

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of December 19<sup>th</sup>

*Holiday Advisory:*

*Dutchess County government observes Christmas Day on Monday, December 26<sup>th</sup>; and New Year's Day on Monday, January 2<sup>nd</sup>, 2023. Offices and Friendship Centers will be closed both days.*

*Clients of OFA's Home Delivered Meals program will receive meals in advance of each day that friendship centers are closed.*

## **EMERGENCY HEAP BEGINS JANUARY 3<sup>RD</sup>**

The Emergency Home Energy Assistance Program (HEAP) Component will open on Tuesday, January 3rd. That's the earliest date emergency benefits can be applied for. Emergency HEAP can help eligible seniors heat their homes during a heat or heat-related emergency.

## **Emergency HEAP vs. Regular HEAP**

If you have already used your initial HEAP benefit, you may request a second benefit. You may be eligible for emergency HEAP under any of the following circumstances:

Your electricity is necessary for your heating system or thermostat to work and electricity is either shut off or scheduled to be shut off;

Your electric or natural gas heat is off, or scheduled to be shut off;

You are out of fuel, or you have less than one quarter tank of fuel oil, kerosene, or propane, or have less than a ten (10) day supply of wood, wood pellets, corn, or other deliverable heat source.

To be eligible, applicants age 60+ must have received the first HEAP benefit and have less than \$3,000 in financial resources. An application may be completed in person or over the phone. Applicants may be asked to provide additional documentation if there have been significant changes in the household, such as someone new moving in or a large increase in income. If there have been no such

changes, applying just requires a short interview. Please contact **845-486-2553** to begin the application process. For those who have not yet applied for HEAP this season, the benefit is still open and projected to remain open until at least Spring 2023.

### **What If This Is the First I'm Hearing About HEAP? What About Those Under Age 60?**

Low-income seniors who are not currently in the HEAP program, but believe they might be eligible, can contact the Office for the Aging's HEAP division (**845-486-2553**) for more information about eligibility and applying. For questions from applicants under age 60, contact the Dutchess County Department of Community and Family Services at **845-486-3000**. Outside of Dutchess within New York State, contact that county's health department.

### **WINTER WEATHER RELATED OFA CANCELLATIONS**

During the winter, clients of OFA's Home Delivered Meals (HDM) program receive shelf stable meals when weather forecasts predict difficult travel conditions that may require cancellation of regular HDM deliveries, along with closure of some or all OFA Friendship Centers. You can find up-to-date cancellation information on Dutchess County Government social media, at [facebook.com/DutchessCoGov](https://facebook.com/DutchessCoGov) and [twitter.com/DutchessCoGov](https://twitter.com/DutchessCoGov).

*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](mailto:ofa@dutchessny.gov) website: [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)*

### **OFA MEDICARE CLASS IN RHINEBECK (Mon 12/26)**

Although OFA and our Friendship Centers will be closed in observation of Christmas Day on Monday, December 26<sup>th</sup>, the monthly OFA Medicare 101 class in Rhinebeck is on as scheduled on the 26<sup>th</sup>, at 4:00 pm, at the Pavilion at Brookmeade, 34 Brookmeade Dr. off Route 308 in Rhinebeck.

Registration for the class is required; call 845-486-2555 to register.

## **VOLUNTEERING IN DECEMBER AND OVER THE HOLIDAYS**

As we get closer to the holiday season and a new year, interest in volunteering often grows. The Office for the Aging is ready with options, whether it's for yourself, a family member, or a college student home for winter break.

Demand for volunteer drivers throughout Dutchess County in our Home Delivered Meals program is a year-round need, and during winter our Home Energy Assistance Program (HEAP) needs clerical volunteers here at OFA offices in Poughkeepsie. Looking ahead to 2023, our various OFA Exercise programs are looking for volunteer instructors, and we're preparing to launch a "Friendly Calls" program aimed at improving social connections for Dutchess County's socially isolated older adults.

You can read about all of OFA's volunteering options and fill out a printable volunteering form at [www.dutchessny.gov/ofavolunteer](http://www.dutchessny.gov/ofavolunteer), and if you have follow-up questions you can email [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov) or call 845-486-2544.

## **MEDICAL RESERVE CORPS VOLUNTEERING OPPORTUNITIES (Thu 12/22)**

Many OFA volunteers give of themselves to more than one volunteer organization. That said, if you're interested in joining the ranks of the Medical Reserve Corps of Dutchess County, their next New Member Orientation is scheduled for Thursday, December 22nd at 6pm at the Emergency Response campus, 392 Creek Road in the Town of Poughkeepsie. Both medical and non-medical volunteers are needed. Register to attend by emailing:

[mrc@dutchessny.gov](mailto:mrc@dutchessny.gov)

If you've been to an OFA Picnic, you've seen the MRC at work, wearing blue and silver reflective vests.

### **ORDER FREE COVID TESTS IN TIME FOR THE HOLIDAYS**

The federal government is again making free COVID-19 tests available, which can be ordered now to be delivered in time for holiday gatherings.

Up to four free tests per household are available, at [www.covidtests.gov](http://www.covidtests.gov).

Free tests are also available during business hours at OFA headquarters, 114 Delafield St. in Poughkeepsie. The tests cannot be mailed.

## Other news:

Alzheimer's disease: [what's a myth](#) and what's a fact.

Going outside for some birdwatching? [Here's how to tell a crow and a raven apart.](#)

## This week's birthdays:

12/18: Chef/author [Jacques Pépin](#) (87)

12/19: Actor [Mike Lookinland](#) (The Brady Bunch) (62)

12/20: Motown singer [Kim Weston](#) (83)

12/21: Actor/producer [Samuel L. Jackson](#) (74)

12/22: Mets pitcher [Jerry Koosman](#) (80)

12/23: Actor/voice artist [Harry Shearer](#) (79)

12/24: General Motors CEO/chairwoman [Mary Barra](#) (61)

**And a Bad Joke:**

Why should eggs benedict be served on a hubcap this time of year?

Because there's no plate like chrome for the hollandaise.