

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of July 21

### **OFA REMOTE VOLUNTEERING OPTIONS**

*"I'd love to help but I can't drive all the way to..."*

Good news - you don't have to.

The Office for the Aging offers a growing number of remote volunteering options that remove the traditional obstacles of time, location and mobility.

This week we want to spread the word about ways for prospective volunteers to help our senior friends and neighbors from a computer, from home, or any other preferred location.

## **Here's One Way - Remote HIICAP Volunteering**

With the start of the annual Medicare Open Enrollment period coming up in October, OFA is looking for new volunteer counselors in our Health Insurance Information, Counseling and Assistance Program (HIICAP). We provide ongoing training, so that volunteers can help explain the latest coverage, costs and options of Original Medicare, Medicare Advantage, Prescription Drug Plans, Medigap insurance and long term care insurance.

One key advantage of HIICAP is that it's not sales-oriented. We don't endorse insurance products; rather, a HIICAP counselor helps reduce the uncertainty and confusion that older adults can encounter when making health insurance choices.

We're expanding our HIICAP recruitment this year to include prospective volunteers who are comfortable with a remote meeting atmosphere. If you're

interested in a professional volunteering challenge, consider becoming an OFA HIICAP volunteer. Contact OFA to learn more.

### **Another Way To Help - OFA "Friendly Calls"**

In just two years, "Friendly Calls" has become one of OFA's most successful volunteering options. Its concept couldn't be simpler: one person having a phone conversation with another. While we introduce "Friendly Calls" as a way for a volunteer to help a Dutchess County older adult at risk of loneliness and social isolation, the resulting connectedness flows to both participant and volunteer alike.

A "Friendly Calls" volunteer can connect with their call partner from anywhere their phone can get a good signal: at home, in the park, on vacation, even on the other side of the world.

Getting started with "Friendly Calls" volunteering is easy. A call to Outreach Coordinator Linda Edgar at [ledgar@dutchessny.gov](mailto:ledgar@dutchessny.gov) or 845-486-2555 gets the ball rolling. After a quick orientation session at OFA (which can also be done remotely if necessary), a volunteer and a participant are paired up for a series of eight phone conversations, once a week, for eight weeks. Each conversation lasts 20-30 minutes. We have found that many Friendly Calls pairings go on to become long-term friends after the "official" conversations conclude.

### **Plenty of In-Person Volunteering Options, Too**

If you know anybody looking to stay physically active over the summer, helping at an OFA Picnic will get them their 10,000 daily steps and then some. See [dutchessny.gov/ofapicnics](http://dutchessny.gov/ofapicnics) for the schedule.

Speaking of physical activity, OFA will gladly welcome additional volunteer instructors in our various Senior Exercise programs. Our Home Delivered Meals program will be happy to have additional volunteer drivers and food-

service help. If you can get to Poughkeepsie, volunteers help supplement our clerical needs. We send out tens of thousands of pieces of mail every year, especially in the fall when we mail out both our quarterly THRIVE60+ newsletter and our annual Medicare Spotlight.

Visit [dutchessny.gov/ofavolunteer](http://dutchessny.gov/ofavolunteer) for more information, email [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov), or call 845-486-2555.

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## **SCAM PREVENTION PRESENTATION – THURSDAY 7/24 IN AMENIA**

OFA Outreach Coordinator Brian Jones will be at the Amenia Free Library (3309 NY 343, Amenia) at 5:00 pm for a free [Scam Prevention presentation](#) for older adults and caregivers.

This presentation will be a little different than most that cover scam prevention, in that it offers attendees a way to understand how scams operate; why it's so difficult to prevent scam attempts from reaching us in the

first place; and what simple acts can help all of us keep our minds clear when a scammer targets us.

Let us know you're coming by calling the library at 845-343-8273.

Light refreshments will be available.

### **IF YOU MISSED THE JULY 10<sup>TH</sup> OLDER ADULTS SKILLS FAIR...**

If you couldn't make it to County Executive Sue Serino's "Putting Your Skills To Work" Older Adults Skills Fair, [here's the link to the contact information for all participating vendors](#).

The event was a massive success with over 500 in attendance, and we expect that there will be additional Older Adult Skills Fairs in the future as more employers and volunteer-supported agencies take notice.

### **TAKE THE DUTCHESS TRANSPORTATION SURVEY**

Every five years, the Dutchess County Transportation Council issues a Coordinated Public Transit-Human Services Transportation Plan, aimed at improving the mobility of older adults and persons with disabilities in

Dutchess County. The last DCTC report was issued in 2021; with the next version of the plan to be issued in 2026, a new survey is being conducted now.

