

Dutchess County Office for the Aging's

AGING NEWS

For the week of February 16th

Note: the Office for the Aging and all OFA Friendship Centers are closed on Monday, February 16th

SCAM PREVENTION FOR THE DEAF AND HARD OF HEARING

Protecting ourselves from scams and fraud is difficult enough; but for the deaf and hard of hearing, communication barriers and a lack of inclusive practices present additional challenges.

That's why OFA Outreach Coordinator Brian Jones will give a presentation on scam and fraud protection for members of the hearing loss community and their caregivers on Tuesday, March 17th at 5:15 pm, at the Pleasant Valley Library at 1584 Main St (US 44) in Pleasant Valley, for the Hearing Loss Association of America's Mid-Hudson chapter.

The presentation is open to the public and recommended for people with hearing loss and/or family members with hearing loss. To register, visit **hearingloss-midhudson.org**, email

hearingloss.midhudson@gmail.com, or call

845-489-7008. Can't make it to the presentation, but want some close-at-hand scam prevention resources? Visit **dutchessny.gov/ofaprintable** for important strategies and contact information.

OFA Mobile Office Hours

If you have questions about aging services that would be best served by an in-person meeting, but travel to and from Poughkeepsie is a challenge, OFA Ambassador Mary Reedy is hosting by-appointment OFA Mobile Office Hours around Dutchess County.

Appointments are 30 minutes long at each Mobile Office Hours event.

Appointments can be made by calling **845-486-2555** during business hours.

We cannot accept reservation requests made by voice mail, email, or text.

Here's the schedule thus far:

Monday, February 23rd, 10a-2p

South Amenia Friendship Center

229 South Amenia Rd., Wassaic

Tuesday, March 10th, 10a-2p

Pawling Friendship Center

154 Charles Colman Blvd., Pawling

Thursday, March 12th, 10a-2p

Tri-Town Friendship Center

1576 Main St. (US 44), Pleasant Valley

Tuesday, March 31st, noon-3p

Beekman Town Hall

4 Main St., Poughquag

We're planning more throughout the year. For the latest information on OFA events, follow us on social media at

facebook.com/DutchessCountyOFA

to get the latest on OFA events, tips on successful aging, and much more.

UPCOMING “NAVIGATING MEDICARE” CLASSES

Need to find out more about Medicare, without sales pitches? Save yourself a set at one of OFA’S “Navigating Medicare” classes:

Monday, February 23rd, 4:00 pm – Starr Library, 68 West Market St., Rhinebeck

Thursday, March 5th, 9:30 am – Boardman Road Branch Library, 141

Boardman Rd., Poughkeepsie

Wednesday, March 18th, 10:00 am – Poughkeepsie Galleria Community Room

Monday, March 23rd, 4:00 pm – Starr Library

OFA hosts “Navigating Medicare” classes on the third Wednesday of every month at the Galleria, and on the fourth Monday of every month except May at Starr Library.

To reserve a seat at the Galleria or Starr classes, call OFA during business hours at 845-486-2555. To reserve a seat at the Boardman Road Library class, call 845-485-3445 extension 3380.

See **dutchessny.gov/calendar** for a searchable list of OFA activities.

“A MATTER OF BALANCE” CLASSES STARTING IN MARCH

"A Matter of Balance" is an eight-week series of classes that meet once a week for two hours each. Sessions typically take place in the spring and fall. While space is available, we have two sessions available, in the City of Poughkeepsie and Town of Beekman. The classes begin during the week of March 23.

Because "A Matter of Balance" cannot accept walk-in participants, specific information about class times and venues is provided once a participant's registration is confirmed. To start the process of getting into a class, contact the Office for the Aging at **ofa@dutchessny.gov** or

845-486-2555.

At the end, you'll feel more confident in your daily routines, maybe even confident enough to be an "A Matter of Balance" volunteer instructor. The more volunteer instructors we have, the more classes we offer.

OFA MOBILE OFFICE HOURS – FEBRUARY / MARCH

If you have questions about aging services that would be best served by an in-person meeting, but travel to and from Poughkeepsie is a challenge, OFA Ambassador Mary Reedy is hosting by-appointment OFA Mobile Office Hours around Dutchess County.

Appointments are 30 minutes long at each Mobile Office Hours event. Appointments can be made by calling 845-486-2555 during business hours. We cannot accept reservation requests made by voice mail, email or text. Here's the schedule:

Wednesday, February 18th, noon-3p – Stanford Free Library, 6035 NY 82, Stanfordville

Thursday, February 19th, 10a-2p – Beacon Friendship Center

1 Forrestal Heights, Beacon

Monday, February 23rd, 10a-2p – South Amenia Friendship Center

229 South Amenia Rd., Wassaic

Tuesday, March 10th, 10a-2p – Pawling Friendship Center

154 Charles Colman Blvd., Pawling

Tuesday, March 31st, noon-3p – Beekman Town Hall

4 Main St., Poughquag

If your Dutchess County civic organization wants to host a Mobile Office Hours event, email ofa@dutchessny.gov or call 845-486-2555 during business hours. We're also available for presentations to groups on OFA Services, successful aging, scam prevention, home safety, caregiving, and much more.

SUBSTITUTE OFA BUS DRIVERS WANTED

The Dutchess County Office for the Aging is seeking compassionate and responsible substitute Bus Drivers to transport older adults safely to and from OFA Friendship Centers, scheduled outings, and other destinations.

An ideal candidate will prioritize passenger safety, and create a comfortable, friendly atmosphere for our senior community.

Key Responsibilities:

- Safely operate a passenger bus or van, adhering to all traffic laws and safety regulations.
- Assist older adults with boarding and exiting vehicles, including those using walkers or wheelchairs.
- Follow scheduled pick-up and drop-off times.
- Maintain a clean and well-kept vehicle, reporting any maintenance issues as needed.
- Engage with passengers in a courteous and respectful manner.
- Monitor passengers for signs of distress or medical concerns, and respond appropriately.

Qualifications & Requirements:

- Valid New York State driver's license. Both CDL and non-CDL applicants welcomed.

- Clean driving record and background check.
- Previous experience driving older adults and/or individuals with mobility challenges is preferred.
- Ability to assist passengers with mobility aids (wheelchairs, walkers, etc.).
- Strong communication and interpersonal skills.
- Patience, reliability, and a friendly demeanor.

[Click here for a full description of requirements and qualifications.](#)

To begin the application process, call **845-486-2555** during business hours, or email jnuccilli@dutchessny.gov.

Other news:

If you take statins to maintain better cholesterol levels, that [list of possible side effects](#) may be getting an edit after a study found little evidence to back

many of the warnings. As always, talk with your doctor about all medications you've been prescribed.

Worrying about aging [may speed up the aging process](#), especially in women.

Five [conversations to have with aging parents](#).

Supplements? [Most of the time they're just hype](#), say researchers at Stanford University.

[Martha Stewart has a few thoughts on staying fit while aging](#) – and not having it feel like a chore.

This week's birthdays:

2/13: Musician/activist Peter Gabriel (76)

...who's been releasing a new song every full moon this year. [Here's his latest.](#)

2/14: Former New York City mayor [Michael Bloomberg](#) (84)

2/15: Actress/producer [Jane Seymour](#) (75)

2/16: Actor/director [LeVar Burton](#) (69)

2/17: NBA Hall Of Famer [Michael Jordan](#) (63)

2/18: Actor/singer [John Travolta](#) (72)

2/19: Actor/playwright [Jeff Daniels](#) (71)

And the Bad Joke!

I only seem to get sick on weekdays. I must have a weekend immune system.