

DUTCHESS COUNTY OFFICE FOR THE AGING

AGING SERVICES DIRECTORY

Marcus J. Molinaro, County Executive

Todd N. Tancredi, Director



MISSION STATEMENT

The Office for the Aging plans, coordinates and provides an array of community based services to the elderly and persons who require assistance in the long term care system, in an effort to promote independence, dignity and quality of life.

Through its distinctive role of committed advocate and community partner, the agency strives to ensure clients needs will continue to be met now and in the future.

Dutchess County Office for the Aging

Aging Services Table of Contents

Adult Day Care	18	Nursing Homes	20
Adult Homes	19	Nutrition Services	4
Advocacy Programs	10, 17	NY Connects	9
Assisted Living Programs	19	Office Locations	3
Caregiver Services	21	Recreation Programs	5
Caregiver Support Groups	13	Respite Program	13
Educational Opportunities	11-12	Senior Friendship Centers	4
Home Care	8	Service Area	3
Housing Services	15	Supportive Programs	7
Important Phone Numbers	22	Support Services	14
Information and Referral	21	Transportation	6-7
Long Term Care Division	8	Volunteer Opportunities	16

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

Office for the Aging (845) 486-2555
Toll-free number (866) 486-2555
On the web at www.dutchessny.gov/aging

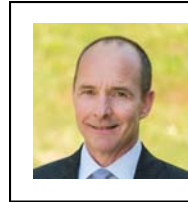
Email: ofa@dutchessny.gov
NY Connects (845) 475-3511



Seniors are vital members of our community. This Aging Services Directory, developed through our Office for the Aging, provides seniors as well as service providers a wealth of useful and valuable information about available programs and services.

It is designed to enhance access to aging services provided by Dutchess County Government agencies, not-for-profit agencies and area businesses. We hope you find it to be a useful tool!

Marcus J. Molinaro
Dutchess County Executive



Maintaining the dignity and independence of senior citizens is the primary goal of the Office for the Aging. The Aging Services Directory is a tool that outlines programs and services vital to the accomplishment of this goal.

We hope this handbook will improve the quality of life for senior citizens and those who care for them.

Todd N. Tancredi, Director
Office for the Aging

The Office for the Aging (OFA) offers services designed to maintain the quality of life of those age 60 and over. Continuing Care at OFA serves people of all ages in need of Long Term Care Services. The Office for the Aging provides:

- ◆ Direct community-based services to senior citizens.
- ◆ A point of entry into the service delivery system for those eligible for all types of long-term care.
- ◆ A source of referral to other programs, information and services available in the general community.

This handbook is organized following the continuum of care model, a tool used by health care professionals to ensure that the full range of needs required by those 60 years of age and over are met. The handbook is organized starting with community-based services: the nutrition, recreational, and educational opportunities that support seniors in the maintenance of independent living. The handbook then proceeds to the next level of care: sources of in-home care services and programs that support those who wish to avoid institutional placement. The last pages of the booklet contain information about institutional arrangements for those seniors who need a higher level of care.

The Office for the Aging serves all Dutchess County residents 60 years of age and older, their caregivers, and others in the Long Term Care System. Residents may access the Office for the Aging at:

**27 High Street, 3rd Floor
Poughkeepsie, NY 12601
845-486-2555**

Web: www.dutchessny.gov/aging

Email: ofa@dutchessny.gov

Business Hours: Mon-Fri 9AM-5PM

The Office for the Aging maintains a toll-free line for those who live outside our local calling area: **1-866-486-2555**. The Office for the Aging also accepts collect calls.

DUTCHESS COUNTY OFFICE FOR THE AGING FRIENDSHIP

CENTERS serve a hot, nutritious midday meal and offer informational, educational and recreational programs. The sites operate Monday through Thursday from 10:00 a.m. to 2:00 p.m. at 8 locations:

Beacon	845-838-4871	Forrestal Heights Senior Housing
East Fishkill	845-226-3605	East Fishkill Community Center
Millerton	518-789-3081	Village Hall Community Room
Pawling**	845-855-9308	Pawling Town Hall Annex
Poughkeepsie* (City)	845-275-2661	Hudson Valley Community Center
Red Hook	845-475-1129	Red Hook Community Center
South Amenia	845-373-4305	South Amenia Presbyterian Church
Tri-Town***	845-486-6363	American Legion Hall, Poughkeepsie

*also open on Fridays, **Tuesday through Thursday only

*** serves Towns of Poughkeepsie, LaGrange, and Pleasant Valley

Meal reservations are required. A \$3.00 suggested voluntary confidential contribution is requested. Transportation is available. The Office for the Aging also provides congregate meals once a week to residents of Interfaith Towers, Admiral Halsey, Maplewood, St. Simeon, and St. Anna's senior housing complexes.

