



## Safe Drug Disposal For The Homebound

OFA has regularly called for older adults to safely dispose of their unwanted and outdated medications, lest they wind up in the wrong hands or in our water supply. You can find a list of safe disposal sites in Dutchess County on Page 5 of this newsletter.

But for the homebound older adults of Dutchess County, there's an obstacle: They're unable to get to a safe drug disposal site; as a result, their medications take up more and more space.

Nothing good can come of this. Flushing medications down the toilet runs the risk of contaminating both drinking water supplies and the natural environment. Throwing medications in the trash may not be good enough: a person with addiction can easily be desperate enough to fish through the trash. Leaving these meds in the cabinet will also raise the risk of medications falling into the wrong hands, and adds confusion for the older adult as to which medications are or aren't currently prescribed. It's an especially tricky process for homebound older adults trying to keep track of the many medications that are typical in situations like theirs.

That's why Dutchess County OFA has joined the New York State Office for the Aging (NYSOFA) and Office of Addiction Services and Supports (OASAS) in distributing environmentally sound Deterra drug deactivation and disposal pouches to homebound older adults in our Home Delivered Meals program. These pouches are designed to render medications inert, and the pouches can be disposed of in regular household trash. We're sending Deterra pouches to homebound participants in our Home Delivered Meals (HDM) program. If a Dutchess resident you know is over 60 and homebound, and wishes to participate in the HDM program, contact OFA at **845-486-2555**.

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



*Friends,*

*Medicare's annual Open Enrollment season doesn't begin until October 15th, and you've already seen more than enough Medicare-related advertising, and more to come this fall. Is any of it right for you? It's hard to make that decision on your own - and you don't have to.*

*The Office for the Aging can help you plan for 2023 and beyond, with free and unbiased counseling from HIICAP - the **Health Insurance Information, Counseling and Assistance Program**. HIICAP works directly with you, to help you learn more about Medicare and Medicaid, Medigap policies, Medicare Advantage plans, and other health insurance plans available in Dutchess County.*

*Remember to check the County Calendar Page at [dutchessny.gov/calendar-page.html](https://dutchessny.gov/calendar-page.html), where we list our regularly scheduled Medicare 101 classes along with the extra classes added during Open Enrollment season. This year, OFA has been able to add classes in both English and Spanish.*

*OFA will publish its 2022-23 Medicare Spotlight in late September. You'll find it in the same places you found this newsletter, both in print and online.*

*If you're already up to speed on your own insurance needs and would like to share that knowledge, OFA always appreciates volunteers who can step up and become trained HIICAP counselors. Contact OFA at **845-486-2555** or [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov) to begin the process.*

*Stay safe, stay active...and kind!*

## OFA Friendship Centers

**BEACON** (open Mon-Fri)  
845-838-4871

1 Forrestal Heights, Beacon

**EAST FISHKILL** (open Mon-Fri)  
845-226-3605

East Fishkill Community Center  
890 NY 82, Hopewell Junction

**MILLERTON** (open Mon-Thu)  
518-789-3081

North East-Millerton Library Annex  
28 Century Blvd., Millerton

**PAWLING** (open Tue-Thu)  
845-855-9308

Town Hall Annex  
154 Charles Colman Boulevard, Pawling

**CITY OF POUGHKEEPSIE** (open Mon-Fri)  
845-486-2564

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

**RED HOOK** (open Mon-Fri)  
845-475-1129

Red Hook Community Center  
59 Fisk St., Red Hook

**SOUTH AMENIA** (open Mon-Thu)  
845-275-2661

First Presbyterian Church  
229 South Amenia Road, Wassaic

**TRI-TOWN** (open Mon-Thu)

(LaGrange, Pleasant Valley, Town of Poughkeepsie)  
845-275-8565

1576 US 44, Pleasant Valley

*All centers open 10 a.m. - 2 p.m.  
except City of Poughkeepsie, open 9 a.m. - 2 p.m.*

**More at [dutchessny.gov/OFANutrition](http://dutchessny.gov/OFANutrition)**

## Subscribe to OFA E-News

To receive OFA weekly Aging News newsletters in your email, send an email to

**[bjones@dutchessny.gov](mailto:bjones@dutchessny.gov)**

You'll receive our weekly newsletter every Friday, along with every issue of THRIVE60+ and the annual Medicare Spotlight. You'll also receive monthly newsletters from OFA's Nutrition division.

### THRIVE60+

(formerly Spotlight on Seniors)

Marcus J. Molinaro — County Executive  
Todd N. Tancredi — Director, Office for the Aging  
Brian Jones — Editor, THRIVE60+

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

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

Email: [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov)  
Web: [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)

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

Five issues published annually, including 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](mailto:bjones@dutchessny.gov).

