

Dutchess County Office for the Aging's

AGING NEWS

For the week of September 15th

GETTING YOUR NEEDS MET – IN PLAIN LANGUAGE

Like you, we at the Office for the Aging sometimes need to rub our eyes as we read and re-read the legalese and jargon in correspondence we receive from federal and state agencies. Complex language comes with the territory with programs as massive as Medicare, which is estimated to spend over \$1.8 trillion on benefits this year.

We don't think any agency sets out to deliberately confuse and frustrate older adults and taxpayers; still, a tiny part of that massive Medicare budget is supposed to cover you, and you shouldn't have to be an expert on health policy to get what's yours by law.

OFA can help you learn and act on your rights, especially during the upcoming Medicare Open Enrollment season from October 15th to December 7th.

We're ready to answer your questions, without spin or sales pitches. We dug through the jargon, so you don't have to.

"This may be a stupid question but..."

No such thing! If you've asked the question, it's a step on the path to knowing your rights and acting on them.

This is where OFA's trained HIICAP health insurance counselors really come in handy. HIICAP stands for Health Insurance Information, Counseling and Assistance Program. Reach out to us to arrange an in-person HIICAP counseling session at OFA, or a phone session from home. Sessions are available by appointment, by emailing ofa@dutchessny.gov or calling 845-486-2555.

LAST CALL FOR 2025 SENIOR FARMERS MARKET NUTRITION

APPLICATIONS

The Senior Farmers' Market Nutrition Program (SFMNP) is a program headed by the New York State Department of Agriculture and Markets and provides a free booklet of five \$5 coupons to all Dutchess County older adults who meet age and income requirements.

The coupons can be used to buy fresh fruits and vegetables at participating farmer's markets throughout New York State. As of this month there are nine participating markets in Dutchess County.

Eligibility Criteria

To get your SFMNP coupon book, you must be:

- 60 years of age or older, live in Dutchess County AND
- Monthly income is at or below: \$2413 for a one person household, \$3261 for a two-person household AND
- Have not received SFMNP coupons from any other location this year.

If you meet the age requirement, AND are living in subsidized housing, you are eligible with no income guidelines.

Apply While Supplies Last

Applicants can stop by OFA from 2:30-4 pm on the remaining Thursdays and Fridays of September, or until coupon supplies are exhausted. We expect to have an extremely limited supply of SFMNP coupon booklets available at the Golden Gathering on Saturday, September 27th from 10am to 1pm, at Arlington High School (1157 NY 55, LaGrangeville).

- Each person in the household is eligible to receive a booklet if they meet the above age and income requirements.
- Only one coupon booklet per eligible senior in each household, while supplies last.
- An eligible older adult must sign in person. A Power of Attorney with proper paperwork can sign for the eligible older adult.

Contact OFA with additional questions.

BEACON-AREA HOME DELIVERED MEALS DRIVERS WANTED

The OFA Friendship Center in Beacon at 1 Forrestal Heights needs volunteer drivers for our Home Delivered Meals Program (HDM) clients in Beacon and southwestern Dutchess County.

Typical HDM driving hours are 9:30am-12:30pm weekdays. Mileage can be reimbursed for drivers who use their own vehicles for deliveries.

For more information and a printable volunteering form, see dutchessny.gov/ofavolunteer.

CITIZEN PREPAREDNESS EVENTS IN SEPTEMBER AND OCTOBER (AND A PET FIRST AID TRAINING EVENT)

Are you and your caregivers prepared for emergencies? It's okay if you think...maybe, maybe not. There are opportunities coming up to build on your knowledge, thanks to Dutchess County Emergency Response and Medical Reserve Corps as well as the Office for the Aging, plus the county's Animal Response Team.

Participants will learn how to prepare for a disaster or emergency of any kind and recover as quickly as possible. Each family attending will receive a free Citizens Preparedness Response Starter Kit, while supplies last.

- **Tuesday, September 16:** Beekman Community Center, 29 Recreation Rd, Hopewell Junction. Doors open at 6:30pm, class begins at 7pm. Registration required, visit BeekmanRec.com or call 845-227-5783. [View the event flyer \(.pdf\)](#).
- **Monday, September 29:** Pine Plains Library, 7775 South Main St., Pine Plains. **With Dutchess County OFA.** Class begins at 1pm in the community room upstairs from the library. Registration required; visit dutchessny.gov/citizenpreparedness or call 845-486-2555. [View the event flyer \(.pdf\)](#).
- **Tuesday, October 14:** Wappinger Town Hall, 20 Middlebush Rd, Wappinger. Doors open at 6:30pm, class begins at 7pm. Registration required, visit dutchessny.gov/citizenpreparedness. [View the event flyer \(.pdf\)](#).
- **Tuesday, October 21:** Stanford Library, 6035 Route 82, Stanford. **With Dutchess County OFA.** Class begins at 6pm. Registration required, visit the [Stanford Library calendar](#) or call 845-868-1341. [View the event flyer \(.pdf\)](#).

