

Dutchess County Office for the Aging's

AGING NEWS

For the week of September 14

Over 4,000 Dutchess County residents will have turned 65 by the end of this year.

It's the year they reach Medicare eligibility; and for this milestone they receive a stack of insurance and government jargon, every year for the rest of their lives.

There's Medicare, but there's also Part A and Part B, Advantage, Medigap, Part D, plus the challenge of figuring out the acronyms: HMO, PPO, MOOP, AEP, IEP, SEP, IRMAA...

...OMG. Who understands this?

OFA does. We can be the only acronym you'll need. The rest can be translated back into plain language for you, with the help of our trained counselors in the Health Insurance Information, Counseling and Assistance Program, also known as HIICAP.

And that's the only acronym we'll mention in this article, from here on.

Confused? Frustrated? Reach Out To Us

You aren't alone. People with advanced degrees in accounting and finance can be puzzled by the choices they're being asked to make as they plan their health insurance coverage for 2027. You'd like some solid answers, without being sold something, without having your minds made up for you.

Key Questions We Can Help You Answer

It's one thing to learn about an insurer that covers our area, but a far more important thing to know that the doctors and hospitals that already serve you are in-network for the plan you're considering. The coverage that works for your sister on Long Island might not be anywhere near the best plan for you. A "five star" online rating is all but meaningless, because it doesn't measure what works

best specifically for you.

Don't Drown in "Medicare Alphabet Soup"

Let us throw you a lifeline! Make an in-person or remote Medicare counseling appointment with one of our trained counselors. Medicare's open enrollment season begins on October 15th every year. That's just a month away, so call our HIICAP Hotline:

845-486-2566

...and make the counseling appointment for yourself or a family member. We'll help you understand your options and clear the air, so that you'll feel confident about the choices you make for 2027.

Appointments with counselors during Open Enrollment (October 15 - December 7) fill up quickly, so don't delay.

Coming In October: Our "Medicare Spotlight"

The 2027 edition of the annual "Medicare and You" handbook is mailed out to millions of American older-adult households this time of year. It's supposed to be the condensed version of everything you need to know, but even the "short" version comes in at about 130 pages.

That's why we publish an 8-page "Medicare Spotlight" every October, as an introduction to this often-complex subject.

It's OFA Senior Prom Season (Monday 10/19)

Hundreds of Dutchess County older adults attend each year's Office for the Aging "Senior Prom" - it's four hours of fun, taking place on Monday, October 19th, at Villa Borghese, 70 Widmer Rd. in Wappinger. The event begins with lunch at 12 noon, followed by dancing to the music of the full Bob

Martinson Band. This year's theme is "Hawaiian Luau," if you're thinking of dressing up.

Admission is \$25 (prepaid), which includes lunch, while seating is available. Guests must be Dutchess County residents over age 60. Registration closes on Friday, October 9th, or whenever the event reaches capacity, whichever comes first.

[Registration and payment info is available here](#). Carpooling is strongly suggested.

OFA Public Comment Forums in September

Our two annual Public Comment Forums offer a unique opportunity for older adults and caregivers to speak directly to OFA leaders and members of the OFA Advisory Board, about issues that matter the most to you, whether it's housing, transportation, OFA services or another concern on your mind.

Tuesday, September 22nd, 10:30am

OFA Friendship Center - Poughkeepsie

114 Delafield St., Poughkeepsie

Thursday, September 24th, 10:30am

OFA Friendship Center - East Fishkill

890 NY 82, Hopewell Junction

If you are unable to attend a Public Comment Forum, you can email your comments to ofa@dutchessny.gov, or mail written comments to the Dutchess County Office for the Aging, 114 Delafield St, Poughkeepsie, NY 12601.

All Public Comment Forum locations are handicapped accessible. Persons requiring special accommodation to take part in a Public Comment Forum should contact OFA during business hours by close of business Monday, September 14th.

Join OFA at the “Golden Gathering” (Sat 9/26)

County Executive Sue Serino and her partners — NYS Senators Rob Rolison and Michelle Hinchey, as well as the Dutchess County Office for the Aging — invite Dutchess County's older adults to the 2026 Golden Gathering on September 26th at Arlington High School in Lagrangeville ([1157 NY 55](#) – *carpooling strongly suggested*).

The popular Golden Gathering is a free event offering older adults and their families easy access to dozens of services, resources and community organizations. It brings together more than 80 exhibitors to help attendees stay connected, healthy and informed. [Learn more at the link.](#)

“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, September 14th, 21st or 28th – 10am

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

More OFA Events Coming Soon – Sign Up!

To register for any of the events below, contact OFA during business hours at 845-486-2555 unless noted otherwise.

September:

(Wednesday) 16th – **Navigating Medicare**, Poughkeepsie Galleria Community Room, 10 am

(Wednesday) 16th – **The Importance of Physical Activity**, Stanford Library, 6035 NY 82, Stanfordville, 2 pm – call 845-868-1341

(Monday) 21st – **Navigating Medicare**, Tivoli Library, 86 Broadway, 1pm – call 845-757-3371

(Monday) 22nd – **OFA Mobile Office Hours**, Town of Wappinger Senior Center, 20 Middlebush Rd., 1-4 pm

(Wednesday) 23rd - **OFA Mobile Office Hours**, Hyde Park Library, 2 Main St., 11 am-1 pm

(Thursday) 24th - **Scam Prevention** with OFA Outreach Coordinator Brian Jones, Tivoli Library, 86 Broadway, 5 pm (845-757-3371)

(Monday) 28th – **OFA Mobile Office Hours**, Town of Poughkeepsie

Senior Center, 14 Abe's Way, 9 am-1 pm

October:

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

4:00pm

(Wednesday) 21st – Navigating Medicare, Poughkeepsie Galleria

Community Room, 10:00am

Other news:

The dust and trauma experienced by 9/11 first responders [may also be accelerating their brain aging](#).

For those older adults in the 60-64 age range who want to know more about how new SNAP benefit work/volunteering rules will affect them, [the New York State Office for the Aging has prepared a summary](#).

We'll say it again: [challenging your brain helps keep it healthy](#).

What's new in the world of scams and identity theft? There's always something. Always. This week it was a data breach involving [153 million US and Canadian driver's licenses](#). That link contains a breakdown of what went wrong, how we're vulnerable this time, and what to consider doing next.

This week's birthdays:

9/12: Actress/farmer [Rachel Ward](#) (69)

9/13: Chef [Alain Ducasse](#) (70)

9/14: Star Trek actor [Walter Koenig](#) (90)

9/15: Actor/director/producer/screenwriter [Tommy Lee Jones](#) (80)

9/16: Baseball Hall of Famer [Tim Lincecum](#) (67)

9/17: Former Mets reliever [John Franco](#) (66)

9/18: Basketball coach [Rick Pitino](#) (74)

Of course there's a Bad Joke.

I spent all day writing a joke about margarine and I can't believe it's not better.