

Dutchess County Office for the Aging's

AGING NEWS

For the week of July 15th

LEGAL SERVICES FOR DUTCHESS COUNTY OLDER ADULTS

Whether you're childless or a family elder with generations of descendants, regardless of income and net worth, we all have legal needs as we age. You'd like to have as much control of your health care and resources as possible, and to have your wishes met if you become too sick to communicate them yourself.

That's why the Office of the Aging offers legal services to Dutchess County residents over age 60. There's no financial eligibility requirement for the program, although its target clients are older adults who could not otherwise afford legal assistance. We gratefully accept donations to continue the program's operations; but services are never refused due to an individual's inability or disinclination to pay.

OFA contracts with private attorney Paul I. Weinberger, for this service. When it comes to legal advice and representation, his focus is generally on immediate

threats to income, shelter, patients' rights, and health matters, including advance directives. Clients are assisted in areas such as Medicaid and Medicare eligibility and termination, consumer issues, and property rights. Help is also available for evictions, access to public assistance and Social Security, and access to SSI. Preparation of simple wills is also available.

For legal services not covered under OFA's contract, referrals to other local providers are available. To find out more, visit www.dutchessny.gov/ofalegal.

OFA legal services are available by appointment only, only on Fridays. To arrange for a meeting, contact OFA during business hours at 845-486-2555 or ofa@dutchessny.gov.

A CRASH COURSE IN KNOWING YOUR HOUSING RIGHTS

Under New York State law, landlords may not discriminate based on age. They may not refuse to rent an apartment or refuse to renew a lease on the basis of age. Those who believe they have been a victim of age discrimination in housing may file a complaint with the New York State Attorney General's Office Civil Rights Bureau. The Attorney General's Poughkeepsie regional office can be reached at 845-485-3900.

Additionally, the Dutchess County Commission on Human Rights is available at 845-486-2836 or dchumanrights@dutchessny.gov.

Older adults are given certain protections with respect to terminating apartment or other residential leases providing they are moving into certain specialized types of housing. This law applies if the senior is relocating to an adult care facility, a residential health care facility (nursing home), low income housing, or senior housing. It protects anyone age 62 or older, or anyone who will reach that age during the term of the lease agreement. It also covers the spouse of such persons, provided the two are living together.

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

WORLD WAR II SURVIVAL STORIES

(Tuesday 7/16 – reservations required)

Two of the Office for the Aging's "Friendly Calls" participants — one is 87 years old, the other 92 — will share their personal stories with a wider audience on Tuesday, July 16th at our OFA's Friendship Center in Poughkeepsie, and you're invited to hear their personal recollections. The pair will recount their stories of survival, living in Nazi-occupied Europe during World War II; one fled from Hungary and the other France, seeking asylum. Attendees will hear as our two local neighbors explain what it was like to live during this historic period — the sights, the sounds, their personal emotions during that time — as well as how what they experienced decades ago shaped their respective lives for years afterwards. Both women will also answer questions from those in attendance. These are stories that must be retold, lest they be forgotten over time, for as philosopher George Santayana famously put it, "Those who cannot remember the past are condemned to repeat it." We invite you to listen and learn to this living history presentation.

Seating is limited for this unique event, and we urge you to RSVP today to reserve your seat by calling our Office for the Aging during business hours at 845-486-2555. We cannot accept reservations left on voice mail.

If you've never visited one of our Friendship Centers, it's also a great

opportunity to see all that Friendship Centers offer you or the older adult in your life.

SENIOR FARMERS MARKET NUTRITION PROGRAM – APPLY TODAY

Once again, qualifying Dutchess County older adults have an opportunity this summer to improve their nutrition while supporting local farms, thanks to New York's Senior Farmers Market Nutrition Program (SFMNP). A variety of fresh, nutritious, unprepared, locally grown fruits, vegetables, and herbs may be purchased with SFMNP benefits.

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.

SFMNP booklets will be distributed at the OFA main office *only on Mondays and Tuesdays from 2:30 to 4 p.m., while supplies last.*

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.

VOLUNTEERS WELCOME AT OFA PICNICS...THIS WEEK IN PINE PLAINS

We're halfway through the Summer 2024 OFA Picnic season, and we've gotten great response thus far to our requests for volunteer help for our senior picnic guests.

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. If that sounds like something you're up for, email OFA Outreach Coordinator Brian Jones at bjones@dutchessny.gov.

This coming week, on Wednesday the 17th, we're scheduled to be in Northern Dutchess at the picnic for seniors from the Towns of North East, Pine Plains, Stanford and Washington, at Stissing Mountain High School in Pine Plains.

Here's the rest of the 2024 schedule:

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.

FRIENDSHIP CENTER VOLUNTEERS WANTED IN BEACON

If you're looking for volunteering opportunities in the Beacon area, the OFA Friendship Center at 1 Forrestal Heights is looking for weekday volunteer help. If you are available any weekdays between 10 a.m. and 2 p.m., contact the center at 845-838-4871.

UPCOMING "FRIENDLY CALLS" ORIENTATIONS

More opportunities to join OFA's "Friendly Calls" program as a volunteer are coming up!

- **Tuesday, July 16th, 10 am**
- **Monday, July 22nd, 3 pm**
- **Tuesday, July 30th, 10 am**

"Friendly Calls" volunteers must be at least 18 years old.

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

TOWN OF POUGHKEEPSIE HOUSING SURVEY

If you're a Town of Poughkeepsie resident, the town's Citizens Committee on Housing Affordability is conducting a survey to find out about housing needs in the Town of Poughkeepsie. The survey's results will be used to make informed recommendations to the Town Board that accurately represent the wants and needs of residents.

For more information, email ccha@townofpoughkeepsie-ny.gov.

“REBUILDING TOGETHER” HOME REPAIR PROGRAM

Rebuilding Together Hudson Valley is accepting applications for their annual Rebuilding Day critical home repairs and accessibility modifications program(s). If you're an income-qualified homeowner in Dutchess or Ulster County you may qualify to receive repairs or at no-cost to you. Don't miss this opportunity to improve your home and enhance your quality of life. The application can be found online at rebuildingtogetherhudsonvalley.org. Apply today! For more information, call 845-454-7310 or email info@RTHudsonValley.org.

Other news:

[Our brains can supposedly hold 10 times more information](#) than previously believed, even though it might not feel that way sometimes.

Do you qualify for [Social Security spouses' benefits](#)?

Can [age-related liver damage](#) be reversed?

[A look at storm damage](#) from the June 30th “microburst” in Red Hook.

This week’s birthdays:

7/12: Actress [Cheryl Ladd](#) (73)

7/13: Game show announcer [Johnny Gilbert](#) (96)

7/14: Football player/actor [Rosey Grier](#) (92)

7/15: Singer/songwriter [Linda Ronstadt](#) (78)

7/16: Football coach/commentator [Jimmy Johnson](#) (81)

7/17: NHL Hall of Famer [Bryan Trottier](#) (68)

7/18: Yankees/Mets manager [Joe Torre](#) (84)

And the Bad Joke!

I'm recruiting people for a hide-and-seek league, but good players are hard to find.