

Dutchess County Office for the Aging's

AGING NEWS

For the week of April 27

OFA Summer Picnic Registration Opens May 1st

Over 50,000 Office for the Aging Summer Picnic reminder cards are being mailed to older adult households throughout Dutchess County. Residents can generally expect to see a reminder card for their community's picnic between four and six weeks before that picnic.

Below is the 2026 picnic schedule. All of this summer's picnics are being held on Wednesdays, with lunch starting at noon. Reserved guests should arrive by 11:30 am to allow time for parking and getting to their seats. The picnic schedule is at www.dutchessny.gov/ofapicnics.

May 27 - Town and Village of Pawling, Towns of Dover, Amenia and Union Vale

Boyce Park, 6420 Route 55, Wingdale

June 3 - Village and Town of Fishkill

Geering Park, Fishkill

June 10 - Towns of Milan, Red Hook and Rhinebeck and Villages of Red Hook,
Rhinebeck, and Tivoli

Dutchess County Fairgrounds

6636 Springbrook Ave. (US 9), Rhinebeck

June 17 - Towns of Clinton and Hyde Park

Church of Regina Coeli (rear lot), entrance at 28 Harvey St., Hyde Park

June 24 - Town of Poughkeepsie

Bowdoin Park, 85 Sheafe Rd., Poughkeepsie

July 8 - City of Beacon

Memorial Park, 298 Fishkill Ave., Beacon

July 15 - Towns of North East, Pine Plains, Washington and Stanford, and
Villages of Millbrook and Millerton

Stissing Mountain Jr./Sr. High School, 2829 Church St. (Route 199), Pine
Plains

July 22 - Town of Wappinger and Village of Wappingers Falls

Recreation Park, 95 Robinson Lane, Wappinger

July 29 - Town of Pleasant Valley

West Road School, 181 West Rd., Pleasant Valley

August 12 - City of Poughkeepsie

Stitzel Field, 10-14 Lincoln Ave., Poughkeepsie

August 19 - Towns of LaGrange and Beekman

Freedom Park, 212 Skidmore Rd., LaGrange

August 26 - Town of East Fishkill

East Fishkill Recreation Park, 392 Route 376, Hopewell Junction

Every resident of Dutchess County over age 60 can make a reservation for themselves for the free picnic serving their community. Reservations must be made by calling OFA during business hours (9 am – 5 pm weekdays) at 845-486-2555. We cannot accept voice mail or email reservation requests.

There is an \$8 per person fee for every non-resident guest, and for any guest age 59 or under, if space is available at the requested picnic. You needn't receive a reminder card to make a reservation, but you do need to make the reservation. Picnic seating space is limited; therefore, we cannot accept walk-ins.

Guests enjoy a nutritious lunch and can have their concerns heard by the Office for the Aging, various Dutchess County Government departments, as well as local government leaders and area nonprofit organizations.

Carpool to Your Picnic

With hundreds of guests attending each picnic, we strongly recommend carpooling to your destination. It makes picnic parking considerably easier for everyone.

Many thanks to The Pines at Poughkeepsie and Westchester Medical Center Health Network for their support of all 12 picnics.

OFA “Mix and Mingle” – Still Some Spots Left

New experiences are one of the keys to successful aging. That’s why the Office for the Aging is trying out a new experience with the older adults of

Dutchess County: a free, first-ever “Mix and Mingle” for Dutchess County older adults, on Tuesday, May 19th at 2:00pm, at the auditorium at Bowdoin Park, 85 Sheafe Rd. in Wappinger. It’ll be a great opportunity to make new friends, learn more about the Office for the Aging, enjoy some wonderful Dutchess County scenery, and demonstrate the power of human connection as a great way for older adults to live their best lives. “Mocktails” and light refreshments will be available. Space is limited, so registration is required. Call OFA during business hours at 845-486-2555 to save yourself a spot.

NY HEAP Cooling Application Assistance Now Open

It did feel a little like summer for a few days this past week...no better time to ask about New York State’s Cooling Assistance Benefit. The benefit helps income-eligible households buy and install an air conditioner or fan to cool their home.

How does it work?

If you are eligible, you may receive one cooling benefit per applicant household for the purchase and installation of an air conditioner or fan. In

circumstances where an air conditioner cannot be safely installed, a fan will be provided.

How much can I receive in cooling benefits?

The price cannot be more than \$800 with installation for a portable air conditioner, or fan, and not to exceed \$1,000 for an existing wall sleeve unit. Like heating assistance funding, cooling assistance funds are limited and are distributed on a first-come-first-served basis.

For details on applications and eligibility, call 845-486-2555 or email ofa@dutchessny.gov.

