

Dutchess County Office for the Aging's

AGING NEWS

For the week of October 5

Note: Dutchess County Government offices, including the Office for the Aging, are closed on October 12th in observance of Columbus Day. Clients of the OFA Home Delivered Meals program receive shelf-stable meals in advance of the holiday.

2027 Social Security “COLA” Announcement Coming Soon

Over 75 million Americans are waiting for October 14th. That's when the federal government releases the official Social Security Cost of Living Adjustment (COLA) for 2027.

Largest Bump Since '23? Possibly

The adjustment is announced right after the federal government releases a key inflation report. The information in that report is used to calculate the COLA.

Predictions for the 2027 COLA from advocacy groups like AARP and the Senior Citizens League have been in a close range around 3.5%. For an older adult with a \$2,000 monthly Social Security payment, a 3.5% bump would bring their 2027 monthly payment to \$2,070.

But the COLA is just one part of the calculation older adults need to make.

The COLA and Inflation

While the annual bump in Social Security benefits is designed to match the inflation rate, the increase is based on changes for July, August and September to the Consumer Price Index for Urban Wage Earners and Clerical

Workers, compared to the same months in 2025.

And you may be thinking "but I'm retired!" We noticed that, too. Advocacy groups have noted the disconnect between inflation measurement and your reality as an older adult. Most Social Security recipients are retired rather than working, after all. Retirees have different spending patterns than wage-earners, and often an effectively higher inflation rate.

The Senior Citizens League says Social Security benefits have fallen short of inflation by over 13 percent from 2016 to 2026.

If you have an online "my Social Security" account, the specifics of the 2027 COLA applying to your benefits will appear in your Message Center in late November, according to Social Security. ssa.gov/myaccount will have the details. It's also where you can sign up for an online account if you don't already have one.

About Social Security and Medicare Premiums

Many Social Security beneficiaries who have Medicare Part B premiums deducted from their benefits could see a different change in their deposited amount after Medicare costs are taken into account.

For example, if Social Security benefits rise by 3.5% but the standard Medicare Part B premium also increases, the additional Medicare deduction could offset part of the Social Security increase.

The 2027 Medicare Part B premium is not included in the COLA estimate. Medicare generally announces its upcoming premiums in the late autumn.

Beneficiaries can check official Medicare information through [Medicare.gov](https://www.medicare.gov).

2026-27 “Medicare Spotlight” Now Available

Published every October, OFA’s annual *Medicare Spotlight* condenses 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 dutchessny.gov/medicarespotlight.

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.

Last Week to Sign Up and Join OFA at the Senior Prom (Mon 10/19)

Registration for the OFA “Hawaiian Luau” Senior Prom closes on Friday, October 9th, or whenever the event reaches capacity, whichever comes first – and over 400 Dutchess County older adults have already made plans to be at the prom. [Registration and payment info is available here](#). Admission is \$25 (prepaid), which includes lunch, while seating is available. Guests must be Dutchess County residents over age 60.

The Senior Prom happens on Monday, October 19th, 12 noon-4pm, at The Grandview, 176 Rinaldi Blvd. in Poughkeepsie, and is co-hosted by The Pines at Poughkeepsie.

Carpooling is strongly suggested.

2027 Tax-Aide Volunteers Wanted

The Community Action Partnership for Dutchess County, AARP Foundation Tax-Aide, and Hudson Valley CASH Coalition are getting ready for next year's income tax filing season, and looking for volunteers to fill the roles of:

- Tax Counselors
- Client Facilitators
- Appointment Specialists
- Marketing and Communications
- Administrative Support

For more information, call 845-475-7500 or email ledy@DutchessCAP.org.

“Friendly Calls” Orientations

Interested in becoming an OFA “Friendly Calls” volunteer caller? We have a volunteer orientation opportunity available at the OFA main office at 114 Delafield St. in Poughkeepsie:

Monday, October 5th or 26th – 10am

To reserve your seat, call OFA during business hours at 845-486-2555.

Mobile Office Hours in Tivoli

Northern Dutchess, here’s a chance to have your aging services questions answered in person, without the need for a lengthy trip into Poughkeepsie. OFA Ambassador Mary Reedy is hosting by-appointment Mobile Office Hours at the Tivoli Free Library (86 Broadway) from 1-3pm on Tuesday, October 6th.

Call OFA at 845-486-2555 during business hours to sign up for your 30-minute appointment.

Additional Mobile Office Hours appearances are listed in the next item.

Lots More Upcoming OFA Events – Sign Up!

To register for any of the events below, contact OFA during business hours at 845-486-2555 unless a different contact method is indicated.

October:

(Monday) 5th – OFA Mobile Office Hours, South Amenia OFA Friendship Center, 229 South Amenia Rd., Wassaic, 10a – 1p

(Tuesday) 6th – Navigating Medicare, Howland Library, Beacon, 1 pm, call 845-831-1134

(Wednesday) 14th – Navigating Medicare, Starr Library, Rhinebeck, 4 pm

(Thursday) 15th – Navigating Medicare, Boardman Road Library, 141 Boardman Rd., Poughkeepsie (call 845-485-3440 x3380, 9:30am

(Tuesday) 20th – OFA Mobile Office Hours, Admiral Halsey Senior Village, 135 Main St., Poughkeepsie, 1-3 pm

(Wednesday) 21st – Navigating Medicare, Poughkeepsie Galleria Community Room, 10 am

(Thursday) 22nd – OFA Mobile Office Hours, Beacon OFA Friendship Center, 1 Forrestal Heights, 9:30a-noon

(Thursday) 22nd – OFA Mobile Office Hours, Wappingers Town Hall, 1-4p

(Friday) 23rd – Navigating Medicare, Millbrook Library (3 Friendly Ln.), 3:00pm (845-677-3611)

(Monday) 26th – OFA Mobile Office Hours, East Fishkill OFA Friendship Center, 890 NY 82, Hopewell Junction, 9-11 am

(Thursday) 29th – OFA Mobile Office Hours, Amenia Library, 3309 NY 343, Amenia, 12-3 pm

November:

(Monday) 9th – Navigating Medicare, Adriance Library, 93 Market St., Poughkeepsie (parking on Noxon St.) – 845-485-3445 x3380

(Tuesday) 10th – OFA Mobile Office Hours, Clinton Library, 1215 Centre Rd., Rhinebeck, 10a – 2p

(Thursday) 12th – Caregiving Workshop, with AARP New York and Dutchess County Executive Sue Serino, East Fishkill OFA Friendship Center,

890 NY 82, Hopewell Junction, 10:30am. [Use this link to sign up](#), or call AARP at 518-447-6711.

Other news:

Could [your voice](#) reveal how well you're aging?

Prepare your home for aging *before* you need care – [here's six tips](#).

Here's a senior center that's all about "[aging gracefully with the homies](#)."

This week's birthdays:

10/3: Singer/songwriter [Chubby Checker](#) (85)

10/4: Actor [Christoph Waltz](#) (70)

10/5: Singer/songwriter/guitarist [Steve Miller](#) (83)

10/6: Actress [Elisabeth Shue](#) (63)

10/7: Cellist/educator [Yo-Yo Ma](#) (71)

10/8: Actress [Sigourney Weaver](#) (77)

10/9: Singer/songwriter/guitarist [Jackson Browne](#) (78)

The Bad Joke!

What's orange and sounds like a parrot?

A carrot.