

Dutchess County Office for the Aging's

AGING NEWS

For the week of July 8th

Note: the Office for the Aging and OFA Friendship Centers are closed on Thursday, July 4th in observance of the Independence Day holiday. OFA headquarters in Poughkeepsie are open on Friday, July 5th. The OFA Friendship Centers that operate on Fridays (Beacon, East Fishkill, Poughkeepsie, Red Hook) will be open their regular Friday hours.

YOU HAVE THE SUMMER OFF...OR YOU RETIRED AND HAVE EVERY SEASON OFF

What's the first two words people say when they retire?

If "Now what?" came to mind, it's time to learn the ways you can volunteer to help your fellow older adults in Dutchess County. There are 80,000 older adults living here, and nearly as many ways to help.

"I'd love to volunteer for the Office for the Aging," you think, "but I'm too far from Poughkeepsie."

OFA has options for volunteers all over Dutchess County who prefer to stay

closer to home. You can help with activities and meals for older adults at any of our eight Friendship Centers, located in Beacon, East Fishkill, Millerton, Pawling, Pleasant Valley, Poughkeepsie, Red Hook, and South Amenia (Wassaic).

If you'd prefer getting out of the house, you're a promising candidate to be a volunteer driver in our Home Delivered Meals program. Wherever and whenever you're able to drive, we'll work with your schedule. Volunteers who use their own vehicles for deliveries can be reimbursed for the cost of fuel.

One volunteering option that works for homebodies and travelers alike is to become a volunteer caller in OFA's fast-growing "Friendly Calls" program. Aside from a brief orientation at our Poughkeepsie headquarters, "Friendly Calls" can be done from wherever you are: at home, at work, on vacation, anywhere there's a good phone signal.

If you like to stay physically active, we can always use extra pairs of hands at OFA Summer Picnics. We're about halfway through the summer schedule, so you still have plenty of time to pitch in. The picnic schedule is at www.dutchessny.gov/ofapicnics. We're going to be busy at picnics every Wednesday through the end of August, except for August 7th.

If multitasking appeals to you, try becoming a volunteer class leader in our

Senior Exercise and/or “A Matter of Balance” programs. You’ll get your own exercise in while helping others to do the same. No experience in leading exercise classes is required. OFA provides the training. Senior Exercise classes take place year-round, while “A Matter of Balance” typically schedules eight once-a-week sessions in the fall and spring.

If you worked in an office before retiring, those communications skills can come in handy. With the annual Medicare Open Enrollment program coming in the fall, we’re looking for volunteer counselors in our Health Insurance Information, Counseling and Assistance Program (HIICAP), to help older adults get to a place where they can make the best possible decisions regarding any changes to their health insurance.

As always, if you’re a good communicator in languages other than English, you’re even more valuable as an OFA volunteer. Thousands of older Dutchess County residents arrived here from other countries; and while they can get by with the English they’ve learned along the way, being able to communicate in their native tongue often works better for them.

Visit www.dutchessny.gov/ofavolunteer to find out more about volunteering, email ofa@dutchessny.gov, or call us during business hours.

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

SUMMER “THRIVE60+” NEWSLETTER NOW OUT

In case you missed it when it arrived in your inbox last month, check out the Summer 2024 issue of OFA’s THRIVE60+ newsletter at

www.dutchessny.gov/thrive60.

You can also find back issues of THRIVE60+, and back issues of this weekly OFA E-newsletter at www.dutchessny.gov/agingnews.

For those who aren’t on the internet, a limited supply of the print version of THRIVE60+ is available at every public library in Dutchess County. For senior centers, civic organizations, senior housing developments and businesses with a large older clientele, a limited supply of newsletters may be available. Email bjones@dutchessny.gov for details, or to be added to the email list for future OFA newsletters.

We publish THRIVE60+ quarterly, along with a Medicare-focused “Medicare Spotlight” newsletter in September. You’ll receive all these newsletters when they publish, along with your Aging News emails.

SENIOR FARMERS MARKET NUTRITION PROGRAM NOW OPEN

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).

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.

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

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. 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!

- **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:

[Can facial temperatures be a clue](#) as to when metabolic diseases may be developing?

If you missed it last month: CNN’s [The Last Alzheimer’s Patient](#).

[Why do mosquitoes prefer to bite you](#) instead of other people?

Watermelon? [Yes, please. It has tons of health benefits](#). (With recipes)

Oh, no – you’re at a summer party and nobody knows where the bottle opener is?
[Martha to the rescue](#).

This week's birthdays:

7/5: Singer/songwriter [Huey Lewis](#) (74)

7/6: The [Dalai Lama](#) (89)

7/7: Trumpet player/conductor [Doc Severinsen](#) (97)

7/8: Actress/director [Anjelica Huston](#) (73)

7/9: Author [Dean Koontz](#) (79)

7/10: Singer/activist [Mavis Staples](#) (85)

7/11: Fashion designer [Giorgio Armani](#) (90)

Long weekend? Short Bad Joke:

Corduroy pillows make headlines.