

Dutchess County Office for the Aging's

AGING NEWS

For the week of November 11th

Note: the Office for the Aging is closed on Monday, November 11th in observance of Veterans Day.

The Office for the Aging is reaching out this month to houses of worship, civic organizations, professional associations, and other local groups throughout Dutchess County, continuing to spread the word about OFA and the many ways we help our diverse older adult and caregiver communities. Our goal is to match these groups' unique local knowledge with OFA resources, enabling more of our older adults to age successfully and independently.

Dutchess County's over-60 population is estimated at 80,000, with 44,000 more between the ages of 50 and 59. That's 124,000 people before we even start to count family members and caregivers. We expect to see growing demand for OFA services for at least the next 20 years, even taking into account increased independence for older adults. You may have seen our recent "get to know us before you need us" efforts; at the same time, we'd like to establish relationships

that work both ways. We'd like to get to know more of our current and future older adults, and the organizations to which they belong.

Just as older adults often consult financial advisers to ensure their savings are well taken care of, they can consult OFA to ensure the same care is taken for their time, to plan for whatever the future may bring. Nobody's plan will be perfect; still, it's essential to make one's goals and wishes known. Adapting the plan as needs change is a key to successful aging.

If you know of, or are a part of, a group that could be helped by connecting with OFA, we're all ears. Reach out to us at ofa@dutchessny.gov or 845-486-2555.

Alzheimer's "Community Conversations" At East Fishkill Center

(Wed 11/13)

The Alzheimer's Association and OFA are hosting a "Community Conversations" event on Wednesday, November 13th, along with the East Fishkill Community Library and Sun River Health, at the East Fishkill OFA Friendship Center, in the town community center at 890 NY 82 in Hopewell Junction.

We'll review the basics of Alzheimer's and related dementias and hear from participants how OFA and the Alzheimer's Association can expand the reach of local programs and services.

For registration information, call the community center at 845-226-8318.

Ofa "Navigating Medicare" Classes For The Fall (So Far)

Medicare's annual Open Enrollment period began on October 15th, as it does every year; and the Office for the Aging has added additional "Navigating Medicare" classes to the year-round schedule of classes at the Poughkeepsie Galleria Community Room (2001 South Rd., Poughkeepsie), Adriance Library in Poughkeepsie (93 Market St.) and Starr Library in Rhinebeck (68 W. Market St.).

Here's what's on the fall schedule so far, along with how to call and register for a class:

11/13/24, 10am	Starr Library	Call OFA (845-486-2555)
11/20/24, 10am	Poughkeepsie Galleria (Community Room)	Call OFA
11/25/24, 4pm	Starr Library	Call OFA
12/4/24, 3pm	Adriance Library	845-485-3445 x3380

12/4/24, 10am Starr Library Call OFA

Medicare open enrollment closes on December 7th

12/18/24, 10am Poughkeepsie Galleria (Community Room) Call OFA

We continue to add Navigating Medicare classes during Open Enrollment.

For the most up-to-date calendar listings, visit www.dutchessny.gov/calendar.

Classes are held on the third Wednesday of every month at the Galleria, and on the fourth Monday of the month at Starr Library.

2024-25 “Heap” Season Now Open

The winter heating season is fast approaching, so it's time to make sure you're taking advantage of any heating assistance for which you qualify. The most well-known heating assistance program, the Home Energy Assistance Program (HEAP), provides eligible customers with assistance in paying home heating bills. The HEAP program for the 2024-2025 heating season is now open. New applicants can apply for assistance, either in person or online. Applications have already been sent to qualified individuals in Dutchess County, who received HEAP last year and meet the eligibility criteria.

If this is your first time learning about HEAP and you're over 60, call OFA's HEAP Hotline during business hours at **845-486-2553** to request an application, or to find out if you qualify. Those under 60 can contact the HEAP hotline at the Dutchess County Department of Community and Family Services, at **845-486-3249**.

HEAP offers a one-time benefit directly applied to customers' utility bills. This federally funded program is available to households with incomes at or below 175 percent of the federal poverty guidelines.

Customers who qualify for HEAP may also qualify a Clean and Tune benefit, providing for the cleaning and maintenance of primary heating equipment. Additionally, any household with at least one person who receives HEAP benefits and is a homeowner may qualify for the Weatherization Assistance Program (WAP).

Senior Gardening With "People Usa"

Join People USA (102 Fulton Ave., Suite A, Poughkeepsie) on the second Thursday of each month from 3-5 pm for Senior Gardening, open to adults age 60+ for low activity gardening.

To join, email kmiller@people-usa.org or memenzenski@people-usa.org.

Next Year's Tax Season Volunteers Sought

Hudson Valley CA\$H Coalition and AARP Tax-Aide provide free tax preparation to low-to-moderate income residents. Volunteers are needed to continue to provide this support. Tax Counselor and other volunteer roles are available. Free training is provided this fall and in the early winter of 2024-25.

For more information or to volunteer, contact Linda Eddy at 845.475.7500 or leddy@dutchesscap.org.

Other news:

She's been [teaching for 64 years...right here in Dutchess County.](#)

November is [National Family Caregivers Month](#).

A useful video on "[antidotes for ageism](#)."

If you're looking for a nasal decongestant containing phenylephrine at your local store, it's likely to be going away soon after [an FDA determination that it wasn't effective](#).

Music legend Quincy Jones died last week at age 91. [Here's a fascinating look back at his behind-the-scenes talent](#), used on behalf of musicians from Frank Sinatra to Van Halen.

Here's a seasonally-appropriate Bad Joke!

I own three shirts and some neckwear that used to belong to a guy who was in The Mamas and the Papas. All the sleeves are brown and the tie is gray.