

Dutchess County Office for the Aging's

AGING NEWS

For the week of February 5

Note: the Office for the Aging and OFA Friendship Centers will be closed on the following February holidays:

Monday, February 12 – Lincoln's Birthday (NYS legal holiday)

Monday, February 19 – President's Day (national holiday)

READ THIS ARTICLE RIGHT AWAY...OR NOT

A key tactic of scammers is to create false urgency – the belief that you need to act right away on their fake solicitation, a fraudulent bargain, or a perceived threat.

The scammers' aim is to disrupt your usual logical thought with emotional appeals, painting a picture that's too good to be true or too scary to be true. They're trying to rush you into giving up personal and financial information before you think things through.

Classic false urgency scams include the “grandparent” scam, where the scammer impersonates a family member who’s in trouble with the law and needs immediate financial support, sometimes in the form of...wait, gift cards? That doesn’t sound right at all, does it?

Don’t be overconfident. This scam seems obvious while you’re calmly reading this article, but you might not be so calm if the scammer calls you at 2:30 in the morning.

Think about your circle of friends, family, and neighbors. If there’s anybody you consider vulnerable to false urgency scams, let them know. Scam Prevention and Identity Theft Prevention flyers are available at dutchessny.gov/aging. They include quick tips on what to do to prevent being victimized in the first place, and useful contacts for local and regional officials who can help investigate scams and scam attempts.

SCAMMERS KEEP ADAPTING...SO YOU SHOULD, TOO

A new version of the false urgency scam involves quick-response codes, better known as QR codes. You’ve seen them, even if you’re not sure what they are: a square-shaped black-and-white symbol that is scanned with a smartphone or

laser to learn more about a product or service. These encrypted squares can hold content, links, coupons, event details...or harmful links from scammers.

Scammers have been known to cover up legitimate QR codes with harmful codes of their own, on everything from parking meters to restaurant menus. The Federal Trade Commission adds that fake codes can be sent by email or text message, including content aimed at creating false urgency like “there’s a problem with your account” or “your package could not be delivered.”

The FTC recommends staying a step ahead of QR code scams by keeping your mobile device’s operating system up to date; maintaining strong passwords for your online activities; not scanning any QR code you weren’t expecting without first verifying it; and using methods other than scanning the QR code to contact any organization that may have legitimate reason to want you to contact them.

HOW DO SCAMMERS FIND ME?

Even if you have never used a computer, your only phone is an unlisted landline, and you pay bills only by cash or check, scammers can still find you. Sometimes their tactics are as simple as stealing from your mailbox or rummaging through your garbage, or using a computer to dial phone numbers at random

until they reach somebody who picks up. Sometimes your personal information is available by searching public records or via data brokers, and many scammers simply steal information about you from businesses you've patronized.

[Click here](#) for more on scams targeting older adults.

[Click here](#) for a printable OFA Scam Prevention Resources flyer.

[Click here](#) for a printable OFA Identity Theft Prevention checklist.

[Click here](#) for a flyer (English/Spanish) on preventing EBT card skimmer scams.

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

HELP WANTED – SUBSTITUTE OFA FRIENDSHIP CENTER SITE MANAGERS

The Office for the Aging is searching for qualified Substitute Site Managers for our eight Friendship Centers throughout the county.

To apply and find out more, [click here](#) and look for the “Site Manager” listing. The application deadline is Thursday, February 29th.

NEW LOCATION FOR RHINEBECK OFA MEDICARE CLASSES

Starting this month, OFA’s “Medicare 101” class that takes place at 4 pm on the fourth Monday of every month in Rhinebeck moves to the Starr Library at 68 West Market St. The next Rhinebeck class takes place on Monday, February 26th.

Medicare 101 classes also take place on the third Wednesday of every month at 10 am the Poughkeepsie Galleria Community Room. There’s also a Medicare class taking place at Adriance Memorial Library in Poughkeepsie on Wednesday, March 6th at 9:30 am.

For more information and to reserve a seat at any OFA Medicare class, call OFA during business hours at 845-486-2555. A full schedule of all OFA events is available at dutchessny.gov/calendar.

FEBRUARY IS HEART HEALTH MONTH

Good nutrition is a key component of maintaining your heart in its best possible condition. Find out more in the February 2024 edition of the OFA Nutrition news, [available at this link](#).

[Click here for links to many more Nutrition News issues](#), along with the February lunch menu for our Friendship Centers

FREE TAX-PREP – APPOINTMENTS AVAILABLE

February traditionally kicks off tax-filing season (no need to put up decorations), and the Hudson Valley CA\$H Coalition is beginning another season of free tax preparation service for low- and moderate-income individuals and families in Dutchess, Orange, and Putnam Counties.

AARP Foundation IRS-certified volunteers run the service. In Dutchess County there are 14 free tax-prep sites in Dover Plains, Fishkill, Hopewell Junction, Hyde Park, Poughkeepsie, and Wappingers Falls. This year there will be a new tax site at the Tivoli Library. Between Orange and Putnam Counties, there are an additional 18 tax-prep sites.

To schedule an appointment, call the 211 United Way Hudson Valley Helpline, or 800-899-1479 from 9a-4p weekdays. Appointments are available from this month through mid-April, while they last.

For additional information, visit hv-cash.org.

FEBRUARY HOLIDAYS

You're likely aware that Monday, February 19th is the President's Day holiday, but New York State is one of eight states that also continue to observe the Lincoln's Birthday legal public holiday, Monday, February 12th.

Dutchess County Government including OFA and our Friendship Centers will be closed for both holidays, with clients of our Home Delivered Meals program receiving shelf-stable meals in advance.

Two other states honor Lincoln with a holiday on the day after Thanksgiving, because Lincoln was the first president to issue a proclamation commemorating Thanksgiving.

“SENIOR PARK PRINTS” ADDS A CLASS (Thu 2/29)

Thanks to popular demand, OFA and Dutchess County Parks are adding another Senior Park Prints class for Dutchess County older adults (age 60+), on Thursday, February 29th from 2:30-3:45 pm, at the OFA Poughkeepsie Friendship Center at OFA headquarters in Poughkeepsie (114 Delafield St.).

The class is free, with all supplies provided. Class size is limited to 12, but a few spots remain available as of February 1st.

Please sign up by contacting OFA during business hours at 845-486-2555.

Other news:

Now that science can tell how fast we're aging...[how can we slow it down](#) a bit?

The federal Consumer Financial Protection Bureau reports on its efforts to help [older adults with medical billing issues](#).

You might *want* to eat certain foods, but [after 50 you probably shouldn't](#).

From the Albany Times Union, [an article on check fraud scams](#) and what banks are doing to prevent it.

[The state Attorney General's office is taking Citibank to court](#), accusing them of mishandling fraud against accountholders.

[A look back at the life of Chita Rivera](#), the Broadway legend who passed away on January 30th, a week after her 91st birthday.

This week's birthdays:

2/3: Actor/comedian [Nathan Lane](#) (68)

2/4: Rock musician [Alice Cooper](#) (born Vincent Furnier) (76)

2/5: Race car driver/sportscaster [Darrell Waltrip](#) (77)

2/6: Journalist/author [Tom Brokaw](#) (84)

2/7: Singer/songwriter [Garth Brooks](#) (62)

2/8: Actor [Nick Nolte](#) (83)

2/9: Singer/songwriter [Carole King](#) (82)

Bad Joke time!

How do you make an eggroll?

You push it.