

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of December 9<sup>th</sup>

***Golden Living . . . News for Older Adults, Their Families and Caregivers***

***Todd N. Tancredi, Director***

***Dutchess County Office for the Aging***

### **AGING IN PLACE WHEN YOUR PLACE IS AGING**

Is your home "aging-ready?" Often, a Dutchess County homeowner is not going to like the answer. According to the Census Bureau, the median age of a single-family home in Dutchess County is 62 years; that is, a house built in 1962, when the Baby Boom was peaking, and Dutchess County's population was growing rapidly.

Even with diligent maintenance, a 62-year-old house will show its age - and homes in Dutchess County's urban centers and villages tend to be even older.

The Census Bureau defines "aging-ready" as a home with a step-free entryway, and a bedroom and bathroom on the entry level. That description applies to only 40% of all American homes, and even fewer in a place with older housing stock, like Dutchess County.

While you're not required to update your home as building codes change, you'll certainly be required to comply with new codes if you're remodeling to make your home aging-ready.

If, like most older adults, you'd like to maximize the opportunity to stay in your home for the rest of your life, but don't have the skills or budget to make the necessary improvements, there may be options available for you.

If you're wondering about moving from your current home to more aging-friendly housing in Dutchess County, call us to get that discussion started.

Many older-adult housing facilities in Dutchess County have years-long

waiting lists.

## **LOCAL RESOURCES**

Rebuilding Together Hudson Valley ([rthudsonvalley.org](http://rthudsonvalley.org) or 845-454-7310) provides critical repairs, accessibility modifications and energy efficiency improvements for our neighbors in need, including but not limited to seniors, persons living with disability, families with school-aged children, and active or retired armed services members. These services are provided at no cost to the homeowner. RTHV services ensure that qualified low-income homeowners live independently in warm, safe, healthy, and dry homes.

Dutchess County Habitat for Humanity (845-297-0806, extension 4 or [habitatdutchess.org](http://habitatdutchess.org)) is dedicated to eliminating substandard housing locally and worldwide through constructing, rehabilitating and preserving homes; by advocating for fair and just housing policies; and by providing training and access to resources to help families improve their shelter conditions. For older adults in Dutchess County, Habitat can build ramps for those whose mobility requires a ramp to enter and exit their home. Habitat can also provide simple services like grab bar and railing installation. Applicants may

also receive a visit from a specialist to assess a home to see what other supports are needed to enable safe aging-in-place.

The Dutchess County Department of Planning and Development offers an Owner Occupied Property Rehabilitation Program. The purpose of this program is to upgrade existing owner-occupied housing by helping low- and moderate-income households to complete rehabilitation on properties with housing quality standard or code violations. Eligible properties can be located anywhere in Dutchess County. For questions regarding this program, contact the Dutchess County Department of Planning and Development at 845-486-3637 or [communitygrants@dutchessny.gov](mailto:communitygrants@dutchessny.gov).

An application is available at [www.dutchessny.gov/SrPropRehab](http://www.dutchessny.gov/SrPropRehab).

***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)***

**OFA IN DOVER PLAINS ON SATURDAY 12/7**

The Office for the Aging is taking part in the Dover Community Health Fair on Saturday, December 7<sup>th</sup> from 11 am to 3 pm, at Dover Elementary School ([9 School St., Dover Plains](#), just off Route 22).

Among the services offered will be flu shots, information on health insurance navigation, blood pressure screenings, and scheduling for future primary care appointments. Local organizations supporting social determinants of health will also be present to provide additional resources and support. This program is offered as a collaboration of Dutchess County Department of Health Health, Sun River Health, Dover Union Free School District, and other health-related community organizations.

## **YET ANOTHER SCAM**

Scammers are relentless, but so is the Office for the Aging – and we’re counting on you to help. Share OFA scam prevention information with friends and neighbors of all ages, especially if they’re *not* online.

At [www.dutchessny.gov/scamprevention](http://www.dutchessny.gov/scamprevention), you can find a printable Scam Prevention Resources flyer, updated this month to include information on how to report scams and scam attempts involving U.S. Mail.

It's important to report scams and scam attempts to the relevant authorities. Your individual scam report may not seem like it could be effective; but combined with other scam reports, investigators can sometimes zero in on patterns that help them find suspects.

*But I'm embarrassed. I was so gullible.*

There's no such thing as "gullible" when it comes to scams. Any of us can slip up on any given day, and that's what scammers count on; in fact, some of scammers' favorite marks are people who think they're savvy and can't be scammed. If a scammer finds one victim in a thousand tries, that's a success in the scammers' world. Blasting out millions of scam emails, texts and auto-dialed phone calls costs them virtually nothing.

