

Dutchess County Office for the Aging's

AGING NEWS

For the week of July 22nd

GOING TO AN OFA PICNIC? REMEMBER YOUR UNNEEDED MEDS

The Office for the Aging's 2024 Picnic Program passed the halfway mark this month.

Dutchess County residents age 60 and over are invited to come out and socialize with their friends and neighbors while enjoying a nutritious lunch at the picnic designated for their hometown.

As we do every year, attendees are invited to bring their unused and/or expired medications to the picnic to be disposed of with the assistance of the Dutchess County Sheriff's Office, STOP-DWI, and Medical Reserve Corps. In addition to prescription medications, residents can also dispose of medicated ointments and over the counter medications. Liquid medications should be brought in their original packaging inside sealable plastic bags. Hazardous materials, needles of any kind, and aerosols will not be accepted.

Proper disposal of unused medications keeps unused drugs out of the water supply, and prevents diversion of drugs, mainly opioid painkillers, for recreation and illegal purposes. A 2017 report from the National Library of Medicine says over half of abused prescription medications are obtained from friends or relatives. A person with substance use disorder won't be above fishing through your trash if they think they'll find drugs.

YOU FORGOT? NO WORRIES

It happens quite a bit: you go to your OFA picnic, you get home, and what do you see in a bag by the door but the unneeded drugs you were going to drop off at the picnic. What to do? Remember them the next time you have errands to run.

Secure drop boxes are in 12 locations throughout Dutchess County, offering you places to safely and anonymously dispose of unused, unwanted, controlled substances, over the counter and prescription medications keeping these harmful substances out of the environment, as well as the hands of those who would abuse them.

The following locations are open 24/7:

- City of Beacon Police – 1 Municipal Plaza, Beacon

- Dutchess County Law Enforcement Center – 108 Parker Ave., Poughkeepsie
- East Fishkill Police – 2468 NY 52, Hopewell Junction
- Fishkill Police – 801 NY 52, Fishkill
- Hyde Park Police – 3 Cardinal Rd., Hyde Park
- New York State Police, Troop K Headquarters – 2541 NY 44, Salt Point
- Town of Poughkeepsie Police – 19 Tucker Drive, Poughkeepsie
- Wappingers Falls Police – 2628 South Ave.

The following locations are open during the schedules listed below:

- Millerton Police – 5933 North Elm Ave. (NY 22), Millerton – Monday-Friday 9a-4p; Saturday noon-midnight; Sunday 4p-midnight
- Red Hook Police – 7467 South Broadway, Red Hook – Daily, 8a-midnight
- Rhinebeck Police – 76 E. Market St., Rhinebeck – Daily, 7a-11p

In the Pawling area, call 845-486-3800 for assistance in scheduling a dropoff at the Dutchess County Sheriff Office’s Pawling substation.

A printable list of these dropoff locations is available at each picnic; and a large print version is available in the “Printable Aging Resources” section of

www.dutchessny.gov/aging.

Many local pharmacies also offer safe medication disposal. Talk to their

representatives about each location's rules and hours of operation.

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 Social media:

www.facebook.com/DutchessCountyOFA

COUNTY EXECUTIVE'S MOBILE OFFICE HOURS THIS WEEK, AND IN AUGUST

County Executive Sue Serino is bringing mobile office hours to an OFA Friendship Center near you! This summer she's hosting a series of 'Senior Mobile Office Hours' around the county. She began the series at our Poughkeepsie Friendship Center on Thursday the 18th, and here's where else she'll visit:

- Monday, July 22nd, 11 am – 1 pm – East Fishkill Community Center

890 NY 82, Hopewell Junction

- Tuesday, July 23, 12 noon – 2 pm – Tri-Town Friendship Center

At First Presbyterian Church of Pleasant Valley

1576 Main St. (US 44), Pleasant Valley (next door to the library)

- Tuesday, August 6, 11 am – 1 pm – Red Hook Community Center

59 Fisk St., Red Hook

The County Executive will be available to answer questions and hear about the issues that matter most to our older adults when it comes to Dutchess County Government. No reservations are required, so feel free to drop in and chat.

