

Dutchess County Office for the Aging

AGING NEWS

Week of December 1

Are you a homebound Dutchess County resident over age 60, or the caregiver for one? If the homebound individual in question is unable to get a COVID booster and/or influenza vaccine due to their condition, OFA can help.

Our staff can arrange for in-home vaccinations, but there's not much time left to register. We will accept registration requests through close of business Friday, December 5th, or whenever all available vaccinations are booked, whichever comes first. Call OFA during business hours to find out more: **845-486-2555**.

'Tis The Season For Gift Card Scams

In theory, gift cards are a great way to quickly check off annual holiday shopping to-do lists. They fit in a stocking, or an envelope, and the recipient can pick out what suits them. In reality, gift cards have become a massive international vector for scams and theft. This doesn't mean to swear off buying gift cards, but to take common-sense precautions before buying. From the Federal Trade Commission (FTC):

Stick to stores you know and trust. Avoid buying from online auction sites because the gift cards may be fake or stolen.

Inspect the gift card before you buy it. Make sure the protective stickers are on the card and that it doesn't look like someone tampered with them. Also check that the PIN number on the back isn't showing. Pick a different gift card if you spot a problem and show the tampered card to a cashier or manager.

Keep a copy of the gift card and store receipt. Take a picture of the gift card and store receipt with your phone. The number on the gift card and store receipt will help you file a report with the gift card company if you lose the gift card or if you need to report fraud. Report fraud to the FTC: **reportfraud.ftc.gov**

Even More Secure: Shop Local

This is a situation where the old ways of gift-giving turn out to also be more secure. Many local merchants still offer handwritten gift certificates. No magnetic strip, no PIN number, none of that.

An End-Of-Year Scam: "Social Security" Calls

Your annual Social Security cost-of-living adjustment (COLA) takes effect in the new year, and you don't have to do anything for it to happen.

But scammers will call you, claiming that you need to give them your personal and financial information to get your COLA, which is nonsense. That's never been a Social Security policy.

Follow the Social Security Inspector General's office on Facebook at **facebook.com/oigssa** for more scam prevention tips. Use **ssa.gov/scam** to report suspected Social Security related scams.

“SUPPORT OUR SENIORS” HOLIDAY GIVING PROGRAM

End-of-year holidays can be less than joyful for Dutchess County’s homebound, low-income older residents, who find it difficult to join friends and family at holiday gatherings. Dutchess County Executive Sue Serino and Office for the Aging want to be sure these older adults are remembered this season, through our new “Support Our Seniors” giving program.

We’re looking for donations of new, unwrapped gifts:

- non-slip socks
- blankets and throws

- gloves and mittens
- Sudoku, word-search and crossword books
- Puzzles
- Slippers
- Scarves

Gifts can be dropped off until Monday, December 15th, at the OFA main office at 114 Delafield St. in Poughkeepsie, weekdays from 9:00am-4:30pm. Gifts can also be dropped off until December 15th at any OFA Friendship Center.

Operating dates and hours are listed below:

Beacon

1 Forrestal Heights

Mon-Fri, 10a-2p

East Fishkill

East Fishkill Community Center, 890 NY 82, Hopewell Junction

Mon-Fri, 10a-2p

Millerton

North East-Millerton Library Annex

28 Century Blvd., Millerton

Mon-Thu, 10a-2p

Pawling

Town Hall Annex, 154 Charles Colman Blvd. (lower level)

Tue-Thu, 10a-2p

Red Hook

59 Fisk St. (Red Hook Community Center)

Mon-Fri, 10a-2p

South Amenia

First Presbyterian Church, 229 South Amenia Rd., Wassaic

Mon-Thu, 10a-2p

Tri-Town

First Presbyterian Church, 1576 Main St., (US 44), Pleasant Valley

Mon-Thu, 10a-2p

For additional information, contact OFA Outreach Coordinator Linda Edgar at ledgar@dutchessny.gov or 845-486-2548.

Other news:

The human brain has five “eras.” [So says a new UK study](#) that found there are four “turning points” where brain organization changes – at roughly ages 9, 32, 66 and 83.

As the weather gets colder, utility scams become more common – especially given the uncertainty surrounding this season’s Home Energy Assistance Program (HEAP). Utility scam prevention resources are available from both [Central Hudson](#) and [NYSEG](#).

Walk like a penguin: [our fall prevention flyer](#).

Walk like a penguin: [a demonstration with actual penguins](#).

This week’s birthdays:

11/28: Comedian/actor/TV host [Jon Stewart](#) (63)

11/29: Actor/producer [Don Cheadle](#) (61)

11/30: Actor/singer [Mandy Patinkin](#) (73)

12/1: Singer/songwriter/actress [Bette Midler](#) (80)

12/2: Novelist [T.C. Boyle](#) (77)

12/3: Mets third baseman [Wayne Garrett](#) (78)

12/4: NBA/Knicks Hall-of-Famer [Bernard King](#) (69)

Bad Joke time!

It's been a strange day. First, I found a hat full of money. Then I was chased by an angry man with a guitar.