[You can take the survey here](#), and provide information to help meet our transportation needs as we age.

### **WAPPINGERS 7/23 OFA PICNIC AT CAPACITY**

Reservations are full for the OFA Summer Picnic for older (60+) residents of the Town of Wappinger and Village of Wappingers Falls, coming up on Wednesday, July 23<sup>rd</sup>.

The full picnic schedule, including links to pictures from past picnics, is available at [dutchessny.gov/ofapicnics](http://dutchessny.gov/ofapicnics). As of the afternoon of Friday, July 18<sup>th</sup>, seats were still available for the following picnics:

- Wed 7/30 for older residents of Pleasant Valley, at West Road School
- Wed 8/13 for City of Poughkeepsie seniors, at Stitzel Field
- Wed 8/20 for seniors living in the Towns of Beekman or LaGrange, at Freedom Park in LaGrange
- Wed 8/27 for East Fishkill seniors, at Hopewell Rec Park

Many thanks to AccentCare, Central Hudson, Mid Hudson Medicare Group, and the Pines at Poughkeepsie for their support of the picnic program.

## **SENIOR FARMERS MARKET NUTRITION PROGRAM NOW OPEN**

The Dutchess County Office for the Aging has launched its annual Senior Farmers Market Nutrition Program (SFMNP), providing free coupon booklets that make local produce more affordable and accessible for older adults.

Eligible older adult applicants receive a booklet with five \$5 coupons — totaling \$25 — to spend on fresh, local, and unprocessed fruits and vegetables at participating farmers markets and farm stands across New York State. A list of participating markets in Dutchess County is available at [www.dutchessny.gov/ofanutrition](http://www.dutchessny.gov/ofanutrition).

Eligible older adults in the same household can each receive one SFMNP booklet per season. Coupon booklets are distributed while supplies last at the Office for the Aging, 114 Delafield St., Poughkeepsie, ONLY on Thursdays and Fridays from 2:30-4:00 p.m.

Can't get to Poughkeepsie? Coupon booklets can also be obtained at OFA Friendship Centers throughout Dutchess County, by appointment. For Friendship Center contact information, call OFA or visit [www.dutchessny.gov/ofanutrition](http://www.dutchessny.gov/ofanutrition). Residents of public senior housing should be able to find out more about SFMNP from their site manager.

Coupons are valid statewide at participating markets through November 30 or until a market closes for the season, whichever comes first, and can be used by a designated shopper if the recipient cannot visit a market in person.

[Here's the most recent list of participating markets in Dutchess County.](#)

Coupons from prior years are no longer valid.

## **HOME DELIVERED MEALS VOLUNTEER DRIVERS WANTED – FRIDAYS IN POUGHKEEPSIE**

Looking for a chance to volunteer with Office for the Aging? Can you drive in the Poughkeepsie area? Our Home Delivered Meals program is looking for volunteer delivery drivers in the Poughkeepsie area. Our current

area of greatest driver need is on Fridays. If that fits with your schedule, contact OFA at 845-486-2555 or email [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov).

More volunteering options can be found at [dutchessny.gov/ofavolunteer](http://dutchessny.gov/ofavolunteer).

**Other news:**

[Cybersecurity is still a challenge](#) for healthcare organizations.

The risks of drinking [increase for older people](#).

[Try a musical instrument](#) to keep your brain active as you age.

What does [a dog aging project](#) have to do with human aging?

While looking around for aging-related information to share on the Office for the Aging page at Facebook ([www.facebook.com/DutchessCountyOFA](http://www.facebook.com/DutchessCountyOFA)) we found...[this bit of advice from an elder on the beach](#). We just hope he uses sunscreen while he gets his exercise in.

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

7/18: Yankees/Mets manager [Joe Torre](#) (85)

7/19: Songwriter/guitarist/astrophysicist [Brian May](#) (Queen) (78)

7/20: Guitarist/songwriter [Carlos Santana](#) (78)

7/21: Cartoonist [Garry Trudeau](#) (77)

7/22: Former Yankees pitcher [Sparky Lyle](#) (81)

7/23: Actor/activist [Woody Harrelson](#) (64)

7/24: Actress [Lynda Carter](#) (74)

### **And the Bad Joke!**

*How much does a pirate pay for corn?*

A buccaneer!