

Dutchess County Office for the Aging's

AGING NEWS

For the week of September 30

Note: the Office for the Aging and all OFA Friendship Centers are closed on Monday, October 14th for the national Columbus Day holiday. Clients of OFA's Home Delivered Meals program receive shelf-stable meals in advance of the day.

HERE COME THE MEDICARE SCAMMERS (AGAIN)

Your phone rings. You pick up, figuring that maybe this time it won't be a scammer, and once again hear

"Hello, this is Dave from Medicare and we wanted to be sure you remembered to order your new card. All we need from you is your Social Security number and..."

And you hang up. It's a scam. Again. They figure that eventually you'll slip up and part with personal, financial or insurance information. Because Medicare Open Enrollment begins on October 15th, Medicare scams become most common this time of year.

We Can't Repeat It Enough

Medicare does not cold-call people. Neither does Social Security. Neither do your local courts or law enforcement. Neither do we at the Office for the Aging, by the way.

Scammers can “spoof” (fake) phone numbers so that they appear legitimate on phones with Caller ID. While using Caller ID deceptively is illegal, and many security measures have been taken to prevent such spoofing, scammers are nothing if not adaptable. Their search for vulnerabilities never seems to end, like crabgrass looking for a crack in the pavement. You can pull crabgrass, starve it of light and water, let livestock eat it, use weedkiller, even set it on fire, and it keeps coming back. That’s how scammers are.

Print this newsletter if you get a chance. Share it with somebody who hasn’t read it before, especially if they don’t have internet access. Scammers often target older adults, because they’re most likely to use landline phones without voicemail or Caller ID; to live alone; and to have fewer social and family connections that could convey key scam-prevention information to them. Many times, a scammer pretends to befriend a lonely older person who’s desperate for human connection.

Wouldn’t it be great if that older person got to talk to you instead, and was no longer so lonely as to fall for a scam? That’s where the OFA “Friendly Calls” program can be a lifeline. It’s also a great opportunity for recent retirees exploring volunteering options that work their new schedule. Wherever you can get a phone signal, a Friendly Caller can connect with a Dutchess County older adult at risk of loneliness and social isolation.

Even if you're homebound, you can take part in "Friendly Calls" as a volunteer caller, a participant, or both. For those who cannot travel to OFA for a "Friendly Calls" orientation session, remote orientations may be arranged.

For those who are able to visit our headquarters at 114 Delafield St. in Poughkeepsie, we have the following Friendly Calls orientation sessions coming up in October, with more added all the time:

- Monday, October 7 - 3:00pm
- Tuesday, October 15 - 10:00am
- Monday, October 28 - 3:00pm

Seating is limited; to book your spot and learn more, email Friendly Calls Outreach Coordinator Linda Edgar at ledgar@dutchessny.gov, or call OFA during business hours at **845-486-2555**. If you're fluent in multiple languages, let us know! We've made Friendly Calls pairings between Dutchess County older adults who speak Spanish, French, various Chinese dialects and Asian languages, and so many more!

To learn more about OFA's full range of volunteering opportunities, visit dutchessny.gov/ofavolunteer.

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 website: www.dutchessny.gov/aging Social media:

www.facebook.com/DutchessCountyOFA

2024 OFA “SENIOR PROM” IS SOLD OUT

We said seats would go fast...and they did, faster than ever before.

Any payments that arrive at OFA on or after Friday, September 27th will be returned.

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

Medicare’s annual Open Enrollment period begins on October 15th every year. The Office for the Aging has added additional “Navigating Medicare” classes to the year-round schedule of monthly classes at the Poughkeepsie Galleria Community Room (2001 South Rd., Poughkeepsie), Adriance Library in Poughkeepsie (93 Market St.) and Starr Library in Rhinebeck (68 W. Market St.), plus extra classes we’ve added for Open Enrollment season.

Here’s what’s on the fall schedule so far, along with how to call and register for a class:

10/16/24, 10AM	Poughkeepsie Galleria (Community Room)	Call OFA to register
10/17/24, 11am	Amenia Free Library	Call 845-373-8273
10/21/24, 5:30pm	Adriance Library	845-485-3445 x3380
10/28/24, 4pm	Starr Library, Rhinebeck	Call OFA to register

11/7/24, 9:30am	Boardman Road Branch Library 141 Boardman Road, Poughkeepsie	845-485-3445 x3380
11/20/24, 10am	Poughkeepsie Galleria (Community Room)	Call OFA to register
11/25/24, 4pm	Starr Library	Call OFA to register
12/4/24, 3pm	Adriance Library	845-485-3445 x3380
12/18/24, 10am	Poughkeepsie Galleria (Community Room)	Call OFA to register

We continue to add Navigating Medicare classes during Open Enrollment. For the most up-to-date calendar listings, visit www.dutchessny.gov/calendar.

Medicare open enrollment closes on December 7th.

OFA PUBLIC COMMENT FORUMS IN OCTOBER

You can contact the Office for the Aging at any time with questions and concerns, and in October there are additional opportunities 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, October 8th – 10:30 am

Red Hook OFA Friendship Center – 59 Fisk St.

Wednesday, October 9th – 10:30 am

Beacon OFA Friendship Center – 1 Forrestal Heights

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.

**“BOOTS BY THE BANDSHELL” BECOMES “BOOTS BY THE HUDSON” (New location)
(Saturday 10/5)**

Dutchess County Parks’ annual “Boots By the Bandshell” event now has a new name – “Boots by the Hudson” – because this year’s event is even closer to the Hudson!

“Boots” are back again this year on **Saturday, October 5, 3:30 – 8:00pm**. This fun, family-friendly event’s new location for 2024 is **Upper Landing Park, 83 North Water Street, Poughkeepsie**. Come for a great day outside with line-dancing, food trucks, and interactive games brought to us by [Mid-Hudson Discovery Museum](https://www.mid-hudsondiscovery.com/) and more. Visit dutchessny.gov/parks for more information.

MARIST CENTER FOR LIFETIME STUDIES FREE LECTURE SERIES

The [Marist College Center for Lifetime Study](#) is offering three free lectures to the public this fall (one of them happened this past week). Pre-registration is required by email at mc.cls@marist.edu or 845-575-3902.

“Dutchess County Citizens Preparedness Training Program”

Presented by Bill Beale, Dutchess County Director of Emergency Management

Friday, October 4th, 2:00pm

Poughkeepsie Library / Boardman Road, 141 Boardman Rd., Poughkeepsie

“Roosevelt’s Four Elections”

Presented by Jeff Urbin, Specialist for Education at the Franklin D. Roosevelt Presidential Library and Museum

Thursday, October 17th, 3:15 pm

Pleasant Valley Library, 1584 Main St (US 44), Pleasant Valley

Other news:

What’s causing your forgetfulness? [It could be a number of things.](#)

(video) [You Are Stronger Than Sarcopenia](#)

This week's birthdays:

9/27: Baseball Hall-of-Famer [Mike Schmidt](#) (75)

9/28: Actress [Brigitte Bardot](#) (90)

9/29: Actor [Ian McShane](#) (82)

9/30: Actress [Angie Dickinson](#) (93)

10/1: Actress/singer [Julie Andrews](#) (89)

10/2: Songwriter/musician/actor [Sting](#) (a/k/a Gordon Sumner) (73)

10/3: Baseball Hall-of-Famer [Dave Winfield](#) (73)

And here's a Bad Joke:

My boss asked me why I only get sick on workdays. I said it must be my weekend immune system.