# Year-Round Volunteer Opportunities

Volunteers are “the straw that stirs the drink” for the Office for the Aging. If you received this THRIVE60+ newsletter in the mail, it was prepared for mailing by an OFA clerical volunteer. Our Home Delivered Meals can't get from our central kitchen to the residences of homebound adults from Millerton to Pawling to Tivoli to Beacon without volunteers. Thousands of Dutchess County older adults have a better understanding of how their health insurance works, thanks to trained and state-certified volunteers from HIICAP, the Health Insurance Information, Counseling and Assistance Program. Many of the people who help at OFA Summer Picnics and other events are volunteers. The leaders of OFA's many exercise groups? Volunteers.

And everyone's tax bills are lower, thanks to volunteers. The New York State Office for the Aging (NYSOFA) estimates that the combined work of volunteers over age 55 in New York has an annual economic value of \$13.9 billion. For the volunteers in Dutchess who work with OFA and other volunteer-based organizations, it's over \$250 million.

*You can help, too.*

A key need through the colder months will be volunteer drivers in our Home Delivered Meals (HDM) program. Hundreds of homebound older adults in Dutchess County rely on HDMs for a nutritious midday meal, up to five days a week - and in some cases, the HDM volunteer driver may be the only social contact an older adult has in a given day.

If you'd like to volunteer your driving skills on behalf of the HDM program, we'll work around your schedule and where you prefer to drive. If you can only volunteer one day a week, no problem. If you use your own vehicle for deliveries, mileage reimbursement is available and has been increased this year due to higher fuel prices.

If you'd prefer to help out at one of our OFA Friendship Centers, we can arrange for that as well. If you have a unique skill in music or the visual arts, or can talk at length on topics of local interest, you

could find a welcome audience at a Friendship Center near you. You'll find a listing of locations and hours on Page 2.

You can find a printable OFA volunteering brochure and signup at [dutchessny.gov/aging](http://dutchessny.gov/aging), or you can contact OFA to find out more.

If your schedule and OFA's don't quite mesh, we can point you to other volunteering opportunities throughout the county. Here are just a few:

- The Hudson Valley CA\$H Coalition and AARP Foundation Tax-Aide needs volunteers to serve as tax preparers and other volunteer roles in 2022-23. You'll help low and moderate-income neighbors receive free, reliable tax assistance and secure all the refunds and credits available to them. If you have prepared personal income taxes in the past and are looking for a rewarding way to use these skills, consider volunteering. There are many other volunteer opportunities that do not include knowledge of tax preparation. Free training provided for all roles with IRS certification. For more information, contact Linda Eddy at **845-475-7500** or [leddy@dutchesscap.org](mailto:leddy@dutchesscap.org).
- North East Community Center (Millerton) is looking for transportation, delivery and pantry assistance. ([neccmillerton.org](http://neccmillerton.org) or **518-789-4259**)
- Friends of Seniors (Poughkeepsie) seeks volunteers for non-emergency medical transportation and other basic supports. ([friendsofseniors.org](http://friendsofseniors.org) or **845-485-1277**)
- Pawling Resource Center is in need of transportation, clerical and pickup/delivery volunteers. ([pawlingresourcecenter.org](http://pawlingresourcecenter.org) or **845-855-3459**)
- Retired and Senior Volunteer Program (RSVP) recruits, trains, and places volunteers at community-based organizations throughout the county. ([rsvp@dutchesscap.org](mailto:rsvp@dutchesscap.org) or **845-452-5104**)

## Avoiding Repeat Hospital Trips

A trip to the hospital for a medical emergency may save your life, but it's probably not an experience you or the person you care for would want to repeat. We're aware that many frail older adults can feel unsafe in their own homes, especially when returning there after a hospital stay. And yet many of these individuals do find themselves returning to hospitals and emergency rooms.

To avoid return trips, and improve peace of mind as well as health, we have four areas that can serve as a good place to start:

### 1) Measure your risk

Health care professionals use tools to identify which older adults are most likely to return to an emergency department after leaving the hospital. It's information that could help you as well. Older adults and their caregivers can advocate for themselves, simply by asking about the risk for repeat hospital visits.

### 2) Have a care plan ready before discharge

Don't go home from the hospital without asking healthcare providers about what kind of plan will meet an older adult's unique needs as they continue their recovery. The Office for the Aging can be a key part of planning a senior's successful recovery, which is why we've been coordinating with care teams throughout the county. As this effort continues, and as the county's older adult population continues to grow, we plan to see more Dutchess older adults and residents seek out OFA services.

### 3) Get the pharmacist in the mix

An older adult taking multiple medications is at risk of drug interactions that lead to serious side effects. The term for this is "polypharmacy." Having a pharmacist review medications can help align the timing and dosage of medications for desired effectiveness. If a change in medications is ordered, the Office for the Aging can direct you to local resources where you can safely dispose of the medications that are no longer needed - in fact, there's a disposal-site list on the next page.

