



A Newsletter for a Growing and Diverse Aging Population

The Office for the Aging's mission involves serving Dutchess County's older adults ages 60 and up. That's a population that numbers close to 70,000 now, and will continue to grow more quickly than the general population as the "baby boom" generation ages.

Older Dutchess County residents are among the county's wealthiest - but also among its poorest. The older adults we serve range from individuals who are homebound, to those still skydiving or running marathons. We have older residents who have lived their whole lives in Dutchess County, and others who just recently immigrated here from countries all over the world. And, as you'll see on page 4, we have a larger number of centenarians than ever before. We found a record 30 Dutchess County residents reaching or passing an age of 100 or more this year, plus nine married couples celebrating wedding anniversaries of at least 70 years.

The Office for the Aging is prepared to help every older adult in Dutchess County reach their goal of living the happiest and most independent life of which they're capable, for as long as possible.

That's the origin of the word THRIVE in our new title. After all, somebody celebrating a 60th birthday doesn't necessarily think of themselves as a "senior" any more than they did the day before. You might not think of yourself as a senior until decades from now, if ever.

We don't see 70,000 seniors; we see 70,000 older individuals - who know a thing or two. It's not your first rodeo, as the saying goes. OFA can help you stay in the saddle.

A Message from County Executive Marcus J. Molinaro



Friends,

Let's make 2022 a year to re-connect with each other as we reflect on the last two challenging years. For older adults who have kept themselves physically safe throughout the pandemic, but at a cost of social connections, re-entering our community is essential to the best possible quality of life.

*The OFA Summer Picnic program, as it turns out, offers a great way to re-connect, especially for older adults who could be anxious about the idea after so much time alone. The first few picnics have drawn rave reviews. If this is the first you're reading about OFA Summer Picnics, visit dutchessny.gov/OFApicnics, or call **845-486-2555** during business hours for more information.*

We've taken every step to make each picnic a safe and fun social activity. The picnics take place at large outdoor venues in each community.

If you think you've missed a development over the past couple of years, an OFA Summer Picnic is a great way to get caught up, through OFA and NY Connects staff, as well as through local elected officials who can help you find the most effective ways to express your concerns.

A meal becomes much more than nutrition when it's enjoyed with company, and you won't find better company than at an OFA Summer Picnic.

Stay safe, and be kind,

A handwritten signature in blue ink that reads "Molinaro".

Wilting in the Heat? HEAP Cooling Assistance Can Help

When we're younger, it's generally easier for our bodies to adjust to the heat and humidity of summer, especially on those days when the clouds part and what started off as a fairly comfortable day becomes oppressively hot.

Adapting to the heat successfully isn't just a matter of comfort for older adults - it's a matter of health. In hot weather, your body's ability to cool itself off can be easily overwhelmed. Certain medications can also affect the body's temperature regulation. That's why New York's Home Energy Assistance Program (HEAP) includes a cooling component that helps low-income older adults cool their homes in the summer.

Qualifying older adults can apply for HEAP cooling assistance to buy and install a home air conditioner. The price cannot be more than \$800 with installation. In situations where an air conditioner cannot be installed, a fan may be provided.

Do I Qualify?

Income threshold is just one key factor for qualification. A household of four people may qualify with a maximum gross monthly income of \$5,249.

For 2022, there's a key change to the HEAP application process aimed at making it easier for older adults to qualify. Before this year, the HEAP cooling component was only available to income-eligible households with an individual suffering from a documented medical condition worsened by extreme heat. This year's application no longer includes this requirement.

For more information on HEAP cooling assistance, its requirements, and all other aspects of the HEAP program, older adults can call **845-486-2553** or email zserrano@dutchessny.gov.

