

Dutchess County Office for the Aging

Case Management
Information, Referral and Advocacy
Continuing Care
Nursing Home Information
NY Connects
Caregiver Support
Friendship Centers
Home Delivered Meals
Nutrition Education
Summer Picnics
Nutrition Counseling
Benefit & Entitlement Counseling
Health Insurance Counseling & Assistance
Legal Assistance
Housing Information
Home Energy Assistance
Medical Transportation
Volunteer Opportunities
Exercise Program
A Matter of Balance
Tai Chi
Bingocize
Successful Aging presentations
Scam Prevention presentations
Friendly Calls program

The Dutchess County Office for the Aging is a County Agency funded under Title III of the U.S. Older Americans Act, the New York State Office for the Aging, and the County of Dutchess.

Revised January 2024

Office for the Aging QR Code



On a smartphone or mobile device, open the camera app so that the QR code appears in the camera's viewfinder.

Your device will show a notification.

Tap the notification to go to the Office for the Aging website.

Sue Serino
County Executive



Todd N. Tancredi
Director, Office for the Aging

Office for the Aging Services

Dutchess County Office for the Aging
114 Delafield St., Poughkeepsie NY 12601
845-486-2555 • 866-486-2555

Email: ofa@dutchessny.gov

dutchessny.gov/aging



Dutchess County Office for the Aging Services

Community Benefits Specialists

- Assist with applying for benefit programs including Medicaid, SNAP (food stamps), Elderly Pharmaceutical Insurance Coverage (EPIC), Medicare Savings Program, housing applications, and more
- Advocate and explain benefits

Continuing Care at OFA

- Provides access to anyone, regardless of age and payment source, to long term care services.
- Case Managers and Public Health Nurses can assess the clients in their home, the nursing home or in the hospital, establish a realistic plan of care, and provide advice on funding sources. They may also make suggestions regarding alternatives like adult day care, adult homes, assisted living, foster care, home health care, respite services, and placement at skilled nursing facilities (nursing homes).
- Provides in-depth Alzheimer's Care Consultations to caregivers. This is a personalized service for those who are facing many decisions and challenges associated with Alzheimer's disease and related disorders.

Health and Wellness

- Diverse exercise programs for older adults, including tai chi, A Matter of Balance, Bingocize, and the SAIL (Stay Active and Independent for Life) remote exercise program
- Remote exercise options also available
- 12 countywide summer picnics
- Outdoor events including Drive-In Bingo
- Senior Prom
- Celebration of Aging

Health Insurance Information and Counseling (HIICAP)

- Medicare and health insurance counseling
- Assist with applying for EPIC
- Monthly workshops on Medicare

Home Energy Assistance Program (HEAP)

- Helps people 60 and over with applications for HEAP and related energy programs

Informative presentations for groups

- Topics include successful aging, scam prevention, older adult housing, nutrition, the importance of exercise and physical activity, Medicare/Medicaid, and more. Contact OFA to book a speaker.

Legal services

- For Dutchess County residents over 60, with emphasis on simple legal issues such as wills, powers of attorney and health care proxies

Nutrition

- Home delivered meals for qualifying adults
- 8 OFA Friendship Center sites
- Counseling and group presentations

Transportation Resources

- Transportation to non-emergency medical appointments may be available through Office for the Aging partner organizations

Volunteering Opportunities

- Home Delivered Meals delivery
- Health Insurance counseling (HIICAP)
- Assist at OFA Friendship Centers
- Assist at OFA Picnics and Events
- Exercise Class Leaders
- A Matter of Balance class leaders
- Office Help
- Friendly Calls

Contact the Office for the Aging

845-486-2555

866-486-2555 (outside 845 area code)

email: ofa@dutchessny.gov



NY Connects
Your Link to Long Term
Services and Supports

NY Connects is your link to long term services and supports, providing information, assistance and referrals for anyone who needs it, regardless of age.

Call 845-475-3511 for more information.
Outside the 845 area code,
call 800-342-9871.

nyconnects.ny.gov

Need a buddy?
(or know someone who does?)



Ask the Dutchess County Office
for the Aging about the

Friendly Calls Program

A once-a-week call between a
Friendly Calls volunteer and an
older adult who'd like to share a
20-30 minute conversation.

It's that simple.

**Call 845-486-2555 or
email ofa@dutchessny.gov**

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Just retired?

Looking to make a difference?
Exploring ways to volunteer?

The Dutchess County Office
for the Aging's "Friendly Calls"
program is a great place to start.

Brighten an older adult's day

Give back in a short period of time

Volunteer remotely

Use empathy and active listening skills

Find out more at
dutchessny.gov/ofavolunteer



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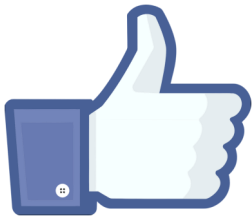
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Never miss anything again



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