

Dutchess County Office for the Aging's

**AGING NEWS**

For the week of October 21st

***Golden Living . . . News for Older Adults, Their Families and Caregivers***

***Todd N. Tancredi, Director***

***Dutchess County Office for the Aging***

Do you have unused, outdated, or otherwise unneeded drugs in your home?

There's a way to safely dispose of them coming up on Saturday, October 26th, from 10 am to 2 pm - National Drug Take-Back Day. It happens twice a year: once in the spring, and again in the fall. Clean out your medicine cabinets and help prevent drug misuse before it starts.

There's one Drug Take-Back Day event in Dutchess County: at Dick's Sporting Goods at the Poughkeepsie Galleria on Route 9, supported by Town of Poughkeepsie Police, and Council on Addiction Prevention and Education of Dutchess County. Safe disposal protects you and your family as well as the natural

environment, as it:

- Prevents poisoning of children and pets;
- Deters misuse by unintended users;
- Avoids health problems from accidentally taking the wrong medicine, too much of the same medicine, or a medicine that is too old to work well; and
- Keeps medicines from entering streams and rivers when poured down the drain or flushed down the toilet.

### **Don't Just Flush or Toss Them**

Unless the label on your medication specifically okays disposal by flushing down the toilet...don't. Drug residue has been found in groundwater and drinking water supplies from coast to coast.

Throwing medications in the trash can be iffy; people with addictions are not above rummaging through garbage if they think they can find a fix.

## **"But I Can't Get Out of the House"**

Due to reduced transportation options and a higher likelihood of needing prescription medications, homebound individuals often accumulate a great deal of medications; and whenever their prescriptions change, they can be left with a disposal dilemma for the medications they no longer need.

The DEA offers a Plan B which can be effective for homebound individuals who can't get to a safe disposal site:

1. Take the medications out of their original containers.
2. Mix them with an undesirable substance like cat litter or used coffee grounds.
3. Pour the mixture into a sealable plastic bag, or a disposable container with a lid.
4. Conceal or remove any personally identifiable information on the medication containers.

5. Now you can toss it in the regular trash.

Below are other Dutchess County drop-off options, available year-round, courtesy of STOP-DWI and the Dutchess County Traffic Safety Board. Sites are open 24/7, except as noted below:

- City of Beacon Police - 1 Municipal Plaza
- Dutchess County Law Enforcement Center - 108 Parker Ave., Poughkeepsie
- East Fishkill Police - 2468 NY 52, Hopewell Junction
- Fishkill Police - 801 NY 52, Fishkill
- Hyde Park Police - 3 Cardinal Rd., Hyde Park
- New York State Police, Troop K Headquarters - 2541 NY 44, Salt Point
- Pawling Substation, Dutchess County Sheriff's Office - 9 Memorial Ave.,

Pawling

Call 845-486-3800 for assistance

- Town of Poughkeepsie Police- 19 Tucker Drive, Poughkeepsie
- Millerton Police - 5933 North Elm Ave. (NY 22), Millerton

Mon-Fri 9a-4p; Sat noon-midnight; Sun 4p-midnight

- Red Hook Police - 7467 South Broadway, Red Hook

Daily, 8a-midnight

- Rhinebeck Police - 76 East Market St., Rhinebeck

Daily, 7a-11p

- Wappingers Falls Police - 2628 South Ave., Wappingers Falls

Medications are also accepted for safe disposal at all OFA Summer Picnics, courtesy of the Dutchess County Sheriff's Office, STOP-DWI, and Medical Reserve Corps.

***Golden Living is prepared by the Dutchess County Office for the Aging, 114***

***Delafield St., Poughkeepsie, New York 12601, telephone 845-486-2555, email:***

***[ofa@dutchessny.gov](mailto:ofa@dutchessny.gov) website: [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging) Social media:***

***[www.facebook.com/DutchessCountyOFA](http://www.facebook.com/DutchessCountyOFA)***

**FRAUD PREVENTION SEMINARS IN MILLBROOK (10/23), WAPPINGER (10/30)**

Dutchess County Comptroller Gregg Pulver will join District Attorney Anthony Parisi and the Dutchess County Sheriff's Office for two fraud prevention seminars dedicated to educating Dutchess County's older adults.