**DRIVE-THRU SENIOR  
GOLDEN GATHERING**

**SATURDAY, SEPTEMBER 24**

**9:30 AM - 12:30 PM**

**Hosted by Senator Sue Serino  
and  
Dutchess County Office for the Aging**

**Arlington High School  
1157 NY 55, LaGrangeville**

**Get a flu shot in your car!  
Pick up a healthy meal to go!  
Find out about Office for the Aging resources**

**Free raffle card on entry  
(winners contacted afterward)**

**To register, call 914-962-2624**

### 4) Listen to that wake-up call

If the hospital visit was unplanned, a combination of lifestyle factors may have led them to their current situation. It's never too late to quit smoking, improve diet and exercise, and eliminate other substance use. These changes will improve your quality of life and keep you away from the ER. The Office for the Aging's website ([dutchessny.gov/aging](http://dutchessny.gov/aging)) has plenty of tips available. Look for the "Nutrition Services" and "Health and Wellness" sections to find out more.

The website gives you a broad look at OFA services. Contacting us helps you complete your preparation, to ensure that no need goes overlooked. We're at **845-486-2555**, and available via email at [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov).



## Have out-of-date or unused medications?

### Clean out your medicine cabinet and help prevent drug abuse

Drop boxes are available in 11 locations throughout Dutchess County, offering residents places to safely and anonymously dispose of unused, unwanted, controlled substances, over-the-counter and prescription medications, keeping these harmful substances out of the environment, as well as the hands of those who would abuse them.

Drop boxes are available 24 hours a day, seven days a week, unless indicated otherwise below.

Any unused prescription medications, medicated ointments, over-the-counter medicines, and inhalers may be disposed of.

Hazardous materials and sharps/needles are not accepted.  
Pharmacies and medical providers are not allowed to take part in the program.

For more information, contact OFA at **845-486-2555** or [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov).

City of Beacon Police	1 Municipal Plaza	available 24/7
Dutchess County Law Enforcement Center	108 Parker Ave., Poughkeepsie	available 24/7
East Fishkill Police	2468 NY 52, Hopewell Junction	available 24/7
Hyde Park Police	3 Cardinal Rd	available 24/7
New York State Police, Troop K Headquarters	2541 NY 44, Salt Point	available 24/7
Pawling Substation, Dutchess County Sheriff's Office	9 Memorial Ave.	Call 845-486-3800 for assistance
Town of Poughkeepsie Police	19 Tucker Drive, Poughkeepsie	available 24/7
Millerton Police	5933 North Elm Ave. (NY 22)	Mon-Fri 9a-4p Sat noon-midnight Sun 4p-midnight
Red Hook Police	7467 South Broadway	Daily, 8a-midnight
Rhinebeck Police	76 East Market St.	Daily, 7a-11p
Wappingers Falls Police	2628 South Ave.	available 24/7



Dutchess County Office for the Aging  
114 Delafield St., Poughkeepsie NY 12601  
845-486-2555 • toll free 866-486-2555  
[dutchessny.gov/aging](http://dutchessny.gov/aging) • [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov)

# 2022 OFA Summer Picnics



12 picnics, 4000+ lunches...  
and lots of smiles!

# OFA Senior Prom Silver Anniversary

Monday, October 24th • Noon - 4 pm  
Villa Borghese  
70 Widmer Rd., Wappinger

Featuring the music of the full Bob Martinson Band  
Co-hosted by The Pines at Poughkeepsie

Full Buffet Lunch! Dancing! Prizes!

\$20 per person if paid by October 7th; \$30 per person after

People wishing to sit together MUST send their checks in together, with the names of everyone you are paying for. Each table seats a maximum of 10. Use a separate sheet of paper as needed to include your complete list of guests.

Mail your check(s) along with this form to:

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

Sorry, no refunds. Guests' names will be on a list at check-in; tickets will not be issued.

*(Please print!)*

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

FULL Address \_\_\_\_\_

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

Please reserve \_\_\_\_\_ seats together at \$30 each (\$20 each before 10/7/22)

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

PRESORTED  
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U.S. POSTAGE PAID  
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**CURRENT RESIDENT OR**

**TO:**

***Your Voice Counts!***

**Be Heard at OFA  
Public Comment Forums**

Tuesday, October 4th, 10:30 am  
Poughkeepsie OFA Friendship Center  
114 Delafield St.

Friday, October 7th, 10:30 am  
Beekman Recreation Center  
29 Recreation Center Rd., Poughquag

*Contact OFA for more information*

For more information  
about the  
Dutchess County  
Office for the Aging,  
visit us online at  
**[dutchessny.gov/aging](http://dutchessny.gov/aging)**

email

**[ofa@dutchessny.gov](mailto: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.