prevention presentations throughout Dutchess County, continually updating them as new threats emerge.

If your group would like OFA Outreach Coordinator Brian Jones to speak at one of your gatherings, email bjones@dutchessny.gov or call (845) 486-2555.

2018 BY THE NUMBERS

In conjunction with our community partners and volunteers, the Office for the Aging provided a wide variety of services to the older adults of Dutchess County in 2019:

Overall Service	13,000+ individual seniors served
Home Delivered Meals	136,575 meals delivered to 671 homebound clients (2018-19)
Congregate Meals	37,517 meals at 8 Senior Friendship Centers and 12 picnics
Nutrition Education	65 presentations, 2 healthy cooking demos and 36 articles
Nursing/Case Management	1,720 field visits to community based long-term care clients
Legal Services	586 hours of legal service to 277 clients
Home Care	33,153 hours of home care to 368 non-Medicaid clients
Reception	31,493 phone calls and 3,846 walk-ins assisted
Health Insurance	1,714 counseling sessions for 2,057 clients
PERS Units	391 Emergency Response Units to non-Medicaid clients
HEAP	803 Home Energy Assistance applications processed
Intake / NY Connects	6,288 intakes received
Caregiver Support	705 units of workshops, training and support to caregivers
Transportation	24,317 units of transportation to medical appts., shopping, etc.
Outreach Events	143 community outreach events on a variety of topics
Senior Picnics (summer)	12 senior picnics held throughout the county
Volunteers	42,690 hours of service provided by our 353 volunteers
Prescription Drug Collection	205 pounds of outdated medication collected at senior picnics
Senior Prom (October)	402 people attended
Celebration of Aging (May)	290 people attended
Senior Seminar Day (Nov.)	117 people attended
Caregiver Conference (Nov.)	60 people attended...in a snowstorm
Website	492,533 hits

The Celebration of Aging

**Monday, May 20th
12 p.m.**

**Villa Borghese, 70 Widmer Road, Wappingers Falls
featuring a delicious hot lunch buffet**

Reserve by May 10th for just \$25 per person

(\$40 per person after May 10th)

Guests over the age of 100 in 2019 and their guest are free!

Couples married 70 years or more in 2019 are free too!

Presentation of the 2019 Senior Citizens of the Year!

Recognition of Dutchess County Centenarians!

Recognition of couples married for 70+ years!

RESERVE MY SEAT!

Please reserve my seat for the 2019 Celebration of Aging on Monday, May 20th, 12 noon at the Villa Borghese in Wappinger. Enclosed please find my check made out to the Office for the Aging. Tickets are \$25 if paid by May 10th, and \$40 after.

Please print.

Name(s) _____

Address _____

Daytime Phone _____ Email (if any) _____

Please reserve _____ seats at \$25 each (\$40 if received after May 10th)

Mail form and check to: Office for the Aging, 114 Delafield Street, Poughkeepsie, 12601

We regret that Dutchess County is unable to provide refunds.

The Power of Dutchess County's Seniors

A February 2019 report by the New York City-based Center for an Urban Future was a real eye-opener for us at the Office for the Aging, because it clearly demonstrated the continued growth of the senior population of New York State and Dutchess County, in particular. It's some of the most detailed information we've ever seen about the challenges and opportunities for seniors both now and in the years to come.

Here are some highlights of the report's findings, which cover the years 2007-2017.

- Dutchess County experienced a 36 percent increase in its older adult population, third highest among all counties, compared to a 4 percent decline in the population under 65.
- The number of older adults in the county increased by 13,368 during the past decade, from 37,202 to 50,570.
- Older adults now account for 17 percent of the county's overall population, up from 13 percent a decade ago.
- Immigrants make up 13 percent of the county's older adult population, down from 16 percent a decade ago.
- The county's U.S.-born older adult population is growing increasingly diverse. It's now 12 percent non-white, up from 7 percent in 2007.
- The county's population of Black older adults has doubled over the past decade, increasing from 1,526 to 3,050.
- Dutchess County experienced an 80 percent increase in its 85-plus population over the past decade, the fastest growth rate of any of the state's largest cities and counties. The 85-plus population increased from 4,523 in 2007 to 8,141 in 2017.
- The number of older adults in poverty in Dutchess County increased by 28 percent — from 4,004 in 2007 to 5,114 in 2017.

(Source: www.nycfuture.org)

WHAT DO THE NUMBERS MEAN FOR YOU?