The seminars will include a variety of topics, including but not limited to:

- Recent/common scam types;
- Tips for fraud prevention, and
- What to do if you've been scammed.

The events will be held on Wednesday, October 23, 2024 from 2-3 PM at the Farm and Home Center in Millbrook (2715 US 44) and Wednesday, October 30, 2024 from 2-3 PM at the Senior Center in the Town of Wappinger (20 Middlebush Rd., at Town Hall).

RSVP is not required.

For more on scam prevention, visit [dutchessny.gov/scamprevention](https://dutchessny.gov/scamprevention).

## **OFA “NAVIGATING MEDICARE” CLASSES FOR THE FALL (SO FAR)**

Medicare’s annual Open Enrollment period began on October 15<sup>th</sup>, 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), Adriaance 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:

10/21/24, 5:30pm	Adriaance Library	845-485-3445 x3380
10/25/24, 1 pm	Fishkill Recreation Center 793 NY 52, Fishkill	845-831-3371
10/28/24, 4pm	Starr Library, Rhinebeck	Call OFA
10/30/24, 2pm	Howland Library 313 Main St., Beacon	845-831-1134 or use the calendar at beaconlibrary.org

11/7/24, 9:30am Boardman Road Branch Library 845-485-3445 x3380  
141 Boardman Road, Poughkeepsie

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  
Medicare open enrollment closes on December 7<sup>th</sup>

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](http://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.

### **OFA IN AMENIA (Tue 10/22)**

OFA will offer a presentation on OFA services at the Amenia Free Library on Tuesday, October 22<sup>nd</sup>, at 3:30pm. To register, call the library at 845-373-8273.

**REGISTRATION OPENS MONDAY 10/21 FOR DEFENSIVE DRIVING AT BOARDMAN ROAD LIBRARY (Sat 12/7)**

A Defensive Driving class will be held on Saturday, December 7th from 9:30 - 3:30 pm at the Boardman Road Branch Library at 141 Boardman Rd., Poughkeepsie, NY 12603.

Registration opens on Monday, October 21st at 10am - and this program usually fills up very quickly.

People can register themselves through [this calendar link](#). Go to December 7th on the calendar and click the register button under the name of the program.

Prospective registrants can also call 845-485-3445 x3707.

**NOVEMBER HOLIDAY HOURS**

The Office for the Aging and all Dutchess County Government offices are closed on the following holidays in November:

Tuesday, November 5<sup>th</sup> (Election Day)

Monday, November 11<sup>th</sup> (Veterans Day, national holiday)

Thursday, November 28<sup>th</sup> (Thanksgiving Day, national holiday)

OFA offices will be open on Friday, November 29<sup>th</sup>, but Friendship Centers will be closed.

**Other news:**

About [this year's flu season and older adults...](#)

[Your calorie needs change](#) as you age.

It's the [Decade of Healthy Aging](#), according to the World Health Organization.

Which means there's five years and change to get caught up if this is the first time you're hearing about this.

Do you need dental X-rays every year? [Depends on your oral health...](#)but in many cases it's *not* recommended.

**This week's birthdays:**

10/18: NFL Hall-of-Famer [Mike Ditka](#) (85)

10/19: Actress/singer [Jennifer Holliday](#) (64)

10/20: Baseball Hall of Famer [Juan Marichal](#) (87)

10/21: Guitarist/songwriter [Steve Cropper](#) (83)

10/22: Actress/singer [Catherine Deneuve](#) (81)

10/23: Singer/songwriter/actor [Dwight Yoakam](#) (68)

10/24: Actor/singer [Kevin Kline](#) (77)

**Once more, it's a Bad Joke!**

You know what they say about cliffhangers...