

Dutchess County Office for the Aging's

AGING NEWS

For the week of October 13th

The Office for the Aging and OFA Friendship Centers are closed on Monday, October 13th, in observance of the national Columbus Day holiday.

OFA Homebound Vaccinations Return

For the homebound older population of Dutchess County, doing the day-to-day tasks that most of us take for granted can be an insurmountable challenge. Using essential services like healthcare comes with the difficulty of getting to a medical office and back. It's no easy task for homebound individuals to get the periodic vaccinations they need. That's why the Office for the Aging is bringing back its annual Homebound Vaccination program for homebound Dutchess County residents over age 60, available now through Friday, December 5th.

Who's Eligible for Which Vaccinations?

In August, the U.S. Food and Drug Administration approved updated COVID-19 vaccines but limited them to people aged 65 and older and younger people (age six months to age 64) who are at risk for severe illness. The Centers for Disease Control and Preparedness (CDC) says risk of severe illness can include: mental health conditions, being overweight, not being physically active, being a current or former smoker, cancer, heart conditions, having a weakened immune system, and more - including being homebound.

Everyone over the age of 6 months is eligible for the seasonal flu vaccine, and vaccination is especially important for older adults.

No Need to Wait Until the Snow Flies

Influenza is generally seasonal, but COVID-19 is year-round. Homebound individuals can contact OFA at **ofa@dutchessny.gov** or **845-486-2555**, and

our staff will arrange for in-home vaccinations for COVID-19 and/or influenza.

2025-26 OFA MEDICARE SPOTLIGHT NOW AVAILABLE

By now, Medicare beneficiaries have been mailed the 2026 edition of the federal government's "Medicare and You" guide to Medicare. While its 128 pages are packed with essential information, not all of it will be specific to you and your needs. It'll still be helpful to all the neighbors, friends and family members who have Medicare questions.

OFA's annual *Medicare Spotlight* attempts to condense each year's most critical Medicare information into eight pages, while localizing it to Dutchess County. We are emailing a copy of the *Spotlight* to everyone on the OFA email list, and it's also available at www.dutchessny.gov/thrive60 along with our quarterly THRIVE60+ newsletters. To join our email list to receive the *Medicare Spotlight* and weekly OFA newsletters, email bjones@dutchessny.gov. We typically send weekly emails every Friday.

Paper copies of the newsletter are being delivered this month to public libraries throughout Dutchess County. Older adults who are not online can subscribe to future mailed newsletters by calling OFA during business hours at 845-486-2555.

OFA MOBILE OFFICE HOURS, TOWN OF WASHINGTON

(Tue 10/14)

Rural Dutchess County residents who'd like in-person questions answered by OFA but would like a shorter drive...here comes a new opportunity.

OFA will hold mobile office hours on Tuesday, October 14th from 10:30am to 12:30pm at the Town of Washington Adult Center, 3744 US 44 in Millbrook (Mabettsville hamlet).

We're working on arranging mobile office hours throughout the county, and you'll find out about it in this newsletter as we get more such events set up.

OFA AT HOSPICE VETERANS BREAKFAST (Thu 11/6)

Dutchess and Ulster County veterans are invited, along with one guest, to the 2025 annual Hudson Valley Hospice Veterans Breakfast, at 9:00am on Thursday, November 6th, at the Henry A. Wallace Center at the FDR Presidential Library in Hyde Park (4079 Albany Post Rd. (Route 9)).

[Use this link to RSVP](#) by Saturday, November 1st, call 845-240-7605, or email johnsonr@hvhospice.org.

NYS “INFLATION REFUND” CHECKS...AND SCAMS

Wondering about those New York State “inflation refund” checks coming to millions of New York households this fall? [Here’s what you need to know, directly from the state tax/finance department](#), including how to report scam attempts related to the refund program.

Authorities report that scammers are trying to impersonate state tax department officials in phone calls, trying to trick people into giving up money

and personal information. Experts' advice remains the same: government agencies WILL NOT "cold-call" you.

Checks sent through the mail to homes are vulnerable to theft, and inflation refund checks are no different. Signing up for [the U.S. Postal Service's "informed delivery" program](#) allows recipients to be emailed visual descriptions of each day's incoming mail.

FREE PERIPHERAL ARTERY DISEASE (P.A.D.) CLINIC AT MARIST

(Sat 10/11)

If you experience pain or cramping in the legs when walking or exercising, it's a possible sign of peripheral artery disease (PAD). Those with diabetes, high cholesterol, high blood pressure, a history of smoking are among the more susceptible.

