

Dutchess County Office for the Aging's

AGING NEWS

For the week of February 23

Your Mission, Should You Choose To Accept It

We promise this week's issue won't be a mission: impossible. But as a reader of this newsletter, you may find yourself in the position of being asked by caregivers, family, and other older adults about the Dutchess County Office for the Aging. We appreciate anyone who helps spread the word about OFA, so it's only right to ensure we all have our ducks in a row.

The Short Version

We help all older Dutchess County residents be as independent as possible, for as long as possible.

The Longer Version

Reaching the goal of maximum independence can be easier said than done.

OFA can help Dutchess County's older adults with any of the following:

- Information and referral about issues of concern to older persons;
- Advocacy and case assistance in applying for Medicaid, SNAP (food stamps), and other programs;
- Home delivered meals for homebound older adults;
- OFA Friendship Centers, featuring nutritious, hot meals along with activities at our eight centers located in Beacon, East Fishkill, Millerton, Pleasant Valley, Pawling, Poughkeepsie, Red Hook, and South Amenia;
- Transportation services, including rides to Friendship Centers and grocery shopping where available, as well as contracting for non-emergency medical transportation;
- Legal services, focusing on issues of concern for older adults, including wills and power-of-attorney documents;

- Long term care services through our NY Connects unit, providing a single point of entry for a variety of community and home based services;
- Energy assistance for help with fuel bills and emergency fuel/utility terminations via the Home Energy Assistance Program - dutchessny.gov/ofaheap has details;
- Health Insurance Information Counseling and Assistance Program (HIICAP) to assist seniors navigating the intricacies of Medicare and health insurance;
- Case management, to provide home care needs assessment;
- Senior exercise classes to exercise the body and the mind, including Tai Chi and the “Stay Active and Independent for Life” (SAIL) remote exercise class; details are available at dutchessny.gov/seniorexercise;
- “A Matter of Balance,” a program designed to help reduce falls in older adults. Limited spots for the next eight-week session are still available;
- Volunteering opportunities throughout Dutchess County in programs including Home Delivered Meals, Friendship Centers, Friendly Calls, Senior Exercise, OFA events, health insurance counseling and more. A printable application is available at dutchessny.gov/ofavolunteer;

- Caregiver services, including workshops, counseling and assistance, case management, and services for grandparents raising grandchildren; dutchessny.gov/ofacaregiver has more information, and if you're a caregiver who needs help having "the conversation" with an older adult you care for, please contact us.

Didn't see what you needed on that list? OFA can help connect you to the resource you're looking for. Contact us at ofa@dutchessny.gov or 845-486-2555.

OFA AT ENERGY SAVINGS EVENT IN WAPPINGERS (Wed, 3/4)

Cornell Cooperative Extension Dutchess County and the Mid-Hudson Regional Clean Energy Hub are partnering with Central Hudson to host a Community Energy Application Assistance and Program Enrollment Event on Wednesday, March 4 in Wappingers Falls. OFA will have staff and information onsite also.

Event Details:

- Wednesday, March 4th - 4:00pm to 8:00pm

[Brexel-Schlathaus Park Community Center](#)

[126 All Angels Road](#)

[Wappingers Falls](#)

(link goes to Google map of site)

Walk-ins are welcome, but RSVPs are appreciated (link:

<https://www.surveymonkey.com/r/EnergySavingsSimplified>)

The event will offer residents one on one support from the Hub's Energy Advisors to complete EmPower+ enrollment onsite, enroll in EAP (Energy Assistance Program), and learn about the new Enhanced Energy Assistance Program, which may be available to customers who previously did not qualify for traditional income-based assistance like the Home Energy Assistance Program (HEAP).

SUBSTITUTE OFA BUS DRIVERS WANTED

The Dutchess County Office for the Aging is seeking compassionate and responsible substitute Bus Drivers to transport older adults safely to and from OFA Friendship Centers, scheduled outings, and other destinations.

An ideal candidate will prioritize passenger safety, and create a comfortable, friendly atmosphere for our senior community.

Key Responsibilities:

- Safely operate a passenger bus or van, adhering to all traffic laws and safety regulations.
- Assist older adults with boarding and exiting vehicles, including those using walkers or wheelchairs.
- Follow scheduled pick-up and drop-off times.
- Maintain a clean and well-kept vehicle, reporting any maintenance issues as needed.
- Engage with passengers in a courteous and respectful manner.
- Monitor passengers for signs of distress or medical concerns, and respond appropriately.

Qualifications & Requirements:

- Valid New York State driver's license. Both CDL and non-CDL applicants welcomed.
- Clean driving record and background check.
- Previous experience driving older adults and/or individuals with mobility challenges is preferred.
- Ability to assist passengers with mobility aids (wheelchairs, walkers, etc.).
- Strong communication and interpersonal skills.
- Patience, reliability, and a friendly demeanor.

[Click here for a full description of requirements and qualifications.](#)

To begin the application process, call **845-486-2555** during business hours, or email jnuccilli@dutchessny.gov.

SENIOR PARK PALETTE CLASSES – ONLY A FEW SPOTS LEFT!

OFA and Dutchess County Parks are presenting the 2026 series of “Senior Park Palette” classes for Dutchess County older adults (age 60+). Dutchess County residents over 60 can sign up for one of the following free classes:

- Tuesday, March 10th, 2:00-3:15 pm – Red Hook Friendship Center, 59 Fisk St. (Red Hook Community Center)
- Tuesday, March 24th, 2:30-3:45 pm – East Fishkill Friendship Center, 890 NY 82, Hopewell Junction (East Fishkill Community Center)

Only a few seats remain for these classes, so make reservations ASAP by calling OFA during business hours at 845-486-2555. We cannot accept reservation requests made by voice mail, email or text message.

