

# SPOTLIGHT ON SENIORS



Summer  
2021

## With Your Help, Let's Beat COVID-19

Throughout the COVID-19 pandemic, Dutchess County seniors and their families have been doing what's best to stay safe, individually and as a community. We've stayed home whenever possible. We've worn masks and socially distanced, and we've been vaccinated - almost to the extent that enough of the community is protected from the disease, thus making it less likely that the COVID-19 virus and its variants can spread. We've taken our responsibilities seriously, and it has worked.

The development of safe and effective COVID-19 vaccines has gotten us so close to our goal of putting the pandemic behind us.

We've reached these kind of goals before. The polio virus used to disable tens of thousands of Americans every year, but as polio vaccines were introduced in the '50s and '60s, the number of cases plummeted. There hasn't been a case of polio originating in the United States since 1979. That's where we'd like to be with COVID-19, with the disease only existing in memory - but we need your help.

The Office for the Aging can help arrange safe and effective COVID-19 vaccination for seniors anywhere in Dutchess County. There are options available for seniors who are homebound and cannot travel to a vaccination site, seniors who speak languages other than English, and seniors who are hesitant about vaccination.

The vaccines are FREE.

Contact the Office for the Aging at **866-486-2555**, or visit **[dutchessny.gov/COVIDvaccine](https://dutchessny.gov/COVIDvaccine)**, and we'll help you choose an option that works best for you.

### A Message from County Executive Marcus J. Molinaro



*Friends,*

*By the time you read this, at least six of the Office for the Aging's eight Senior Friendship Centers will have reopened to seniors throughout Dutchess County...and it's about time.*

*The friendship centers were far from dormant during the COVID-19 pandemic. They remained in continuous use as hubs for OFA's expanded Home Delivered Meals program during unprecedented demand for nutrition, for seniors who need to maintain physical safety. The centers continue in that role for over 400 homebound seniors throughout the county, and welcome back the seniors who meet their needs for both nutrition and social activity at the friendship centers. Read more about the centers on the next page.*

*We've learned a lot about adapting to new circumstances since the spring of 2020. It's knowledge the Office for the Aging is sharing with seniors around the county, who have been eager to take part in events like our Drive-Thru Senior Picnic program, now underway for another summer. There's more information about Senior Picnics on pages 3 and 7 of this Spotlight.*

*The Friendship Centers are in Beacon, East Fishkill, Millerton, Pawling, Poughkeepsie, Red Hook and South Amenia. Many other Dutchess County municipalities operate senior centers of their own, and there are several independent "aging in place" organizations that help seniors stay connected with each other. Contact OFA if you'd like to know where to begin!*

*Stay safe, and be kind,*

Todd N. Tancredi  
Director

Marcus J. Molinaro  
County Executive

## OFA Senior Friendship Centers

*Reopened as of June 2021*

**BEACON** (open Mon-Fri)

845-838-4871  
1 Forrestal Heights

**EAST FISHKILL** (open Mon-Fri)

845-226-3605  
East Fishkill Community Center  
890 NY 82, Hopewell Junction

**MILLERTON** (open Mon-Thu)

518-789-3081  
North East-Millerton Library Annex  
28 Century Blvd., Millerton

**PAWLING** (open Tue-Thu)

845-855-9308  
154 Charles Colman Boulevard, Pawling  
(Town Hall Annex)

**RED HOOK** (open Mon-Fri)

845-475-1129  
Red Hook Community Center  
59 Fisk St., Red Hook

**SOUTH AMENIA** (open Mon-Thu)

845-275-2661  
First Presbyterian Church  
229 South Amenia Road, Wassaic

*Reopening soon*

**CITY OF POUGHKEEPSIE**

845-486-2564  
Dutchess County Office for the Aging  
114 Delafield St., Poughkeepsie

**TRI-TOWN**

(LaGrange, Pleasant Valley, Town of Poughkeepsie)  
845-275-8565  
110 South Grand Avenue, Poughkeepsie  
(temporary location)

## Aging-in-Place Organizations in Dutchess County

**Rhinebeck @ Home**

(Town/Village of Rhinebeck)  
[www.rhinebeckathome.org](http://www.rhinebeckathome.org)  
[office@rhinebeckathome.org](mailto:office@rhinebeckathome.org)

**Millbrook @ Home**

(Village of Millbrook/Town of Washington,  
and nearby communities)  
845-443-3516  
[www.millbrookathome.org](http://www.millbrookathome.org)  
[connect@millbrookathome.org](mailto:connect@millbrookathome.org)

**Settled and Serving in Place (SSIP) - Taconic**  
(Towns of Clinton and Milan)

845-266-4270  
[www.ssip209.org](http://www.ssip209.org)

## SPOTLIGHT ON SENIORS

Marcus J. Molinaro — County Executive  
Todd N. Tancredi — Director, Office for the Aging  
Brian Jones — Editor, Spotlight on Seniors

Dutchess County Office for the Aging  
114 Delafield St., Poughkeepsie NY 12601

(845) 486-2555 / toll free (866) 486-2555

Email: [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov)  
Web: [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)

Available for free at libraries, senior centers and municipal buildings throughout Dutchess County.