By reporting a scam, you help protect the community from future scams. Your scam report is combined with thousands of other reports; and from this, investigators can sometimes focus on likely suspects.

## **WINTER 2024-25 "THRIVE60+" NOW AVAILABLE**

The Winter 2024-25 edition of the Office for the Aging's quarterly newsletter *THRIVE60+* is now available. You can see the newsletter online by

going to [www.dutchessny.gov/THRIVE60](http://www.dutchessny.gov/THRIVE60). You'll also find back issues going back to 2022.

You can become a regular email subscriber to OFA newsletters by signing up at [www.dutchessny.gov/DutchessDelivery](http://www.dutchessny.gov/DutchessDelivery), which you can also use to subscribe to alerts and newsletters from other Dutchess County Government departments. Our weekly *Aging News* newsletter is emailed every Friday.

If you have subscribed to receive a print copy of *THRIVE60+* through regular mail, you should receive it by mid-December. Once printed, newsletters will also be distributed at all Dutchess County public libraries.

For those who don't have internet access and want to be on our mailing list, contact OFA at 845-486-2555 during business hours. We do not share or sell our mailing lists.

Email OFA Outreach Coordinator Brian Jones at [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov) for changes of address, or if you no longer wish to receive printed OFA newsletters.

**“FRIENDLY CALLS” DECEMBER VOLUNTEER ORIENTATIONS**

With OFA's "Friendly Calls" program, you can choose to make phone calls to older adults at risk of social isolation, or you can choose to receive calls - or you can do both. For those of you who haven't volunteered before and are exploring your possibilities, "Friendly Calls" can be ideal. A typical "Friendly Calls" series takes place once a week, for 20-30 minutes a call, for eight weeks.

Upcoming "Friendly Calls" orientations at OFA headquarters at 114 Delafield St. in Poughkeepsie are scheduled as follows:

Monday, 12/9, 1:30pm

Tuesday 12/17, 10:00am

Monday 12/30, 1:30pm

To schedule your orientation – they last about an hour – here at our Poughkeepsie office, call 845-486-2555 during business hours, or email [ledgar@dutchessny.gov](mailto:ledgar@dutchessny.gov).

"Friendly Calls" volunteers must be at least 18 years of age.

**OFA HOMEBOUND VACCINATION PROGRAM - NOW THROUGH JAN. 31**

Are you a homebound older Dutchess County resident, or the caregiver for one?

If the homebound individual in question is unable to get a COVID booster and/or influenza vaccine through traditional channels due to their condition, OFA can help. Our staff can arrange for in-home vaccinations, while supplies last, through Friday, January 31<sup>st</sup>, 2025.

Contact OFA during business hours at 845-486-2555 or [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov) to find out more.

For the purposes of this program, “homebound” is defined as an individual who is unable to leave home due to physical limitations, cognitive impairment, other chronic conditions, a lack of transportation, visual impairments, and without caregivers available to get the individual in question to a vaccination provider in person.

**Other news:**

The New York State Comptroller's Office is monitoring a scam targeting users of the state Retirement Online system for state and local government retirees. People targeted in the scam are receiving messages directing them to fake sign-in pages, where scammers can steal users' login information. [Details here.](#)

There are [181 factors that can contribute to dementia](#) and cognitive impairment, according to a national study of adults over 50.

[Trees can heal you?](#)

[A 101-year-old biochemist who grew up in Rhinebeck](#) looks back on her life and career.

Best US city for aging in place, at least according to the latest This Old House study...[Rochester.](#)

In the Netherlands, residents of one senior housing complex [aren't fans of a new ban on "strong drink."](#)

In the UK, the Chorley football (soccer) club is [opening its doors on Christmas Day to lonely fans](#) and anybody else experiencing loneliness.

Did anybody else notice [we had an extra moon for a couple of months](#) this fall?

**This week's birthdays:**

12/6: Actor/comedian [Steven Wright](#) (69)

12/7: Baseball Hall-of-Famer [Johnny Bench](#) (77)

12/8: Irish flute player [James Galway](#) (85)

12/9: Actress Dame [Judi Dench](#) (90)

12/10: Chef/author [Bobby Flay](#) (60)

12/11: Actress/singer/dancer [Rita Moreno](#) (93)

12/12: Singer [Dionne Warwick](#) (84)

**With comedian Steven Wright's birthday noted in this week's newsletter, here's some of his finest material, many of which happen to work as Bad Jokes as well:**

I spilled spot remover on my dog. Now he's gone.

You can't have everything. Where would you put it?

How do you tell when you're out of invisible ink?

What happens if you get scared half to death twice?

Change is inevitable, except from vending machines.