



# SPOTLIGHT ON SENIORS

A Publication of the Dutchess County Office for the Aging

Fall 2017

## Your Voice Counts at OFA Hearings

The Office for the Aging will be holding our annual Public Hearings this fall to help us understand your concerns and hear your opinions and feedback on our current services and future plans. Everyone is invited to attend. Please plan to join us at the Public Hearing nearest you:

**Wednesday, September 27th 11 a.m.**  
**East Fishkill Senior Friendship Center**  
**890 Route 82, Hopewell Junction**

**Thursday, October 5th 11 a.m.**  
**Interfaith Towers**  
**66 Washington St., Poughkeepsie**

If you are unable to attend the Public Hearings, you can mail written comments to the Dutchess County Office for the Aging, 27 High Street, Poughkeepsie, NY 12601.

You can also email comments to [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov).



**A Message from  
County Executive  
Marcus J. Molinaro**

*Dear Friends,*

*If there's anything I've learned about Dutchess County's seniors over the years, it's they're eager to speak up for their needs and those of their senior friends, neighbors and family members.*

*You'll have many opportunities this fall to advocate for yourself about services for the aging in Dutchess County, speaking directly to the officials who need to hear from you. First come the two Office for the Aging public hearings taking place in September and October (see the column immediately to the left); then, in November, you'll have the opportunity at our Senior Seminars to raise concerns and questions with me and other local officials and providers of services for the aging.*

*To learn more about the Senior Seminars, go to Page 6 of this Spotlight. We hope to see you there!*

*Sincerely,*

**Marcus J. Molinaro**  
**Dutchess County Executive**

**Todd N. Tancredi**  
Director



**Marcus J. Molinaro**  
County Executive

# AUTUMN NEWS

## THE GOLDEN GATHERING RETURNS SEPTEMBER 23

The always-popular Golden Gathering is back, again under the direction of State Senator Sue Serino, who chairs the Senate's committee on aging. Save the date of Saturday, September 23 on your calendar for the event which will take place at Arlington High School, 1157 Route 55 in LaGrangeville from 9:30 a.m. until 12:30 p.m. The program will consist of health screenings, entertainment, refreshments, door prizes and various informational tables geared toward the interests and needs of area senior citizens. The Office for the Aging will be represented at the Golden Gathering as well.

All area seniors and their families are invited free of charge.

## DUTCHESS/ULSTER ALZHEIMER'S WALK OCTOBER 14

Join your friends and family on the Walkway over the Hudson on the morning of Saturday, October 14 to further the care, support and research efforts of the Alzheimer's Association. The Alzheimer's Association is a nonprofit 501(c)3 organization. All donations are tax-deductible as allowed by law.

You can register individually and as a group at [www.alz.org/hudsonvalley](http://www.alz.org/hudsonvalley). For additional information, contact Venesa Marcellin at (845) 394-4952 or [vmarcellin@alz.org](mailto:vmarcellin@alz.org).

## THANK YOU, VETERANS!

Veterans who have honorably served in the Armed Forces and their families are invited to Dutchess County's 10th Annual Veterans Appreciation Day. The event will take place on Saturday, November 4 from 10 a.m. to 1 p.m. at the Wallace Center, located at the Roosevelt Home and Library, Route 9 in Hyde Park. This event is an opportunity for veterans to be honored for their service, as well as learn about the programs and services available to them. The Office for the Aging will be there with plenty of information on services available to the seniors of Dutchess County, and we hope to see you there, too!

## 518, MEET 838

As of this fall, the 518 area code that covers part or all of 17 counties in eastern New York, including northeastern Dutchess County, was expected to exhaust its supply of phone numbers. Because of this, new phone numbers in 518 are being issued under the new 838 "overlay" area code which covers the same area as 518.

For those of you with 518 area code numbers, this means from now on you'll have to use all 10 digits of your phone number when making calls, even if the number you're calling also has a 518 area code. When calling from 518 to other area codes, including 838, you'll need to add a 1 before dialing the 10-digit number.