Five issues published annually, including a Medicare-focused edition in September.

To be added to or removed from our mailing list, call (845) 486-2544 or email [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov).

## FREE “Drive-Thru” Senior Picnics

*The Office for the Aging has put together a series of “drive-thru” picnics for seniors age 60+ throughout Dutchess County. Reserve a spot at the picnic serving your community by calling the Office for the Aging at **845-486-2555**.*

*Where space permits, seniors may park and enjoy their to-go meals at picnic venues. Masks and social distancing are no longer required for seniors who have been fully vaccinated, but feel free to bring your mask if you believe you need it.*

*All picnic venues and dates are subject to change.*

*If you don't see your community listed, its picnic has already taken place. We begin each year's picnic season in late May.*

***Space is limited; a reservation and proof of residency are required at all picnics.***

Wednesday, June 23rd • Memorial Park, Beacon (City of Beacon seniors)

Wednesday, June 30th • Bowdoin Park, 85 Sheafe Rd., Poughkeepsie  
(Town of Poughkeepsie seniors)

Wednesday, July 7th • Stissing Mountain High School, 2829 Church St., Pine Plains  
(Millerton / North East, Pine Plains, Stanford and Millbrook / Washington seniors)

Wednesday, July 14th • Airport Drive Park, 61 Airport Dr., Wappinger  
(Town of Wappinger and Village of Wappingers Falls seniors)

Wednesday, July 21st • West Road School, 181 West Rd., Pleasant Valley  
(Pleasant Valley seniors)

July 28, August 4, August 11 - no picnics

Wednesday, August 18th • East Fishkill Recreation Park  
330 NY 376, Hopewell Jct. (Town Hall / Library entrance)  
(East Fishkill seniors)

Wednesday, August 25th • St. John's Evangelical Lutheran Church  
55 Wilbur Blvd., Poughkeepsie  
(City of Poughkeepsie seniors)

Wednesday, September 1st • Freedom Park, 212 Skidmore Rd., LaGrange  
(Beekman and LaGrange seniors)

***Many thanks to our 2021 Platinum picnic sponsor, Wingate Healthcare.***

# The 2021 “Celebration of Aging”

We weren't able to gather in person this year to honor Dutchess County's centenarians and longest-married couples, so we honor them here in the *Spotlight on Seniors*.



*Mary Summa at her 105th birthday party last December. Yes, she still plays that piano!*

Mary Summa (Dover) - 105  
 Eunice Anderson (Millbrook) - 103  
 Helen Dubraski (Poughkeepsie) - 103  
 Violet Neary (Hyde Park) - 102  
 Lucille Jordan (Poughkeepsie) - 102  
 Olga Devita (Millbrook) - 101  
 Palma Gervasi (Pawling) - 101  
 Sam Lee (Fishkill) - 101  
 Isabelle Berner (Beacon) - 101  
 Shirley Nemetz-Ress (Millbrook) - 100  
 Alice McAdams (Pawling) - 100  
 Mary Contursi (Poughkeepsie) - 100

Lossie and Sam Lee (Fishkill) - 81 years  
 Marion and Albert Ratschki (Millbrook) - 71 years  
 Angelina and Fred Grippi (Poughkeepsie) - 71 years  
 Barbara and Edmond Shortt (Poughkeepsie) - 71 years  
 Beth and Bob Carlson (Millbrook) - 70 years  
 Louise and Paul Carielli (Fishkill) - 70 years

We also remember longtime Millerton/Amenia resident **Florence Carroll**, the longest-lived person ever born in Dutchess County, who passed away in April. Florence graduated from Millerton High School in 1925, and would have celebrated her 114th birthday in June.



*71 years of marriage for Angelina and Fred Grippi of Poughkeepsie!*



*Lossie and Sam Lee of Fishkill - married 81 years!*



*Isabelle Berner of Beacon with one of her original paintings. (Courtesy of [www.isabelleberner.com](http://www.isabelleberner.com))*

## 2021 Senior Farmers Market Nutrition Program (SFMNP)

The Dutchess County Office for the Aging participates in the Senior Farmers Market Nutrition Program, which provides low-income seniors with coupons that can be exchanged for eligible locally-grown foods - fruits, vegetables, honey and fresh-cut herbs - at participating farmers markets, farm stands and community-supported agriculture (CSA) programs throughout New York State.

For the purposes of the SFMNP program, “low-income senior” is defined as being at least 60 years old, with a household income below 185 percent of U.S. poverty guidelines; contact the Office for the Aging to find out if you qualify.

State officials say that SFMNP coupon packages should be available for distribution to qualifying seniors by mid-July. Coupons can be used between July 1st and November 30th, or whenever a participating market closes for the season, whichever comes earlier.

Before you go to a market near you, please check with them about their health and safety protocols, and any operational changes. You can call the number listed below or search for their market page online. We’ve included the most recent available list of participating markets - but keep in mind that markets often join the program later in a calendar year.

