

Dutchess County Office for the Aging's

AGING NEWS

For the week of June 8

Note: the Office for the Aging and OFA Friendship Centers will be closed in observance of the national Juneteenth holiday on Friday, June 19th.

Where Will You Live in 2031?

If you've ever interviewed for a job, or been the one conducting the interview, this question almost always comes up: *Where do you see yourself in 5 or 10 years?*

Readers who are retired may have thought they'd never encounter that question again. On the contrary: It's the kind of question that becomes increasingly important as we age. We each need to make decisions on what to do with our time, including where we'll live, before something makes that decision for us.

New York State single family homes are the nation's oldest as measured by median age: 65 years, according to Census data. Homes of this age are common in Dutchess County, where we experienced continuous double-digit population growth from 1930 to 1980, along with a commensurate housing boom. Many readers of this column are still living in the homes built when they moved here decades ago.

The homes from that era that are still standing are showing their age, even when well-maintained. Census data indicates that homes built before 1940 are nearly 30 times more likely to be in inadequate condition, and cost nearly 10 times more in routine maintenance than homes built after 2022. The annual cost just to maintain a home built before 1940 is \$1,615; but deferring maintenance means even larger bills later.

Whether you're in a house or an apartment, will it still be right for you in the years to come?

"But I Like Where I Live"

That's what most older adults want as they age: to live in the place that feels most familiar to them. Still, staying in one place requires just as much preparedness as moving to a new home - maybe more, if you're in one of the older homes we mentioned.

We can only control some of the future. Where we'll live over the years is a question that requires ongoing consideration, whether we live in an apartment where we're content, or a single-family house that may be worth selling as you downsize.

Having both short- and long-term plans for housing options is key, and OFA can help you reach decisions you'll feel comfortable with.

Even with hundreds of units of new senior housing being built, the demand for senior-friendly housing in Dutchess County will continue to outstrip the supply. With waitlists for senior housing as long as five years at some

complexes, you may have less time to plan than you assume. Contact OFA to explore your options, at 845-486-2555 during business hours, or ofa@dutchessny.gov if you want to reach out while the issue is fresh in your mind.

Getting Your Home Up To Code

(And Keeping It That Way)

Maybe you own your home outright and your plan is to stay there, no matter what. As we mentioned earlier, keeping your home in a safe and livable condition is going to require regular upkeep and sometimes modifications.

We're aware of expiration dates on necessities like food and medication, but what about the expiration on, for example, your home's wiring? That can be expected to last 40-50 years, according to Electrical Contractor magazine.

A home electrical panel with circuit breakers has a lifespan of 25-40 years. Switches, outlets and ceiling fans may require more frequent replacement, especially when heavily used.

The list of potential concerns goes on. An asphalt shingle roof's lifespan is in the 15-30 year range, less if the roof takes a beating in the weather. Home windows can last 15-50 years, depending on installation material - less for wood, more for vinyl or fiberglass.

Home maintenance is a challenge as we age, especially on fixed incomes - and we haven't even gotten to our bathrooms and bedrooms. That's why OFA has a Fall Prevention Checklist available at dutchessny.gov/ofaprintable that lists the absolute home safety basics we can take care of with little or no budget, along with many tasks that can be handled with minimal handyman skills, and others that may require a pro's help.

Allow us to nag about one thing before we wrap up, because we've seen too many people of all ages seriously injured, or worse, because of just one ill-advised shortcut: *A kitchen chair is NOT a stepladder.*

Ideally, your frequently needed items are in a place where you can reach them with both feet firmly on the floor, no climbing required.

Milan, Red Hook, Rhinebeck Seniors – Yes, There Are Picnic Seats Left

Residents of Milan, Red Hook/Tivoli and Rhinebeck/Rhinecliff still have an opportunity to make a reservation for the FREE OFA Picnic serving the three towns, at 12 noon this coming Wednesday, June 10th at the Dutchess County Fairgrounds in Rhinebeck. Call 845-486-2555 during business hours to make a reservation.

As for other upcoming picnics...they're getting at or close to capacity. The picnic for Towns of Clinton and Hyde Park older adults scheduled for June 17th is at capacity, now accepting a small number of waiting list reservations.

The full picnic schedule is available at www.dutchessny.gov/ofapicnics, and includes Facebook links to photos from the picnics we've completed thus far.

“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.

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.

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

(NEW) Monday, July 13th, 2 p.m.

Fishkill Recreation Center

793 NY 52, Fishkill

OFA Ambassador Hours for June-August

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 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 town by contacting OFA at 845-486-2555 during business hours or emailing ofa@dutchessny.gov.

Other news:

When the heat gets to be a bit much for international scammers...[they move to a new location.](#)

[Attitude is everything](#) when it comes to aging well.

[A robot is helping with home care](#) in this household.

If you've got an appetite for old computer languages like COBOL and Assembly, [this story about the latest attempt to modernize](#)

[Medicare/Medicaid claims processing](#) in hopes of preventing hundreds of billions in claims fraud may prove interesting.

(Translation for non-geeks: Medicare still processes claims using seriously old-fashioned systems, some from as far back as the 1970s.)

[What's your brain doing at night?](#) If you want a deep dig on the science, it's a great read.

That new Paul McCartney album – at almost age 84, [has he still got it?](#)

Speaking of Paul, his typical post-concert meal [is quite simple, really.](#)

This week's birthdays:

6/6: Bassist [Tony Levin](#) (80)

6/7: Actor/Dutchess County resident [Liam Neeson](#) (74)

6/8: Computer scientist [Tim Berners-Lee](#) (71)

6/9: Actor/author/activist [Michael J. Fox](#) (65)

6/10: Model/actress [Elizabeth Hurley](#) (61)

6/11: NFL Hall-of-Famer [Joe Montana](#) (70)

6/12: Broadcasting Hall-of-Famer [Marv Albert](#) (85)

Here's the Bad Joke!

Why did the chicken cross the playground? To get to the other slide.