

Dutchess County Office for the Aging's

AGING NEWS

For the week of August 4

Let's use our imaginations for this week's issue.

Imagine two tomatoes. The first one is sitting in a bin, along with hundreds of tomatoes exactly like it, at your local mega-colossal supermarket. The tomato looks flawless, because it was bred to endure thousands of miles of travel from whatever farm grew it. It's tough. You could throw it at a brick wall and it might bounce back like a tennis ball, in which case it might also taste like a tennis ball. Maybe the dog can play fetch with it.

The second tomato was grown locally, the way your grandfather grew his. He showed off his tomatoes to anybody who cared to have a look. And he'd grow enough that every home in the neighborhood could each have a bucket of

tomatoes at harvest time. The tomatoes weren't perfectly symmetrical, but the taste was unbeatable.

What if we told you it's possible to find local tomatoes a lot like your grandpop's, for free?

Go on, you say.

This year, OFA has a bumper crop of free coupon booklets valued at \$25 for income-qualifying Dutchess County older adults, from New York State's Senior Farmers Market Nutrition Program (SFMNP). Each booklet contains five \$5 coupons, good at participating farmers markets throughout New York State. Wondering if your income qualifies you? Get in touch with OFA, or consult [the highlighted section of this chart from the US Department of Agriculture](#).

We need to get these free booklets into the hands of as many qualifying Dutchess County older adults as we can. In the meantime, tell your friends!

Ways to Apply for SFMNP Coupon Booklets

1. At OFA, Thursday and Friday Afternoons

The Office for the Aging will distribute a limited number of SFMNP booklets from our main office at 114 Delafield St. in Poughkeepsie, while supplies last, **only on Thursdays and Fridays from 2:30-4:00pm.**

2. At Any OFA Friendship Center

Not able to travel to Poughkeepsie? SFMNP coupons can be had by appointment at any of OFA's other seven OFA Friendship Centers. Call before visiting to make your appointment, to be sure someone will be around to help you:

Beacon

1 Forrestal Heights, Beacon - 845-838-4871

East Fishkill

890 NY 82, Hopewell Junction - 845-226-3605

Millerton

28 Century Blvd., Millerton - 518-789-3081

Pawling

154 Charles Colman Blvd., Pawling - 845-855-9308

Pleasant Valley (Tri-Town)

1576 Main St., Pleasant Valley - 845-275-8565

Red Hook

59 Fisk St., Red Hook - 845-475-1129

South Amenia

229 South Amenia Rd., Wassaic - 845-373-4305

3. For Low-Income Senior Housing Residents

You should be able to find out how to apply for SFMNP coupons from your site manager.

4. At An OFA Summer Picnic

Older adults who live in the following communities can apply for SFMNP coupon booklets while they're at the OFA Summer Picnic serving their

community. Picnics tend to reach capacity, so reserve a seat by calling **845-486-2555** during business hours.

August 13 - City of Poughkeepsie

Stitzel Field, 10-14 Lincoln Ave.

August 20 - Towns of Beekman and LaGrange

Freedom Park, 212 Skidmore Rd., LaGrange

August 27 - Town of East Fishkill

Hopewell Recreation Park, 392 NY 376

All picnics take place on Wednesdays and begin at noon, typically wrapping up just after 1 pm. Many thanks to 2025 picnic season supporters - Central Hudson, The Pines at Poughkeepsie, Hudson Valley Medicare Group, and AccentCare - for their valuable help.

WHEN'S THE PROM?

First things first: We're still in the "save-the-date" stage of OFA Senior Prom planning, and you haven't missed anything.

The OFA Senior Prom, co-hosted by The Pines at Poughkeepsie, takes place on Monday, October 20th, noon-4pm, at Villa Borghese, 70 Widmer Road in Wappinger. It's open to all Dutchess County residents over age 60, while seats remain available.

Registration opens on Thursday, August 28th. The \$20 price of admission has stayed the same since at least 2015, and includes lunch and an afternoon of dancing and fun with the full Bob Martinson Band.

Registration forms will be emailed to everyone on the OFA email list. If you subscribe to this email, you'll get one. The form will also be included in the Fall 2025 THRIVE60+ OFA newsletter.

IF YOU MISSED THE JULY 10TH OLDER ADULTS SKILLS FAIR...

If you couldn't make it to County Executive Sue Serino's "Putting Your Skills To Work" Older Adults Skills Fair, [here's the link to the contact information for all participating vendors](#).

We expect that there will be additional Older Adult Skills Fairs in the future as more employers and volunteer-supported agencies take notice of the outstanding response to the first fair.

TAKE THE DUTCHESS TRANSPORTATION SURVEY

Every five years, the Dutchess County Transportation Council issues a Coordinated Public Transit-Human Services Transportation Plan, aimed at improving the mobility of older adults and persons with disabilities in Dutchess County. The last DCTC report was issued in 2021; with the next version of the plan to be issued in 2026, a new survey is being conducted now.

[You can take the survey here](#), and provide information to help meet our transportation needs as we age.

EMAIL SCAM ALERT

This one comes to us from the Town of Poughkeepsie, but it'll apply to any government email services you subscribe to.

One such scammer group is impersonating Town officials, trying to solicit funds from their targets, sometimes using phrases like “fees necessary for permit approvals.”

Our guidance remains the same for such scams: **Do not engage.** That means don't answer the email, and don't call any phone number in the email. Do not respond. Use your email program's spam reporting feature. Also, report the scam attempt to law enforcement.

dutchessny.gov/scamprevention has details and contact information. Every reported scam attempt can help investigators put together an idea of the scam's origin. Reporting a scam attempt can also protect you in case you are erroneously billed because of somebody else's fraud.

Share this with your less tech-savvy friends too.

Other news:

Certain [lifestyle changes](#) can help keep your brain younger.

[11 ways to fight loneliness](#) in older adults. The 12th is to join OFA's 'Friendly Calls' program.

Our current memory problems may have their roots in [the extensive use of leaded gas](#) up until the 1990s.

The total costs of dementia in 2025 are expected to add up to [\\$780 billion](#), including lost quality of life and informal care costs, according to a new University of Southern California study.

When your friends in Florida tell you about [the robot bunnies](#) that have been deployed against invasive Burmese pythons there, they're not pulling your leg.

This week's birthdays:

8/1: Blues musician [Robert Cray](#) (72)

8/2: Actor [Butch Patrick](#) (72)

8/3: Businesswoman/publisher [Martha Stewart](#) (84)

8/4: Baseball player/actor [Roger Clemens](#) (63)

8/5: NBA Hall-of-Famer [Patrick Ewing](#) (63)

8/6: NBA Hall-of-Famer [David Robinson](#) (60)

8/7: Actor/director [David Duchovny](#) (65)

And like a bad penny, our weekly Bad Joke keeps turning up:

Where do rainbows go when they've been bad?

To prism, so they have time to reflect on what they've done.