

Dutchess County Office for the Aging's

AGING NEWS

For the week of July 11th

OFA PRESENTS "ECHOES OF SINATRA" END-OF-SUMMER CONCERT

Ol' Blue Eyes is (almost) back.

Steve Kazlauskas brings his "Echoes of Sinatra" show to the Grandview (176 Rinaldi Blvd., Poughkeepsie) on Thursday, August 25th, at 1:30 p.m. for a free end-of-summer Office for the Aging concert for older adults (60+). Steve will perform Frank's biggest hits like "Fly Me to the Moon," "New York, New York," "Strangers in the Night" and more. There'll be open floor space for dancing, and snacks available at intermission.

Reservations are required, and seating is extremely limited. Call 845-486-2555 during business hours to reserve a spot – they'll go fast!

SENIOR FARMERS MARKET NUTRITION PROGRAM 2022 DISTRIBUTION

Starting this month, qualifying older adults have an opportunity to improve

their nutrition while supporting local farms, thanks to New York's Senior Farmers Market Nutrition Program (SFMNP).

Qualifying for SFMNP is straightforward: be at least 60 years of age and receiving benefits through Social Security, public assistance, SNAP, HEAP, or Section 8 housing. Alternately, an older adult may qualify if household income is below 185% of US poverty guidelines.

To find out more about qualifications, call OFA at 845-486-2555 or email ofa@dutchessny.gov. Residents of low-income housing complexes may be able to find out more about SFMNP from their residence manager.

We will distribute a limited number of SFMNP booklets across the county from our main office in Poughkeepsie, and to qualifying participants of our OFA Friendship Center and Home Delivered Meals programs throughout the County. Each booklet contains five checks valued at \$4.00 each. Treat the checks like cash to avoid loss or theft. Customers redeeming SFMNP checks will not receive cash change, and SFMNP checks cannot be exchanged for cash.

Distribution is just getting underway, and will continue throughout the 2022 growing season for as long as supplies last. SFMNP checks can be used until November 30th or a participating market closes for the season, whichever comes

first. Leftover checks from 2021 or earlier years are no longer valid.

The most recent available list of participating markets in Dutchess County and statewide is available through the New York State Department of Agriculture at www.agriculture.ny.gov/farmersmarkets. New markets often enter the program in the summer and fall, so check back regularly.

Eligible recipients must personally sign the Statement of Eligibility Form to receive SFMNP checks. Checks cannot be mailed to eligible older adults. Proxies may not pick-up and sign for checks. A valid Power of Attorney (POA) may sign for checks and pick up books for an eligible older adult.

Golden Living is prepared by the Dutchess County Office for the Aging, 114

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“HEAP” COOLING COMPONENT CLOSES FRIDAY, JULY 8

High demand for cooling assistance under the cooling component of the New York State Home Energy Assistance Program (HEAP) has used up the

program's available funding; therefore, the 2021-22 HEAP cooling component is ending at 5 p.m. on Friday, July 8th. Applications cannot be considered after then.

State officials say that if you have already submitted a HEAP cooling assistance application, or have applied by mail with a postmark of July 8th or earlier, the application will be considered.

HOME DELIVERED MEALS AND PICNIC VOLUNTEERS WANTED

Volunteer drivers are currently needed immediately, to drive for the Office for the Aging Home Delivered Meals (HDM) program throughout Dutchess County. Whether you're available one weekday or five, we can accommodate your schedule. Mileage reimbursement is available for HDM drivers who use their own vehicles; reimbursement rates were increased in July to reflect the higher price of gasoline.

Hundreds of senior citizen residents of Dutchess County live in their own homes but are unable to cook, shop, or prepare meals. They have received essential help from the HDM program, which makes hot, nutritious midday meals available for most locations in the county Monday through Friday, along with

frozen and shelf-stable meals for cases when inclement weather prevents delivery of hot meals.

We're also looking for volunteers to assist guests at any of the following upcoming OFA Picnics. All picnics take place on Wednesdays.

July 13 – Pine Plains (Stissing Mountain High School)

July 20 – Wappinger (Robinson Lane Park)

July 27 – Pleasant Valley (West Road School)

August 3 – City of Poughkeepsie (Stitzel Field)

August 24 – East Fishkill (Recreation Park, Hopewell Junction)

August 31 – Beekman/LaGrange (Freedom Park, LaGrange)

To learn more about OFA volunteering, contact the Office for the Aging at 845-486-2555 or ofa@dutchessny.gov.

WILL THERE BE AN OFA SENIOR PROM?

It's one of the most common questions we've gotten at OFA since the COVID-19 pandemic necessitated the cancellation of the 2020 and 2021 proms, but will the OFA Senior Prom happen this year?

It's probably happening, probably in the fall. We're keeping an eye on the lingering effects of the pandemic; and while we don't have a date or venue lined up yet, subscribers to this newsletter will be among the first to read about it when we move ahead with the prom.

It'll be the 25th (Silver Anniversary) prom, so our theme will be "silver." Many prom guests dress to match the prom's theme. It's not a requirement, but dressing up does put you in the running to become the "Duke" or "Duchess" of the prom.

More to come...

Other news:

[Top cars for older drivers and retirees](#), as per AAA.

[Anybody can fall for online scams](#) – including yourself.

Tips on preventing [age-related memory decline](#).

This week's birthdays:

7/10: Singer/activist Mavis Staples (83)

7/11: Fashion designer Giorgio Armani (88)

7/12: Actress Cheryl Ladd (71)

7/13: Game show announcer Johnny Gilbert (94)

7/14: Football player/actor Rosey Grier (90)

7/15: Singer/songwriter Linda Ronstadt (76)

7/16: Football coach/commentator Jimmy Johnson (79)

And our Bad Joke:

I ordered a bunch of German delicacies online, but one item is being delayed. The wurst is yet to come.