Updated lists of SFMNP Authorized Markets and market online information can be found by going to [agriculture.ny.gov/farmersmarkets](http://agriculture.ny.gov/farmersmarkets)

### Markets in Dutchess County Participating in Farmers Market Nutrition Program (FMNP) as of July 1, 2021

The following symbols indicate which programs are accepted at which markets:

★ - FMNP and SFMNP

● - SNAP

► - FreshConnect Checks for Veterans and Families

#### Arlington Farmers Market ★ ● ►

Vassar College Alumni Lawn  
123 Raymond Ave., Poughkeepsie  
Thursday 2pm - 6pm through October 28  
[www.arlingtonhasit.org](http://www.arlingtonhasit.org)  
914-474-7533

#### Dykeman Farm Farm Stand ★

31 Dykeman Lane, Pawling  
Daily, 9am - 6pm through October 31  
845-832-6068

#### Millerton Farmers Market ★ ● ►

6 Dutchess Ave. (Millerton Methodist Church)  
Saturday 10am - 2pm  
[www.millertonfarmersmarket.org](http://www.millertonfarmersmarket.org)  
518-789-4259

#### Poughkeepsie Waterfront Farmers Market ★ ●

75 North Water St.  
Monday 3:00-6:30 pm through October 25  
845-471-0589

#### Rhinebeck Farmers Market ★ ●

Municipal Lot, 61 E. Market St.  
Sunday 10am - 2pm through December 26  
[www.rhinebeckfarmersmarket.com](http://www.rhinebeckfarmersmarket.com)  
518-821-1481



## Are you ready for 10-digit dialing?

If your phone has an 845 or 914 area code, all local calls must be made using 10-digit dialing, starting October 24, 2021. After that date, if you try to make a call with a seven-digit number, you'll get a recorded reminder to use all 10 digits.

10-digit dialing is already in effect in the 518 area code and much of the United States.

The change is necessary because a new national three-digit 988 number for suicide prevention and mental health crisis service is going into operation in July 2022.



# Scam Prevention Resources

If you suspect a scam phone call, don't pick up...  
...and if you did pick up, **just hang up**

- Don't say anything • Don't press any buttons • Don't call them back •

If you think you've been scammed, contact your local authorities and financial institutions as necessary, along with these other resources:

## **Phone Scams, including Contact Tracing Scams**

Federal Trade Commission - [reportfraud.ftc.gov](http://reportfraud.ftc.gov) or 1-877-382-4357

## **Census Scams**

NY Regional Office - [ois.fraud.reporting@census.gov](mailto:ois.fraud.reporting@census.gov) or 1-800-991-2520

## **COVID-19/Coronavirus Scams**

National Center for Disaster Fraud - [justice.gov/disastercomplaintform](http://justice.gov/disastercomplaintform) or 1-866-720-5721

## **Deed Scams**

Dutchess County Clerk - [dutchessny.gov/countyclerk](http://dutchessny.gov/countyclerk) or 845-486-2133

**Identity Theft** - [identitytheft.gov](http://identitytheft.gov) or 1-877-438-4338

**Medicare/Medicaid fraud** - 1-800-HHS-TIPS (447-8477)  
Medicare Advantage fraud - 1-877-7SAFERX (772-3379)

**IRS Scams** - [tigta.gov](http://tigta.gov) or 1-800-366-4484

**Internet Crime Complaint Center** - [ic3.gov](http://ic3.gov)

**Social Security Scams** - [oig.ssa.gov](http://oig.ssa.gov) or 1-800-269-0271 (10 a.m. - 6 p.m. Eastern time)

## **Utility Scams**

Central Hudson - 845-452-2700 (800-527-2714 outside the 845 area code)  
NYSEG - 800-572-1131  
(TTY: 711 for both Central Hudson and NYSEG)

**New York State Attorney General (Poughkeepsie office):** 845-485-3900

**New York State Consumer Assistance Hotline:** 800-697-1220

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Dutchess County Office for the Aging • 114 Delafield St., Poughkeepsie NY 12601  
845-486-2555 • toll free 866-486-2555 • [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)

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# 2021 Drive-Thru Senior Picnic Highlights



*Seniors can enjoy their meals to go...*

*...or stay a while and socialize!*

**Dutchess County Office for the Aging  
114 Delafield Street, Poughkeepsie, NY 12601**

PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
NEWBURGH, NY  
PERMIT NO. 17

**CURRENT RESIDENT OR**

**TO:**

## **Help Dutchess County Seniors**

### **Volunteer With OFA**

Home Delivered Meals Drivers

Health Insurance (HIICAP) Counselors

Clerical Assistance

Outdoor Events Helper (Picnics, Bingo and more)

Exercise, Tai Chi and/or "A Matter of Balance" Leaders

Adults of All Ages and Student Volunteers Welcome

### **Contact OFA to Learn More**

**ofa@dutchessny.gov  
845-486-2555**

For more information  
about the  
Dutchess County  
Office for the Aging,  
visit us online at  
**www.dutchessny.gov/aging**

email

**ofa@dutchessny.gov**

call

**845-486-2555  
or 866-486-2555**

or mail

**Dutchess County  
Office for the Aging  
114 Delafield St.  
Poughkeepsie NY 12601**

We're open 9 a.m. to 5 p.m.  
Monday through Friday.