



Is Advice What Caregivers Need Most?

Maybe, maybe not. Maybe later. For people who are caring for older adults as well as their own families, even the most well-intentioned advice can feel like information overload.

For caregivers, the most immediate need of all can change from day to day. Sometimes a caregiver needs respite, a time to recharge and avoid burnout. OFA can help facilitate respite care.

Sometimes emotional support is at the top of a caregiver's list of needs. This can be as simple as having somebody to talk to and express themselves without judgment. OFA also has resources available to help caregivers cope. Visit dutchessny.gov/ofacaregiver to start getting a better handle on the challenges.

As busy as caregivers' lives can be, it's worth taking a look to see whether an older person being cared for has "left money on the table." OFA helps older adults and caregivers navigate government benefits and insurance coverage.

"Too much paperwork, not enough guidance" is a common complaint among caregivers. OFA can help caregivers keep the paperwork part of their lives manageable, so that they have more of themselves to devote to care, not to mention the rest of their daily lives.

Contact us at ofa@dutchessny.gov or **845-486-2555** for a closer look at information on our services in Dutchess County.

Caregivers: You're not alone. OFA is here to help, both in the moment and in preparing for what's next.

A Message from County Executive Sue Serino



Friends,

Summer is here, and if you ask me, there's no better season to get out, get together, and enjoy all that Dutchess County has to offer! One of my favorite signs of the warmer weather is seeing our OFA Picnic Program spring back to life. For 34 years, these picnics have been bringing people together for great food, good company, and plenty of smiles. Of course, there's a delicious barbecue lunch, but there's so much more under the tent! From healthcare information and wellness resources to library programs and community services, it's a one-stop shop for fun and helpful connections. If you haven't joined us yet this summer, there's still time—take a peek at Page 7 for the picnic schedule and find a location near you.

I'm also excited to tell you about our very first Mix & Mingle event, one of my newest ideas to help people connect in a relaxed and welcoming way. We recently gathered at Bowdoin Park, where more than 100 people joined us for an afternoon of games, mocktails, laughter, and conversation. The mission was simple: make new friends. And judging by all the smiles in the room, mission accomplished! We saw old friendships grow stronger and brand-new connections take root. Keep your eyes open for future Mix & Mingle events popping up around Dutchess County. You can read all about it on Page 5.

As someone who is officially a senior myself, I know how important it is to stay connected. With more than 80,000 older adults in Dutchess County—and more joining the club every day—there are always exciting programs, events, and opportunities happening through the Office for the Aging. The easiest way to stay in the know is to follow us at facebook.com/DutchessCountyOFA. Until next time, don't delay—get out, have fun, and make someone's day!

Warmly,

A handwritten signature of Sue Serino in black ink.

Sue Serino, Dutchess County Executive

OFA Has Ambassador, Will Travel

“Lots of us come from the East and would like to avoid Route 9...Us old-timers have had to go through many roadway changes over the last 70 years.”

That’s an excerpt from a hand-typed letter we received from a 95-year-old Verbank resident in 2019, right about the time we moved to our current facilities on Delafield St. in Poughkeepsie, just off Route 9, and we think its message has only intensified since then.

Roads like Route 9 can be a challenge for even the most skillful drivers; and Dutchess County covers 825 square miles. OFA staff and volunteers travel the county every weekday, from Red Hook to Pawling and Beacon to Millerton, and everywhere in between. It got us thinking:

What if we brought our office to your hometown and saved you a trip?

That’s what OFA has been doing with our Mobile Office Hours program, under the guidance of OFA Ambassador Mary Reedy. Thus far in 2026, she has hosted Mobile Office Hours in Amenia, Beacon, Beekman, Millbrook, Pleasant Valley, Poughkeepsie, and Wappinger.

We’d love to bring Mobile Office Hours to every town, city and village in the county before the snow flies. If your civic organization, library, and other local leaders would like to host Mobile Office Hours, our contact information is right there.

We are also available to groups for informative presentations on OFA services, scam prevention, Medicare-related topics, fall prevention and home safety, our “Friendly Calls” program, and successful aging. And if your organization has an idea for an OFA presentation topic not mentioned here, ask us and we’ll see if it can happen. We’re always up for new experiences; and for more about that topic, skip to Page 6.

Stressing Out Over Aging Causes Faster Aging?

Anxiety over the aging process can lead to changes in how genes function, according to a February 2026 study of over 700 middle-aged women in the journal *Psychoneuroendocrinology*. In plain language, higher aging-related stress appeared as their bodies looking older at the cellular level. The other culprits in faster aging included the usual suspects: smoking, a sedentary lifestyle, more than occasional alcohol use, and social isolation.

