

Friendly Calls



Dutchess County Office for the Aging

Sue Serino, County Executive

Todd N. Tancredi, Director

Linda Edgar, Friendly Calls Coordinator

Social Engagement

One Key To Successful Aging

How many close friends do you have?

How many people do you talk to each day?

Support network?

Get out...and seek out happy people wherever you go.

Religious, social, civic organizations?





“Both physical exercise **and social engagement** are superior to drugs in slowing or preventing Alzheimer’s disease.”

*Sam Gandy, MD, PhD, Mount Sinai Chair in
Alzheimer’s Disease Research*

Alzheimer’s Association Fall 2012 Newsletter

The **Friendly Calls** Program

An opportunity to:

- Provide social support and help reduce isolation for your conversation partner
- Give back in a short period of time
- Create your own volunteer schedule
- Connect with someone with different life experiences
- Use empathy and active listening skills
- Volunteer remotely
- Brighten someone's day

The **Friendly Calls** Program Volunteers' and Participants' Testimonials

- “This program has changed my life”
- “I feel I get more than I give”
- “There is nothing like the feeling I get when a friend is about to call”
- “Talking to someone older allows me to see things from another perspective”

Questions about **Friendly Calls?**

845-486-2555

ofa@dutchessny.gov

dutchessny.gov/aging

114 Delafield St., Poughkeepsie

Office For the Aging / Services



Dutchess County Office for the Aging

Sue Serino, County Executive

Todd N. Tancredi, Director

Brian Jones, Outreach Coordinator

the

“uh-oh”

