

Dutchess County Office for the Aging's

**AGING NEWS**

For the week of August 10<sup>th</sup>

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

***Todd N. Tancredi, Director***

***Dutchess County Office for the Aging***

**FARMERS MARKETS: FRESH, LOCAL, NUTRITIOUS AND SAFE**

If you're an income-qualified senior who hasn't yet taken advantage of the 2020 Senior Farmers Market Nutrition Program (SFMNP), keep reading. It's an opportunity well worth exploring.

SFMNP provides fresh, nutritious, unprepared, locally grown fruits, vegetables, herbs, and honey through authorized farmers' markets, roadside

stands and community supported agriculture (CSA) programs to low-income seniors. SFMNP aims to increase the consumption of agricultural commodities by expanding, developing, or aiding in the development and expansion of domestic farmers' markets, roadside stands, and CSA programs.

The benefit amount per SFMNP recipient in New York is \$20 per year, distributed as a booklet of five \$4 checks redeemable at authorized markets. Small though that benefit may seem, it has historically provided enough incentive to motivate seniors to go to a farmers market that they otherwise might not have visited. That's a victory for healthy social and nutritional habits. Seniors, in particular, benefit from one often-overlooked benefit of a trip to the farmers market: social interaction. One Texas study revealed that people who shop at farmers markets have 15 to 20 social interactions per visit, while they would only have one or two per visit to a grocery store.

In Dutchess County, there are eight SFMNP-authorized markets operating this year. 2020 SFMNP coupons are valid until November 30th, or whenever an authorized market closes for the year.

Because of the COVID-19 pandemic, the Office for the Aging is only distributing SFMNP check booklets on **Monday, August 17th from 11 a.m. to 1 p.m.** at our offices at 114 Delafield St. in Poughkeepsie. We cannot distribute booklets to “walk-in” visitors.

SFMNP booklets are available from the Office for the Aging while supplies last, or until September 30<sup>th</sup>, whichever comes first. Call **(845) 486-2555** or email **ofa@dutchessny.gov** to learn more about your possible eligibility.

When you visit a farmers market, take the same precautions you would in any other shop. Make a list before you go, to make your trip as quick as possible. Wear a face covering. Avoid touching the produce the way you normally would to check for freshness; if you have a question about a specific item, the vendor should be able to help.

Regardless of what farmers market you visit in Dutchess County, you’ll be supporting our farmers and bringing home some of the freshest produce you can find - outside of picking it from your own garden.

*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)*

## **REBUILDING TOGETHER HANDYMAN PROGRAM ASSISTS SENIORS**

Rebuilding Together Dutchess County's Handyman program provides an opportunity for seniors to receive small-scale repairs in and around their home at no cost to them. The program is year-round with applications being accepted on a rolling basis.

The program focuses on small-scale repairs and safety and accessibility modifications that can typically be completed in four hours or less. These could include the installation of grab bars or hand rails, improving lighting, or minor accessibility modification improvements.

There are three main eligibility requirements for the program:

- the applicant must own and occupy the home located within Dutchess County;
- total household gross income must not exceed 80% of the area median income; and
- at least one household member, who could benefit from these services, must be 60 years of age or older.

The application is available on the Apply page of the non-profit's website ([www.rtdutchess.org/apply](http://www.rtdutchess.org/apply)) or by calling Rebuilding Together at (845) 454-7310.

This program is generously supported in part by the Dutchess County Office for the Aging.

### **OFA MEDICARE SESSIONS RESUME THIS FALL, WITH SOCIAL DISTANCING**

The Office for the Aging's regular series of Medicare classes and workshops was suspended when the COVID-19 pandemic broke out, but with Dutchess

County gradually reopening we've been working with Adriance Memorial Library in the City of Poughkeepsie and Boardman Road Library in the Town of Poughkeepsie to hold a series of socially distanced Medicare website workshops.

A total of six classes are scheduled so far. The first four are on these dates:

- Wednesday, September 23rd
- Wednesday, October 28th
- Wednesday, November 25th
- Wednesday, December 23rd

Each of the above classes begins at 9:30 a.m. at Adriance Library, 93 Market St. in the City of Poughkeepsie. The library parking lot is around the corner on Noxon St.

There are two evening classes on the schedule:

- Tuesday, October 27th at Boardman Road library, 141 Boardman Rd. in the Town of Poughkeepsie
- Wednesday, November 18th at Adriance Library

Both classes take place from 6:30 to 8:30 p.m.

There is a limit of 6 people in each class due to the need for safe social distancing. It is also mandatory to wear a mask and to use hand sanitizer both before and after using the computer in the class.

All class times and venues are subject to change due to the COVID situation at that time.

**Reservations are required** and can be made by contacting the Office for the Aging at (845) 486-2555.

**Other aging news online:**

Information on getting in touch with Social Security offices during the pandemic:

[https://blog.ssa.gov/important-information-about-reaching-social-security-during-the-covid-19-pandemic/?utm\\_medium=email&utm\\_source=govdelivery](https://blog.ssa.gov/important-information-about-reaching-social-security-during-the-covid-19-pandemic/?utm_medium=email&utm_source=govdelivery)

Telehealth is an interesting new development but there's concern that older adults are missing out:

[https://www.medpagetoday.com/practicemanagement/telehealth/87901?xid=nl\\_popmed\\_2020-08-05&eun=g1261622d0r&utm\\_source=Sailthru&utm\\_medium=email&utm\\_campaign=DailyUpdate\\_080520&utm\\_term=NL\\_Daily\\_Breaking\\_News\\_Active](https://www.medpagetoday.com/practicemanagement/telehealth/87901?xid=nl_popmed_2020-08-05&eun=g1261622d0r&utm_source=Sailthru&utm_medium=email&utm_campaign=DailyUpdate_080520&utm_term=NL_Daily_Breaking_News_Active)

The incidence of dementia in North America and Europe has been dropping since the 1980's: <https://n.neurology.org/content/95/5/e519>

If it's good for your heart, it's good for your brain:

<https://www.nbcnews.com/health/aging/healthy-heart-linked-sharper-memory-people-age-their-90s-n1234644>

Golf exercises for seniors could be helpful even if you never go near a course:

<https://www.nationalclubgolfer.com/news/rachael-tibbs-golf-exercises-for-seniors/>

Make enough masks, you get a parade:

[https://www.washingtonpost.com/lifestyle/2020/08/03/90-year-old-chevy-chase-man-spent-months-making-masks-return-he-got-birthday-parade/?hpid=hp\\_local-right-4-0\\_inspired-life-1220p%3Ahomepage%2Fstory-ans](https://www.washingtonpost.com/lifestyle/2020/08/03/90-year-old-chevy-chase-man-spent-months-making-masks-return-he-got-birthday-parade/?hpid=hp_local-right-4-0_inspired-life-1220p%3Ahomepage%2Fstory-ans)

**This week in senior birthdays:**

8/8: Actor/director Dustin Hoffman (83)

8/9: Actor/producer Sam Elliott (76)

8/10: Musician/songwriter Ian Anderson (Jethro Tull) (73)

8/11: Singer/songwriter Joe Jackson (66)

8/12: Actor George Hamilton (81)

8/13: World Trade Center tightrope-walker Philippe Petit (71)

8/14: Actor/comedian/writer/musician Steve Martin (75)

**And our weekly Bad Joke:**

I have a pencil with two erasers. It's pointless.