The Office for the Aging's own number remains toll-free: (866) 486-2555.



## Home Delivered Meals Program

# EXPANDS

Beginning this summer, the Office for the Aging expanded the offerings in its Home Delivered Meals (HDM) program, which serves qualifying seniors throughout Dutchess County who live in their own homes but are homebound or otherwise unable to shop for or prepare their own meals. Thanks to the help of many volunteers, the HDM program now operates Monday through Friday countywide.

The HDM program serves nutritious midday meals to hundreds of seniors every weekday, and provides frozen and/or shelf-stable meals for weekends, holidays and emergencies. If you or a homebound senior you know in Dutchess County could benefit from the program, ask the Office for the Aging about eligibility and other meal options.

Like many of our programs, our Home Delivered Meals program thrives thanks to the efforts of hundreds of volunteers countywide. If you'd like to learn more about volunteering for HDM or any Office for the Aging programs, get in touch with us - we'd be delighted to have you!

**(845) 486-2555**

**toll free (866) 486-2555**

**email: ofa@dutchessny.gov**

## From the Director's Chair

Todd N. Tancredi  
ttancredi@dutchessny.gov



*Dear Friends,*

*One key to successful aging is advocating for yourself, your senior friends and family. Whatever governments serve you, they'll spend your tax dollars most wisely when they know you're paying attention and speaking up for yourself.*

*That's why County Executive Marcus Molinaro will be sharing his thoughts and taking your questions at the Office for the Aging's "Senior Seminars" on Thursday, November 2nd, at New Hackensack Reformed Church (1580 Route 376 in Wappinger). If you have questions about services for seniors in the county, or any other aspect of county government, this is your chance to make your voice heard.*

*To find out more about the Senior Seminars, go to Page 6 of this Spotlight.*

*Space at the Senior Seminars will be limited, so advance registration is required. The more people who speak out, the better Dutchess County can serve you.*

*Sincerely,*

*Todd N. Tancredi, Director  
Office for the Aging*

## Medicare Open Enrollment October 15 - December 7

The 2017 Medicare Open Enrollment period begins October 15th and runs through December 7th. This is the time of year when you can change your Medicare coverage. You can do this by joining a new Medicare Advantage Plan or by joining a new stand-alone prescription drug plan (PDP). You can also switch to Original Medicare with or without a stand-alone Part D plan from a Medicare Advantage Plan during this time.

Be sure you're ready for any changes you want to make by scheduling a free annual Health Insurance Check-Up.

One of the Office for the Aging's trained volunteer counselors with the Health Insurance Information, Counseling and Assistance Program (HIICAP) can meet with you and go over your options.

Appointments will be available throughout the Open Enrollment period. We start accepting appointments in September but they fill up quickly, and remember: after December 7th, it's too late so call for your appointment today!

The Office for the Aging also schedules Medicare Orientation and Navigating Medicare classes every month of the year. The fall schedule of classes is on the back page of this Spotlight.

**The Office for the Aging  
Health Insurance  
Information, Counseling  
and Assistance Program  
(HIICAP)**

**(845) 486-2555 • (800) 701-0501**

*Comedy  
Corner*

A man and woman had been married for more than 65 years. They had shared everything. They had talked about everything. They had kept no secrets from each other, except that the wife had a shoebox in the top of her closet that she had cautioned her husband never to open or ask her about.

For all of these years, he had never thought about the box; but one day, the wife got very sick and her doctor said she would not recover.

In trying to sort out their affairs, the husband took down the shoe box and took it to his wife's bedside.

She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money totaling \$138,000.

He asked her about the contents. "When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll."

The husband was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness.

"Honey," he said, "that explains the dolls, but what about all of this money? Where did it come from?"

"Oh," she said. "That's the money I made from selling the dolls."

