

# 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](mailto:ofa@dutchessny.gov)

**[dutchessny.gov/aging](http://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](mailto: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](http://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.**

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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](https://dutchessny.gov/ofavolunteer)



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Dutchess County Office for the Aging

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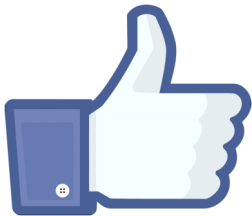
## Dutchess County Office for the Aging

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# Make sure to both "Like" and "Follow"

**Never miss anything again**



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