

Dutchess County Office for the Aging's

AGING NEWS

For the week of August 17

Weren't Illegal Robocalls Supposed to Stop?

Yes, but...

When confronted with obstacles, scammers don't just give up and go into an honest line of work. They look for workarounds; and in the case of illegal robocalls, they found a lucrative one.

The Problem Then vs. The Problem Now

For years, illegal robocallers would "spoof" or fake legitimate phone numbers, trying to trick people with Caller ID into answering the calls. Federal and state

governments did crack down on this form of illegal spoofing in 2019-22, but scammers simply bought up millions of real phone numbers and picked up the scam right where they left off. Scammers keep changing the phone numbers they use, keeping them a step ahead of most consumer spam-call filters.

Americans received almost 30 billion scam calls and text messages in 2025, according to Pennsylvania Attorney General Dave Sunday. He and 48 other state attorneys general are urging the Federal Communications Commission to cut off robocall scammers' access to the phone number market. The group is calling for the FCC to tighten up the rules on who's allowed to buy and use these phone numbers.

Responding To Scammers Doesn't Work

Think of scammers as mosquitos. You're not going to talk the mosquito into not biting you; if anything, the carbon dioxide you exhale will only serve to attract more mosquitos looking for a meal. That's just one way they find us.

Scammers also find us by homing in on the ones who respond to them. They maintain "suckers lists" of people known to answer their phones and engage with scammers.

The last thing any of us want to do is let a scammer know they've hit on an active phone number, no matter how much you'd like to waste a scammer's time. You never know when a scammer may be recording your voice to use in creating an artificial-intelligence version of your voice. Scammers need as little as three seconds of your voice to create an entire AI persona.

"Stay Frosty"

That's military and police slang for remaining alert, focused and calm under pressure. Those three qualities are essential when battling scams, who count on sowing panic, fear, and other emotional reactions, trying to trick us.

We all can practice how we handle attempted scams, by staying current on what tactics are most effective. In the case of scam attempts, not responding at all is often the best response.

Next time you're at a family get-together, decide on a family-wide code word you can all use at those times when somebody claiming to be a family member calls in an emergency. You ask them what the code word is. A scammer won't know it, but a family member will.

That Voice Telling You "Just Do Something"

Scammers weaponize our own conscientiousness against us. At OFA, we think we've found a tool that can return conscientiousness to its original, helpful purpose. The New York State Office for the Aging has provided OFA with 300 subscriptions to the SilverShield AI-based scam protection service. When you receive a call, email or text you're not sure about, SilverShield gives you a way to learn the truth about it - and, in the case of a possible scam, quickly report it to federal investigators.

Contractor/RFP Sought: OFA Senior Exercise Program

The Office for the Aging is seeking a qualified contractor to coordinate and deliver senior exercise and health-promotion programming. We're looking for a provider who can deliver engaging, safe, evidence-based exercise and wellness programming for older adults, including:

- A balance focused program, similar to “A Matter of Balance”
- Tai Chi programming
- Optional additional physical health programming that supports mobility, strength, independence, and overall wellness

Some travel within Dutchess County is required. Scheduling is flexible.

The full Request for Proposals (RFP) is available only through BidNet Direct [at this link](#). Questions regarding this opportunity and RFP can be sent to Sarah Andrews at sandrews@dutchessny.gov, or by calling 845-486-3670.

RFPs will be accepted through Friday, September 3rd.

Couldn't Get To This Week's Older Adults Skills Fair? No Worries!

[Here's the recap](#), including the online list of participating vendors.

OFA Nutrition Volunteers Wanted – East Fishkill

If you are available middays on Fridays to volunteer your help in the kitchen at our East Fishkill Friendship Center in Hopewell Junction (890 NY 82), please fill out, print, and return [this form](#) to the Office for the Aging.

August/September OFA Events

To register for any of the events below, contact OFA during business hours at 845-486-2555 unless noted otherwise.

(Tuesday) **18th – Navigating Medicare** at Boardman Road Library, 141 Boardman Rd., Poughkeepsie, 3 pm – [click here to register](#), or call 845-485-3445 extension 3380

(Wednesday) **19th – Navigating Medicare** at Poughkeepsie Galleria, Poughkeepsie, 10am

19th – Summer Picnic Series, Freedom Park, 212 Skidmore Rd.,
LaGrange, 11:30a-1p (for Town of Beekman or LaGrange seniors)

The August 26th OFA Summer Picnic for Town of East Fishkill seniors is
at capacity.

(Thursday) **27th – OFA Mobile Office Hours**, Amenia Library, 3309 NY
343, Amenia, 12 noon-2p

(September)

(Thursday) **24th - Scam Prevention** with OFA Outreach Coordinator
Brian Jones, Tivoli Library, 86 Broadway, 5 pm

Save the Date – OFA Senior Prom – Monday, October 19th

Registration opens on Thursday, August 27th for OFA's annual "Senior
Prom," to be held from 12 noon to 4 pm on Monday, October 19th at Villa
Borghese in Wappingers Falls.

As subscribers to OFA's "Aging News" emails, you'll receive a link to
this year's prom registration form.

This year's theme? Hawaiian Luau.

Many thanks to The Pines at Poughkeepsie for their support of the Prom.

Other news:

If you're an older person with diabetes, [make sure your doctor is keeping you current with your medication\(s\)](#).

[Can artificial intelligence \(AI\) help older adults live well?](#)

We've all received letters from various businesses and agencies alerting us to data breaches that may have exposed our personal information...but [what happens to the information when criminals get ahold of it](#)? A fascinating read, especially if you're tech-savvy.

This week's birthdays:

8/15: Singer-songwriter [Jimmy Webb](#) (80)

8/16: Actor/director/screenwriter [Steve Carell](#) (64)

8/17: Actor/director [Robert De Niro](#) (83)

8/18: Comedian/actor [Denis Leary](#) (69)

8/19: Yankees second baseman [Bobby Richardson](#) (91)

8/20: TV personality [Al Roker](#) (71)

8/21: Rock and Roll Hall of Fame guitarist [James Burton](#) (87)

Bad Jokes! (or maybe baaaaad jokes)

What instrument do a pair of sheep play? *A two-baa*

What happens when sheep break the law in Boston?

They end up behind baaas.

What happens when grumpy sheep meet annoyed cows?

Everybody's in a baaaad moooood.

What's a sheep's favorite car? *Lamborghini.*

What's a sheep's favorite movie? *Rambo.*