moment

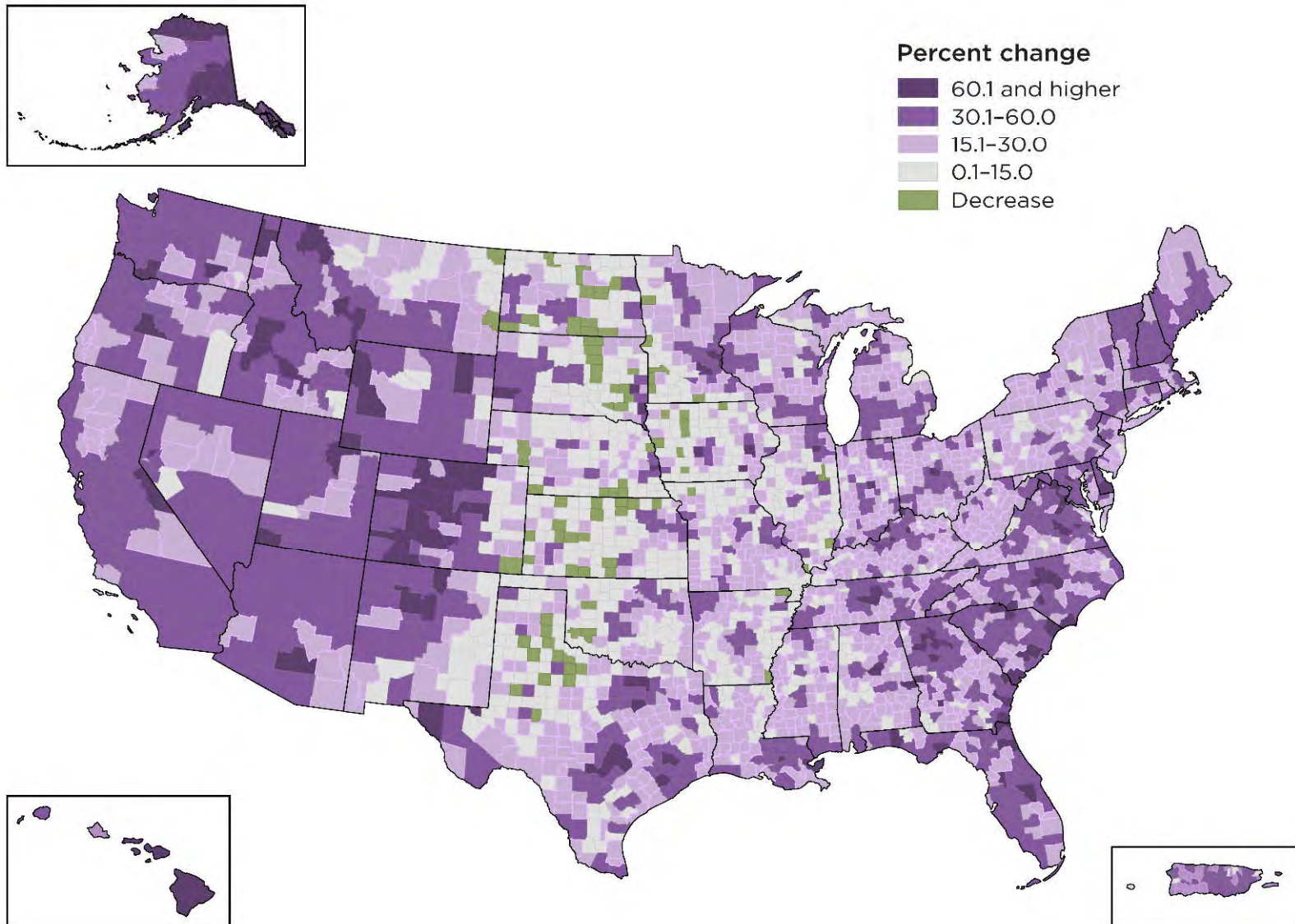
Get to know OFA

before

you need us

Older and Growing

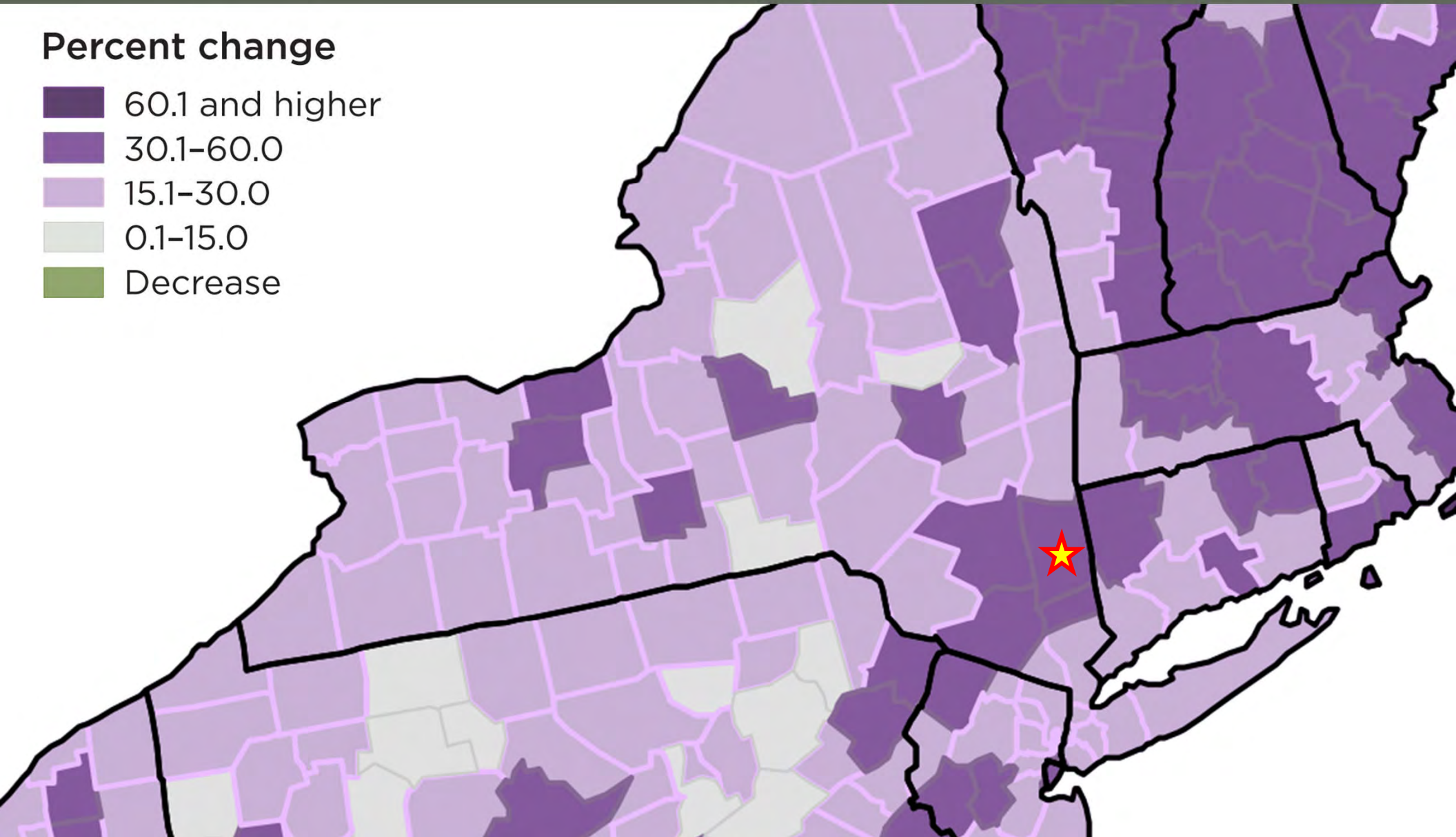
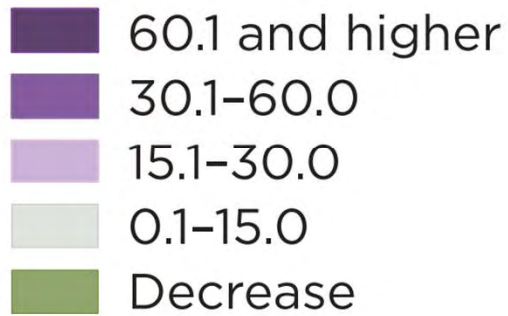
Percent Change among the 65 and Older Population: 2010 to 2019



