

Dutchess County Office for the Aging's

AGING NEWS

For the week of June 15

Note: The Office for the Aging and all OFA Friendship Centers are closed on Friday, June 19th in observance of the federal Juneteenth holiday.

How To Read Your Medicare Summary Notice (And Paperwork Like It)

Sometimes, the first time an older adult notices that their healthcare credentials might have been compromised by bad actors is when they read the Medicare Summary Notice (MSN) that was mailed to them and...

...hold up. The next time you receive an MSN, make sure you read the whole thing. Don't just toss it after seeing the words "This is not a bill."

It's Not A Bill, But...

The MSN is a notice that people with Original Medicare get in the mail at least twice a year for their Medicare Part A and Part B-covered services. If you also

have a Medicare Advantage (MA) plan or other insurance accompanying Medicare, you receive Explanations of Benefits (EOBs) and claims may be listed differently than on MSNs.

The MSN shows:

all your services or supplies that providers and suppliers billed to Medicare during that period;

what Medicare paid; and

the maximum amount you may owe the provider.

If you'd rather go paperless with your MSN statements, visit **medicare.gov** to learn how to have links to your statements emailed to you.

Spotting Sketchy Claims On Your MSN

Hang on to your healthcare receipts and bills. You can cross-reference them with what's on the MSN. If there's something on the MSN you don't recognize, didn't request, or didn't receive, that's a red flag.

If none of your doctors ever prescribed you any medical supplies you don't need or didn't receive, then it's likely a bad actor has been using stolen or falsified credentials to file claims under your Medicare ID. They often file fake claims for common medical supplies like catheters. Why catheters? At \$10-50 per unit, it's an item that doesn't come with the kind of large price tag that can trigger closer Medicare scrutiny. It's also the kind of item that a beneficiary might not notice when reading their MSN. Skilled scammers bill their fake claims so they look just like legitimate claims. By the time investigators notice something's suspicious, billions in taxpayer money can be stolen. The most skilled scammers also move their operations from state to state, to avoid detection.

Another Reason To Read Your MSN Carefully

It's possible that a doctor who sees suspicious claims on your record may think you actually have the condition related to it - when you don't.

You can report suspicious Medicare claims at **tips.oig.hhs.gov**, or 1-800-MEDICARE (**1-800-633-4227**). It's what one Dutchess County man did when he spotted over \$15,000 in suspicious catheter claims on his MSN in 2024 and 2025. As a result of his report and thousands of others like it, the US Department of Justice last summer announced the arrests of 324 individuals in connection with over \$14.6 *billion* in alleged fraud.

For more scam prevention information, visit

dutchessny.gov/scamprevention

6/17 Clinton/Hyde Park Picnic and 6/24 Town of Poughkeepsie

Picnic...Both at Capacity

OFA Summer Picnic season is entering its fourth week out of 12 and so far we've experienced excellent picnic weather. Let's hope that keeps up; but it also means that picnics are so popular that they become fully booked that much more quickly.

To see the full list of picnics, visit www.dutchessny.gov/ofapicnics.

Older adults can reserve a seat for the picnic serving their Dutchess County

community and get more details by calling OFA during business hours at 845-486-2555.

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

“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), an innovative new tool designed to help protect users from scams in real time.

OFA will host several “Introduction to SilverShield” sessions in June and July. Seating is limited, and advance registration is required by calling the OFA at 845-486-2555 during business hours, unless noted otherwise below.

Monday, June 15 at 3 p.m. (only a few seats left!)

Dutchess County Office for the Aging

114 Delafield Street, Poughkeepsie

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.

(NEW) Monday, June 29th, 2 p.m.

The Pavilion at Brookmeade

34 Brookmeade Dr., Rhinebeck

Thursday, June 18 at 1 p.m.

Howland Public Library

313 Main Street, Beacon

Call 845-831-1134 to register, or visit www.beaconlibrary.org/calendar

Monday, July 13th, 2 p.m.

Fishkill Recreation Center

793 NY 52, Fishkill

OFA Mobile Office Hours for June-August

Here's the June-July-August 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, June 23rd, noon-1:30pm – Clinton Library, 1215 Centre Rd., Rhinebeck

Thursday, June 25th, noon-3pm – Amenia Library, 3309 NY 343, Amenia

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

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

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

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.

Other news:

Looking for your polling place(s) for the June 23rd primary elections? [Here's the early voting page](#) and [here's the list of June 23rd polling places](#).

No, we're not going to de-age back to our twenties any time soon, although [this is the first "anti-aging" drug that's gotten as far as human trials](#).

([We're staying skeptical](#) for now.)

Got "brain fog"? [It might be a treatable condition](#).

Pope Leo XIV [offers his thoughts on aging](#).

Starting a career in standup comedy at age 90? [Sure](#).

This week's birthdays:

6/13: Actor/comedian [Tim Allen](#) (73)

6/14: Singer/songwriter [Boy George](#) (65)

6/15: Actress [Courteney Cox](#) (62)

6/16: Singer [Eddie Levert](#) (The O'Jays) (84)

6/17: Actor/director [Mark Linn-Baker](#) (72)

6/18: [Paul McCartney](#) (84)

6/19: Writer [Salman Rushdie](#) (79)

The Bad Jokes are ancient Egyptian this week, for no reason:

How did funeral homes advertise in ancient Egypt?

Satisfaction guaranteed or double your mummy back!

Why don't mummies take vacations?

They're scared they'll relax and unwind.