

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

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

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

Note: the Office for the Aging and OFA Friendship Centers are closed on Monday, January 20<sup>th</sup>, in observance of the national Martin Luther King, Jr. holiday. Clients of OFA's Home Delivered Meals program receive shelf-stable meals in advance of the holiday.

**JARGON OUT, PLAIN LANGUAGE IN**

***“So the writer who breeds more words than he needs, is making a chore for the reader who reads.” — Dr. Seuss***

People looking for help as they and their loved ones age should be able to find help, without feeling left behind by a lack of knowledge. It's a simple goal, but tricky to live up to. At the Office for the Aging, we aim to meet older adults where they are, not where we assume they should be. Our goal is to listen to you and learn, and to help you find what you need the first time you search, so that you can use what you find.

Take this week's column, for one. All its words thus far contained either one or

two...syllables. It turns out that writing in plain language is not as simple as one might assume.

## **R.I.P., ACRONYMS?**

While you read this column, your brain is processing not only these words, but also everything else you see, smell, taste, hear and touch, all at once. Our brains are wired that way, to take essential shortcuts that help us make sense of the world. We at the Office for the Aging also take shortcuts, in the form of acronyms like our own: OFA. We use acronyms to speed up communications among ourselves and with other government agencies and professional organizations; but when communicating with the public, acronyms can create confusion.

Here's an example of potential acronym confusion: without looking it up, would you know what "EISEP" stands for?

EISEP (pronounced eye-sep) stands for "Expanded In-home Services for the Elderly Program," described by the New York State Office for the Aging as "[providing] frail older adults with access to a well-planned, coordinated package of in-home and other supportive services designed to support and supplement informal care...Consumer direction under EISEP is a person-centered planning approach that empowers an older adult by enabling him/her (or his/her representative) to hire, train, and oversee their in-home services worker."

For those who work in aging services, it's understandable. For everybody else? It's a mouthful. You could google terms like EISEP and "person-centered" to find out more; but chances are you'll be sent into even thicker forests of frustrating jargon.

Contact OFA instead.

At OFA, "person-centered" means everyone who contacts us is treated as an individual with specific needs, values and preferences. We talk *with* you, not *at* you.

OFA can be your aging guide and jargon translator from the moment you reach us, at 845-486-2555 or [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov).

If you're most comfortable talking about your needs in a language other than English, OFA can arrange Language Line services, with over 100 languages available. Additionally, Dutchess County Government's website [dutchessny.gov](http://dutchessny.gov) offers a Language and Accessibility Options feature that translates information into over 100 languages.

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***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)***

## **POUGHKEEPSIE SOCIAL SECURITY OFFICE – TEMPORARY CLOSURE STARTS**

**JANUARY 30<sup>TH</sup>**

Beginning Thursday, January 30, 2025, the Social Security office 332 Main Street in Poughkeepsie will be temporarily closed for renovations.

Social Security officials note that many services are available either online at [ssa.gov](https://ssa.gov), or by phone at 800-772-1213.

During the renovations at the Poughkeepsie office, individuals requiring in-person services may visit the Social Security office in Middletown at [85 Crystal Run Road \(Suite 100\)](#).

## **“DUTCHESS DEED WATCH” WEBSITE NOW AVAILABLE**

Deed fraud is a crime in which thieves record a fraudulent document to try to take ownership of a home that isn't theirs. Deed fraud scams were first announced by the FBI in 2008, and the scams have remained stubbornly persistent since then, especially in areas with limited housing availability. For example, here's a recent news story about [deed fraud cases in nearby Schoharie and Rensselaer Counties](#).

You may have seen infomercials and received mailers from companies wanting to sell you protection against deed fraud – but there's no need to buy any of that.

The [office of Dutchess County Clerk Brad Kendall has rolled out a new](#)

[Dutchess Deed Watch website](#) that's free to use. Visit [dutchessny.gov/countyclerk](http://dutchessny.gov/countyclerk) and scroll down to the Dutchess Deed Watch section.

### **Other news:**

What are the signs of [frontotemporal dementia](#)?

For clients of New York State's Consumer Directed Personal Assistance Program (CDPAP), [a transition phase got underway on January 6<sup>th</sup>](#) – but with legal challenges.

If you lived through the 1970s and early 1980s, you heard what's now called “yacht rock” on the radio. [Here's a playlist](#).

Big concerts don't happen without the behind-the-scenes skills of “roadies,” and they're aging too. [While still working](#), in many cases.

If you had to be snowed in somewhere, you could do worse than Britain's highest pub where [these senior guests appear to have had a grand old time](#).

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

1/10: Singer/songwriter [Rod Stewart](#) (80)

1/11: Professional golfer/architect [Ben Crenshaw](#) (73)

1/12: Radio host/author [Howard Stern](#) (71)

1/13: Actress/comedian [Julia Louis-Dreyfus](#) (64)

1/14: Drag racing legend [“Big Daddy” Don Garlits](#) (93)

1/15: Guitarist/actress [Charo](#) (74)

1/16: Journalist/author [William Kennedy](#) (97)

### **And the Bad Joke of the Week:**

I watched a pirated movie once. It got 3.14159 stars.