What helped slow physical aging? Again, the list sure looks familiar:

- Regular exercise;
- Consistent, high-quality sleep;
- A plant-forward diet;
- Strong social connections; and
- A positive outlook and sense of purpose.

Need help moving toward more successful aging? Reach out to OFA.

THRIVE60+

Sue Serino — County Executive
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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/October.

To be added to or removed from our mailing list, call 845-486-2544 or email bjones@dutchessny.gov.

Build Yourself a Money-Saving “Paperwork Routine”

So much of our prospects for continued independent living and successful aging rely on having a solid financial footing. It’s easy to overlook minor financial inefficiencies that add up over time: the subscriptions no longer used, the services no longer needed, the monthly bills that grew little by little for reasons that went unexamined. For older adults and their caregivers, setting aside a small piece of time to examine household spending can bring big payoffs.

Reviewing subscriptions for both news and entertainment: Take a few minutes to look over what’s being used and what isn’t, and unsubscribe accordingly.

Arrange for bank alerts whenever there’s unusual account activity or large transactions. It’s a great way to stop scams, but remember that scammers can impersonate your bank. When you get an alert, a legitimate institution will advise you to disconnect and verify the call or text independently, while a scammer will try every trick in the book to keep you on the line and engaged.

Use automatic bill pay for regular expenses, so as not to miss any payments and incur late fees.

Read your statements. You could spot a potential financial issue when it’s still small.

When Is a “Breakthrough” Really a Breakthrough?

An Anti-Aging Breakthrough? This Widely Used Drug Stuns Scientists

Nasal Spray Reverses Brain Aging!

Those were real 2026 news headlines. When it comes to hype, the field of aging research is hardly immune; so how can the average reader who’s not an expert tell what is and isn’t a true breakthrough? It’s easier than you may assume.

Look for the mice. Clinical trials have long used mice as laboratory subjects, especially in early-stage testing. They’re considered the best available specimen for that level of testing; however, just because a drug performs well in mice doesn’t necessarily mean it’ll have the same result in humans. There are many more levels of testing and approvals before an experimental drug or treatment becomes available to the public, but science journalists don’t always point this out.

Calibrate your enthusiasm. Aging science isn’t an all-or-nothing matter. What fails to cure an age-associated disease may still reduce its risks. That’s why OFA often recommends improved nutrition and physical activity as ways to increase our chances of successful aging. Reach out to us to learn more about our Nutrition and Senior Exercise programs.

Senior Golden Gathering

SATURDAY, SEPTEMBER 26TH - 10AM - 1PM

Arlington High School - 1157 State Route 55, Lagrangeville

Hosted by Dutchess County Executive **Sue Serino** in partnership with
Dutchess County Office for the Aging
New York State Senators **Rob Rolison** and **Michelle Hinchey**

The 2026 “Celebration of Aging”

Dutchess County’s oldest residents are living celebrations of where we’ve been and where we hope to be. Their secrets to long life and seven-decade marriages? Over the years, they’ve told us about all sorts of factors: a strong faith, lots of exercise, good nutrition, a loving family, a positive outlook on life, getting enough sleep, avoiding stress, good planning, mowing the lawn with a push mower, having a wide range of interests, and even “I don’t know why I’m still here, so I’m going to stick around until I find out!”

CENTENARIANS

(and one supercentenarian)

Bessie Riley (Poughkeepsie) - 112

Doris Mack (Poughkeepsie) - 106

Tilly Young (Poughkeepsie) - 105

Helen Canale (Poughkeepsie) - 104

Jean Burkowske (Stanfordville) - 104

Helen Mostachetti (Dover Plains) - 103

Theodore Kapogiannis (Poughkeepsie) - 103

Rose France (Poughkeepsie) - 103

Margaret Heyer (Poughkeepsie) - 103

Natalie Mosser (Millbrook) - 103

Frances Marrone (Stormville) - 103

Roslyn Tinkelman (Fishkill) - 102

Susan Szabo (Poughkeepsie) - 102

Lola Bright (Poughkeepsie) - 102

Ruth Hogan (Poughquag) - 102

Luis Lugo Cedeno (Beacon) - 102

Gloria Scerrati (Poughkeepsie) - 101

Polly Huff (Poughkeepsie) - 101

Antoinette Ryan (Wappinger) - 101

Anita Schauer (East Fishkill) - 101

Yvonne Lowenthal (Poughkeepsie) - 100

Helen Ward (Staatsburg) - 100

Al Hubner (Wappinger) - 100

Ralph Osterhoudt (Staatsburg) - 100

Vivian Quinn (Poughkeepsie) - 100

Rose DiPalma (Millbrook) - 100

Valentine Hafner (Millbrook) - 100

Grete Licis (Rhinebeck) - 100

Jeanne Lakin (Wappinger) - 100

Rose Hatala (Poughkeepsie) - 100

Louise Polverari (Pawling) - 100

Leona Crider (Red Hook) - 100

Theresa Morgan (Wappinger) - 100

Roberto Puleo (Fishkill) - 100

Marie Clark (Dover Plains) - 100

Teresa Dilgard (Beacon) - 100

Alice Schaeffer (LaGrange) - 100

Roberta Andrews (Rhinebeck) - 100

Eunice Langa (Stanfordville) - 100

Dorothy Kowalczyk (Beacon) - 100

MARRIED 70 YEARS OR MORE IN 2026

Virginia and Howard Roth (Millbrook)