Hot Weather Tips

- **Don't wait until you're thirsty** to have a drink of water. Talk to your doctor if limited fluids have been recommended for you.
- **The A/C is your friend.** Hint: OFA Friendship Centers are air-conditioned. Contact us at **845-486-2555** or ofa@dutchessny.gov to find out more.
- **Think about grilling outside.** Stoves and ovens make you and your home hotter.
- **Let somebody younger handle the mowing.** Or skip that chore until it's cooler.
- **Start any exercise slowly.** If you can get your exercise in before it gets too hot, so much the better. Older golfers: a heat wave is no time to walk 18 holes.
- Wear **light-colored, loose and lightweight** clothing, plus a wide-brimmed hat to keep the sun off.
- **Sunscreen is key.** Sunburn can lead to dehydration, as well as affecting the body's self-cooling abilities. Look for products offering "broad spectrum" or "UVA/UVB protection."

THRIVE60+

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

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

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

Email: ofa@dutchessny.gov
Web: www.dutchessny.gov/aging

Available for free at libraries, OFA Friendship 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.

Getting Your Game Back With OFA Exercise Programs

Maybe you're concerned the pandemic kept you cooped up for far too long, and now you're rusty, and possibly still worried about resuming physical activities outside your home. How do you get safely restarted?

First, think about something that was true before the pandemic and will always remain true: restricting activities out of a fear of injury can, ironically, make injuries more likely due to muscle weakening. Your doctor might have referred to something called "*sarcopenia*" - the gradual loss of muscle mass and strength, that starts as early as age 30. It can lead to the raised risk of falls and fractures, increase the need for hospitalization, and increase complications after surgery.

What can help fight off sarcopenia? Exercise.

Any amount of physical activity is better than none, and just about anything you do around the house counts as exercise. Taking out the trash? That's exercise. Going to a local store to shop is exercise. (Shopping online isn't.) Cleaning the house, making the bed, climbing the stairs...all exercise. Even moderate exercise for 30 minutes a day can reap big rewards, through things you already do.

OFA Exercise

The Office for the Aging can help improve your level of physical activity through our various exercise programs. OFA Exercise classes are available throughout the county. In a typical OFA Exercise class, participants start with one-pound weights and gradually increase weight when they feel they are able. To register for an OFA Exercise class, you must first fill out an application *and* receive your doctor's consent. You can get the necessary forms by contacting the Office for the Aging (**845-486-2555** or ofa@dutchessny.gov).

OFA Tai Chi

Tai chi has been used around the world for hundreds of years, for everything from meditation to self-defense. There's plenty of evidence that it's good for both mental and physical health, and it's now generally accepted that tai chi is effective in improving balance and preventing falls. Contact OFA to find out more.

"A Matter of Balance"

A serious fall can happen to anybody in a split second. For older adults, such a fall can lead to a loss of independence or even life-threatening complications – but falling is NOT just one of those things that happens in later life. You can do something positive about your risk for falling with an OFA "A Matter of Balance" class.

Participants in this eight-week class will learn to:

- View falls and fear of falling as controllable;
- Set realistic goals for increasing activity;
- Improve their living environment to reduce fall risk factors;
- Promote exercise to increase strength and balance.

If you are concerned about falls, have fallen in the past, restrict activities because of concerns about falling, are age 60 or over and able to problem-solve, then this class is for you. For more information and/or an application, contact OFA.

Exercise in the Great Outdoors

Dutchess County also offers safe and supportive exercise opportunities at several facilities within its Parks department:

- Bowdoin Park
- Wilcox Memorial Park
- Quiet Cove Riverfront Park
- Harlem Valley Rail Trail
- William R. Steinhaus Dutchess Rail Trail
- Upper Landing Park

For current park information, call the Dutchess County Parks hotline at **845-298-4607** or visit [facebook.com/DutchessCountyParks](https://www.facebook.com/DutchessCountyParks).

The 2022 “Celebration of Aging”



Happy 108th birthday, Bessie Riley!



Doris Mack with Eleanor Roosevelt (1958)

The number of Dutchess County residents surpassing 100 years of age keeps growing. By our estimates there are at least 70 County residents whose year of birth is 1922 or earlier. We hope to see your name on this page some day!

