

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of August 5th

### **GROW YOUR BRAINPOWER WITH OFA VOLUNTEERING**

You may have heard of the legendary navigation skills of “black cab” taxi drivers in London, England. To get an operator’s license, cabbies must pass a test known as “the knowledge.” They’re grilled on the entire city map within 6 miles of central London, and the shortest ways to get from one point to another within the city, without the help of navigation aids. “The knowledge” covers 25,000 streets and 20,000 landmarks. That’s all the restaurants, all the hotels, pubs, pharmacies, florists, tailors, cemeteries, laundromats, plenty of work zones...*everything*. Neuroscientists have studied London cabbies’ brains and found that while cabbies have rarely pursued higher education, their brains grow as they learn their way around the city, regardless of age, whether they were born and raised in London or emigrated from the other side of the world.

In other words, older brains *can* learn new tricks.

## **LIKE LIAM NEESON, YOU HAVE A VERY PARTICULAR SET OF SKILLS**

If you can navigate the back roads of Dutchess County without Google Maps; if you've found the perfect way to load your dishwasher; if you've planned your garden so that it looks its best without being too appetizing to the local deer, you've got the kind of brain OFA needs. You'd be an excellent candidate to help your fellow older adults navigate the complexities of Medicare, through the Office for the Aging's non-sales-oriented Health Insurance Information, Counseling and Assistance Program (HIICAP).

Have you ever seen one of those celebrity-driven Medicare ads on TV and wondered "wait – what on earth does Joe Namath know about Medicare?"

Congratulations: You're in the right frame of mind to become a volunteer HIICAP counselor.

HIICAP counselors are continually trained on the OFA version of "the knowledge": the changing aspects of Medicare, along with the programs that work together with Medicare. It can seem challenging at first, but it's worth it once your first HIICAP client walks out the door, relieved to know they had the opportunity to make the best possible decision for their health insurance needs

going into 2025. In addition to helping Dutchess County's older adults get their insurance needs sorted, your ongoing HIICAP training also has the potential to keep you mentally flexible as you age, just like those London cabbies.

If you're on the fence about becoming a HIICAP volunteer, consider this alternative: HIICAP can also use your skills in clerical assistance. We work with hundreds of HIICAP clients every open enrollment season, and as we enter Medicare's busiest season your organizational skills will come in handy.

You can read about the full slate of OFA volunteering options at [www.dutchessny.gov/ofavolunteer](http://www.dutchessny.gov/ofavolunteer), which includes a printable volunteering form. You can also reach out to us using the contact information below.

***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](mailto:ofa@dutchessny.gov) website: [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging) Social media:***

***[www.facebook.com/DutchessCountyOFA](http://www.facebook.com/DutchessCountyOFA)***

**"MEDICARE 101" AT ADRIANCE LIBRARY (Thu 8/8)**

Turning 65 and attempting to navigate the Medicare world? Our upcoming "Medicare 101" presentation on Thursday, August 8<sup>th</sup> at Adriance Memorial Library in Poughkeepsie (93 Market St.) provides enrollment information for those new to Medicare and struggling to pick a plan.

You'll receive hands-on training, using the Medicare website to find information about Medicare Prescription Drug Plans and Medicare Advantage Plans. This free, in-person class at the library's Marcotte Computer Lab (main floor) is led by volunteers and staff from our Health Insurance Information Counseling and Assistance Program (HIICAP). Space is limited and registration is required; call the Library at 845-485-3445 x3380 to reserve your spot.

There will be many more Medicare 101 classes as we move into Open Enrollment season in the fall.

### **A NEW VISION FOR CARING FOR OLDER ADULTS (must register by Aug. 7)**

The [Dutchess County Commission on Human Rights](#) and All for One, One for All invite you to their latest "100 Cups of Coffee" community gathering, "A Vision for Care: A Compassionate Team Approach" on Sunday, August 11<sup>th</sup> from 1-3pm at the Fishkill Recreation Center.

Registration for this free event is required by August 7<sup>th</sup>. [Click here to begin the registration process](#). For more information or to request reasonable accommodations, email [dchumanrights@dutchessny.gov](mailto:dchumanrights@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](http://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 5<sup>th</sup> – 3:00 pm

Tuesday, August 13<sup>th</sup> – 10:00 am

Monday, August 19<sup>th</sup> – 3:00 pm

For details, contact OFA Friendly Calls Outreach Coordinator Linda Edgar at [ledgar@dutchessny.gov](mailto:ledgar@dutchessny.gov) or call OFA at 845-486-2555.

**“REBUILDING TOGETHER” APPLICATION WINDOW OPEN THRU SEPTEMBER 30**

Rebuilding Together Hudson Valley (RTHV, formerly Rebuilding Together Dutchess County) is accepting applications for their Rebuilding Day home repair and accessibility modification program. These services are provided at **no-cost** to qualified homeowners and focus on ensuring that individuals can live independently in safe, warm, dry, and healthy homes.

**The deadline for applications to be considered for the 2025 Rebuilding Day program is September 30th, 2024.** Qualified Dutchess and Ulster County homeowners are encouraged to apply.

Typical repairs can include replacing a roof, windows, addressing electrical or plumbing issues, fixing a porch, installing a ramp, bathroom accessibility modifications, and much more. These repairs help to ensure that homeowners can now remain in their home.

To request an application or inquire about RTHV programs please call the RTHV office at 845-454-7310. The application and further details can also be found at [RebuildingTogetherHV.org](https://RebuildingTogetherHV.org).

**Other news:**

[These 14 risk factors](#) raise your odds for dementia.

On [the relationship between mental health and chronic pain](#).

Check your fridge for [recalled Boar's Head deli meats](#) – especially liverwurst, although certain types of bologna, salami, ham and bacon are also mentioned.

New York state legislators are considering a measure to allow older adults who qualify for energy assistance through various federal programs to be [automatically enrolled](#) – however, those clients interested in the Home Energy Assistance Program (HEAP) would still have to go through the application process. The Energy Affordability Program (EAP) is a different program. We will have more to say about this in an OFA newsletter later this month...so watch your inboxes!

[Longevity tips from America's oldest living person](#), 115-year-old Elizabeth Francis of Louisiana. In other news, we had no idea you could live to 115 eating crawfish etouffee, jambalaya and beignets.

## **This week's birthdays:**

8/2: Actor [Butch Patrick](#) (71)

8/3: Actor/producer [Martin Sheen](#) (84)

8/4: Former Mets outfielder [Cleon Jones](#) (83)

8/5: Actress [Loni Anderson](#) (79)

8/6: Actress [Michelle Yeoh](#) (62)

8/7: Singer/songwriter/guitarist [Bruce Dickinson](#) (Iron Maiden) (66)

...[also a local aviation enthusiast!](#)

8/8: Actor/director [Dustin Hoffman](#) (87)

## **Here's a Bad Joke!**

I've been reading a long book about how to end sentences with Beatle song titles.

There goes two hours of my life I'll never get back.