76 years

Marion and Roland Patterson (Poughkeepsie)

73 years

Charlie and Joie Eible (Millbrook)

71 years

Marge and John Jackson (Fishkill)

71 years

Sina and Rudolph Macak (Poughkeepsie)

70 years

Joanne and Marvin Schwartz (Millbrook)

70 years

Paula and Hale Engel (Hopewell Junction)

70 years

Suzanne and Leonard Turetsky (Poughkeepsie)

70 years

IN MEMORIAM

Beatrice Cornell (Red Hook) - 106

Lucille Jordan (Poughkeepsie) - 106

Marion Clemens (LaGrange) - 102

Mary Cardascia (Wappinger) - 102

Bill Plass (Poughkeepsie) - 101

Jane Moss (Clinton Corners) - 100

George Phillips (Amenia) - 100

Elizabeth Casey Kimma (Holmes) - 100

Congratulations, one and all, and we’re hoping for even more celebrations in 2027!

Don't Leave Money on the Table - It Could Be Yours

By OFA's count, at least 6,000 Dutchess County older adults could be eligible for the Medicare Savings Program - but haven't enrolled.

Medicare Savings Programs (MSPs) were enacted in 1988 to protect qualifying Medicare beneficiaries with low income from excessive financial burdens. Under MSPs, state Medicaid programs are required to help pay for Medicare premiums, and, in some cases, Medicare cost sharing for low-income seniors and adults with disabilities who are dually eligible for both programs.

In New York State, the MSP pays Medicare Part B premiums (\$202.90 per month); and certain eligible beneficiaries can get more assistance with Medicare deductibles and coinsurances. MSP enrollees automatically get Extra Help, a federal prescription drug subsidy program that can save up to \$5,300 per year, according to Social Security.

That kind of savings can potentially reduce the need to pay for supplementary insurance via Medigap or enrolling in a private Medicare plan like Medicare Advantage, in which enrollees have reduced cost sharing but stricter provider networks. To qualify for an MSP, a beneficiary must have Medicare Part A and meet income guidelines. For 2026, those income limits are \$2,494 per month for an individual, and \$3,375 per month for a couple.

Whether or not you're sure if you'd qualify for an MSP, nobody wants to spend money when they don't have to. It's still a good idea to be sure you can get all the assistance for which you qualify. You can start the process of finding out by reaching out to OFA:

845-486-2555 or
ofa@dutchessny.gov

"Mix & Mingle" Debut - A Big Hit



Most of the people in this picture had never met each other until we partnered with Dutchess County Executive Sue Serino to host our first-ever "Mix & Mingle" event at Bowdoin Park on May 19th.

OFA is no stranger to planning large events; but we'd be exaggerating if we said we knew all along that it was going to go so well, with dozens of Dutchess County older adults swapping stories, jokes, and contact information for meeting up later on their own. Turns out that there's less difficulty than we'd think in making friends, at any age. Guests agreed that "Mix & Mingle" is worth repeating throughout Dutchess County. We will!

The value of social connectedness to our physical and mental health is hard to overstate, but there are measurable positives that translate into greater happiness, better physical health, *and* more money saved.

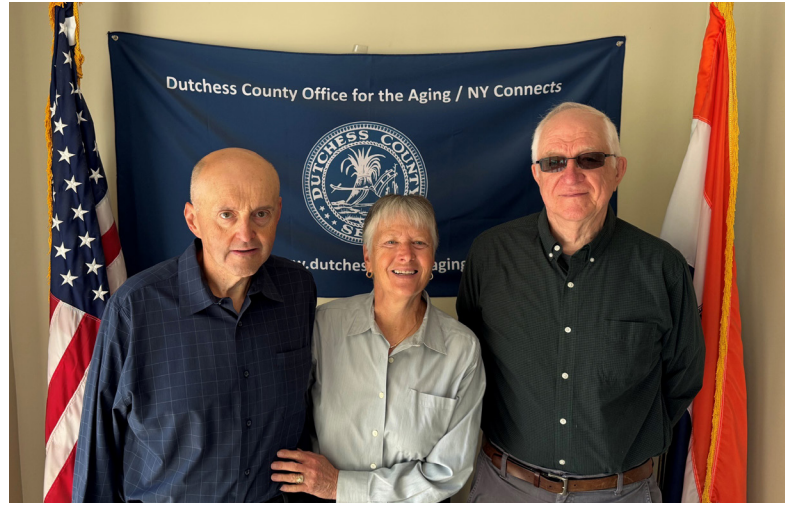
The *Journal of Socioeconomics* even came up with a dollar figure: regular connections with friends and family, roughly once a month, are worth \$97,265 a year. In other words, you'd need that much more money to be as satisfied with life without those connections.