OFA SilverShield Scam Prevention Event (Monday 4/27)

We know many of the basic tools to avoid scams, like not engaging with communication attempts from those we do not know and have not verified. But how do we get past avoiding scammers, and move forward to reporting them?

That's where "SilverShield" (www.silvershield.ai) comes in. SilverShield and the New York State Office for the Aging have made 300 free SilverShield

subscriptions available to Dutchess County older adults. You can register for our next SilverShield sign-up event, coming up Monday, April 27th at 2:30pm at the Office for the Aging Poughkeepsie Friendship Center at 114 Delafield St.

Register by calling OFA during business hours at 845-486-2555. We cannot accept registration requests made by email or voice mail.

Medication Drop-Off Day (Saturday 4/25)

What are we supposed to do with medications that are expired or otherwise no longer needed?

Flushing them risks endangering the water supply. Disposing of medications in regular trash, especially if they're controlled substances, runs the risk of people with addiction looking through your garbage for a fix. And doing nothing with them isn't a feasible solution either, seeing as a pet could get into them or somebody could take them by mistake.

All those reasons are why a National Medication Take Back Day happens twice a year, in April and October. The next take back day is Saturday, April 25th; and there are four take-back events that day in Dutchess County, all taking place from 10am to 2 pm.

- Amenia Town Hall – 4988 US 44, Amenia
- Town of East Fishkill Police – 2468 NY 52, Hopewell Junction
- Vassar Brothers Medical Center – 9 Livingston St., Poughkeepsie
(Building A, Main Lobby Entrance)
- Wappinger Town Hall – 20 Middlebush Rd., Wappinger

Near northern Dutchess County, there is also a takeback event taking place at the Kingston Police Department (1 Garraghan Dr.).

Can't make it on the 25th? [Dutchess County also has 12 medication drop boxes at law enforcement agencies across the county](#), providing a safe way to anonymously dispose of your medications. Safe disposal helps prevent drug misuse, accidental ingestion, and protects our environment.

Prescription and over-the-counter medications, as well as ointments, are accepted and should be placed in sealed containers or plastic bags. Needles and other hazardous materials are not accepted.

OFA At Annual Conference on Caregiving in Hyde Park (Thursday, 5/7)

The annual Conference on Caregiving takes place on Thursday, May 7th from 8:30 am – 2 pm at the Wallace Center on the grounds of the FDR Historic

Site on Route 9 in Hyde Park.

This year's theme is "20/20 Vision – Planning for a Bright Future." Topics in support of caregivers will include estate and financial planning; caregiving and grief support; end-of-life doula services; and Tai Chi/wellness. OFA staff will be at the conference to answer guests' questions about aging services in Dutchess County.

Registration takes place through the Alzheimer's Association. Call their helpline to save yourself a seat: **800-272-3900**. [You can also use this link.](#)

Breakfast and lunch are provided.

The Caregiver Conference is organized by the Dutchess County Office for the Aging with the Alzheimer's Association Hudson Valley Chapter, Parkinson's Disease Support Group of the Mid-Hudson Valley, Hudson Valley Hospice, and community members Cathy Regan, RN; Falisia Cotten-Swain, LCSW-R; and Eileen Hendriksen, LMSW.

AARP Shredder Events in April (Fri 4/24 and Thu 4/30)

One of the many tricks used by identity thieves involves rummaging

through our recycling for personally identifiable information. Protect yourself at an AARP Fraud Watch document-shredding event; there are two coming up in Dutchess County. Click the relevant links for registration info, including details on what sort of materials are and aren't accepted for shredding.

[Friday, April 24th, 10a-12:30p – St. John's Evangelical Lutheran Church](#), 55

Wilbur Blvd., Poughkeepsie

[Thursday, April 30th, 10a-12:30p – Hopewell Recreation Park](#), 392 NY 376,

Hopewell Junction

Other news:

Spending outdoor time this spring means being vigilant for ticks. [Here's the latest analysis](#) from the Millbrook-based Cary Institute for Ecosystem Studies.

[Rotator cuff issues may be common with aging](#) but we can adapt and minimize the pain.

It's spring cleaning time [for your finances](#), too.

This week's birthdays:

5/2: Singer/pianist [Engelbert Humperdinck](#) (90)

5/3: Singer-songwriter [Christopher Cross](#) (75)

5/4: Journalist/commentator [George Will](#) (85)

5/5: Actor/comedian [Michael Palin](#) (83)

5/6: Actor/director/screenwriter [George Clooney](#) (65)

5/7: Grateful Dead founding member [Bill Kreutzmann](#) (80)

5/8: Singer/songwriter [Philip Bailey](#) (Earth, Wind & Fire) (75)

And the Bad Joke!

A priest, a minister, and a rabbit entered a clinic to donate blood. The nurse asked what the rabbit's blood type was, and the rabbit replied, "I'm probably a Type O".