

Dutchess County Office for the Aging's

AGING NEWS

For the week of July 1

Note: The Office for the Aging and all OFA Friendship Centers are closed on Thursday, July 4th, for the Independence Day holiday. We return to our regular Friday schedules on July 5th.

HOT WEATHER SAFETY FOR OLDER ADULTS

Older people can have a tougher time dealing with heat and humidity, both emotionally and physically.

A study done by Harvard indicates that hot weather can make us grouchy and impulsive. Harvard researcher Jose Guillermo Cedeño Laurent monitored his students' cognitive performance and how it was affected by heat, especially heat at night, by testing them on math and self-control before, during and after a heat wave in July 2016. He found that students sleeping in dorms without air conditioning performed much worse on tests taken the following morning, compared to students whose dorm rooms were air-conditioned. Laurent's

findings have been repeated in various settings since then.

Crime data shows more murders, assaults, and domestic violence incidents on hot days. Studies of vehicle traffic and weather indicates drivers honk their horns more when it's hot. We at OFA can sometimes hear this phenomenon ourselves from our offices overlooking Route 9 in Poughkeepsie.

Taking precautions against the heat will not only help keep you physically safe; it'll also improve your state of mind.

COOL OFF TEMPERS BY COOLING OFF TEMPERATURES

Moving to a location with air conditioning is the most obvious solution, but what if you don't have easy access to the A/C?

In your home, start by blocking out windows, especially if they're exposed to the afternoon sun. Use curtains or blinds, even a blanket. At night, open the windows and run fans to keep the air circulating.

Wipe your forehead with a cool, damp cloth; or get a mister or spray bottle and keep it full of cool or room-temperature water. A cool shower helps, too.

Skip strenuous outdoor exercise. If you need that morning walk, do it early in

the day. Avoid using your stove or oven.

And stay hydrated. How much water to drink? There are no hard-and-fast rules, but whatever water you drink on a typical day, drink more than that.

GENERAL CARE FOR HEAT ISSUES

If you're online, visit the Dutchess County Department of Emergency Response page at dutchessny.gov, where you'll find preparedness tips for all seasons along with a regularly updated list of cooling centers. Most public libraries in Dutchess are pre-designated cooling centers but check with your local library to be sure.

On your mobile device, download the ReadyDutchess app. It provides tips on what to do before, during and after extreme heat, along with regular updates on approaching severe storms.

Caregivers: visit older adults at least twice a day and watch for signs of heat exhaustion or heat stroke, both of which become more common with age. Help get the older adult to an air-conditioned location if possible. Bring an electric fan into their home.

Golden Living is prepared by the Dutchess County Office for the Aging, 114

Delafield St., Poughkeepsie, New York 12601, telephone 845-486-2555, email:

ofa@dutchessny.gov website: www.dutchessny.gov/aging Social media:

www.facebook.com/DutchessCountyOFA

SENIOR FARMERS MARKET NUTRITION PROGRAM OPENS JULY 1ST

Starting July 1st, qualifying Dutchess County older adults have an opportunity to improve their nutrition while supporting local farms, thanks to New York's Senior Farmers Market Nutrition Program (SFMNP).

To qualify, a Dutchess County resident must be at least 60 years of age and receiving benefits through public assistance, SNAP, HEAP, or Section 8 housing. Alternately, an older adult may qualify if household income is below 185% of US poverty guidelines.

To find out more about qualifications, call OFA during business hours at 845-486-2555 or email ofa@dutchessny.gov. Residents of low-income housing complexes may be able to find out more about SFMNP from their residence manager.

We will distribute a limited number of SFMNP booklets across the county

from our main office in Poughkeepsie, and to qualifying participants of our OFA Friendship Center and Home Delivered Meals programs throughout the County.

HOW CAN I APPLY FOR SFMNP COUPONS?

SFMNP booklets will be distributed at the OFA main office *only on Mondays and Tuesdays from 2:30 to 4 p.m.*, starting on Monday, July 1st.

Distribution at OFA Friendship Centers is available by appointment. OFA Friendship Centers are in Beacon, East Fishkill, Millerton, Pawling, Pleasant Valley (Tri-Town), Poughkeepsie, Red Hook, and South Amenia/Wassaic. See www.dutchessny.gov/ofanutrition for Friendship Center contact information.

