

SPOTLIGHT ON SENIORS



Summer
2019

Summertime...and the Volunteerin' Is Easy

Are you planning on retiring soon? If so, are you pondering what fulfilling things you could do with your new free time?

Do you have teenage kids or grandkids who are wrapping up school for the summer, and could use something to keep themselves from saying things like "but there's nothing to do!"

At the Office for the Aging there's always something you can do for Dutchess County's seniors.

The OFA Home Delivered Meals program can always use volunteer delivery assistance. Our volunteers bring over 300 nutritious meals every weekday to homebound seniors around the county, and the volunteers serve as an extra set of eyes and ears to ensure that seniors stay safe and engaged with the world around them.

The summertime Senior Picnic Program is a great way to volunteer your talents. The hundreds of seniors who go to each picnic may need assistance in getting their meals, or pointers on how to find out about services available to them.

If the two most important words to you during the summer are "air conditioning," perhaps office assistance or insurance counseling may suit you. The OFA Health Insurance, Information, Counseling and Assistance Program (HIICAP) can train you to help seniors through the process of making sure their insurance is right for their needs.

And it's also volunteers who help us mail out thousands of these Spotlights on Seniors.

If your kind of volunteering doesn't quite match what we offer, we can point you toward dozens of other opportunities right here in Dutchess County.

Find out more by calling **(845) 486-2555** or emailing bjones@dutchessny.gov.

Todd N. Tancredi
Director

A Message from County Executive Marcus J. Molinaro

One of the best opportunities for you to safely dispose of unwanted or outdated medications is taking place this summer, during our Senior Picnic program, now in its 27th year.



The Dutchess County Sheriff's Department and Traffic Safety Board are stationed at every picnic to collect the medications you no longer need, so that they can be disposed of in a safe and environmentally sound way. Every year we collect hundreds of pounds of these medications, keeping them out of the wrong hands and out of our water supply and environment.

If you can't get to a Senior Picnic, medications can be dropped off at any time at the Dutchess County Sheriff's Office; New York State Police Troop K Headquarters in Salt Point; City of Beacon Police; town police departments in East Fishkill, Hyde Park and Poughkeepsie; and the Village of Wappingers Falls Police.

Also, limited drop-off hours are available at police departments in Millerton and Red Hook, and at the Dutchess County Sheriff's Office Pawling Substation. Please contact them to learn more.

Having said that, we hope that when you get your Senior Picnic invitation in the mail that you call the Office for the Aging to make your reservation for the picnic in your community. You can learn about OFA services, enjoy the company of your friends and neighbors, and speak face-to-face with the many local elected officials who make it a point to be at the picnics.

You can find a listing of this summer's remaining picnics on page 3 of this Spotlight - see you there!

A handwritten signature in blue ink that reads "Molinaro".

Marcus J. Molinaro
County Executive

SUMMERTIME SKIN CARE TIPS

This is the time of year when the sun's rays can do the most damage to our skin and eyes, because the sun's rays come at us most directly during the summer. Knowing this, what can we do to ensure that we get the outdoor activity we need while also keeping our eyes and skin protected?

The steps to take are easy to understand:

Stay hydrated. This one comes first because proper hydration is key to so many vital functions in addition to skin health. If you drink coffee, tea, or other caffeinated beverages, you'll have to drink that much more water to compensate for the other beverages' dehydrating properties. Some medications also list dehydration as a side effect, so take that into account as well when heading outside.

Don't skimp on the sunscreen. When it comes to being out in the sun, we're all the same color. While people with medium and dark complexions naturally have somewhat more protection from the sun's ultraviolet rays, nobody is fully immune to potential damage from the sun. University of Cincinnati researchers report that the palest skin has a natural sun protection factor (SPF) of about 3, while the darkest skin's SPF is about 13 – and the American Academy of Dermatology recommends a minimum SPF of 30. The Cincinnati researchers note that fairer-skinned people may notice a problematic change to an exposed mole anywhere on the body, while darker-skinned people might develop melanomas in areas usually shielded from the sun.