All supplies are provided. Each class size is limited to 12.

OFA MOBILE OFFICE HOURS – FEBRUARY / MARCH

If you have questions about aging services that would be best served by an in-person meeting, but travel to and from Poughkeepsie is a challenge,

OFA Ambassador Mary Reedy is hosting by-appointment OFA Mobile Office Hours around Dutchess County.

Appointments are 30 minutes long at each Mobile Office Hours event. Appointments can be made by calling 845-486-2555 during business hours. We cannot accept reservation requests made by voice mail, email or text.

Here's the schedule:

Monday, February 23rd, 10a-2p – South Amenia Friendship Center

229 South Amenia Rd., Wassaic

(rescheduled from last week) Tuesday, February 24th, 10a-1p – Beacon Friendship Center

1 Forrestal Heights, Beacon

Tuesday, March 10th, 10a-2p – Pawling Friendship Center

154 Charles Colman Blvd., Pawling

Thursday, March 12th, 10a-2p – Tri-Town Friendship Center

1576 Main St. (US 44), Pleasant Valley

Monday, March 23rd – Town of Poughkeepsie Senior Center

14 Abe's Way, Poughkeepsie

Tuesday, March 31st, noon-3p – Beekman Town Hall

4 Main St., Poughquag

If your Dutchess County civic organization wants to host a Mobile Office Hours event, email ofa@dutchessny.gov or call 845-486-2555 during business hours. We're also available for presentations to groups on OFA Services, successful aging, scam prevention, home safety, caregiving, and much more.

SCAM PREVENTION FOR THE DEAF AND HARD OF HEARING (Tue 3/17)

OFA Outreach Coordinator Brian Jones will give a presentation on scam and fraud protection for members of the hearing loss community and their caregivers on Tuesday, March 17th at 5:15 pm, at the Pleasant Valley Library at 1584 Main St (US 44) in Pleasant Valley, for the Hearing Loss Association of America's Mid-Hudson chapter.

The presentation is open to the public and recommended for people with hearing loss and/or family members with hearing loss. To register, visit

hearingloss-midhudson.org, email

hearingloss.midhudson@gmail.com, or call

845-489-7008. Can't make it to the presentation, but want some close-at-hand scam prevention resources? Visit **dutchessny.gov/ofaprintable** for important strategies and contact information.

VOLUNTEER OFA EXERCISE INSTRUCTORS WANTED

We've been getting a lot of inquiries lately about exercise classes for older adults in Dutchess County, but have you ever thought about teaching an exercise class?

No experience is necessary. We provide all training. And our exercise classes are decidedly not a "go for the burn" type of experience.

To learn more about the classes, visit

www.dutchessny.gov/seniorexercise.

OFA AT ALZHEIMER'S MINI-CONFERENCE IN MILLERTON (Wed 3/18)

Join the Alzheimer's Association, the Office for the Aging, Sun River Health

and community partners for a mini-conference and listening session on Alzheimer's disease, dementia and memory loss:

Wednesday, March 18th, 9:30-11:30am

Millerton-NorthEast Library Annex (OFA Friendship Center)

28 Century Blvd., Millerton

It's essential learning for older adults and caregivers of all ages. Sign up by calling OFA at 845-486-2555 or emailing ofa@dutchessny.gov.

Light refreshments will be provided. The event is supported in part by grants from the New York State Department of Health.

GET CAUGHT UP ON VACCINATIONS (Tue 3/24)

If you've been meaning to get caught up on necessary vaccinations and are available on Tuesday, March 24th between 10am and 2pm, OFA and Walgreens are offering a chance to get up-to-date for Dutchess County older adults (60+) at the main OFA office at 114 Delafield St. in Poughkeepsie.

Available vaccines: COVID-19, RSV, Influenza, Tetanus, Shingles, and Pneumonia

For more information and to set up an appointment, call OFA during business hours at 845-486-2555. We cannot accept reservation requests made by voice mail, email or text message.

Have your Medicare/insurance card handy when you arrive for your appointment.

Other news:

[Coffee \(the caffeinated kind\)](#) may help reduce dementia risk.

[The oldest Baby Boomers are turning 80 this year.](#) Who's prepared, and who's not?

[It's only a mouse study](#), meaning that it remains uncertain whether findings translate to humans, but for those with chronic pain it's a story worth following.

Strength training [brings particular benefits to older women.](#)

We've long stressed the importance of trying new activities as one route to successful aging, and here to demonstrate that is [\(almost\) 95-year-old William Shatner and his upcoming...heavy metal album](#). \m/

This week's birthdays:

2/20: NBA Hall-of-Famer/sportscaster [Charles Barkley](#) (63)

2/21: Actor/comedian [Kelsey Grammer](#) (71)

2/22: NBA Hall of Famer [Julius Erving](#) (76)

2/23: Singer/songwriter [Howard Jones](#) (71)

2/24: Actor/singer [Dominic Chianese](#) (95)

2/25: Professional wrestler [Ric Flair](#) (77)

2/26: Singer/songwriter [Michael Bolton](#) (73)

And the Bad Joke!

My boss said "dress for the job you want, not for the job you have." So I went

in as Batman.