

Dutchess County Office for the Aging's

AGING NEWS

Week of April 28th

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OFA PICNIC SEASON – REGISTRATION OPENS MAY 1ST

About 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.

Here is the 2025 picnic schedule:

May 28 - Town and Village of Pawling, Towns of Dover, Amenia and Union

Vale

Boyce Park, 6420 Route 55, Wingdale

June 4 - Village and Town of Fishkill

Geering Park, Fishkill

June 11 - Towns of Milan, Red Hook and Rhinebeck and Villages of Red Hook, Rhinebeck, and Tivoli

Dutchess County Fairgrounds, 6636 US 9, Rhinebeck

June 18 - Towns of Clinton and Hyde Park, including Staatsburg

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

June 25 - Town of Poughkeepsie

Bowdoin Park, 85 Sheafe Rd., Poughkeepsie

July 9 - City of Beacon

Memorial Park, 298 Fishkill Ave., Beacon

July 16 - 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 23 - Town of Wappinger and Village of Wappingers Falls

Recreation Park, 95 Robinson Lane, Wappinger

July 30 - Town of Pleasant Valley

West Road School, 181 West Rd., Pleasant Valley

August 13 - City of Poughkeepsie

Stitzel Field, 10-14 Lincoln Ave., Poughkeepsie

August 20 - Towns of LaGrange and Beekman

Freedom Park, 212 Skidmore Rd., LaGrange

August 27 - Town of East Fishkill

East Fishkill Recreation Park, 330 Route 376, Hopewell Junction

All of this summer's picnics are being held on Wednesdays, with lunch starting at noon. You can also see the picnic schedule at www.dutchessny.gov/ofapicnics. We've kept the pictures from the 2024 picnic season there as well, to help familiarize those who've never been to a Summer Picnic.

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, or reservation calls made before May 1st.

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.

We strongly recommend car-pooling to picnics. It makes picnic parking considerably easier for everyone.

Many thanks to The Pines at Poughkeepsie, Central Hudson and Hudson Valley Medicare Group for their support of all 12 picnics.

VOLUNTEER MEAL DELIVERY DRIVERS WANTED (Weekdays)

Office for the Aging Home Delivered Meals volunteer drivers do tremendously important work throughout Dutchess County, on behalf of hundreds of homebound older adults who are unable to prepare meals for themselves.

You can join the ranks of volunteer drivers – and it’s easy.

Got a valid driver’s license and a vehicle, and some free hours during the day on weekdays? The application process is simple. Visit www.dutchessny.gov/ofavolunteer for details. There’s an online application, and a printable mail-in application form is also available.

OFA’s current area of greatest driver need is in the greater City of Poughkeepsie area, especially on Fridays; but HDM drivers cover the whole county, every weekday. There’s no minimum time commitment, and you can pick up extra shifts if you find yourself with extra time. Mileage reimbursement is available for any driver using their own vehicle for deliveries.

For more information, email ofa@dutchessny.gov or call 845-486-2555.

“INTRO TO PICKLEBALL” LESSONS RETURN (May 13/20/27)

OFA and Dutchess County Parks have joined again this year to host Introduction to Pickleball classes for older County residents, at the courts at Quiet Cove Park (1 Clear Water Dr., Town of Poughkeepsie). Classes are scheduled for three Tuesdays: May 13, 20 and 27, from 9-11 am.

Participants must be able to commit to all three classes. Space is limited to the first 16 County seniors who sign up via OFA by calling 845-486-2555 during business hours. Equipment can be provided.

We cannot accept reservation requests via email or voice mail.

SEATS STILL AVAILABLE AT THE CAREGIVER CONFERENCE

(Wed 5/7, Hyde Park)

You still have time to sign up for one of the remaining spots at the free annual “Caregivers Rock” Caregiver Conference, taking place on Wednesday, 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.

Registration takes place through the Alzheimer’s Association. Call their helpline to save yourself a seat: **800-272-3900**.

Breakfast and lunch are provided. Discussion topics include self-care, difficult conversations, advocacy for one’s needs, and the differences between hospice and palliative care.

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 and Falisia Cotten-Swain.

“EMPOWERED CAREGIVER SERIES” AT OFA THIS SPRING

Are you the caregiver of a Dutchess County resident living with dementia? The Dutchess County Office for the Aging is partnering with the Alzheimer's Association Hudson Valley Chapter to host the “Empowered Caregiver Series” in May and June at OFA headquarters, 114 Delafield St. in Poughkeepsie.

Each session takes place on a Tuesday at 3:00pm. Seating is limited, so reservations are required. Call the Office for the Aging to save your seat at any session(s) you can attend, at 845-486-2555 during business hours. We cannot accept reservation requests made via voice mail or email.

Topics in the program include:

- May 6 - Building foundations of caregiving
- May 13 - Supporting independence
- May 20 - Communicating effectively

- May 27 - Responding to dementia-related behaviors
- June 3 - Exploring care and support services

This free program is open to caregivers of all ages and is supported in part by a grant from the New York State Department of Health.

Other news:

Too much screen time may be a problem for children and teenagers, but for older adults? Screen time comes with [a surprising benefit.](#)

How is our aging population going to affect our [property and casualty insurance?](#)

Before passing away earlier this month, [Pope Francis offered some thoughts](#) on aging and dying.

[Recipes from the 50s, 60s, and 70s are certainly...something](#). Who fancies a bowl of [7-Up baked beans](#), for instance? If any of you have tried making any dishes like this over the years, we're a little curious about how they came out, especially the (gulp) [liver sausage pineapple](#), which will not be featured on any OFA Nutrition department menu offerings.

This week's birthdays:

4/25: Actor/director [Al Pacino](#) (85)

4/26: Martial artist, actor and producer [Jet Li](#) (62)

4/27: Singer-songwriter [Sheena Easton](#) (66)

4/28: Actress/dancer/singer [Ann-Margret](#) (84)

4/29: Singer/songwriter/guitarist/actor [Willie Nelson](#) (92)

4/30: United Nations secretary-general [Antonio Guterres](#) (76)

5/1: Singer/songwriter [Judy Collins](#) (86)

And a Bad Joke!

First rule of Thesaurus Club: You don't talk, converse, discuss, speak, chat, deliberate, confer, gab or gossip about Thesaurus Club.