Dutchess County Office for the Aging's

AGING NEWS

For the week of June 23

Note: the OFA Summer Picnic for older adults living in the Town of Poughkeepsie has been ***postponed to Friday, June 27th****, because of expected extreme heat on the original picnic date. In addition to this advisory, we will be reaching out to all older adults who have made a reservation for this picnic, to advise them of the new date. See www.dutchessny.gov/ofapicnics for the complete 2025 schedule.*

SAVE TWO DATES – July 10th (Skills Fair) and September 27th (Golden Gathering)

Many readers may be enjoying their retirement years, but at the same time they still have an itch to contribute, learn, and maybe make a few extra dollars along the way. Take a peek at the "Birthdays" section near the end of

this newsletter and you'll find a great example: actress/comedian Marla Gibbs, turning 94 and still open to any roles that come her way!

Dutchess County Executive Sue Serino hosts her first Older Adults Skills Fair, at the Henry A. Wallace Visitor and Education Center in Hyde Park (4079 Albany Post Rd. a/k/a Route 9), on Thursday, July 10th from 2-4 pm. No RSVP is required for guests.

As a guest, you'll have the chance to:

- meet local employers offering flexible, part-time positions tailored to experienced workers;
- connect with nonprofit organizations seeking dedicated volunteers; and
- enjoy complimentary light refreshments.

If you're looking for extra income, to give back through volunteering, or simply to stay active, the Skills Fair fits the bill. Companies interested in participating can find signup information at www.dutchessny.gov/senior-skills

The second date to save is Saturday, September 27th. That's when the annual Senior Golden Gathering returns to Arlington High School (1157 NY 55, LaGrangeville), from 10 am to 1 pm, hosted by State Senators Rob Rolison

and Michelle Hinchey in partnership with Dutchess County Executive Sue Serino and the Dutchess County Office for the Aging. You can enjoy a free healthy breakfast courtesy of the McCann Charitable Trust; and learn about local health services, resources and information. Flu shots will also be available while supplies last (bring your photo ID and insurance card).

“HEAP” COOLING ASSISTANCE CLOSES MONDAY 6/23

The 2024-2025 Home Energy Assistance Program (HEAP) Cooling Assistance Benefit is scheduled to close at the close of business (5:00 pm) on Monday, June 23, 2025.

An eligible Dutchess County older adult (over 60) may receive one Cooling Assistance benefit per applicant household for the purchase and installation of an air conditioner or a fan to help your home stay cool.

Contact OFA during business hours (9a-5p) at 845-486-2555 for additional information.

Only one air conditioner or fan, not to exceed $800 with installation for a window, portable air conditioner, or fan and not to exceed $1,000 for an existing wall sleeve unit, will be provided per applicant household. No

additional HEAP cash benefits are available. In circumstances where an air conditioner cannot be safely installed, a fan will be provided.

You may be eligible for a Cooling Assistance HEAP benefit if:

- Your household's gross monthly income is at or below the current income guidelines for your household size as posted in the following table, or
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits, or
- You receive Temporary Assistance (TA), or
- You receive Code A Supplemental Security Income (SSI Living Alone), or
- You received a Regular benefit greater than $21 in the current program year or received a Regular benefit equal to $21 during the current program year and reside in government subsidized housing with heat included in your rent, and
- Your household contains at least one individual with a documented medical condition that is exacerbated by extreme heat, or

- Your household contains a vulnerable member based on their age (60 years or older, or under age 6) which meet all other component eligibility criteria, and
- A member of your household is a United States Citizen or Qualified Non-Citizen, and
- You currently do not have a working air conditioner, or the air conditioner you have is five years old or older, and
- You did not receive a HEAP-funded air conditioner within the past five years.

Household eligibility requirements for Dutchess County older adults include filing an application with the Office for the Aging, providing all necessary documentation, and the household must reside in an eligible living situation.

2025 SENIOR FARMERS MARKET NUTRITION PROGRAM

Starting in July, qualifying Dutchess County older adults (age 60+) have an opportunity to improve their nutrition while supporting local farms, thanks to New York's Senior Farmers Market Nutrition Program (SFMNP).

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**. Older residents of low-income housing complexes may be able to find out more about SFMNP from their residence manager.

How To Apply for SFMNP Benefits

SFMNP booklets will be distributed, starting in July, at the OFA main office (114 Delafield St., Poughkeepsie) *only on Thursdays and Fridays, from 2:30-4 pm*. Note that OFA and Friendship Centers are closed for Independence Day on Friday, July 4th.

Booklet distribution hours at OFA Friendship Centers are available from OFA on request. OFA Friendship Centers are in Beacon, East Fishkill, Millerton, Pawling, Pleasant Valley (Tri-Town), Poughkeepsie, Red Hook, and South Amenia/Wassaic.

Each booklet contains five checks valued at $5.00 each. Treat the 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.

Distribution will continue throughout the 2025 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 2024 or earlier years are no longer valid. New York SFMNP checks cannot be used in other states.

As of this week, 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 • 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 • 845-832-6068

Judson Farm Market

3255 Pleasant Ridge Rd., Wingdale

Daily 10am-6pm, July 20-October 31

845-832-6286

Millerton Farmers Market

6 Dutchess Ave. (Millerton Methodist Church)

Saturday 10 am - 2 pm

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 • 845-218-9262

Pawling Farmers Market

Pawling Village Green, 85 Charles Colman Blvd.
Saturdays 9 am-1 pm through Sept. 28

pawlingfarmersmarket.org • 914-941-8762

Rhinebeck Farmers Market

Municipal Lot, 61 E. Market St.

Sunday 10 am - 2 pm

rhinebeckfarmersmarket.com • 518-821-1481

With markets often joining SFMNP during the summer and fall, you can find the most recently updated list of participating Dutchess County farmers markets at www.dutchessny.gov/ofanutrition.

Other news:

Dementia caregivers are themselves at higher risk for brain aging, according to the Alzheimer's Association's Public Health Center of Excellence on Dementia Caregiving

Why does humidity make us particularly miserable in the summer?

Who's up for some water polo to stay active and cool at the same time?

Does coffee have anti-aging properties?

From the University of Pennsylvania's Wharton School of Business, a look at the future of healthy aging and retirement.

This week's birthdays:

6/20: Singer/songwriter Lionel Richie (76)

6/21: Singer/songwriter/guitarist Ray Davies (The Kinks) (81)

6/22: Singer/songwriter/musician/producer Todd Rundgren (78)

6/23: US Supreme Court justice Clarence Thomas (77)

6/24: Former NY governor George Pataki (80)

6/25: Singer/songwriter Carly Simon (82)

6/26: Singer/songwriter/actor Chris Isaak (69)

A Bad Joke to conclude matters this week:

I'm going shopping for buttons, zippers and Velcro this weekend. I just need some kind of closure.