

Dutchess County Office for the Aging's

## AGING NEWS

For the week of June 22

Note: The Office for the Aging and OFA Friendship Centers, along with Dutchess County Government offices, are closed in observance of the national Juneteenth holiday on Friday, June 19<sup>th</sup>.

### 2026 Senior Farmers Market Nutrition Program

Starting on Monday, July 6<sup>th</sup>, qualifying Dutchess County older adults (age 60+) again have an opportunity to improve their nutrition while supporting local farms, thanks to New York State's Senior Farmers Market Nutrition Program (SFMNP), which provides a booklet containing five checks valued at \$5.00 each that can be used at participating farmers markets throughout the state.

Many older Dutchess County residents may already be qualified if their household income is below 185% of US poverty guidelines. An older adult who qualifies for other means-tested assistance programs may also qualify for SFMNP.

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

SFMNP booklets will be distributed, starting in July, at the OFA main office (114 Delafield St., Poughkeepsie) only on Mondays and Tuesdays, from 2:30-4 pm.

Booklets are also available from OFA Friendship Centers, by appointment only. OFA Friendship Centers are in Beacon, East Fishkill, Millerton, Pawling, Pleasant Valley (Tri-Town), Poughkeepsie, Red Hook, and South Amenia/Wassaic.

Booklet distribution will continue throughout the 2026 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.

As of this month, here are the markets participating in SFMNP in Dutchess County, and their operating hours and contact information:

#### Beacon Farmers Market

223 Main St., Beacon

Sundays 10 am - 2 pm

[beaconfarmersmarket.org](http://beaconfarmersmarket.org) • 845-231-4424

#### Dykeman Farm - Farm Stand

31 Dykeman Lane, Pawling

Tue-Sat 9 am-6pm, Sun/Mon 9 am-5 pm

July 1 - October 31

[dykemanfarm.com](http://dykemanfarm.com) • 845-832-6068

Judson Farm Market

3255 Pleasant Ridge Rd., Wingdale

Daily 10am-6pm, August 1-October 31

845-832-6286

Millbrook Farmers Market

3263 Franklin Ave. (Parking Lot)

Saturdays 9 am - 1 pm through October 10th

[millbrookfarmersandmakersmarket.com](http://millbrookfarmersandmakersmarket.com)

Millerton Farmers Market

6 Dutchess Ave. (Millerton Methodist Church)

Saturday 10 am - 2 pm

[neccmillerton.org/farmers-market](http://neccmillerton.org/farmers-market) • 518-789-4259

Obercreek Farm Stand

81 New Hamburg Rd., Wappingers Falls

Wed-Sat 11 am-6 pm, Sun 12-5 pm

[obercreekfarm.com](http://obercreekfarm.com) • 845-218-9262

Pawling Farmers Market

Pawling Village Green, 85 Charles Colman Blvd.

Saturdays 9 am-1 pm through Sept. 28

[pawlingfarmersmarket.org](http://pawlingfarmersmarket.org) • 914-941-8762

Rhinebeck Farmers Market

Municipal Lot, 61 E. Market St.

Sunday 10 am - 2 pm

rhinebeckfarmersmarket.com • 845-479-2072

A list of participating markets in Dutchess County will be available at [dutchessny.gov/ofanutrition](http://dutchessny.gov/ofanutrition) starting in July, and will be updated as new markets join the program. For a searchable statewide list, visit [agriculture.ny.gov/farmers-markets-county](http://agriculture.ny.gov/farmers-markets-county)

Treat SFMNP checks like cash to avoid loss or theft.

Customers redeeming SFMNP checks at participating markets will not receive cash change, so use the whole check whenever possible. SFMNP checks cannot be exchanged for cash. Leftover checks from 2025 or earlier years are no longer valid. New York SFMNP checks cannot be used in other states.

### What's In Season In July

The following fruits and vegetables are traditionally first harvested in July in the Hudson Valley:

Apples

Blueberries

Cherries (sweet and tart)

Peaches

Plums

Raspberries

Beans (snap)

Beets

Carrots

Collard Greens

Cucumbers

Onions

Peppers

Potatoes

Harvests typically concluding in July include:

Strawberries

Garlic

Peas (resuming in September)

Rhubarb

See [dutchessny.gov/ofanutrition](http://dutchessny.gov/ofanutrition) for the monthly Nutrition News, packed with useful information and large-print, simple recipes.

#### “SilverShield” Scam Prevention Events With OFA in June/July

OFA is hosting at least two more “Introduction to SilverShield” scam prevention technology sessions in June and July. Seating is limited, and advance registration is required by calling the OFA at 845-486-2555 during business hours.

Monday, June 29<sup>th</sup>, 2 p.m.

The Pavilion at Brookmeade

34 Brookmeade Dr., Rhinebeck

Monday, July 13<sup>th</sup>, 2 p.m.

Fishkill Recreation Center

793 NY 52, Fishkill

#### 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, June 23<sup>rd</sup>, noon-1:30pm – Clinton Library, 1215 Centre Rd., Rhinebeck

Thursday, June 25<sup>th</sup>, noon-3pm – Amenia Library, 3309 NY 343, Amenia

Tuesday, June 30<sup>th</sup>, 10am-noon – Millbrook Library, 3 Friendly Ln.,  
Millbrook

Tuesday, July 28<sup>th</sup>, 1-3pm – Millbrook Library

Thursday, August 27<sup>th</sup>, 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](mailto:ofa@dutchessny.gov).

Other news:

The New York Times has published [a five-point checklist for managing aging parents' finances](#).

New York State will finally start to move EBT/SNAP beneficiaries to more secure chip card technology...[starting in 2027](#), if all goes according to plan.

This means that current EBT/SNAP cards are still vulnerable to “skimmer”

theft and other forms of fraud. Visit [www.dutchessny.gov/ofaprintable](http://www.dutchessny.gov/ofaprintable) for help (in English and Spanish) on how to protect EBT/SNAP benefits from theft.

Can your scalp predict how you'll age? [Not exactly](#)...but it wouldn't hurt to wear a hat when you're out in the sun.

This week's birthdays:

6/20: Singer/songwriter [Lionel Richie](#) (77)

6/21: Singer/songwriter/guitarist [Ray Davies](#) (The Kinks) (82)

6/22: Singer/songwriter/actress [Cyndi Lauper](#) (73)

6/23: Actress [Frances McDormand](#) (69)

6/24: Former NY governor [George Pataki](#) (81)

6/25: Singer/songwriter [Carly Simon](#) (83)

6/26: Singer [Billy Davis, Jr.](#) (The Fifth Dimension) (88)

Bad Joke time! And for Father's Day, here's an outstanding dad joke:

In the US it's called an elevator, but in the UK it's called a lift. I guess some people are just raised differently.