

Dutchess County Office for the Aging's

AGING NEWS

For the week of October 6th

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

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What NOT To Keep In Your Wallet

As we prepare for the October 15th beginning of the annual Medicare Open Enrollment season, during which Medicare enrollees can make changes as needed to their health insurance coverage for 2026, you may be wondering just where your Medicare card is.

In your wallet? If so, consider *not* carrying it with you, except for the days when you have a medical appointment and might need it. In fact, there's a lot of things in your wallet that don't need to be there.

Avoiding the "George Costanza Wallet"

Regular "Seinfeld" viewers may remember the episode that centered on the fate of George Costanza's unnaturally overstuffed wallet. We'll let Jerry pick up the story:

Jerry Seinfeld: Your back hurts because of your wallet. It's huge.

George Costanza: This isn't just my wallet. It's an organizer, a memory, and an old friend.

Inside George's "old friend" were important items like...Irish money and a Sweet-n-Low packet? No wonder his wallet eventually exploded. Let's avoid that scenario, spare you some backaches, and keep your personal information safe.

Other Things You Don't Need To Carry

If it's convenient for you to have in your wallet, it's also convenient for a thief - not just cash, but anything else a thief could use to steal your personal information.

Besides the Medicare card we mentioned at the start of this week's issue, here's what else *doesn't* need to be in your wallet or handbag, except on the specific day you need it:

Social Security card and birth certificate. These two are big ones for identity thieves, who can use this information to create fraudulent "synthetic identities."

A personal check, checkbook, or deposit slip. It's all there for a thief: your name, address, account number, and bank routing number. If you still use checks, take one check with you on the day you need it.

Too many credit/debit cards. If that store credit card isn't in your wallet, you're less likely to use it for impulse purchases you'll later regret. Keep store credit cards in your wallet on the day you'll use them. If you have a smartphone, explore using a merchant's app instead of a physical card.

Unredeemed gift cards. It's essentially free, untraceable cash for a thief. Smartphone users, remember that many merchants are able to store your gift card information on an app.

House key. Keys belong on your key ring. At least if you lose a key ring, a thief will be unlikely to know much about you based on keys alone.

PIN numbers and passwords. It's bad enough losing a credit or EBT/SNAP card, but if you keep the card's PIN number in your wallet - or worse still, on the card itself - you've just handed a thief a jackpot. For EBT/SNAP users, there's a guide to protecting your card, available in English and Spanish at dutchessny.gov/ofaprintable.

Old receipts. While it's true that your full credit card number doesn't appear on receipts, an identity thief can still use the available digits to impersonate your credit card company in all sorts of underhanded ways.

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OFA HOMEBOUND VACCINATION PROGRAM RETURNS

(Available through Friday, December 5th)

Are you a homebound older Dutchess County resident, 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, while supplies last, through Friday, December 5th, 2025.

Contact OFA during business hours at 845-486-2555 or ofa@dutchessny.gov to find out more.

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, December 22nd

Also on Monday, October 20th, 2 pm (new time)

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.)

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

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.

OFA PUBLIC COMMENT FORUMS (Tue 10/7, Thu 10/9)

You can contact the Office for the Aging at any time with questions and concerns, and in October there's an additional opportunity to advocate for your needs, at the annual OFA Public Comment Forums. The forums are unique opportunities to speak directly, in person, to OFA leadership and members of the OFA Advisory Board, at the following dates and locations:

Tuesday 10/7, 10:30 am

Wappinger Town Hall

20 Middlebush Rd., Wappinger

Thursday 10/9, 10:30 am

OFA Poughkeepsie Friendship Center

114 Delafield St., Poughkeepsie

Each forum lasts about one hour. If you are unable to attend a Public Comment Forum, you can mail written comments to the Dutchess County Office for the Aging, 114 Delafield St, Poughkeepsie, NY 12601. You can also email comments to ofa@dutchessny.gov

All Public Comment Forum locations are handicapped accessible.

TOWN OF WASHINGTON ADULT CENTER REOPENING (Tue 10/7)

OFA will be on hand during the reopening week of the Town of Washington Adult Program for individuals age 60+. It's at the Turletes Building in the Town of Washington Park, 3744 US 44 in Millbrook (Mabbettsville hamlet), on Tuesday, October 7th from 10am - 2pm. There'll be light refreshments and door prizes.

Additionally, OFA Outreach Coordinator Brian Jones will be talking to center attendees about scam prevention at 1:00 on Thursday, October 9th. Also, OFA Ambassador Mary Reedy will be at the center for mobile office hours on Tuesday, October 14th – save the date, details are coming soon!

Call the center at 845-677-9545 for more information.

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Other news:

Do you have old paper US savings bonds around the house? [Here's how to redeem them](#). It's not quite as simple as just swinging by your bank.

Lessons on successful aging from primatologist [Dr. Jane Goodall](#), who died this week at 91.

[A belated happy 100th birthday to former Yankee Bobby Shantz](#), who's also the second-oldest living MLB player and 1952 AL Most Valuable Player.

“Sister Jean,” the campus minister for Loyola University (Chicago) and chaplain for their men’s basketball team, is retiring...[at age 106](#).

This week’s birthdays:

10/3: Singer/songwriter/guitarist [Lindsey Buckingham](#) (Fleetwood Mac) (76)

10/4: Actor [Christoph Waltz](#) (69)

10/5: Historian/statistician [Bill James](#) (76)

10/6: Actress/singer [Britt Ekland](#) (83)

10/7: Cellist/educator [Yo-Yo Ma](#) (70)

10/8: Actress [Sigourney Weaver](#) (76)

10/9: Director/producer [Guillermo del Toro](#) (61)

Bad Joke time!

The Bigfoot is sometimes confused with the sasquatch, yeti never complains.