Dutchess County's Older New Yorkers Day Honorees

Grace and Michael Martin • George Popp

Dutchess County residents George Popp, along with Grace and Michael Martin, were recognized in May by the New York State Office for the Aging (NYSOFA) for their outstanding volunteer service to the older adults of Dutchess County, as part of the annual "Older New Yorkers Day" celebration in Albany held every May as part of Older Americans Month.

Grace and Michael Martin are true volunteers in every sense of the word. Their dedication to the Dutchess County community is evident in everything they do for our older adults. They're regulars at events like OFA picnics, concerts and seminars; and volunteer at the annual Golden Gathering, Towns of Wappinger and Fishkill senior centers, Blue Path Service Dogs, and Sparrow's Nest of the Hudson Valley.



Grace Martin, Michael Martin, and George Popp

Lifelong New Yorkers, Grace and Michael were raised in Westchester County and moved to Dutchess County over 40 years ago to begin their professional careers at IBM. Grace's involvement with OFA began six years ago; since then, she has been appointed to the Dutchess County OFA Advisory Board and is currently serving as its President. Michael became involved with OFA four years ago, because Grace enjoyed her OFA experience immensely.

George Popp retired from the United States Department of Agriculture in 2017, after 40 years of service as a Loan Officer and Office Manager. George and his wife have lived in Dutchess County for the past 37 years, raising two daughters here. After retiring, George continued to work part-time at a local hospital until COVID arrived, but also began to expand his volunteer activities with local organizations involved in agricultural education and animal rescue.

George's commitment to volunteering rose to a much deeper level once he discovered the Dutchess County Office for the Aging. He started delivering hot meals to homebound older adults in 2020, then saw an opportunity to provide counseling on Medicare and other insurance in early 2021. George signed up for training in the Health Insurance Information Counseling and Assistance Program (HIICAP), and found the program to be very challenging and immensely rewarding. He looks forward to weekly appointments with his HIICAP clients.

George also volunteers in the Patient Advocate's office at MidHudson Regional Hospital, and was recently appointed to the Town of Poughkeepsie's Citizens Finance Advisory Committee, advising the Town Board concerning ways to improve financial operations. George has committed himself to becoming immersed in the community; by helping others, George finds volunteering is the best way to accomplish this goal.

NYSOFA estimates that 892,000 older New Yorkers give their time, contributing 474 million hours of community service at an economic value of \$13.2 billion. NYSOFA receives nearly 100 nominations per year from around the state. We at OFA thank Grace, Michael, George, and our countless other volunteers for their dedicated service to Dutchess County's older adults.

2026 OFA Picnics For Older Adults

Make your reservation for the OFA Summer Picnic that corresponds with your home town. Every older adult (60+) in Dutchess County is eligible to make a reservation for the free picnic serving the community in which they live, while seats are available.

Picnics begin serving lunch at noon.

Our picnics have begun, which is why you might not see your community listed. See dutchessny.gov/ofapicnics for a complete schedule, directions, and pictures from past picnics.

A reservation is required to attend a picnic.

We cannot accept walk-ins due to limited picnic seating. Car-pooling to your community’s picnic is strongly suggested.

Call 845-486-2555 during business hours to reserve your seat!

Safe disposal of outdated and unneeded medications is available, provided by the Dutchess County Sheriff’s Office, Traffic Safety Board, and the Medical Reserve Corps of Dutchess County.

There is an \$8 charge for each non-resident guest, and those 59 or younger, while seats are available.

Supported by Central Hudson, AccentCare, The Pines at Poughkeepsie, and Westchester Medical Center Health Network

Date	For Older Residents of	Date	For Older Residents of
June 17	Clinton, Hyde Park	July 29	Pleasant Valley
June 24	Town of Poughkeepsie	August 12	City of Poughkeepsie
July 8	City of Beacon	August 19	Beekman, LaGrange
July 15	North East, Pine Plains, Stanford, Washington	August 26	East Fishkill
July 22	Wappinger		

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

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Poughkeepsie NY 12601

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