Pet First Aid Training

The County's Animal Response Team (DCART) will teach participants life-saving skills for pets, including CPR; recognizing signs of heat stroke and hypothermia; identifying gastrointestinal issues, allergies, and poisoning; and treating injuries such as burns and eye issues.

- **Wednesday, October 22:** John Jay High School, 2012 State Route 52, Hopewell Junction. Class starts at 7pm. Registration required, visit dutchessny.gov/PetFirstAid. [View the event flyer \(.pdf\)](#).

OFA PROM REGISTRATION NOW OPEN

The annual OFA "Masquerade Ball" Senior Prom takes place on Monday, October 20th, from noon to 4 pm, at Villa Borghese, 70 Widmer Rd. in Wappinger.

The prom begins with a sit-down lunch, then the full Bob Martinson Band will keep the dance floor packed for the rest of the afternoon. The prom is presented with vital support from The Pines at Poughkeepsie.

Prom reservations are now open and are \$20 per person. The registration

deadline is Friday, October 10th, or until the event reaches capacity, whichever comes first. The prom sells out every year!

Need the sign-up form? It's at www.dutchessny.gov/prom. For those of you who organize group trips, there's a page where you can list everybody in your group. **Those who are planning to attend the prom as part of a group should send their payment in together.**

Not online? Paper forms are available at OFA headquarters in Poughkeepsie (location in next paragraph), and are included in the Fall 2025 THRIVE60+ newsletter that's being sent to our postal mailing list this month.

Payment (cash, check or money order only) can be mailed, or hand-delivered during business hours, to Dutchess County Office for the Aging, 114 Delafield St., Poughkeepsie NY 12601.

“YOUR SMARTPHONE AND YOU” CLASS RETURNS TO OFA (Tue 10/7)

More older adults are learning to make the jump into the world of mobile devices, but even tech-savvy older adults can be challenged to keep up with new developments. Find out about the new developments, along with the basics of smartphone ownership, at the upcoming “You and Your

Smartphone” event co-hosted by OFA and AARP, on Tuesday, October 7th at 3:00pm at the OFA Poughkeepsie Friendship Center, 114 Delafield St. in Poughkeepsie. Open to Dutchess County residents over age 60. Space is limited; register in advance by calling OFA during business hours at **845-486-2555**.

DUTCHESS DCFS OPERATING HOURS CHANGE (Thursday 9/18)

The Dutchess County Department of Community and Family Services (DCFS) will conduct staff training on Thursday, Sept. 18. The department’s main Poughkeepsie office at 60 Market Street will be closed from 9 a.m. to noon; its offices in Millbrook and Beacon will be closed from 9 a.m. to 1 p.m.

Many services are available online, including Supplemental Nutrition Assistance Program (SNAP), Home Energy Assistance Program (HEAP) or public assistance, which are always available at mybenefits.ny.gov; those looking to recertify for SNAP or public assistance, to report changes or to view case details can use the same site.

Additionally, DCFS applicants and recipients can access the [NYDocSubmit mobile application](#), available for free through their preferred app store, to take

pictures of their documents and submit them to DCFS.

DCFS clients looking to make child support, Medicaid spend-down, assistance repayments or temporary housing share payments can do so through a secure link on the department's webpage: dutchessny.gov/Departments/Community-Family-Services/DCFS-Make-a-Payment.htm

Other news:

When do you typically eat breakfast? [Here's why it might matter more than assumed.](#)

Can [decluttering](#) be entertaining?

[Space travel can reportedly accelerate aging](#), so stay on this planet for now.

[If you can still do these seven things in your 70s](#), you're doing better than most.

Let's just...[watch some birds](#).

This week's birthdays:

9/12: Actress [Rachel Ward](#) (68)

9/13: Chef [Alain Ducasse](#) (69)

9/14: Star Trek actor [Walter Koenig](#) (89)

9/15: Actor/director/producer/screenwriter [Tommy Lee Jones](#) (79)

9/16: Baseball Hall-of-Famer [Tim Lincecum](#) (66)

9/17: Mets relief pitcher [John Franco](#) (65)

9/18: Actor/singer [Frankie Avalon](#) (85)

Bad Joke time!

What do you call a sleeping bull?

A bulldozer!

(Many thanks to [Sadie's Place](#) in Poughkeepsie for that one.)