A wide-brimmed hat to protect the scalp and ears is a definite recommendation.

“Sunburn of the eye” can happen. Your eyes don't have to be in the sun's direct path to be injured. A condition called photokeratitis can occur when sunlight reflects off water, sand, or other light-colored surface into your unprotected eye. Look for sunglasses marked “100% UV protection.” The wide-brimmed hats we just mentioned also help protect your eyes.

SAVE THE DATES

Saturday, September 28th, 9:30 a.m. - 12:30 p.m.

OFA at the Golden Gathering

Arlington High School
1157 NY 55, Lagrangeville

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Monday, October 21st, 12 noon - 4 p.m.

Office for the Aging Senior Prom

Theme: The 70's

Villa Borghese, 70 Widmer Rd., Wappinger
Admission information coming in the fall Spotlight

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Thursday, November 7th, 9 a.m. - 12 noon

Office for the Aging Senior Seminars

New Hackensack Reformed Church
1580 NY 376, Wappingers Falls

•

Thursday, November 21st

Caregiver Conference

The Grandview
176 Rinaldi Blvd., Poughkeepsie

•

All dates and venues subject to change

SPOTLIGHT ON SENIORS

Marcus J. Molinaro — County Executive
Todd N. Tancredi — Director, Office for the Aging
Brian Jones — Editor, Spotlight on Seniors

Dutchess County Office for the Aging
114 Delafield St., Poughkeepsie NY 12601

(845) 486-2555 / toll free (866) 486-2555

Email: ofa@dutchessny.gov
Web: www.dutchessny.gov/aging

Available for free at libraries, senior centers and municipal buildings throughout Dutchess County.

Distributed in February, June, August and December, with a Medicare-focused edition in September.

To be added to or removed from our mailing list, call (845) 486-2544 or email bjones@dutchessny.gov.

SUMMER SENIOR PICNICS

Come to the Office for the Aging Senior Picnic that corresponds with your hometown. The picnics began in late May, which is why you might not see your community listed. Please update your address with the Board of Elections if you are 60 or older and were not mailed an invitation.

Because space is limited, **a reservation and proof of residency are required at all picnics.** Call (845) 486-2555 to make your reservation.

June 26 - Recreation Park
95 Robinson Lane
(Town of Wappinger and Village of Wappingers Falls residents)

July 10 - Fran Mark Park
(*NEW LOCATION FOR 2019*)
337 Clinton Hollow Rd., Salt Point
(Towns of Hyde Park and Clinton)

July 17 - Memorial Park
298 Fishkill Avenue
(Beacon residents)

July 24 - Cady Field
1554 Main Street
(Pleasant Valley residents)

July 31 - Bowdoin Park
85 Sheafe Road
(Town of Poughkeepsie residents)

August 14 - Freedom Park
198 Skidmore Road, LaGrange
(LaGrange and Beekman residents)

August 21 - East Fishkill Recreation Park
330 Route 376, Hopewell Junction
(East Fishkill residents)

August 28 - Stitzel Field
10-14 Lincoln Ave.
(City of Poughkeepsie residents)

*To attend an OFA Senior Picnic, you must make a reservation in advance **and** bring proof of residency to the picnic.*
Seating is limited.

Schedule and venue subject to change.

No picnics are scheduled for July 3 and August 7.

The 2019 Celebration of Aging!

More than 300 people turned out to mark Older Americans Month on May 20th at Villa Borghese in Wappingers Falls, as the Office for the Aging held the 21st annual Celebration of Aging luncheon. During the ceremony, County Executive Marcus J. Molinaro presented Dutchess County Senior Citizen of the Year Awards to Ruth Hogan of Poughquag, Michael Frazier of Rhinebeck, and Ruth and Julius Jones of Staatsburg. Robert Haan of Red Hook was honored with a Senior Achievement Award. You'll see some pictures taken at the luncheon on the next page, and you can visit the Office for the Aging website (below) for more details on all of the honorees.