Older and Growing

Percent Change among the 65 and Older Population: 2010 to 2019

Percent change



Demographic Challenges

Dutchess County, New York



Caregiver Shortages



2021



2030



2050

The caregiver ratio peaked ~2010

Get help

with your long term services
and supports needs.



NY Connects
Your Link to Long Term
Services and Supports

What's NY CONNECTS?

- Learn how long term services and supports can help you or a family member stay at home, stay in the community, or stay independent
- Learn more about aging and disability resources available in your community
- Decide what services would be best for you or someone you know
- Get help in linking to the services that you need

Office for the Aging Services

8 OFA Friendship Centers throughout Dutchess County provide nutritious hot meals at noon, and opportunities for socialization, recreation and other activities. Transportation is available to the sites and for weekly grocery shopping.



Office for the Aging Services (Nutrition)

Home Delivered Meals are provided throughout Dutchess County, Monday through Friday. Shelf-stable meals are provided in advance of inclement weather and official holidays.

(Meals on Wheels – Poughkeepsie, Hyde Park, Millbrook/Verbank, Wappingers, Village of Rhinebeck)

Office for the Aging Services

Other Government and Not-For-Profit Transportation

OFA Transportation Services include rides for Senior Friendship Center members and to grocery shopping where available.

Pawling Resource Center – Town/Village of Pawling

North East Community Center –
Amenia, Dover, Millbrook, Millerton, Pine Plains,
Stanford

Dutchess Community Action Program - Beacon

Office for the Aging Services

Other Government and Not-For-Profit Transportation

- **Castle Point** transports veterans to medical appointments at Veterans Hospitals.
- **Dial-A-Ride** is provided by Dutchess County Public Transit and available to residents of the towns of Fishkill, East Fishkill, Hyde Park, Poughkeepsie, Wappinger and City of Poughkeepsie. Pre-registration is required.
- **Dutchess County Public Transit ADA Complementary Paratransit** is operated by Dutchess County Public Transit and provides transportation services in many locations, from a rider's home to his or her destination. Reservations are required and service availability may be limited.
- **Your Local Houses of Worship** may have transportation programs.



GoGoGrandparent (GoGo, for short)

Where can GoGo be used? GoGo is available wherever Uber/Lyft drivers operate in Dutchess County. Rides can be scheduled for appointments within Dutchess County.

How soon can I GoGo? GoGo drivers require a minimum one hour's notice.

Who's eligible? GoGo serves Dutchess County older adults who are not eligible for medical transportation via Medicaid, and have no other means of transportation to and from non-emergency appointments or outpatient procedures after which driving is not recommended. (**NEW!** GoGo is also available for visiting trips to loved ones in nursing homes or hospice)

What does it cost? OFA and GoGo are providing a limited number of free, non-emergency medical trips within Dutchess County for qualifying Dutchess County older adults.

I don't have a mobile phone: GoGo works with both home phones and mobile devices.