Each booklet contains five checks valued at \$5.00 each. Treat the checks like cash to avoid loss or theft.

Customers redeeming SFMNP checks will not receive cash change, so use the whole check whenever possible. SFMNP checks cannot be exchanged for cash.

Distribution will continue throughout the 2024 growing season for as long

as supplies last. SFMNP checks can be used until November 30th or a participating market closes for the season, whichever comes first. Leftover checks from 2023 or earlier years are no longer valid.

For the latest county-by-county list of participating local markets, go to www.agriculture.ny.gov/farmersmarkets. New markets often enter the program in the summer and fall, so check back regularly.

Eligible recipients must personally sign the Statement of Eligibility Form to receive SFMNP checks. Checks cannot be mailed to eligible older adults. Proxies may not pick-up and sign for checks. A valid Power of Attorney (POA) may sign for and pick up SFMNP coupons for an eligible older adult.

A variety of fresh, nutritious, unprepared, locally grown fruits, vegetables, herbs, and honey may be purchased with SFMNP benefits.

BEING HARVESTED IN JULY

While every farm's harvest season is a little different, here's an overview of fruit that's typically harvested in Dutchess County starting by July: apples, blueberries, sweet and tart cherries, peaches, plums, and raspberries. Vegetables being harvested locally include snap beans, beets and beet

greens, broccoli, cabbage, carrots, collard greens, cucumbers, garlic, mustard greens, onions, peppers, radishes, summer squash, swiss chard, tomatoes, and zucchini.

VOLUNTEERS WELCOME AT OFA PICNICS...

If you can volunteer at any or all remaining picnics, please reach out to OFA Outreach Coordinator Brian Jones at bjones@dutchessny.gov. This coming week is a “bye” week for picnics, so there’s extra time to clear your calendar. We can use volunteer help setting up and breaking down picnic tables and chairs, and bringing food and drinks to picnic guests with mobility challenges.

Here’s the rest of the 2024 picnic schedule:

Wednesday 7/10 – City of Beacon picnic at Memorial Park

Wednesday 7/17 – North East/Millerton, Pine Plains, Stanford and Millbrook/Washington picnic at Stissing Mountain High School, Pine Plains

Wednesday 7/24 – Wappinger picnic at Robinson Lane Park

Wednesday 7/31 – Pleasant Valley picnic at West Road School

Wednesday 8/14 – City of Poughkeepsie picnic at Stitzel Field

Wednesday 8/21 – East Fishkill picnic at Hopewell Rec Park

Wednesday 8/28 – Beekman/LaGrange picnic at Freedom Park,
LaGrange

Many thanks to The Pines at Poughkeepsie, AccentCare, and Central Hudson for their support of the picnic program.

UPCOMING “FRIENDLY CALLS” ORIENTATIONS

More opportunities to join OFA’s “Friendly Calls” program as a volunteer are coming up!

- **Tuesday, July 2nd, 10 am**
- **Monday, July 8th, 3 pm**
- **Tuesday, July 16th, 10 am**
- **Monday, July 22nd, 3 pm**

“Friendly Calls” volunteers must be at least 18 years old.

You can find out more about “Friendly Calls” at www.dutchessny.gov/friendlycalls, by emailing Friendly Calls coordinator Linda Edgar at ledgar@dutchessny.gov, or by calling 845-486-2555 during business hours.

Other news:

[Broccoli soup for arthritis?](#) It’s certainly nutritious.

What causes the aging process? [Yale University takes a look.](#)

What’s the difference between [a tornado watch and a tornado warning?](#)

Multivitamins – are they helpful? [Inconclusive](#), says a recent study, and they’re not linked with longer lifespans.

Some older people with mild cognitive impairment [aren't diagnosed with it until it's too late](#) to slow the symptoms.

This week's birthdays:

6/28: Comedy legend [Mel Brooks](#) (98)

6/29: Actor [Gary Busey](#) (80)

6/30: Former Mets/Yankees outfielder [Ron Swoboda](#) (80)

7/1: Singer/songwriter [Deborah Harry](#) (Blondie) (79)

7/2: NASCAR legend [Richard Petty](#) (87)

7/3: Actor/producer [Tom Cruise](#) (62)

7/4: Oldest living Academy Award winner [Eva Marie Saint](#) (100)

Bad Joke time!

I went out to my vegetable garden and saw a bunch of rabbits stealing my food. It was a bad hare day.