Five couples attended the event to mark 70 or more years of marriage: **Angelina and Fred Grippi** of Millbrook (71 years), **Anita and Ed "Skip" Lester** of Millbrook (71 years), **Dorothy and Tom Schiesel** of Wappingers Falls (73 years), **Anna and Andrew Fishburn** of Wappingers Falls (76 years), and **Lossie and Sam Lee of Fishkill** (79 years).

Special recognition was given to 11 Dutchess County centenarians in attendance, along with those who will turn 100 later in 2019: **Connie Nieves** (100 in December) of Wappingers Falls; **Theodore Zulkowski** (100 in June) of Poughkeepsie; **Lucille Jordan** (100) of Poughkeepsie; **Myra Gokey** (100) of Fishkill; **Anne Morreale** (100), **Margaret Rutledge** (101), **Jaye Meyer** (101) and **Eunice Anderson** (102) of Millbrook, **Stuart Vidal** (102) of Poughkeepsie; and, for only the second time in Celebration history, two sisters: **Olga Devita** (101) and **Adrianna Brina** (105) of Millbrook.

The Office for the Aging knows of at least 60 centenarians living in Dutchess County at this time, and at least 10 couples with marriages of 70 years or more. As the human lifespan continues to grow, we're expecting more residents to reach the 100-year mark in the future. If you have a friend or family member in Dutchess County whose birth certificate reads 1920, or whose marriage license reads 1950, we'd love to have them as our guests in 2020...and beyond!

Please support the sponsors who made this year's Celebration of Aging possible: Wingate Healthcare, EverCare At Home, MVP Healthcare, the Pines at Poughkeepsie, United Healthcare, and Hudson Valley Federal Credit Union.

Keep watching the Spotlight on Seniors, the Golden Living column that appears every Thursday in the Poughkeepsie Journal and weekly in the Harlem Valley News, and our weekly Aging News emails. You can sign up for the Aging News by calling (845) 486-2555, or signing up for "Dutchess Delivery" on the county's newly-redesigned website:

www.dutchessny.gov/aging



Dutchess County Executive Marcus Molinaro and County Clerk Brad Kendall with Male Senior Citizen of the Year, Michael Frazier of Rhinebeck...



...and with Female Senior Citizen of the Year, Ruth Hogan of Poughquag.



2019 Senior Couple of the Year
Ruth and Julius Jones of
Staatsburg

Pictures from the 2019 Celebration of Aging



Dutchess County Executive Marcus Molinaro, here with 101-year-old Olga Devita of Millbrook....



...and here's Olga's older sister, Adrianna Brina. She's 105!



Tom and Dorothy Schiesel of Wappingers Falls were back for their third Celebration of Aging. They've been married 73 years!

You can watch a video of the entire 2019 Celebration of Aging by visiting the Office for the Aging's website:

www.dutchessny.gov/aging

Inside the OFA Kitchen

It's a major challenge to prepare hot, nutritious weekday meals for over 300 homebound seniors living throughout Dutchess County's 825 square miles, as well as the hundreds of other seniors who are clients of our eight Senior Friendship Centers countywide. The meals are key to seniors' ability to remain independent and living in their own homes. The Office for the Aging's Nutrition Services division has been able to not only meet that challenge, but improve on its services, thanks in part to the new central kitchen at our City of Poughkeepsie headquarters.

If you are a homebound senior, unable to cook or shop for groceries for yourself, you may be eligible for nutrition services. Contact the Office for the Aging to find out more.

If you haven't yet seen the inner workings of our new facilities on Delafield St. in the City of

Poughkeepsie, here's a small peek inside our fully-equipped commercial kitchen.

Let's start with an appliance you may have in your kitchen - a mixer. A typical household mixer holds between three and five quarts, but much more capacity is called for when preparing food for hundreds.

