

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of February 26<sup>th</sup>

### **WE WERE SO INNOCENT THEN**

Five years ago we wrote something that hasn't aged as well as we would have liked.

"2019 may be the last year phone scammers can operate in relative impunity" and "If all goes according to plan, you'll be able to use your phone with confidence again by Thanksgiving."

It hasn't worked out that way. What happened? For the answer, we turn to a quote from everybody's favorite philosopher, Taylor Swift: "Just because you made a good plan, doesn't mean that's what's gonna happen."

Scams come from all over the world, and you're just one reader. How can you keep your assets and information secure under such constant threat?

It helps to understand how scammers operate. They constantly probe for vulnerabilities, so that when one method no longer works for them, they have

alternatives ready to go. The criminal organization running a phone-scam operation in 2019 is likely to have adapted and changed tactics by now, and they have company. Moody's Analytics Grid confirmed 16,000 new fraud risk alerts just during July 2023. The total worldwide annual losses due to fraud and scams is estimated at \$3.7 trillion.

The Office for the Aging is getting more inquiries about scams lately. That could be due to tax season ramping up, when we can all be a bit on edge about satisfying the requirements of the IRS and New York tax authorities. Savvy scammers follow headlines, and any time financial information is exchanged is an opportunity for a scammer to find victims. Individuals, companies, charities, and government are all vulnerable.

One key scammers' tactic is emotional rather than technical. They know how to push people's buttons and manipulate us. You might be too busy or stressed to notice a scam attempt. You might feel threatened and pressured into responding to a scam attempt. You might be tricked into giving up personally identifying information. A socially isolated older adult is among those most likely to be caught unawares and victimized.

## **FIGHT SCAMS WITH FRIENDS, AND FRIENDLY CALLS**

Overcoming this kind of social isolation can connect older adults with more resources to keep them safe. It's another reason you can join the Office for the Aging's "Friendly Calls" program, as a volunteer and/or participant. "Friendly Calls" is a great opportunity for recent retirees who are exploring volunteering opportunities for the first time. "Friendly Calls" is open to all prospective volunteers 18 and up. To learn more about "Friendly Calls," contact program manager Linda Edgar at 845-486-2555 or [ledgar@dutchessny.gov](mailto:ledgar@dutchessny.gov).

## **STAYING A STEP AHEAD FOR YOUR FRIENDS**

If you've got friends who aren't online, you can print OFA scam prevention and other security tips from the OFA website [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging). Look for "Printable Aging Resources" for shareable information on scam prevention, identity theft safety, cybersecurity, and protecting EBT cards from scammers and skimming devices.

***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)

## **“FRIENDLY CALLS” ORIENTATIONS COMING TO NORTHEASTERN DUTCHESS**

There’s been an upswing in interest in becoming an OFA “Friendly Calls” caller from prospective volunteers in northern and eastern Dutchess County. We’re bringing the orientations out to northeastern Dutchess on the following schedule:

Wednesday, February 28<sup>th</sup>, 11 am – South Amenia OFA Friendship Center, 229 South Amenia Rd. (South Amenia Presbyterian Church), Wassaic

Thursday, February 29<sup>th</sup>, 11 am – NorthEast-Millerton Library Annex, 28 Century Blvd., Millerton

Orientations are scheduled regularly at OFA headquarters at 114 Delafield St. in Poughkeepsie. Here’s what’s on the schedule at present:

Monday, March 4<sup>th</sup> – 10 am

Wednesday, March 6<sup>th</sup> – 1:30 pm

You can find Friendly Calls orientations at [dutchessny.gov/calendar](http://dutchessny.gov/calendar), and we add orientations to the calendar every week.

Let us know you'd like to come to an orientation by emailing [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov), or call 845-486-2555 during business hours.

If you're part of a civic organization or seniors' group that's interested in Friendly Calls or any other OFA presentation, contact OFA using the information above. We can travel to any suitable venue in Dutchess County.

### **OFA MEDICARE CLASSES COMING UP IN POUGHKEEPSIE, RHINEBECK, PAWLING**

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 26<sup>th</sup>**.

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 6<sup>th</sup> at 9:30 am.

We've added a class on Thursday, March 21<sup>st</sup> at 6:30 pm at the Pawling Free Library.

For more information and to reserve a seat at OFA Medicare classes at the Galleria or in Rhinebeck, call OFA during business hours at 845-486-2555.

Booking a spot at a class at Adriance can be done at [www.poklib.org](http://www.poklib.org) or by calling 845-485-3445.

For the special class in Pawling, visit [www.pawlingfreelibrary.org](http://www.pawlingfreelibrary.org) or call 845-855-3444.

A full schedule of all OFA events is available at [dutchessny.gov/calendar](http://dutchessny.gov/calendar).

## **“WATCH OUT FOR ME” SAFETY CAMPAIGN RETURNS**

Dutchess County’s [Watch Out For Me traffic safety campaign](#) has 12 new short videos! We’ll introduce them over the next few months, but for a sneak peak, see the full [playlist](#)—and please share! Don’t forget about our 5 [original videos](#) too.

Help us spread the word about how to get around safely, whether you’re walking, biking, driving, or taking the bus.

**Other news:**

How to [stay flexible at any age](#).

An item from Boston University on the concept of “[unequal aging](#).”

Better sleep is [your first step toward a better mood](#).

[Why are there leap years?](#)

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

2/24: Actor/singer [Dominic Chianese](#) (93)

2/25: Yankees outfielder [Paul O'Neill](#) (61)

2/26: Poughkeepsie-born actor/director [Bill Duke](#) (83)

2/27: Actor [Timothy Spall](#) (67)

2/28: Actress/singer [Bernadette Peters](#) (76)

2/29: U.S. astronaut [Jack Lousma](#) (Skylab 3) (88)

3/1: Actor/director/producer [Ron Howard](#) (70)

**And of course, a Bad Joke:**

I told my doctor I keep hearing a buzzing noise. He said it's just a bug going around.