CENTENARIANS

- Bessie Riley (Poughkeepsie) - 108
- Eunice Anderson (Millbrook) - 104
- Margaret Goodal (Fishkill) - 104
- Rosina Parcesepe (Fishkill) - 104
- Margaret Rutledge (Fishkill) - 104
- Lydia Casey (Millerton) - 103
- Mary Elizabeth Collins (Beacon) - 103
- Violet Neary (Hyde Park) - 103
- Lucille Jordan (Poughkeepsie) - 103
- Olga Devita (Millbrook) - 102
- Isabelle Berner (Beacon) - 102
- Anita Sprague (Red Hook) - 102
- Ednamay Fasano (Fishkill) - 102
- Connie Nieves (Wappinger) - 102
- Erna Rogers (Poughkeepsie) - 101
- Ann Gizzarelli (Fishkill) - 101
- William Parker (Milan) - 101
- Mildred Mancuso (Poughkeepsie) - 101
- Anna Oehm (Fishkill) - 101
- Joyce Grover (Fishkill) - 101
- Shirley Nemetz-Ress (Millbrook) - 100
- Louise Morgan (Poughkeepsie) - 100
- Vivian Mausler (Pleasant Valley) - 100
- Eileen Oakley (Stanfordville) - 100
- Jean Burkowske (Clinton Corners) - 100
- Doris Mack (Poughkeepsie) - 100
- Pocahontas Jackson (Beacon) - 100
- Paul Williams (Fishkill) - 100
- Lossie and Sam Lee (Fishkill) - 100 and 101

MARRIED 70 YEARS OR MORE

- Lossie and Sam Lee (Fishkill) - 82 years in December
- Angelina and Fred Grippi (Poughkeepsie) - 75 years
- Marion and Albert Ratschki (Millbrook) - 72 years
- Angelica and Valentine Hafner (Millbrook) - 71 years
- Beverly and Leslie Rollins (Millbrook) - 71 years
- Savino and Louise Pascarella (Millbrook) - 70 years
- Virginia and Alexander Hubner (Wappinger) - 70 years
- Anita and Thomas Liguori (Wappinger) - 70 years
- Elaine and William Ollivett (Hyde Park) - 70 years

Fresh, Local Fruits and Vegetables For Older Adults

Dutchess County features some of the finest agricultural land in the world. You can take advantage of the bounty at the county's many farm stands and farmers markets, and qualifying older adults have an added opportunity to improve their nutrition while supporting local farms, thanks to New York's Senior Farmers Market Nutrition Program (SFMNP).

Qualifying for SFMNP is fairly straightforward: be at least 60 years of age and receiving benefits through Social Security, 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 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. Each booklet contains five checks valued at \$4.00 each. Treat the checks like cash in order to avoid loss or theft. Customers redeeming SFMNP checks will not receive cash change, and SFMNP checks cannot be exchanged for cash.

Distribution is expected to begin on Tuesday, July 5th and will continue while supplies last. SFMNP checks can be used until November 30th or a participating market closes for the season, whichever comes first.

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 checks and pick up books for an eligible older adult.

Dutchess County Markets Participating in Senior Farmers Market Nutrition Program (SFMNP) as of June 2022

Weekly updates to the county-by-county list of participating markets in New York are available at agriculture.ny.gov/farmersmarkets

Arlington Farmers Market

Vassar College Alumni Lawn
123 Raymond Ave., Poughkeepsie
Thursday 2pm - 6pm through October 27
arlingtonhasit.org • 914-474-7533

Dykeman Farm - Farm Stand

31 Dykeman Lane, Pawling
Mon/Tue 10am - 5pm, Wed-Sat 10am - 6pm,
Sun 9am - 5pm
dykemanfarm.com • 845-832-6068

Millerton Farmers Market

6 Dutchess Ave. (Millerton Methodist Church)
Saturday 10am - 2pm
neccmillerton.org/farmers-market • 518-789-4259

Poughkeepsie Waterfront Farmers Market

75 North Water St. (Mid Hudson Children's Museum)
Monday 3:00-6:30 pm through October 24
845-471-0589 or market@mhcm.org

Rhinebeck Farmers Market

Municipal Lot, 61 E. Market St.
Sunday 10am - 2pm
rhinebeckfarmersmarket.com • 518-821-1481

Many local markets also accept SNAP and/or FreshConnect Checks for Veterans and Families

More at
dutchessny.gov/OFAnutrition

More Tips To Prevent Elder Abuse and Scams

The phone rings, you pick up, and the voice on the other end says *“Don’t tell mom and dad, but I’ve been arrested in Greece with drugs and I need \$5,000 for bail and...”*

Maybe you recognize this scenario right away as a scam, but not everybody does, and scammers keep up with these attempts because they still work. The Federal Trade Commission receives hundreds of thousands of complaints every year about the “grandparent scam” and all the other impostor scams.