Pictured on the left is "Tiny," our new 80-quart American-made commercial mixer.

Tiny stands just short of five feet, five inches tall, and is capable of handling over 60 pounds of mashed

potatoes, and up to 170 pounds of bread dough.

Our dedicated staff and volunteers are here first thing every morning to ensure that hot meals are delivered every weekday during the midday. If you'd like to join OFA as a nutrition volunteer, please contact us.



On the left: OFA Nutrition Services Coordinator Nimesh Bhargava, showing off one of our two massive walk-in freezers.

Spotlight on Staff Kelly Strutt

The process of delivering over 500 meals every weekday starts with making sure the meals we prepare are correctly matched up with our clients, along with registering those clients and keeping track of their well-being.

That's only part of Kelly's work here at OFA. She also supports the OFA's site managers at our eight Senior Friendship Centers, and ensures there are enough shelf-stable meals on hand for those days when inclement weather interferes with regular home meal deliveries. She also supports OFA Nutrition Services Coordinator Nimesh Bhargava in his work, along with the work of our paid and volunteer drivers.

Kelly started at OFA as a substitute site manager in 2015, and moved to the office itself in 2016.

She loves that her work helps Dutchess County seniors maintain their independence, and helps seniors' families in their caregiving efforts.





DUTCHESS COUNTY

Office for the Aging

Scam Prevention Resources

If you suspect a scam phone call, don't pick up...

...and if you did pick up, **JUST HANG UP**

Don't say anything • Don't press any buttons • Don't call them back

If you think you've been scammed, contact your local authorities and financial institutions as necessary, along with these other resources:

Phone Scams

Federal Trade Commission - www.ftc.gov or 1-877-382-4357

Deed Scams

Dutchess County Clerk - www.dutchessny.gov/countyclerk or (845) 486-2133

Identity Theft

www.identitytheft.gov / 1-877-438-4338

Medicare/Medicaid fraud - 1-800-HHS-TIPS (447-8477)

IRS Scams - www.tigta.gov / 1-800-366-4484

Internet Crime Complaint Center - www.ic3.gov

Utility Scams - contact your local utility company

Central Hudson - (845) 452-2700 (or 800-527-2714 outside the 845 area code)

NYSEG - (800) 572-1131

(TTY: 711 for both Central Hudson and NYSEG)

New York State Attorney General (Poughkeepsie office): (845) 485-3900

New York State Consumer Assistance Hotline: (800) 697-1220

114 Delafield St • Poughkeepsie NY 12601 • (845) 486-2555
www.dutchessny.gov/aging • ofa@dutchessny.gov

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**Dutchess County Office for the Aging
114 Delafield Street, Poughkeepsie, NY 12601**

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TO:

Learning More About Medicare

We offer a basic overview of Medicare.gov for people approaching the age of 65, caregivers, and anyone who would like a better understanding of how Medicare works. All classes will take place 9:30-11:30 a.m. at the Adriance Library in the City of Poughkeepsie (93 Market St.), on the following Wednesdays:

July 24, September 25, October 23

Our "Medicare 101" classes will be held on the third Wednesday of each month from 10 a.m.-noon at the community room at the Poughkeepsie Galleria:

July 17, August 21, September 18

"Medicare 101" classes will also be held on the fourth Monday of each month (except May and December) at 4 p.m. at the Center for Healthy Aging, 6527 Springbrook Ave. (Route 9) in Rhinebeck:

July 22, August 26, September 23

There is no charge for any of these orientation sessions, but space is limited. Please call (845) 486-2555 to make a reservation.

For more information
about the
Dutchess County
Office for the Aging,
visit us online at
www.dutchessny.gov/aging

email

ofa@dutchessny.gov

call

**(845) 486-2555
or (866) 486-2555**

or mail

**Dutchess County
Office for the Aging
114 Delafield St.
Poughkeepsie NY 12601**

We're open 9 a.m. to 5 p.m.
Monday through Friday.