

Dutchess County Office for the Aging's

AGING NEWS

For the week of August 19th

Note: the Office for the Aging and OFA Friendship Centers are closed for the national Labor Day holiday on Monday, September 2nd.

THE "RAT PACK" IS BACK...

...and bigger than ever!

Registration opens this Thursday, August 22nd, for "The Sounds of the Rat Pack" with the Tony T Orchestra, our annual free end-of-summer concert at the Grandview (176 Rinaldi Blvd., Poughkeepsie), on Tuesday, September 24th at 1:30 p.m. Guests will hear the hits and stage banter of Frank Sinatra, Dean Martin - and Sammy Davis, Jr., new to the show this year.

Registration is required for the event, which is open to all Dutchess County residents over the age of 60. Seats fill up quickly, so reserve your seat by calling the Office for the Aging during business hours at 845-486-2555.

We cannot accept reservations requested by voice mail, email or text message.

You'll have to ring-a-ding-ding us, as Frank might have said.

“TWIGGY” TO THE RESCUE OF SCAM VICTIMS?

This story isn't about the 1960's model/actress Twiggy, but rather billionaire Australian mining magnate Andrew “Twiggy” Forrest, who's gotten sick of social media scammers using his likeness to perpetrate investment scams. Forrest is suing Facebook parent company Meta Platforms, accusing them of negligence in scam prevention. Scammers have been using Forrest's name and likeness in promoting fraudulent investments, and the suit accuses Facebook of failing to operate in a commercially reasonable manner.

Attorneys for the social-media giant contend that the company is protected from such suits by Section 230 of the Communications Decency Act of 1996. The letter of the law reads “No provider or user of an interactive computer service shall be treated as the publisher or speaker of any information provided by another information content provider,” but it's the spirit of the law that's been argued over ever since.

Regardless of how the lawsuit plays out, one thing remains certain: When it

comes to scam prevention, *you* are both the first and last line of defense. Visit www.dutchessny.gov/scamprevention for a printable Scam Prevention Resources sheet. It contains contact information to help you prevent scams, and report scam attempts to law enforcement and other institutions. Print one for yourself, and another for a friend who isn't online.

Your individual scam attempt report won't solve crimes all by itself, but it'll become part of a pattern that investigators can use to home in on the criminals.

AVOIDING SCAMS ON FACEBOOK

Even if you never plan to use Facebook's Marketplace feature which has become something of a Wild West for scammers, you can improve the chances of keeping your account from being stolen by setting up a security feature you may have heard of: two-factor authentication, 2FA for short.

The first factor is your usual Facebook password. The second requires you to verify that it's really you logging in by having a secondary one-time-use code sent to you, usually your mobile device or email address.

Having done that, find us at www.facebook.com/DutchessCountyOFA and "like" us to keep up with all the information of interest to Dutchess County older

adults and caregivers.

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 Social media:

www.facebook.com/DutchessCountyOFA

SENIOR FARMERS MARKET NUTRITION COUPONS – LAST CHANCE?

We're still distributing free coupon booklets from the New York State Senior Farmers Market Nutrition Program (SFMNP) to qualifying Dutchess County older adults – but we're close to the end of our allotment from the state Department of Agriculture. That means the coming week may be the last week we have SFMNP coupons to distribute.

Each coupon booklet contains five \$5.00 coupons that can be used at participating farmers markets and farm stands throughout Dutchess County and New York State.

Applicants can stop by OFA headquarters at 114 Delafield St. in Poughkeepsie *only* on Monday, August 19th or Tuesday, August 20th, between 2:30 and 4:00 pm on either day, while supplies last.

For more information about SFMNP, contact OFA at 845-486-2555 or ofa@dutchessny.gov.

UPCOMING “FRIENDLY CALLS” ORIENTATIONS

If you’d like to learn more about the Friendly Calls program where volunteers are connected with older adults in Dutchess County who are at risk of social isolation, you can use this link: www.dutchessny.gov/friendlycalls, AND you can sign up as a volunteer to take part in one of the upcoming Friendly Calls orientations here at OFA headquarters in Poughkeepsie (114 Delafield St.):

- Monday, August 19 – 3:00 pm
- Tuesday, August 27 - 10:00 am
- Monday, September 9 - 3:00 pm
- Tuesday, September 17 - 10:00 am
- Monday, September 23 - 3:00 pm
- Tuesday, October 1 - 10:00 am

For details, contact OFA Friendly Calls Outreach Coordinator Linda Edgar at ledgar@dutchessny.gov or call OFA at 845-486-2555.

TRAVELING VIETNAM MEMORIAL WAR AT BOWDOIN PARK (September 18-22)

Veterans from Dutchess County and across the Hudson Valley, as well as their families and history enthusiasts, are invited to pay their respects as our Office of Veterans Affairs brings the @AmHonor & Sacrifice, American Veterans Traveling Tribute (AVTT) Traveling Vietnam Wall to [Dutchess County Parks'](#) Bowdoin Park (85 Sheafe Rd., Wappinger Falls) from Wednesday, Sept. 18 through Sunday, Sept. 22. The wall, an 80 percent replica of the Vietnam Veterans Memorial in Washington, D.C., contains the names of U.S. Military personnel who lost their lives in the Vietnam War. Accompanying the Wall will be Cost of Freedom tributes to every U.S. military action since World War I, including 9/11.

[Click here for a flyer with more details](#), including a request for volunteers.

SENIORS (65+) DISCOUNTED WALK-UP DUTCHESS FAIR ADMISSION

This year's Dutchess County Fair takes place from Tuesday, August 20th to Sunday, August 25th at the fairgrounds. Entrance is at 6636 US 9.

[Admission hours and details are available here.](#) For adults age 65 and up, discounted walk-up admission of \$12 is available only on Wednesday, August 21st.

Other news:

Medicare this week announced [its list of 10 negotiated drug prices.](#)

Does your face have “hot spots”? [They may be a sign of aging-related issues.](#)

The state of Maryland is requiring more secure packaging for gift cards, [hoping it'll prevent a type of scam known as “card draining.”](#)

Thumbs-up to the Hyde Park Fire Department for giving centenarian Nancy Daley [a celebratory trip around town.](#)

In case you missed it: the story of [the 72 year old American Olympic medalist.](#)

Not familiar with newer music? [That's okay, neither is 29-year-old Super Bowl winning quarterback Patrick Mahomes.](#)

This week's birthdays:

8/16: Actress/dancer [Julie Newmar](#) (91)

8/17: Actor/director [Robert De Niro](#) (81)

8/18: Actor/director/producer [Robert Redford](#) (88)

8/19: Yankees second baseman [Bobby Richardson](#) (89)

8/20: Boxing promoter [Don King](#) (93)

8/21: Guitarist [James Burton](#) (85)

8/22: Former Giants/Jets coach [Bill Parcells](#) (83)

And the Bad Joke closes things out for the week!

My friend keeps telling me to cheer up. He says it could be a lot worse; I could be trapped inside an underground hole filled with water.

I know he means well.