To Order The First GoGo Ride

Register for GoGo by calling the Office for the Aging during business hours:

845-486-2555

Office for the Aging Services

Legal Services for those over 60, with a focus on shelter and income issues. Available by appointment only, on Fridays

Available: basic legal documents (wills, POAs)

Watch for OFA Legal Day events around the county

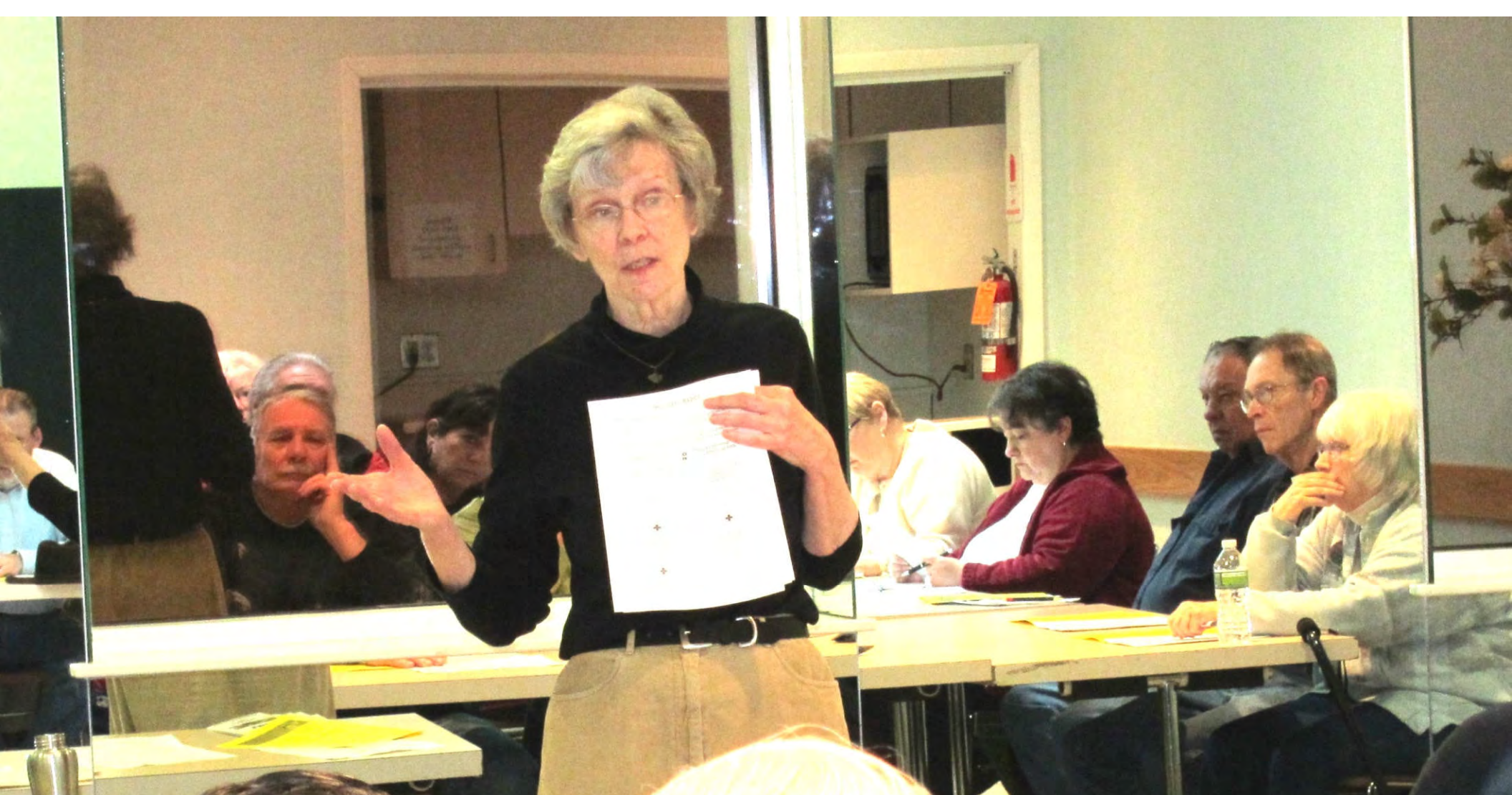
Office for the Aging Services

Energy Assistance, including the Home Energy Assistance Program (HEAP) (November-April for winter assistance, May-September for cooling assistance)

Senior Housing information

Office for the Aging Services

- **Health Insurance Information Counseling and Assistance Program (HIICAP)** counsels people and provides workshops on all aspects of Medicare, Medicare+Choice, Medigap policy choices and Long Term Care Insurance.
- **HIICAP volunteers welcome**
 - We provide training



**Medicare Orientation Seminars
and Computer Workshops
Poughkeepsie and Rhinebeck**

Office for the Aging Services

Presentations

- Nutrition (a new topic every month)
- Successful Aging
- Scam Prevention
- Aging In The Home
- “Friendly Calls” Program
- The Importance of Physical Activity
- HIICAP / Health Insurance
- More to come...