# The Senior Prom

**“School Days”**

**(Wear your favorite gear from your high school and/or college days!)**

## Monday, October 16

Noon - 4 PM

**Villa Borghese, 70 Widmer Rd., Wappingers Falls**

**Featuring the music of the full Bob Martinson Band**

**Co-hosted by The Pines at Poughkeepsie**

Sponsored by:

Wingate Healthcare, EverCare At Home, Hudson Cadillac Buick GMC, Hamaspik Choice, MVP Health Care, and the Dutchess County Department of Community and Family Services.

**Full Buffet Lunch! Dancing! Prizes!**

**\$20 per person before September 15; \$30 per person after September 15**

**Name(s)** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Email** (if any) \_\_\_\_\_

**Please reserve \_\_\_\_\_ seats together at \$20 each (\$30 each after 9/15)**  
People wishing to sit together **MUST** send their checks in together (each table seats 10). We **MUST** have the names of everyone you are paying for. Mail your check along with this form to: Office for the Aging, 27 High Street, Poughkeepsie, NY 12601. Sorry, no refunds. Tickets will not be issued; your name will be at the door.

# Senior Seminars

Thursday, November 2

## New Hackensack Reformed Church Classrooms

1580 Route 376, Wappingers Falls, just south of the Hudson Valley Regional Airport

**\*\*\* Space is limited \*\*\* Advance registration is required \*\*\***

**Call (845) 486-2555 to register for any of the seminars**

- 9:30 a.m. MAKE YOUR HOME SENIOR-FRIENDLY** - Very few homes are built from the start with seniors' needs in mind, but retrofitting is easier than you think. With Christina Boryk, director of Rebuilding Together Hudson Valley.
- STOP FINANCIAL ELDER ABUSE** - Recognizing the signs of financial elder abuse is easier when you know what to look for. Find out more from Lisa Morris, assistant vice president at Hudson Valley Federal Credit Union.
- 10:30 a.m. ASK THE COUNTY EXECUTIVE** - Have a question about County government? Here's your chance to get answers directly from Dutchess County Executive Marcus J. Molinaro and his staff.
- STOP MEDICARE FRAUD** - Learn how to protect yourself from Medicare fraud, along with how to detect and report it. With Jenna Gladfelter of Senior Medicare Patrol.
- PUT YOUR BEST FOOT FORWARD** - Staying active is key to successful aging, and healthy feet are key to staying active. Achieve great "feets" with help from podiatrist Dr. Timothy Fishman, courtesy of Wingate Healthcare.
- 11:30 a.m. SPOT THE SCAM** - Scammers know lots of underhanded tricks, but you can protect yourself and your loved ones from con artists. Find out more from David Lederman from the New York State Attorney General's office.
- FOSTER GRANDPARENTING** - If you're 55+ with a limited income, here's a way to share your wisdom with young people in need, while benefitting yourself as well. With Liz Magier of the Westchester Community Opportunity Program.
- ON THE ROAD** - Being able to drive is a vital part of seniors' independence, but there may come a time when it's best for all concerned to give up the keys. Find out more about this sensitive issue with Bill Johnson and Jim Rapoli of the Dutchess County Traffic Safety Board.

**All Morning - FINDING YOUR UNCLAIMED FUNDS** - New Yorkers have over \$15 billion in unclaimed funds sitting in 35 million accounts from banks and other institutions; maybe some of it belongs to you! We'll have a representative of the State Comptroller's Office available throughout the Seminars to help you find your long-lost money.

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## Winterizing Your Home - And Yourself

When you were your grandkids' age, you walked to school five miles uphill, and five more miles uphill to get back home, no matter how nasty the winter weather got...right?

Getting through a Dutchess County winter isn't usually *that* dramatic, but we did have that monster snowstorm this past March to remind us just how bad it can get.

If you'll be spending the winter here it pays to be prepared. Below are some simple low- or no-cost steps you can take to ready yourself.

The first step is to get together with family and/or friends in the autumn, before the snow flies, to evaluate your risks so that your safety during winter months is ensured. They'll be able to point out potential problems you might not think of.