Are Older Adults Most At Risk? Sometimes

Researchers from the Keck School of Medicine at the University of Southern California have theorized that the aging brain does change in a way that can lead to more vulnerability to financial swindles. On the other hand, there are simple safeguards that can be taken by older adults and caregivers:

Keep contact information up to date. Older adults should have family phone numbers posted so that they can easily check the truthfulness of a story.

Improve your financial literacy. This could involve taking a course at a community college or continuing education program; reading verifiable articles on money management; or consulting with a trusted adviser.

OFA can help. There’s a printable scam-prevention flyer available at dutchessny.gov/aging. We keep it updated as scam attempts evolve and new resources become available. For seniors’ groups, we offer scam prevention presentations. Email bjones@dutchessny.gov or call **845-486-2544** for more information. OFA also offers periodic “Senior Legal Day” events at which you can ask questions of trusted, unbiased experts.

For caregivers and family members, we offer these tips:

Maintain open lines of communication with older relatives. Staying in touch regularly is some of the best scam prevention around.

Put together a list of trusted and verified workers (plumbers, electricians, etc.) so that they don’t find themselves hit with exorbitant bills.

Watch for any changes in memory or math skills. These can be key signs of vulnerability.

Stay educated. The National Center on Elder Abuse (ncea.acl.gov) provides information and services for both professionals and the general public.

Scam Prevention

Tips for Older Adults, Caregivers and Family Members



Be open about finances

Discuss bills and spending with trusted family members. For those who would otherwise be unable to afford legal assistance, OFA contracts with a local private attorney for Dutchess residents 60 and over. Call 845-486-2555 for more information.



Keep track of workers

Older adults should have a trusted list of workers, like plumbers and electricians, who charge transparent and reliable rates for jobs.



Watch for changes

Changes in memory and/or math skills can signal a vulnerability to scams and elder abuse.

2022 OFA Picnic Highlights (So Far)



Free blood pressure screenings with the Medical Reserve Corps

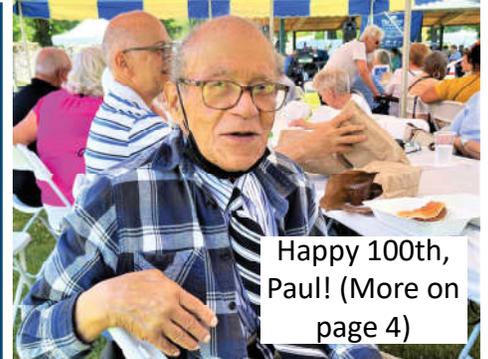


Live music and dancing, with Bob Martinson



Visit
dutchessny.gov/OFApicnics
to find the picnic in your community
or call **845-486-2555**

Presented with support from
The Pines at Poughkeepsie



Happy 100th, Paul! (More on page 4)

Help Dutchess County Older Adults Volunteer With OFA

Outdoor Events Helper (Picnics and more)

Home Delivered Meals (HDM) Drivers

Health Insurance (HIICAP) Counselors

Clerical Assistance

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 or 845-486-2555

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:

Get help
with your long term services
and supports needs.



NY Connects
Your Link to Long Term
Services and Supports

**Connect to long term
services and supports in your
community**

- Personal care services
- Education and counseling
 - Health and wellness
- Behavioral health supports and services
- Intellectual/developmental disability supports and services
 - Social supports

Your local NY Connects office:

Dutchess County NY Connects
114 Delafield St
Poughkeepsie NY 12601

845-475-3511

For more information
about the
Dutchess County
Office for the Aging,
visit us online at
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.