NEXT PICNIC ON THE OFA SUMMER SCHEDULE: WAPPINGER

The Office for the Aging welcomes volunteers, without whose help events like the annual OFA Summer Picnics would be far more difficult to execute. OFA can use volunteer help at picnic sites setting up and breaking down picnic tables and chairs and bringing food and drinks to picnic guests with mobility challenges.

It's a great way to help our older adults while getting plenty of outdoor exercise. If that sounds like something you're up for, and you're available during any of the hours of roughly 10 am – 2 pm, email OFA Outreach Coordinator Brian Jones at bjones@dutchessny.gov.

This coming week, on Wednesday the 24th, the picnic schedule brings us to the Town of Wappinger and Robinson Lane Park.

Here's the rest of the 2024 schedule:

Wednesday 7/31 – Pleasant Valley picnic at West Road School

Wednesday 8/14 – City of Poughkeepsie picnic at Stitzel Field

Wednesday 8/21 – East Fishkill picnic at Hopewell Rec Park

Wednesday 8/28 – Beekman/LaGrange picnic at Freedom Park, LaGrange

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

SCAM OF THE MONTH – THE FAKE MISSING-PERSON/MISSING-PET SCAM

We were hoping to go a couple weeks without having to mention the latest scam that's targeting us all...sorry, but that's not possible just yet.

This kind of scam is popular on social media: the fake missing-person/missing-pet scam. The scammer aims to exploit our willingness to help, and that we're told "when you see something, say something."

Here's a typical scenario:

You're scrolling through Facebook when a "missing child" advisory appears in one of the local yard-sale groups you follow, with a heartfelt plea to spread the word. You share it.

And right there is where you were fooled.

You weren't gullible. It's just that scammers know human nature. They know that people of good will want to help, and they won't always stop and think before trying to help.

Scammers target yard sale and buy/sell groups on social media because the groups are rarely well moderated, and many people will see the posts.

Here's the problem if you think "well, it can't hurt" to share.

Move ahead a week or two, and the scammer has changed the fake "missing child" post that you shared to one kind of scam or another - and you're on the record as having liked it. Your friends and family see it. They trust you – and now they could be scammed too.

BEFORE YOU SHARE...

Is the missing person advisory from a legitimate law enforcement agency page?

Is there contact information posted for the law enforcement agency?

Did a legitimate missing-persons page post the item?

Seems obvious that post about a missing persons case would want to include that kind of key information. If it's not there...that's a scam.

Did any of your local police agencies post the advisory? If not, be suspicious.

One more question to ask yourself:

Are the comments on the post turned off? If the comments are turned off, it's a clear sign of a scammer who doesn't want to be called out.

What does the social media profile of the poster look like? If there's not much in the way of detail, or the poster is in a distant location, or the name looks made-up...those are "tells" that you're dealing with a scammer.

Other news:

One geriatric doctor's take on [what you should know about healthy aging](#).

The human brain makes a lot of waste. [Where does it go?](#)

At the risk of sounding like our 19th century ancestors...a new study indicates that [yes, “staying regular” is good for you.](#)

General advice from the New York Times on [picking out a nursing home](#), should it come to that.

It's rarely recommended that you undergo genetic testing to evaluate your likelihood of developing Alzheimer's disease, [but there are those who have.](#)

A man in the UK says [playing a LOT of golf has helped him deal with his Parkinson's disease](#) – and he's helped raise money for Parkinson's charities along the way.

This week's birthdays:

7/19: Songwriter/guitarist/astrophysicist [Brian May](#) (Queen) (77)

7/20: Guitarist/songwriter [Carlos Santana](#) (77)

7/21: Cartoonist [Garry Trudeau](#) (76)

7/22: Former Yankees pitcher [Sparky Lyle](#) (80)

7/23: Actor/activist [Woody Harrelson](#) (63)

7/24: Actress/comedian [Ruth Buzzi](#) (88)

7/25: Musician/producer [Verdine White](#) (Earth, Wind & Fire) (73)

And a Bad Joke!

What kind of birds stick together?

Velcrows!