

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of June 1

### **June 15<sup>th</sup> is World Elder Abuse Awareness Day**

The National Center on Elder Abuse at the University of Southern California defines elder abuse as "intentional act or failure to act that causes or creates a risk of harm to an older adult." Elder abuse can take many forms including physical abuse; verbal, emotional or psychological abuse; financial abuse, scams, and exploitation; sexual abuse; or caregiver neglect.

Compared to other forms of domestic violence like child abuse and intimate partner abuse, elder abuse can be frequently overlooked. When people do notice elder abuse, they often find themselves surprised that such a thing could happen; but abuse can happen to any older person, regardless of race, age, culture, or socioeconomic background. We need only point to the example of Brooke Astor (1902-2007), the multimillionaire philanthropist and

socialite whose fortune included extensive property holdings in the Rhinebeck area. Her only son, Anthony Marshall, was convicted in 2009 of swindling her of millions after she developed dementia.

### **Reporting and Preventing Abuse**

If you suspect an older person is a victim of abuse, call the New York State Adult Protective Services Helpline at **1-844-697-3505** (8:30 am to 8 pm, Monday through Friday). For emergencies that require immediate attention, call 9-1-1.

*Strategies to prevent abuse include:*

- Preparing legal documents like your will and healthcare power of attorney with someone you trust. Visit **[dutchessny.gov/ofalegal](https://dutchessny.gov/ofalegal)** for information on legal assistance for Dutchess County adults age 60 and older;

- Frequently visiting or checking in with family members and friends who are vulnerable;
- Banking with direct deposit instead of checks;
- Keeping a record of financial transactions and reporting any suspicious activity; and
- Never giving away personal information over the phone, especially to an unsolicited caller.

### **Elder Abuse and Ageism Are Intertwined**

Ageism, another subset of elder abuse, can take different forms. It can be self-inflicted, as when we reach a milestone age and start fretting over the lines on our face. It can be cultural, as when our favorite shows and movies feature romantic relationships exclusively between young, charismatic people in the 20s.

There's also "benevolent" ageism. We sometimes think we're being compassionate to an older person, but we're being patronizing and infantilizing. Think about the "elderspeak" often used in healthcare settings. It's that simplified speech register that can sound like baby talk and is used with older adults in such settings. The intention is to convey comfort, but often results in pushback from the older person being cared for.

### **“SilverShield” Scam Prevention Events With OFA in June**

To help older adults stay safe, Dutchess County Executive Sue Serino and the County’s Office for the Aging (OFA) invite seniors and caregivers to any one of several free, in person workshops introducing SilverShield ([www.silvershield.ai](http://www.silvershield.ai)), an innovative new tool designed to help protect users from scams in real time.

OFA will host several “Introduction to SilverShield” sessions in June:

**Tuesday, June 2 at 10 a.m.**

Town of Poughkeepsie Senior Center

14 Abe’s Way, Poughkeepsie

Open to Town of Poughkeepsie residents only; call call 845-462-0265 to register

**Monday, June 15 at 3 p.m.**

Dutchess County Office for the Aging

114 Delafield Street, Poughkeepsie

Seating is limited, and advance registration is required by calling the OFA at 845 486 2555 during business hours.

**Tuesday, June 16 at 12:30 p.m.**

Town of LaGrange Senior Center

Freedom Plains United Presbyterian Church

1168 Route 55, Lagrangeville

Open to Town of LaGrange residents only; call 845-452-1972 to register.

**Thursday, June 18 at 1 p.m.**

Howland Public Library

313 Main Street, Beacon

Call 845-831-1134 to register.

## **OFA Ambassador Hours for June-August (Check Back for Updates)**

Here's the June-July-August list of OFA Ambassador Mary Reedy's mobile office hours...thus far. There'll be more such office hours scheduled, where you can get your aging services questions answered from a location closer to home.

To book your half-hour spot, call OFA during business hours at 845-486-2555:

Tuesday, June 23<sup>rd</sup>, noon-1:30pm – Clinton Library, 1215 Centre Rd., Rhinebeck

Thursday, June 25<sup>th</sup>, noon-3pm – Amenia Library, 3309 NY 343, Amenia

Tuesday, June 30<sup>th</sup>, 10am-noon – Millbrook Library, 3 Friendly Ln., Millbrook

Tuesday, July 28<sup>th</sup>, 1-3pm – Millbrook Library

Thursday, August 27<sup>th</sup>, noon-3pm – Amenia Library

Your local civic organizations or governments can arrange Mobile Office Hours for your home town by contacting OFA at 845-486-2555 during business hours or emailing [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov).

### **OFA Picnics Filling Up Fast**

As of Friday, May 29<sup>th</sup>, there were fewer than 15 reserved seats remaining for the June 3<sup>rd</sup> OFA Summer Picnic for Fishkill older adults. Also filling up rapidly are the following picnics:

June 10<sup>th</sup> – Milan, Red Hook/Tivoli, Rhinebeck

June 17<sup>th</sup> – Clinton, Hyde Park

June 24<sup>th</sup> – Town of Poughkeepsie

Because seating at picnics is limited, we cannot accept walk-in guests. Please call 845-486-2555 during business hours to save your seat for the free picnic serving your home community. We mail out reminder cards to older-adult households throughout the County, approximately a month before each picnic. A reminder card is *not* required to make a reservation.

The complete picnic schedule is available at [www.dutchessny.gov/ofapicnics](http://www.dutchessny.gov/ofapicnics), and includes links to pictures from past picnics at the OFA Facebook page.

You haven't liked and followed our Facebook page? Go to [www.facebook.com/DutchessCountyOFA](http://www.facebook.com/DutchessCountyOFA) and you'll find out even more about OFA events and activities.

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

### **Congratulations to OFA Volunteers Grace, Michael and George**

The New York State Office for the Aging honored county OFA volunteers from around the state, including our own from Dutchess: Grace and Michael Martin, and George Popp.

[Read more about them at the Dutchess OFA Facebook page.](#) More details on the honorees are coming soon in the Summer 2026 issue of the quarterly THRIVE60+ newsletter, due out in early June. You'll receive it in your email, and we'll distribute hard copies at public libraries countywide.

## **Other news:**

Going on summer vacation? [Scammers don't go on vacation. They may try to mess with you via your hotel reservations.](#)

[5 habits for healthier aging](#)...and you can start them now.

Sometimes, [anti-aging laboratory experiments go badly.](#)

The first 72 hours after an older person is discharged from a hospital are critical. [Here's why.](#)

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

5/30: Mathematician [Joan Birman](#) (99)

5/31: Actor/director/producer [Clint Eastwood](#) (96)

6/1: Singer/actor [Pat Boone](#) (92)

6/2: Actor [Jerry Mathers](#) (78)

6/3: Musician/actress [Suzi Quatro](#) (76)

6/4: Singer/songwriter [El DeBarge](#) (65)

6/5: Saxophonist [Kenny G](#) (70)

**Of course, a Bad Joke:**

Irony is the opposite of wrinkly.