

Dutchess County Office for the Aging's

AGING NEWS

For the week of June 24th

SENIOR FARMERS MARKET NUTRITION PROGRAM OPENS IN JULY

Starting July 1st, qualifying Dutchess County older adults have an opportunity 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.

HOW CAN I APPLY FOR SFMNP COUPONS?

SFMNP booklets will be distributed at the OFA main office *only on Mondays and Tuesdays from 2:30 to 4 p.m.*, starting on Monday, July 1st.

Distribution hours at OFA Friendship Centers are available 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 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 Leftover checks from 2023 or earlier years are no longer valid.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, herbs, and honey may be purchased with SFMNP benefits.

BEING HARVESTED IN JULY

While every farm's harvest season is a little different, here's an overview of fruit that's typically harvested in Dutchess County starting by July: apples, blueberries, sweet and tart cherries, peaches, plums, and raspberries. Vegetables being harvested locally include snap beans, beets and beet

greens, broccoli, cabbage, carrots, collard greens, cucumbers, garlic, mustard greens, onions, peppers, radishes, summer squash, swiss chard, tomatoes, and zucchini.

***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

VOLUNTEERS WELCOME AT OFA PICNICS...

...especially the biggest one of picnic season thus far, coming up on Wednesday, June 26th at Bowdoin Park, for Town of Poughkeepsie seniors.

As you might expect, a picnic for 450 older adults is a massive undertaking, and we couldn't make it happen without the help of volunteers in all facets of picnic-day operations: setting up and breaking down tables and

chairs; helping with parking and directions; bringing drinks and food to guests with mobility challenges; and all the other little things that make our guests' picnic experience the best it could be.

If you can volunteer at any picnic, please reach out to OFA Outreach Coordinator Brian Jones at bjones@dutchessny.gov.

Volunteering is a great way for students age 13+ to meet their school or house of worship's community service requirements. A signed parental/guardian's waiver (provided by OFA) is required for all volunteers under age 18.

Can't get to Bowdoin on the 26th? Here's the rest of the 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.

ANOTHER PICNIC NOTE

You can reserve a seat at your community's picnic without the "reminder" cards we send to older-adult households throughout the county. The reminder cards only serve as reminders to make a reservation and are not intended as invitations. You only need to call us and make a reservation. 845-486-2555 during business hours, while seats last.

Please call during business hours. We cannot accept reservation requests left on voice mail or email.

IF YOU CAN'T MAKE IT TO AN OFA PICNIC...

Made a reservation for your picnic but now you can't make it? Please give us a call back at 845-486-2555. Picnics are often booked solid; and while

we'll miss you at the picnic, each cancellation frees up a spot for the older adults on our picnic waiting lists. Thanks!

YOU'VE BEEN MEANING TO GET TO THOSE LEGAL ISSUES

Now's your chance.

Virtually every older adult, regardless of net worth, has legal issues that will need squaring away, but the affordability issue of elder law services is often a hurdle. If that sounds like your situation, read on. OFA can help you get some of the basics squared away.

The Dutchess County Office for the Aging contracts with a local private attorney to provide legal advice to Dutchess County residents age 60 and over – and as of this week, the waiting list for such services is shorter than usual.

The program is intended for Dutchess County seniors who would otherwise be unable to afford legal assistance. Because the funding for this program is limited, the primary focus is generally on immediate threats to income, shelter, patient's rights, and health matters. Preparation of simple wills is also available. Prospective clients can make an appointment

(available Fridays only) by calling the Office for the Aging at 845-486-2555 during business hours.

There is no fee for this service; however, contributions are accepted.

UPCOMING “FRIENDLY CALLS” ORIENTATIONS

More opportunities to join OFA’s “Friendly Calls” program as a volunteer are coming up!

- **Monday, June 24th, 3 pm**
- **Tuesday, July 2nd, 10 am**
- **Monday, July 8th, 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:

All the hot-weather safety info that's relevant to Dutchess County...[at this Dutchess County Emergency Management link.](#)

How can aging affect people's investment decisions? [Here's one look at the issue.](#)

Romance and companionship scammers can be persistent. [Here's the latest from the office of the NYS Attorney General.](#)

We just got through with the spongy moth caterpillar invasion, but one state DEC biologist says [it's deer that'll do more damage.](#)

Is coffee good for you or bad for you? The latest research on the issue says...[some of both?](#)

[Another study says cheese makes us happy](#), and could boost healthy aging.

Baseball legend Willie Mays passed away June 18th at age 93, and while there are plenty of tributes to read...[try this one from 1954, from the legendary sportswriter and Hudson Valley resident Roger Kahn](#) (1927-2020).

Competitive tennis for people in their 80s and 90s. [It can happen!](#)

This week's birthdays:

6/21: Character actor [Bernie Kopell](#) (91)

6/22: Singer/songwriter/actor [Kris Kristofferson](#) (88)

6/23: US Supreme Court justice [Clarence Thomas](#) (76)

6/24: Singer-songwriter [Colin Blunstone \(The Zombies\)](#) (79)

6/25: Singer/songwriter [Carly Simon](#) (81)

6/26: Singer/songwriter [Patty Smyth](#) (67)

6/27: Designer [Vera Wang](#) (75)

Bad Joke, heat wave edition: If you've been searching for an ending to an "It's so hot..." sentence, here you go!

It's so hot I saw a chicken lay an omelette.

It's so hot I saw a dog chasing a cat and they were both walking.

It's so hot I saw a robin catch a worm with a potholder.

It's so hot that when I got home from the grocery store, my bacon was already cooked.

It's so hot, I'm shucking popcorn.

It's so hot, I burnt myself on a Slurpee.

It's so hot, my grandkids' crayons are now watercolors.

It's so hot, even the artificial flowers are wilting.