

Dutchess County Office for the Aging's

AGING NEWS

For the week of July 14

A hundred summers ago, how did people manage to keep cool in a world where home air conditioning was virtually unknown?

Wealthy New York City residents prized their summer homes in Dutchess County, often on the Hudson with their own personal riverside ice houses and walk-in home iceboxes, with ice harvested from the river the previous winter. Middle-class homes had smaller iceboxes, with only enough room for dairy and a few other perishables.

But cooling the *whole* house? Out of the question, even for the Astors and Vanderbilts.

19th and 20th Century Cooling Solutions

Our ancestors have a lot to teach us about staying cool in the summer by making strategic adaptations:

Cook outside if you can. This isn't the season for roasting chickens or baking a tray of lasagna. Outdoor grilled foods and cold salads can be tasty and nutritious, and won't heat up your home.

The night time is the right time. Large appliances can throw off a lot of heat. Many modern dishwashers and clothes washers can operate on a timer so that they'll run while you sleep. If you can hang-dry your clothes, that's less time and energy spent running the dryer.

Open your windows and blinds at night. Your home can hold a lot of heat during the day. No need to keep it around at night, too. Which leads us to our next point, on the back page...

Close your window coverings in the morning. Summer sun comes in through your windows, but not if it can't get to your window in the first place. Block the heat with shades or blinds during the sunniest hours to keep your home cooler without air conditioning.

In the long term, install sun-blocking outdoor window shades, especially on the west and south sides of your home. Take care of shade trees, if you've got them. A tree-shaded home can easily be ten degrees cooler than a home in the full sun.

Use your fans strategically. Fans don't cool the air, but they can at least move cooler air from one part of your home to another. Use a fan to bring cooler air in from outside at night. If your home has an attic fan, use it.

Anybody who's had to climb up to an attic in July can attest to how hot it gets there.

In your bathroom, use the exhaust fan to push steamy air outside. An outside-venting kitchen exhaust fan will do the same for air heated by cooking.

Set ceiling fans to rotate counter-clockwise (when viewed from below) to create a cooling downward breeze. The fan's reversing switch is usually located on the fan's body, in the middle. Only use the reversing switch when the fan is turned off and at a complete stop.

Take Bobby Darin's Advice, and Splish Splash

No need to take a freezing cold bath or shower, but slightly cooler water can work wonders. Start with a warm shower and gradually lower the temperature. Cool water on your skin can help reduce inflammation and irritation; what's more, it can be both invigorating in the morning as well as calming at the end of a long, hot day. If you don't feel like a full shower, even using a wet washcloth on yourself, or running cool tap water over your hands and wrists, can both help.

OFA SCAM PREVENTION IN-PERSON/ZOOM PRESENTATION IN

MILLBROOK, 3:00pm TODAY (Fri 7/11)

Register for the Zoom version here:

<https://engagedpatrons.org/EventsRegister.cfm?SiteID=1129&BranchID=1000002571&Branch=Millbrook&EventID=556906&PK=>

Or just show up at the Millbrook Library at 3 Friendship St.

Can't make it to the presentation? No worries: it'll be recorded and we'll have the link for you early in the coming week.

For a list of scam prevention contacts, visit

dutchessny.gov/scamprevention.

DIDN'T MAKE IT TO THE OLDER ADULTS SKILLS FAIR? IT'LL BE BACK

Turnout was tremendous on Thursday, July 10th for County Executive Sue Serino's first (of what we expect will be many) Older Adults Skills Fair at the Wallace Center in Hyde Park. Over 300 older adults from Dutchess County, along with a few curious visitors from as far away as the Carolinas,

learned about the employment and volunteering opportunities available to older adults in Dutchess.

Keep following the “Aging News” and OFA’s Facebook page (www.facebook.com/DutchessCountyOFA) to learn more about goings-on of interest to our seniors.

WAPPINGERS 7/23 OFA PICNIC AT CAPACITY

Reservations are full for the OFA Summer Picnic for older (60+) residents of the Town of Wappinger and Village of Wappingers Falls, coming up on Wednesday, July 23rd.

The full picnic schedule, including links to pictures from past picnics, is available at dutchessny.gov/ofapicnics. As of the morning of Friday, June 11th, seats were still available for the following picnics:

- Wed 7/16 for seniors living in Pine Plains, Millerton/North East, Millbrook/Washington or Stanford, at Stissing Mountain High School, Pine Plains
- Wed 7/30 for older residents of Pleasant Valley, at West Road School

- Wed 8/13 for City of Poughkeepsie seniors, at Stitzel Field
- Wed 8/20 for seniors living in the Towns of Beekman or LaGrange, at Freedom Park in LaGrange
- Wed 8/27 for East Fishkill seniors, at Hopewell Rec Park

Many thanks to AccentCare, Central Hudson, Mid Hudson Medicare Group, and the Pines at Poughkeepsie for their support of the picnic program.

SENIOR FARMERS MARKET NUTRITION PROGRAM NOW OPEN

The Dutchess County Office for the Aging has launched its annual Senior Farmers Market Nutrition Program (SFMNP), providing coupon booklets that make local produce more affordable and accessible for older adults.

Eligible older adult applicants receive a booklet with five \$5 coupons — totaling \$25 — to spend on fresh, local, and unprocessed fruits and vegetables at participating farmers markets and farm stands across New York State. A list of participating markets in Dutchess County is available at www.dutchessny.gov/ofanutrition.

Eligible older adults in the same household can each receive one SFMNP booklet per season. Coupon booklets are distributed while supplies last at the Office for the Aging, 114 Delafield St., Poughkeepsie, ONLY on Thursdays and Fridays from 2:30-4:00 p.m.

Coupon booklets can also be obtained at OFA Friendship Centers throughout Dutchess County, by appointment. For Friendship Center contact information, call OFA or visit www.dutchessny.gov/ofanutrition. Residents of public senior housing should be able to find out more from their site manager.

Coupons are valid statewide at participating markets through November 30 or until a market closes for the season, whichever comes first, and can be used by a designated shopper if the recipient cannot visit a market in person.

[Here's the most recent list of participating markets in Dutchess County.](#)

Coupons from prior years are no longer valid.

HOME DELIVERED MEALS WANTED – FRIDAYS IN POUGHKEEPSIE

Looking for a chance to volunteer with Office for the Aging? Can you drive in the Poughkeepsie area? Our Home Delivered Meals program is looking for volunteer delivery drivers in the Poughkeepsie area. Our current area of greatest driver need is on Fridays. If that fits with your schedule, contact OFA at 845-486-2555 or email bjones@dutchessny.gov.

Other news:

Is inflammation a sign of aging? [Not always, according to this study.](#)

Sunscreen? [Yes, please.](#)

This week's birthdays:

7/11: Musician [Richie Sambora](#) (Bon Jovi) (66)

7/12: Boxer [Julio César Chávez](#) (63)

7/13: Game show announcer [Johnny Gilbert](#) (97)

7/14: Football player/actor [Rosey Grier](#) (93)

7/15: Singer/songwriter [Linda Ronstadt](#) (79)

7/16: Actress/businesswoman [Phoebe Cates](#) (62)

7/17: NHL Hall of Famer [Bryan Trottier](#) (69)

And the Bad Joke:

I ate a kid's meal at McDonald's today. His mom was NOT happy.