

Dutchess County Office for the Aging's

AGING NEWS

For the week of March 30

Important Notices:

Our offices remain open 9 a.m. - 5 p.m. Monday – Friday. **We are able to accept visitors only under strict limitations. Call or email before visiting – many issues can be resolved without having to leave the safety of your home:**

845-486-2555, ofa@dutchessny.gov.

How You Can Help

- To learn more about the county's new "Dutchess Responds" program, visit www.dutchessny.gov and click on the "Dutchess Responds" link.
- We still need volunteers for our Home Delivered Meals Program. Visit our Home Delivered Meals page for volunteering information and eligibility for the program.
 - You can also find information on stores in and around Dutchess County that offer special shopping hours for seniors and at-risk individuals.

Cancellations and Postponements

The Office for the Aging is postponing or cancelling several events and workshops.

- OFA Senior Friendship Centers are closed.
- All OFA senior group exercise, A Matter of Balance, Tai Chi and Brain Games classes are cancelled.
- Health Insurance Information, Counseling and Assistance Program (HIICAP), face-to-face sessions are postponed.
- All face-to-face legal counseling sessions are postponed.
- All off-site presentations and Medicare workshops are cancelled.
- May 18th Celebration of Aging luncheon has been postponed.

For more information, contact the Office for the Aging at 845-486-2555, or email

ofa@dutchessny.gov.

Golden Living . . . News for Seniors, Their Families and Caregivers

Todd N. Tancredi, Director

Dutchess County Office for the Aging

KEEPING SENIORS WITHOUT INTERNET ACCESS INFORMED

Our oldest seniors, who lived through World War II and the Great Depression, may be the only ones alive who have experienced challenges anything like what we're seeing now, as Dutchess County and the nation adapt to the COVID-19 (coronavirus) outbreak.

We at the Office for the Aging want you to know this: that the safety of Dutchess County's seniors, caregivers, OFA staff and volunteers is of the highest importance. We're in continuing contact with the office of County Executive Marcus Molinaro, monitoring the COVID-19 situation as it affects the county. We're adapting as needed to each day's new realities.

For now, the Office for the Aging's headquarters at 114 Delafield St. in the City of Poughkeepsie remains open during regular business hours, Monday through Friday from 9:00 a.m. to 5:00 p.m. - **but call us at (845) 486-2555 before coming by. We are trying to minimize in-person visits, using phone or email**

contact instead. Our email address for general inquiries is ofa@dutchessny.gov.

Many of our own staff are working remotely whenever it is possible to do so.

OFA staff and volunteers are taking all necessary sanitary precautions, following the recommendations of the World Health Organization and U.S. Centers for Disease Control and Prevention, along with additional relevant recommendations from state and county government.

Our eight Senior Friendship Centers remain closed to the public. We recognize this can leave seniors without vital social connections, and are doing everything in our power to continue keeping seniors socially connected while remaining physically distanced.

Many seniors without internet access are adapting and getting online, often for the first time in their lives. This is a time when up-to-date local and national information on the outbreak and our response to it is essential. It's information that seniors who remain offline will miss. Those of you who are connected to a senior who's offline can help them make the transition. Many local internet service providers are making low-cost service options available, especially for new customers.

In the meantime, information for both those who need help and those who wish to offer help is available by contacting the new “Dutchess Responds” community, available by calling **(845) 486-3555** or by clicking on “Dutchess Responds” at www.dutchessny.gov.

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

AGING NEWS FOR HOMEBOUND SENIORS

We have begun printing and distributing special copies of the Aging News for distribution to seniors in our Home Delivered Meals program, who are among those most likely to be unable to connect to the internet at their homes. We expect to begin distribution within one week.

For more information about the Home Delivered Meals program for seniors, call **(845) 486-2555** or email nbhargava@dutchessny.gov.

STORES WITH SPECIAL SHOPPING HOURS FOR SENIORS

As a response to the COVID-19 outbreak, the following stores with locations in and/or near Dutchess County have set aside special shopping hours for seniors age 60 and above. Many stores have also extended this accommodation to those with underlying health conditions that could make them more susceptible to virus transmission. Keep in mind that due to the nature of the outbreak, hours and availability may change with little notice.

Store	Seniors Hours	Notes
Acme	7:00 - 9:00 am	all locations
Adams Fairacre Farms	7:00 - 8:00 am	all four locations
BJ's (Wappingers)	8:00 - 9:00 am	
DeCicco's (Brewster)	8:00 - 8:30 am	also applies to other downstate locations
Dollar General	first hour of operations	hours vary by location
Frankie's Superette (Hopewell Junction)	8:00 - 9:00 am	
Freshtown (Amenia)	7:00 - 8:00 am	
Hannaford	6:00 - 7:00 am	all locations, Tue-Wed-Thu only
Price Chopper	6:00 - 7:00 am	all locations
ShopRite	6:00 - 7:00 am	all locations
Stew Leonard's (Danbury, CT)	7:30 - 8:00 am	
Stop & Shop	6:00 - 7:30 am	all locations
Target	8:00 - 9:00 am	Wednesdays only
Tops	6:00 - 7:30 am	Tuesdays and Thursdays only
Walmart	first hour of operations	Tuesdays only through April 28

Whole Foods (Danbury, CT)	8:00 - 9:00 am	also applies to other downstate locations
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DUTCHESS RESPONDS – A WAY TO HELP, OR GET HELP

We thank the volunteers who are stepping up to help our seniors through our Home Delivered Meals program. Our Senior Friendship Centers serve as hubs for meal distribution, and are taking on the extra work of delivering even more meals to homebound seniors.

With so much to do for our seniors and others in need in Dutchess County, the “Dutchess Responds” community has been created to match those who can help with those in need.

If you have a service you can provide, a donation of money or goods to make, or if you are looking for assistance and information, go to www.dutchessny.gov and click on the “Dutchess Responds” link in the upper left.

Those without internet access can call **(845) 486-3555**. (Be careful dialing – there's a one digit difference between the Dutchess Responds phone number and the Office for the Aging phone number)

SCAM PREVENTION

Unfortunately, scammers and con artists use crises to exploit people's concerns and fears.

Scammers are using techniques that typically arise with a major global event such as:

- falsely claiming to be online sellers of popular goods;
- setting up fake charities;
- sending fake emails and texts that contain harmful links designed to steal your personal information; and
- using robocalls to pitch novel coronavirus treatments and work at home schemes.

People should be on the lookout for scammers looking to take advantage of public fears surrounding this issue. Often, scammers will ask for a senior's Medicare ID and/or other personal information, using the illegally-obtained information to defraud public and private insurance programs.

A printable "Scam Prevention Resources" sheet is in the list of useful links on the next page.

USEFUL LINKS

[Centers For Disease Control](#)

[Coronavirus Testing Sites in Dutchess County](#)

[New York State Government](#)

[Dutchess Tourism Open Restaurant List \(Takeout/pickup/delivery only\)](#)

[Office for the Aging Senior Friendship Center Contact Information](#)

Note: Friendship Centers are operating only as distribution hubs for the Home Delivered Meals program. They are not currently open to senior clients or the general public.

[Scam Prevention Resources](#)

[Spanish Language Coronavirus Information](#)