

Dutchess County Office for the Aging's

AGING NEWS

For the week of July 27

When We Say “I Don’t Want A Handout”

Think back to your first time buying something with your own money: a pack of baseball cards, a toy, an Elvis 45, or a Beatles fan magazine.

Chances are it was also your first experience paying sales taxes, and you've been paying taxes in various forms ever since. The average amount an American will pay in taxes over a lifetime depends on where they live and who's doing the measuring, but it's well into the hundreds of thousands of dollars nationwide. It can pass \$1 million in New York State, where incomes and their accompanying tax bills tend to be higher than average.

And yet, when an older person is offered taxpayer-funded assistance to help them age safely and successfully, in their own homes, they sometimes refuse it. As they see it, it's a handout.

Can you see a million reasons why it's not?

Accepting Help: Cheaper in the Long Run

Scenario 1: An 85-year-old becomes too frail to live independently in their own home, and is placed in a facility at an annual taxpayer-funded Medicaid cost of at least \$140,000/year.

Scenario 2: The same 85-year-old accepts help to be able to continue living safely at home for many more years, thanks to adequately funded Dutchess County and New York State community based services. The cost falls to less than \$10,000/year.

That 85-year-old could be any of us. Which scenario would you choose? We hope you'd choose accepting the help.

What We Mean When We Say "Help"

Dutchess County leaders consistently step up to fund OFA home-delivered meals, comprehensive case management, personal care, transportation, Friendship Centers, health insurance counseling, and many other services. Everything OFA does revolves around one goal: to ensure that Dutchess County's estimated 80,000 older adults face the best possible chance of continued long-term independent living. It's what older adults overwhelmingly want, and it's the lowest-cost option for the taxpayer.

Is "Independence" The Right Word?

Think about the milk in your refrigerator. Chances are you don't own a dairy cow, nor did you grow the cow's food, build her barn, keep her in good health,

pasteurize and bottle the milk, build your refrigerator, or supply it with refrigerant, shelving, and electricity.

We hope that helps convey this message: No one is truly independent, even though we often use the term when discussing issues related to our aging.

By accepting help, older adults are not becoming less independent; rather, they are embracing interdependence, the way we're interdependent with the supply chain that brings milk from the cow to the kitchen.

Caregivers who feel frustrated by an older loved one's refusals of assistance need to know that there are several options available for support - most notably, the Office for the Aging.

With the right resources, both an older adult and their caregivers can find the peace of mind they're searching for.

Older Adults Skills Fair – Thursday 8/13 at John Jay High School

Older adults (55+) who are looking for full- or part-time employment, or volunteering opportunities, will want to set aside the afternoon of Thursday, August 13th for County Executive Sue Serino's second free Older Adults Skills Fair.

It's taking place from 2-4pm on Thursday, August 13th at John Jay High School, 2012 NY 52 in Hopewell Junction.

This event will include opportunities to:

- Meet local employers offering flexible, part-time positions;
- Connect with nonprofit organizations;
- Socialization with fellow older adults; and
- Enjoy complimentary light refreshments.

No advance guest registration is required. Employers and other prospective vendors looking for a tabling opportunity can contact the county executive's office at 845-486-2000 or visit dutchessny.gov/senior-skills to sign up while space lasts, or before August 6th, whichever comes first.

OFA Mobile Office Hours for Summer

Here's the summertime list of OFA Ambassador Mary Reedy's mobile office hours...thus far.

To book your half-hour time slot to get your aging services questions answered, call OFA during business hours at 845-486-2555:

Tuesday, July 28th, 1-3pm – Millbrook Library, 3 Friendship Ln.

Thursday, August 27th, noon-3pm – Amenia Library, 3309 NY 343

Your local civic organizations or governments can arrange Mobile Office Hours for your home community by contacting OFA at 845-486-2555 during business hours or emailing ofa@dutchessny.gov.

OFA Picnic Season Update

Pleasant Valley seniors, there are still a few seats left for the OFA Summer Picnic for Pleasant Valley older adults coming up on Wednesday, July 29th at West Road School. Sign up for your seat by calling OFA during business hours at 845-486-2555.

There are also still seats left for the other remaining picnics on the schedule:

August 12th, City of Poughkeepsie (Stitzel Field)

August 19th, Beekman and LaGrange (Freedom Park)

August 26th, East Fishkill (Hopewell Recreation Park)

Many thanks to AccentCare, Central Hudson, The Pines at Poughkeepsie, and Westchester Medical Center Health Network for their support.

OFA Tri-Town Friendship Center Closed Week of 7/27

New flooring is being installed by the center's host, the First Presbyterian Church of Pleasant Valley; but it means the center will be closed to senior clients the week of July 27th.

Home Delivered Meals will continue their regular schedule.

Other news:

The bathroom is the most dangerous room in most houses – [especially for older people.](#)

[Seven dangerous aging myths.](#)

A look at [who's making all those scam calls and sending those scam texts.](#)

And if you'd like to complain to federal and/or state government about those scams or other federal issues, [here's a good compilation of places to start.](#)

And as always, you can visit www.dutchessny.gov/scamprevention for a localized list of scam prevention and reporting resources.

County Executive Sue Serino has established a new [county tick task force](#), which is looking for applicants from the community with an interest in public health, environmental conservation, education or advocacy are encouraged to apply. No specialized experience is required, and residents with a personal interest in the issue are also welcome. An application is available within the link.

This week's birthdays:

7/25: Musician/producer [Verdine White](#) (Earth, Wind & Fire) (75)

7/26: Singer/songwriter [Mick Jagger](#) (83)

7/27: Figure skater/sportscaster [Peggy Fleming](#) (78)

7/28: Basketball Hall-of-Famer/former U.S. Senator [Bill Bradley](#) (83)

7/29: Canadian musician [Geddy Lee](#) (Rush) (73)

7/30: Singer/songwriter [Paul Anka](#) (85)

7/31: Businessman/TV personality [Mark Cuban](#) (68)

And another award-winning (not yet, but soon, maybe) Bad Joke!

People are typically shocked when they find out I'm a terrible electrician.