You Could Be Leaving Money On The Table

Managing a budget is a common challenge for older adults even when economic stresses are low, and that's rarely the case for those of us on fixed incomes.

According to the UMass Boston Elder Index that measures the income older adults need to live independently, the average monthly expenses for a typical Dutchess County couple in good health, who own their home free and clear, comes to \$3,439 per month. Meanwhile, the average New York State resident's Social Security check comes to \$1,874, or \$3,748 for a couple receiving identical checks. That couple comes out ever so slightly ahead, with little margin for error unless they have a considerable amount of other retirement income.

For an individual in poor health who lives alone and rents an apartment, there's no leeway. Elder Index calculates their monthly expenses at \$2,860 - almost a thousand dollars a month more than the typical Social Security payment covers on its own. And in their case, the Social Security payment may be their only regular income.

Social Security does come with an annual cost-of-living increase (COLA), but does it cover the true increase in the cost of living? No, according to 71 percent of respondents in a 2024 Senior Citizens League survey.

OFA can help you do something about this. If you're a veteran as well as an older adult, there are that many more ways OFA can help. We recently discovered that there are over 6,000 older adults who qualify for the Medicare Savings Program (MSP) but haven't applied; and even more who qualify for SNAP (formerly called food stamps) but haven't applied. Still, people can be reluctant to apply for benefits. On the following page, we'll address some of those concerns.

(continued on Page 2)

A Message from County Executive Sue Serino



Friends,

We like to think of ourselves as conscientious people, but every once in a while that can backfire on us, like when a scammer tries to lure us in.

"There's a problem with your account," they'll say over the phone, or in an email.

Sounds like the kind of thing you'd want to fix right away - but it's at this very point where we need to stop, take a deep breath, and remember the basics. It doesn't matter how convincing the warning sounds. If you got an unsolicited message of any kind regarding any of your financial accounts, do NOT use any contact information in that message. Get it independently confirmed.

If it really is your bank or credit card's fraud prevention unit reaching out to you, they understand that you need to hang up and call them back using a number that you already know as legitimate. A scammer, on the other hand, will try to keep you on the line by any means that works. Do NOT fall for it.

It's a message we need you to share with friends and family who might not see the information firsthand. Scammers are getting better at making their fake warnings sound like the real thing, and we need to be ready.

Visit dutchessny.gov/scamprevention for a printable list of resources you can use to keep yourself safe.

Sincerely,

Sue Serino, County Executive

Publications

THRIVE60+

- quarterly, print/online

Aging News

- weekly, email/online

Nutrition Newsletters

- monthly, print/online

Friendship Center Menus

- monthly, print/online

Our Staff Can't Do It Alone

We have over 350 volunteers who help us:

- Home Delivered Meal Drivers
- “Friendly Calls” Program
- Advisory Board Members
- Health Insurance Counseling (HIICAP)
- Exercise, Bingocize, Tai Chi Class Leaders
- “A Matter of Balance” Leaders
- OFA Friendship Center Helpers
- Office Help
- Outdoor Event Helpers
- And many other ways!



Exercise, Tai Chi, “A Matter of Balance” and Bingocize Classes

- Multiple tai chi class locations
- Multiple “A Matter of Balance” locations
 - One day a week, eight weeks
 - Spring and fall sessions
- Bingocize – new program
- SAIL (Staying Active and Independent for Life) – a remote exercise option

Caregiver Services

Information and referral,
case management,
home care, adult day
care, case assistance

- Overnight Respite
- Grandparents/Relatives Raising Grandchildren (Cornell Cooperative Ext.)
- Caregiver Conference



Office for the Aging Services

Lifelong Learning for Older Adults

Dutchess Community College

Marist College

Bard College

Vassar College

...and many colleges around the world offer online classes for free!

**O
F
A**



**Thousands of hot nutritious lunches
served every summer, in all regions of
Dutchess County!**

**P
I
C
N
I
C
S**



Senior Prom – October 21!

Office For the Aging Services

...any questions?

Phone: 845-486-2555

NY Connects: 845-475-3511

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