

Dutchess County Office for the Aging's

AGING NEWS

For the week of July 6th

Note: Friday, July 3rd is the observed Independence Day national holiday; the Office for the Aging will be closed on that day, with clients of our Home Delivered Meals program receiving their meals in advance of the holiday.

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

Todd N. Tancredi, Director

Dutchess County Office for the Aging

2020 SENIOR FARMERS MARKET COUPONS

New York Farmers Market Coupons that help seniors buy locally grown fresh fruits and vegetables will be distributed throughout Dutchess County, starting in

July. The coupons are part of a state program called the Farmers Market Nutrition Program (FMNP), created through a collaboration among the New York State Department of Agriculture and Markets, the New York State Department of Health, New York State Office for the Aging (NYSOFA), and Cornell Cooperative Extension (CCE).

The coupon program has two main target demographics: seniors age 60 and up, and women with infants and children. It also consists of an educational program that takes place at farmers markets, provided by CCE offices across the state. In Dutchess, there's a CCE office at the Dutchess County Farm and Home Center, on Route 44 west of Millbrook (845-677-8223).

The Office for the Aging will distribute coupons throughout the county from our main office at 114 Delafield St. in Poughkeepsie, under a schedule that enables participants to be physically safe while picking up their coupons.

Distribution will take place on Mondays and Wednesdays from 10 a.m. to 1 p.m., while supplies last. We'll have a safe distribution location set up just outside the front door of our office. Distribution times are subject to change.

Because of safety concerns related to the COVID-19/coronavirus pandemic, we cannot accept walk-in applicants for coupons at other times.

Seniors with residences in low-income senior housing may be able to find out more about coupon distribution from their residence administrator.

New York State law requires that coupons be picked up in person; proof of age and New York State residency is required. A driver's license or non-driver ID will do.

Qualifying participants of our Senior Friendship Center and Home Delivered Meals programs will also receive coupons; please contact us to find out more.

If you are a senior who lives in Dutchess County, aged 60 years or older and are low-income, you may be eligible to receive Senior Farmers Market Nutrition Program (SFMNP) coupons even if you do not participate in an Office for the Aging program. Eligible seniors receive a booklet containing \$20 worth of coupons that can only be used to purchase local, fresh, unprocessed vegetables and fruits at participating New York farmers markets and farm stands.

Seniors using FMNP coupons have the opportunity not only to obtain healthy local fruits and vegetables, but also to learn more about Dutchess County agriculture.

How do I find out if I qualify?

Qualifying seniors must be 60 years of age or older, and meet the following maximum income guidelines for 2020:

1-person household: \$2082/month

2-person household: \$2818/month

3-person household: \$3555/month

See our July issue of OFA Nutrition News, available at www.dutchessny.gov/aging, for more information about participating farmers markets and redeeming FMNP coupons.. To receive Nutrition News emails as well as newsletters and advisories from a wide range of Dutchess County Government

departments, subscribe via “Dutchess Delivery” at www.dutchessny.gov.

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 website: www.dutchessny.gov/aging

SHRED FREE DAY AT ADRIANCE LIBRARY (Fri 7/17, 9-11 am)

Many of the region’s usual springtime free-document-shredding events were postponed or cancelled because of the pandemic, and now with Dutchess County slowly reopening, some shredder events are now on the calendar. The Adriance Memorial Library in Poughkeepsie (93 Market St.) will host a free-shred event on Friday, July 17th from 9 to 11 am.

Items that can be shredded: Personal documents with staples, paper clips, binders, and small amounts of compact discs, CD-ROMs, and credit cards, courtesy of Hudson Valley Legal Shred. 3 bags maximum per person. Questions?

Find answers here: <https://www.hvshred.com/faq/>

For additional information contact: library administration, (845) 485-3445 x3707
or adulthevents@poklib.org

Other aging news online

Need a bit of encouragement to get going with simple exercises? Let these videos help...first, Paul Lam's series of tai chi videos:

[https://www.youtube.com/playlist?list=PLMy pbNPFKGgSxHqI65G6UrDI1blf493ih
&feature=share](https://www.youtube.com/playlist?list=PLMy pbNPFKGgSxHqI65G6UrDI1blf493ih&feature=share)

Also...a series of simple workouts for older adults, from the National Institute on

Aging:

[https://www.youtube.com/playlist?list=PLmk21KJuZUM7kDgg7EOsXqPKAoOnD5
Q8N](https://www.youtube.com/playlist?list=PLmk21KJuZUM7kDgg7EOsXqPKAoOnD5Q8N)

(Thanks to Jill Bubel, trauma injury prevention coordinator at Vassar Brothers
Medical Center in Poughkeepsie, for pointing us to those videos)

Details on a recently passed New York state measure extending pandemic-related rent protections: https://www.timesunion.com/news/article/Cuomo-signs-bill-extending-rent-protection-during-15376572.php?utm_source=newsletter&utm_medium=email&utm_content=headlines&utm_campaign=tu_capitolconfidential

The USS Slater, a World War II destroyer escort that served in both the Pacific and North Atlantic, and now serves as a history museum, will be headed down the Hudson from its port in Albany early Sunday morning, July 5th, bound for a shipyard in Staten Island for a few weeks of repairs. Estimated departure is 0500 Sunday (5:00 a.m.). Of the more than 750 destroyer escorts that operated during the war, the Slater is the only one still afloat. More information on the Slater's Facebook page: <https://www.facebook.com/USS.Slater>

Comedy legend Carl Reiner passed away on June 29th at age 98:

<https://variety.com/2020/biz/news/carl-reiner-dead-died-dick-van-dyke-1234694208/> His key to a long life? “Every morning before having breakfast, I pick

up my newspaper, get the obituary section and see if I'm listed. If I'm not, I'll have my breakfast."

The last of the Old Hollywood legends, Olivia De Havilland, celebrated her 104th birthday on July 1st: <https://variety.com/2020/film/news/olivia-de-havilland-104-birthday-gone-with-the-wind-1234694602/>

This week in senior birthdays:

7/4: Actress/photographer Gina Lollobrigida (93)

7/5: Singer/songwriter Huey Lewis (70)

7/6: The 14th Dalai Lama (85)

7/7: Trumpet player/conductor Doc Severinsen (93)

7/8: Actress/director Anjelica Huston (69)

7/9: Author Dean Koontz (75)

7/10: Singer/activist Mavis Staples (81)

And finally, an Independence Day-themed Bad Joke:

Knock knock.

Who's there?

Tarzan.

Tarzan who?

Tarzan stripes forever.