

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of November 24

The recently concluded federal government shutdown put the nation's nutrition assistance programs in the spotlight this month, most notably the SNAP (formerly known as food stamps) program.

Beneficiaries' SNAP accounts may have been replenished for November; but lost in the SNAP debate was the issue of protecting benefits from theft and scams. Make no mistake: Scammers follow the headlines, and a thief can pounce as soon as a beneficiary's SNAP account is replenished.

Here's how to stop the thieves, courtesy of the New York State Office of Temporary and Disability Assistance (OTDA):

1. Got a mobile device? Get the ebtEDGE app, or visit the cardholder portal at

**ebtedge.com.**

2. Log into your account and tap "Freeze Card" under "Account Services."

3. Select "Freeze Card."

4. A Freeze Card confirmation message will appear. Select "OK" to confirm.

Freezing your EBT card will block all purchases, balance inquiries, and transactions. Whenever you go shopping, use the ebtEDGE app to unfreeze your card and freeze it again after you check out. You can also use the ebtEDGE app, or go to **ebtEDGE.com**, to block online or out-of-state transactions.

## **OFA THANKSGIVING WEEK HOURS**

The Office for the Aging and all OFA Friendship Centers are closed for

Thanksgiving Day on Thursday, November 27<sup>th</sup>. Friendship Centers will also be closed on Friday, November 28<sup>th</sup>. The OFA office in Poughkeepsie will be open for normal hours.

OFA Home Delivered Meals clients receive shelf-stable meals in advance.

## **AN ANNUAL SOCIAL SECURITY SCAM**

Scammers are predictable in many ways, because they know certain tactics work for them at certain times of year. One of their common tricks for the last weeks of a year is to impersonate a representative of Social Security or another government agency, claiming that you need to give them personal and financial information to get your 2026 Social Security cost-of-living adjustment (COLA).

That's never been Social Security policy. Your COLA takes effect automatically with the new year. The caller is a scammer. You can report Social Security scam attempts online at [oig.ssa.gov](https://oig.ssa.gov), or by calling the Social Security Office of the Inspector General's hotline at 800-269-0271. Save any suspicious text messages, emails, or postal mails you may have received. If you received a scam call, note the Caller ID number. Although the number

has likely been spoofed (faked), it can still be a helpful piece of information for investigators.

Your report won't catch a scammer all by itself, but it can help investigators establish patterns that can help them locate and catch suspected scammers.

For more information on Social Security scams, visit [www.ssa.gov/fraud](http://www.ssa.gov/fraud).

See [www.dutchessny.gov/scamprevention](http://www.dutchessny.gov/scamprevention) for a printable, comprehensive list of contact information on reporting scams.

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## **OFA WINTER CONCERT – ONLY A FEW SEATS LEFT**

As of Friday morning (November 21), reservations were going fast for our free annual Winter Concert with “Frank and Dean” and the Tony T Orchestra with guest singer Sandra, on Wednesday, December 3<sup>rd</sup> at the Grandview, 176 Rinaldi Blvd. in Poughkeepsie.

Reservations are required, and open to Dutchess County residents over 60. To make a reservation, call OFA during business hours (9a-5p weekdays)

at 845-486-2555. We cannot accept reservation requests made by voice mail, email, or text message.

Guests are strongly encouraged to car-pool to the event. Doors for the show open at 12:30.

### **RESERVE HOMEBOUND FLU/COVID VACCINATIONS BY DECEMBER 5**

Are you a homebound Dutchess County resident over age 60, or the caregiver for one? If the homebound individual in question is unable to get a COVID booster and/or influenza vaccine due to their condition, OFA can help.

Our staff can arrange for in-home vaccinations, but there's not much time left to register. We will accept registration requests through close of business Friday, December 5th, or whenever all available vaccinations are booked, whichever comes first.

Call OFA during business hours to find out more: **845-486-2555**.

### **VOLUNTEERING OPTIONS FOR THANKSGIVING DAY (and other days)**

While OFA facilities are closed on Thanksgiving Day, we know many of our readers and their families like to volunteer on that day. As an alternative, we recommend contacting your local houses of worship and municipal governments to find potential holiday volunteering options near you.

And then...we hope you'll consider volunteering with OFA's Home Delivered Meals program for any of the other 240-odd weekdays we operate throughout the year. We have options available for prospective HDM delivery drivers throughout Dutchess County.

HDM volunteering routes typically operate during weekday middays, on whatever days a volunteer chooses to be available. Mileage reimbursement is available for drivers who use their own vehicles.

As an HDM volunteer driver, you're not only bringing homebound older adults a nutritious midday meal; you're also a friendly visitor helping our older adults stay connected to the wider world.

For more information, and a look at all OFA volunteering options, visit [www.dutchessny.gov/ofavolunteer](http://www.dutchessny.gov/ofavolunteer).

**Other news:**

[Americans are largely unprepared for the challenges of aging.](#) You don't have to be. That's the Page 1 story in our upcoming Winter 2025-26 THRIVE60+ newsletter, due out next week.

Social frailty (another way of saying “loneliness and social isolation”) is [a major dementia risk.](#)

Anti-aging supplements? [don't believe the hype.](#)

Cognitive training? For the first time there's [evidence that it might just work.](#)

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

11/21: NBA Hall of Famer [Earl “The Pearl” Monroe](#) (81)

11/22: Director/actor [Terry Gilliam](#) (Monty Python) (85)

11/23: Singer/songwriter/pianist [Bruce Hornsby](#) (71)

11/24: Drummer/songwriter [Pete Best](#) (The Beatles, for a little while) (84)

11/25: NFL coach/racing team owner [Joe Gibbs](#) (85)

11/26: NFL Hall-of-Famer [Harry Carson](#) (72)

11/27: Science communicator [Bill Nye](#) (70)

**The Bad Joke!** (This one calls for you to have some storytelling skills)

One day in the late 70s, Prince Charles played a trick on his sister Princess Anne. He gave her a pile of small stones and told her they were lizard eggs, and that she could hatch them in the royal incubator. She puts the stones in the incubator - and nothing happens, of course.

Luckily for the princess, she was friends with (the singer) Sting, who calmly explained to her, “those are rocks, Anne. You don’t have to put on the red light.”