

Dutchess County Office for the Aging's

AGING NEWS

For the week of July 6

Note: the Office for the Aging, OFA Friendship Centers and Dutchess County Government offices are closed on Friday, July 3rd, in observance of Independence Day (Saturday, July 4th).

Senior Farmers Market Nutrition Coupon Distribution Begins July 6

Starting on Monday, July 6th, the Office for the Aging begins annual distribution of \$25 coupon booklets for the New York State Senior Farmers Market Nutrition Program (SFMNP).

Qualifying Dutchess County older adults (60+) can apply for SFMNP benefits in various ways:

- in person at OFA headquarters at 114 Delafield St. in Poughkeepsie, only from 2:30-4:00pm on Mondays and Tuesdays;

- by appointment at any OFA Friendship Center in Dutchess County;
contact OFA for locations and information.

By New York State law, SFMNP coupon books can only be distributed to in-person applicants, so call OFA during business hours (**845-486-2555**) before stopping by, if you have any questions.

SFMNP coupons can be used at participating markets anywhere in New York State, and there are eight farmers markets in Dutchess County that accept SFMNP coupons. The coupons can only be used for qualifying fresh fruits and vegetables, not prepared foods or non-food items.

Visit **dutchessny.gov/ofanutrition** to find a printable list of participating markets in Dutchess County, along with the latest issue of the monthly OFA *Nutrition News*. Each issue includes vital nutrition tips along with a large-print healthy recipe.

Wappingers OFA Picnic At Capacity; Seats Available At Others

The guest list is full for OFA's July 22nd Summer Picnic for Town of Wappinger and Village of Wappingers Falls older adults; but other picnics may still have space for their respective communities' older adult (age 60+) residents. All picnics take place 11:30 am-1:00 pm on Wednesdays:

July 8th – City of Beacon, at Memorial Park

July 15th – Towns of North East, Pine Plains, Stanford and Washington, including Villages of Millbrook and Millerton, at Stissing Mountain High School in Pine Plains

July 29th – Town of Pleasant Valley, at West Road School

August 12th – City of Poughkeepsie, at Stitzel Field

August 19th – Towns of Beekman and LaGrange, at Freedom Park in LaGrange

August 26th – Town of East Fishkill, at Hopewell Recreation Park

To sign up for the picnic serving your community, call OFA during business hours at 845-486-2555.

Pictures from past picnics and directions to future picnics are available at www.dutchessny.gov/ofapicnics.

Many thanks to AccentCare, Central Hudson, The Pines at Poughkeepsie, and Westchester Medical Center Health Network for their support of the 2026 picnic season.

Cooling Assistance for Seniors (65+) and Medically Vulnerable in Dutchess

With this week's heat wave expected to continue into the weekend, and summer just getting started, there's still an opportunity for qualifying Dutchess County residents to apply for a free home air conditioner.

For more information on this program, including qualification guidance, [visit this Dutchess County Government link](#).

OFA Mobile Office Hours for Summer

Here's the summertime list of OFA Ambassador Mary Reedy's mobile office hours...thus far.

To book your half-hour time slot to get your aging services questions answered, call OFA during business hours at 845-486-2555:

Tuesday, July 28th, 1-3pm – Millbrook Library

Thursday, August 27th, noon-3pm – Amenia Library

Your local civic organizations or governments can arrange Mobile Office Hours for your home community by contacting OFA at 845-486-2555 during business hours or emailing ofa@dutchessny.gov.

Other news:

[Where belly fat comes from](#) as we age.

[Things to consider when preparing to age in place](#) (at home).

What else can that [iPhone camera](#) do?

[Tracking the link](#) between aging and blood pressure.

[Sing-a-long time](#) can help people dealing with dementia.

This week's birthdays:

7/4: Actress [Eva Marie Saint](#) (102)

7/5: Cartoonist [Bill Watterson](#) (68)

7/6: The [Dalai Lama](#) of Tibet (91)

7/7: [Ringo Starr](#) (86)

7/8: Actress/director [Anjelica Huston](#) (75)

7/9: Actor/director [Tom Hanks](#) (72)

7/10: Singer/activist [Mavis Staples](#) (87)

Here's a Bad Joke you can try out at an Independence Day barbecue:

What's the difference between a duck and George Washington?

One has a bill on his face, and the other has his face on a bill.