A good place to begin getting ready for winter is with a test of your home's heating system. It should be ready for peak performance in the winter. Many home heating providers include an annual system check as part of your contract.

A programmable thermostat is a helpful option for seniors with dementia; its automated features can help prevent a senior from accidentally switching the heat off.

For limited-income seniors, the Office for the Aging offers a Home Energy Assistance Program (HEAP), funded by the Dutchess County Department of Community and Family Services. HEAP provides assistance with home energy needs for low-income, older individuals and families. Services include financial assistance with fuel bills and emergency financial assistance for fuel/utility terminations.

Those who received a HEAP benefit in 2016 will automatically receive an application in the mail this fall. You can apply for regular HEAP benefits by mail, fax, in person, or online at: [www.mybenefits.ny.gov](http://www.mybenefits.ny.gov).

Seniors in an emergency situation (those without heating fuel and/or those with a scheduled heat related utility shut-off) may be eligible for emergency assistance.

HEAP-eligible seniors may also be eligible for help in discovering and addressing defects or problems in their homes that can lead to wasted energy.

Anyone with an emergency or questions about filling out a HEAP application should call the Office for the Aging at (845) 486-2555 or toll free at (866) 486-2555. If you are calling about an emergency, it is best to call early in the day to give us the time to assist you. We're open weekdays starting at 9 a.m.

Autumn is also the time of year to get seniors' winter clothing and blankets out of storage, especially if they're kept someplace difficult for a senior to reach like an attic or crawl space. Make sure their winter gear is someplace where they'll be able to reach it easily.

Whether you get snow cleared with a plow service or the kid down the block with a good shovel and a strong back, this is the time to arrange snow removal. For icy patches around the home, make sure you have sand and ice-melter handy.

When venturing out during the winter, make sure your clothing and footwear are appropriate for the conditions. Your head, hands and feet get cold quickly, so protecting them from the elements is paramount.

Always travel with a friend so that somebody will be available to call for help if one of you is injured outside. If you haven't made the plunge into the world of cell phones, this fall could be the time to explore it. Look for these features first: large buttons, easily readable text, emergency dialing, and easy-to-access speed dial functions.

Wheelchair users know it's tough to maneuver outside in winter, but there are ways to improve traction, often by changing to snow tires just as one would do with a car or bicycle. One do-it-yourself fix from the United Spinal Association involves creating "studs" for wheelchair tires with plastic or nylon tie-backs longer than the thickness of your tire and wheel.



**Dutchess County Office for the Aging**  
27 High Street, Poughkeepsie, NY 12601

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## **RETURN SERVICE REQUESTED**

**TO:**

### **Medicare 101**

This program is a basic overview of Medicare for people approaching the age of 65, caregivers, and anyone who would like a better understanding of how Medicare works. Topics include Supplemental Insurances, Prescription Drug Plans, EPIC, Medicare Advantage Plans, and more. The programs take place at the Poughkeepsie Galleria Community Room from 10 a.m. - 12 noon on the following Wednesdays:

September 20 • October 18 • November 15 • December 20

Additionally, there will be 90-minute sessions at the Center for Healthy Aging at Northern Dutchess Hospital in Rhinebeck at 4 p.m. on the following Mondays:

October 2 • October 23 • November 27

There will also be one session on November 14 at 6:30 p.m.  
at the Pawling Library, 11 Broad St.

### **Navigating Medicare**

If you have a little computer knowledge, our Health Insurance volunteers can teach you how to navigate the Medicare website and learn about other associated programs to help you make more informed choices. Join them at the Adriance Library, 93 Market St., Poughkeepsie at 9:30 a.m. on:

September 27 • October 25 • November 22 • December 27

Space is limited at these free sessions; call (845) 486-2555 to make a reservation.

For more information

about the

Dutchess County

Office for the Aging

call (845) 486-2555

or (866) 486-2555

or visit

[www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)

