

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of December 22

### **Holiday Hours**

Thursday, December 25<sup>th</sup> – OFA Office and Friendship Centers Closed for Christmas

Friday, December 26<sup>th</sup> – OFA Office open regular hours; Friendship Centers closed

Thursday, January 1<sup>st</sup> – OFA Office and Friendship Centers Closed for New Year's Day

(Office and Friendship Centers return to regular schedules Friday, January 2<sup>nd</sup>.)

**HEAP and EAP – What's the Difference and What's In It For You**

Two home energy programs that help thousands of Dutchess County older adults have similar acronyms. To avoid possible confusion, here's a quick explanation of the difference between HEAP and EAP:

HEAP = Home Energy Assistance Program, a federally funded and state-administered grant program that helps income-eligible New York residents pay their energy bills. Last winter, HEAP assisted over 12,000 Dutchess County households, according to the state comptroller's office.

EAP = Energy Affordability Program, for New York households with annual income levels at or below 60% of the State Median Income. The program aims to provide financial relief for low-income consumers by making their electric and/or natural gas utility bills more affordable through monthly bill discounts.

## **Your Eligibility Questions**

If you're eligible for any of the following programs, you're also eligible to enroll in EAP:

Home Energy Assistance Program (HEAP)

Lifeline Telephone Service Program

Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps)

Medicaid

Veterans Disability or Survivors Pension

Supplemental Security Income (SSI)

Federal Public Housing Assistance

Utility Guarantee / Direct Vendor programs

Temporary Assistance for Needy Families (TANF)

Safety Net Assistance

To enroll in EAP or verify your EAP enrollment, contact your utility company:

Central Hudson: 845-452-2700

NYSEG: 800-572-1111

Beginning in 2026, EAP benefits will be available to utility customers below median income who do not qualify for assistance under the existing EAPs.

### **Emergency HEAP Season Begins January 2**

The 2025-2026 Emergency HEAP benefit is scheduled to open January 2, 2026, contingent on federal action to fund the program and timely notification from the United States Department of Health and Human Services regarding New York State's allocation. Updated guidance will be issued as needed, as additional information becomes available.

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## **PART TIME SUBSTITUTE OFA FRIENDSHIP CENTER POSITION AVAILABLE**

There's a unique as-needed employment opportunity with the Dutchess County Office for the Aging, as a substitute Site Manager in our Friendship Center program.

Successful site manager candidates ensure smooth weekday operations at any of our eight Friendship Centers, with locations in Beacon, East Fishkill, Millerton, Pawling, Pleasant Valley, Poughkeepsie, Red Hook, and South Amenia/Wassaic.

Each substitute site manager assists older adults with daily lunch and activities, creating a welcoming environment.

A typical Friendship Center workday runs from 8:30am-2:30pm, Monday through Friday, excluding holidays. Substitute site managers work on an on-call basis, when and where they are able. Food service experience is a plus, along with proficiency in email and good organizational skills.

For application information, contact OFA during business hours at 845-486-2555, or email [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov).

## SCAM ALERT – CITY OF POUGHKEEPSIE

Which only means you'll see the same scam elsewhere. [From the city's Facebook page on December 18<sup>th</sup>:](#)

*“Individuals applying for Planning Board and Zoning Board of Appeals are being targeted by email. The City of Poughkeepsie will NEVER request or accept payments via wire transfer, ACH, or credit/debit card over the phone or by email. Please share this notice with a community member to keep our City safe.”*

When it comes to scams, it's always something. Visit [dutchessny.gov/ofaprintable](http://dutchessny.gov/ofaprintable) for plenty of printable scam prevention resources, including information on how to report scams and scam attempts.

Will reporting a scam help you catch a scammer all by yourself? Probably not, but the idea here is to help investigators establish a pattern of scam attempts.

Having a filed scam report is also handy in case a scam attempt leads to you being falsely billed as part of the scam.

Visit [dutchessny.gov/ofaprintable](http://dutchessny.gov/ofaprintable) for several printable scam prevention resources. Print a copy for yourself and another for the people you care about.

### **Other news:**

Fresh off his 100<sup>th</sup> birthday, [Dick Van Dyke shares his healthy-aging tips](#).

Dark chocolate might be able to slow the aging process? [We're listening](#).

[Regular creative activity helps](#), too.

[Nanoflowers](#)? No, you don't get them from a nanoflorist.

[“Burden” isn't the right word](#) to describe the experience of a family caregiver.

Social connectedness is [as important for dolphins as it is for humans](#).

Legendary hair coloring brand Manic Panic has introduced its new Aging Disgracefully Collection of...[unusual hair colors](#) for those of us with gray hair who want to try something different.

### **This week's birthdays:**

12/19: Model/actress [Jennifer Beals](#) (62)

12/20: Motown singer [Kim Weston](#) (86)

12/21: Actor/producer [Samuel L. Jackson](#) (77)

12/22: Mets pitcher [Jerry Koosman](#) (83)

12/23: Singer/songwriter/guitarist [Eddie Vedder](#) (Pearl Jam) (61)

12/24: Actor/producer [Anil Kapoor](#) (69)

12/25: Singer/songwriter [Annie Lennox](#) (71)

**Here comes another Bad Joke!**



What do you get when you cross a snowman with a vampire? *Frostbite*.