The Marist University Department of Physical Therapy and its physical therapy students are hosting a free PAD clinic on Saturday, October 11th from 9am until noon at the university's Allied Health Building (23 Beck Place, Poughkeepsie), room 210, from 9:00 am to noon.

For more information, call 845-575-3489 or email
maristdptcommunityclinic@gmail.com.

Citizens Preparedness Events

Are you and your caregivers prepared for emergencies? It's okay if you're unsure, because there are opportunities coming up to build on your knowledge, thanks to Dutchess County Emergency Response and Medical Reserve Corps as well as the Office for the Aging.

Participants will learn how to prepare for a disaster or emergency of any kind and recover as quickly as possible. Each family attending will receive a free Citizens Preparedness Response Starter Kit, while supplies last.

- **Tuesday, October 14: Wappinger Town Hall, 20 Middlebush Rd., Wappinger.** Doors open at 6:30pm, class begins at 7pm. Registration required, visit **dutchessny.gov/citizenpreparedness**.

- **Tuesday, October 21: Stanford Library, 6035 NY Route 82, Stanfordville. With Dutchess County OFA.** Class begins at 6pm.
Registration required, call the library at **845-868-1341**.

Medicare Open Enrollment Season Classes

Medicare's annual open enrollment season begins on October 15th and continues through December 7th. It's your chance to prepare your coverage for 2026 and maybe save yourself some money too.

OFA offers year-round "Navigating Medicare" classes on the following schedule. Dates within Open Enrollment season are noted below:

Third Wednesday of every month, 10 am at the Community Room at the Poughkeepsie Galleria (2001 South Road (Route 9), Poughkeepsie)

October 15th, November 19th

Fourth Monday of every month, 4 pm at Starr Library (68 West Market St., Rhinebeck)

October 27th, November 24th

Also on Monday, October 20th, 2 pm

We've also added more classes to the calendar for Open Enrollment season:

Thursday, November 6th - 9:30am

Thursday, December 2nd - 9:30am

Adriance Library

93 Market St., Poughkeepsie

(parking lot entrance on Noxon St.)

(TODAY!) Friday, October 10th, 3pm

Boardman Road Branch Library

141 Boardman Rd., Poughkeepsie

To register for all classes at Adriance Library or Boardman Road Branch Library, call

845-485-3445 extension 3380.

Wednesday, October 29th, 1:00pm

Fishkill Recreation Center, 793 NY 52, Fishkill

To register: **845-831-3371**

(NEW CLASS ADDED)

Monday, November 10th, 2:00pm

Howland Library, 313 Main St., Beacon

To register: **845-831-1134**

We are planning additional "Navigating Medicare" classes for Open

Enrollment season. Visit **dutchessny.gov/hiicap** for the latest information on

classes as well as individual insurance counseling, or call the OFA HIICAP hotline at **845-486-2566**. Both in-person and phone counseling sessions can be arranged, while space is available.

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Other news:

His family history of early-onset Alzheimer's disease indicated he'd likely contract Alzheimer's as well...[and yet, he hasn't, thus far](#).

How do immune system issues affect the aging brain? [Researchers met at MIT last month to discuss the topic](#). We're not going to pretend we understand everything they were talking about, but it's fascinating regardless.

Older judges in New York State are challenging a state law that [forces them to retire at age 76](#).

It's apple season, which means it's apple pie and pastry season, and therefore [the Culinary Institute of America in Hyde Park has some tips](#).

Here's [12 Hudson Valley foliage season road trips](#), including a couple in Dutchess...BUT we know lots more beautiful roads in Dutchess, and we're sure you've got your own favorite routes too. Hint: start with Dutchess County Route 9 between 82 in Hopewell Junction and 82 in Verbank, or NY 199 between Millerton and Red Hook.

Speaking of scenic, did you know that Stissing Mountain in Pine Plains (on an October afternoon) is depicted at the [American Museum of Natural History](#)?

This week's birthdays:

10/10: Singer/songwriter [David Lee Roth](#) (Van Halen) (71)

10/11: Singer/songwriter [Daryl Hall](#) (79)

10/12: Yankees shortstop/sportscaster [Tony Kubek](#) (90)

10/13: Disc jockey ["Cousin Brucie" Morrow](#) (90)

10/14: Fashion designer [Ralph Lauren](#) (86)

10/15: Chef/author [Emeril Lagasse](#) (66)

10/16: Actor/director/screenwriter [Tim Robbins](#) (67)

We've run out of newsletter. That means it's Bad Joke time!

What's a werewolf's favorite drink?

Moonshine.