At the Office for the Aging, we continue to stress the importance of seniors advocating for themselves as one of many keys to successful aging. The report means you have the numbers on your side when it comes to contacting your local elected officials about improving services for seniors, while also improving opportunities for seniors to contribute their time and wisdom across generations throughout the community.

YOU'RE NOT ALONE

Maybe you're reluctant to advocate for yourself, because you don't consider yourself an expert on services for seniors. Maybe you think, "They're the government, so they're the experts." Not without you we're not.

The more we learn about the needs and aspirations of each individual senior in Dutchess County, along with their families and caregivers, the clearer the picture becomes of what the Office for the Aging's role in helping you can be.

AGING IS A PICNIC

An excellent opportunity for you to advocate for yourself takes place every summer at OFA's series of Senior Picnics. The 12 picnics cover every community in Dutchess County, and each community's elected officials are invited specifically so they can hear your concerns directly. Along with OFA staff, many other county departments send representatives to the picnics. Invitations to the picnics will be mailed starting soon.

Besides the Senior Picnics, we encourage you to come to a "County Government on the Road" informational fair near you. These events are hosted by the County Executive's office throughout the year, and include numerous county departments, all there to answer your questions on specific topics.

You can find out more about these events and many more by subscribing to Dutchess County alerts and newsletters at our newly-relaunched website, www.dutchessny.gov



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Now accepting reservations for fall 2019 classes in Dover Plains, Fishkill, Pleasant Valley, City of Poughkeepsie, Town of Poughkeepsie, Rhinebeck and Wappingers Falls

For more information,
call (845) 486-2555.

Supported by Health Quest.

Venues subject to change.

SAVE THE DATES

Monday, May 20th
Celebration of Aging

Villa Borghese, Wappingers Falls

May 29th-August 28th
Summer Senior Picnics

A picnic in a different community
(almost) every Wednesday

Watch for your invitation in the mail this spring and early summer!

Monday, October 14th
OFA Senior Prom

Villa Borghese
This year's theme: The 70's

Thursday, November 7th
Senior Seminars

New Hackensack Reformed Church

Thursday, November 21st
Caregiver Conference

The Grandview, Poughkeepsie

Dates and venues subject to change

From the Director's Chair

A centralized Senior Friendship Center.

More space for programs like tai chi and chair yoga.

All of the Office for the Aging's key services – offices, kitchen, senior center – under one roof with easy access from Dutchess County's largest thoroughfare.

This is what our new home at 114 Delafield Street in Poughkeepsie, right off Route 9, now offers seniors. It's also the reason we're celebrating that new facility on Wednesday, May 8th. We invite you to our new OFA offices throughout that day for fun, games, and a free lunch!

Starting at 10 a.m., you can take part in a variety of activities – everything from nutrition "Jeopardy!" and trivia, to the ever-popular and stimulating "Brain Games" – followed by a delicious meal, accompanied by live entertainment, at noon for the first 50 seniors who register by calling (845) 486-2555.

Dutchess County Executive Marc Molinaro will be on hand to welcome seniors and talk to them about topics that interest them, and you can tour the new facility and meet some of the staff members who served more than 13,000 residents in 2018. This will be a great opportunity to not only enjoy the many OFA services and programs you've come to know and love, but also learn about a few ones you weren't aware of.

The afternoon will also bring fun, as the Dutchess County Regional Chamber of Commerce and the community will officially cut the ribbon on new facility at 4 p.m., showing their support for the OFA and the seniors they assist every day.

We hope you can join us for an exciting day, celebrating the OFA, our mission, the residents we serve, and our new headquarters on Wednesday, May 8th. We're certainly proud of our new home and the potential it gives us to serve even more seniors; and we're sure when you see it for yourself, you'll beam with joy, too!

Sincerely,

Todd N. Tancredi, Director
Dutchess County Office for the Aging



Todd Tancredi
ttancredi@dutchessny.gov

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

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CURRENT RESIDENT OR

TO:

Medicare Website Orientation and Medicare 101

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 Adriaance Library in the City of Poughkeepsie (93 Market St.), on the fourth Wednesday of every month:

April 24, May 22, June 26, July 24

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:

April 17, May 15, June 19, July 17

"Medicare 101" classes will also be held on the fourth Monday of each month (except May and December) at 4 p.m. at the Center for Healthy Aging, 6527 Springbrook Ave. (Route 9) in Rhinebeck:

April 22, June 24, July 22

There is no charge for any of these orientation sessions, but space is limited. Please call (845) 486-2555 to make a reservation.

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.