Home Delivered Meals, including frozen meals, may be arranged through the Office for the Aging at 845-486-2555 or toll free at (866) 486-2555. A listing of other home delivered food options is also available.

The following Meals-on-Wheels organizations also arrange for meal delivery to homebound seniors. Days of service and fees vary by organization.

Hyde Park (and Village of Rhinebeck) – 229-5896 or www.mealsonwheelsofhp.org

Poughkeepsie – 452-2245 or www.mealsonwheelsofhp.com

Millbrook (and Verbank) – 677-3485

Wappingers Falls – 297-2800

Grocery Shopping Services (Limited Delivery Areas): For those who are able to cook but are not able to drive, Stop and Shop offers Peapod (www.peapod.com), a food delivery service where customers order online and their order is delivered. The fee is \$6.95 for orders over \$100 and \$9.95 for orders between \$50 and \$100. The company offers \$1 off the delivery fee if payment is made by automated checking account withdrawal, and another \$1 off certain delivery times, meaning that delivery can be as low as \$4.95. Shoprite From Home (www.shoprite.com) allows you to place an order and pick it up or have it delivered. The fee is \$10 plus \$6.95 for the delivery. For orders over \$100, the \$10 fee is waived.

Peck's Food Market (518-398-6622) delivers for a fee within Pine Plains only.

HEALTH PROMOTION AND RECREATION PROGRAMS

Brain Games is a mental fitness program with locations around the county. Participants stimulate their minds with fun games and challenging puzzles. Call (845) 486-2555 to volunteer to lead a class or find one near you.

Nutrition Education includes presentations and a monthly newsletter prepared by the Registered Dietitian. **Nutrition Counseling** with the Registered Dietitian is available at the Friendship Centers and by appointment. Call (845) 486-2555 to find out more.

The Dutchess County Senior Exercise Program to improve strength and balance is offered by trained volunteers at some Office for the Aging Friendship Centers and several other locations throughout Dutchess County. To enroll, call (845) 486-2555.

The Celebration of Aging is held in May, and honors Dutchess County residents turning 100 years or older, and Dutchess resident couples who have been married 70 years or more. If you know somebody who fits either category, contact bjones@dutchessny.gov or (845) 486-2555.

Summer Picnics are held throughout Dutchess County in cooperation with municipalities, businesses and civic organizations. Music, socialization, lunch, and outreach by the Office for the Aging staff come together to provide fun for residents.

The Senior Prom is an annual senior dance usually held on a Monday in October. Each year's prom features a unique theme.

Senior Friendship Centers hold special events (Country-Western Day, Hawaiian Luau, USA Party, etc.) several times a year. Call the Senior Friendship Center near you (see numbers on previous page) for more information.

TRANSPORTATION

Community Resources and Services Center provides medical transportation to Pawling seniors (855-3459).

Dutchess County Office for the Aging's Vans and Busses transport seniors to our seven Friendship Centers (listed on previous page) along with shopping expeditions and recreational trips that the centers offer.

Friends of Seniors provides medical transportation and other services to seniors (485-1277).

North East Community Center provides transportation services for residents of North East, Millerton, Amenia, Dover, and Wassaic via the Care Car. They also coordinate the Northeast Transportation Program which can additionally assist residents of Pine Plains, Stanford and Washington (518-789-4259).

Dial-a-Ride is provided by the Dutchess County Loop System and is available in Amenia, Dover, East Fishkill, Fishkill, Hyde Park, North East, Poughkeepsie, Stanford, Wappinger and Washington. Pre-registration is required. For information on registration and reservations, call 473-8424.

Castle Point will transport veterans to medical appointments at Veterans hospitals (831-2000 x5145).

Dutchess County Paratransit is operated by Dutchess County LOOP and provides transportation services in a number of locations from a rider's home to his or her destination. Reservations are required and service availability may be limited. (473-8424). In addition, ADA Complimentary Paratransit Service (473-8424) is available for qualified individuals who live within 3/4 mile of a regularly scheduled LOOP bus route.

Community Senior Transportation Program (call Friends of Seniors at 485-1277) is for LaGrange and Pleasant Valley senior citizens for recreation and shopping. No medical appointments and this service is not wheelchair accessible.

Town of Rhinebeck (876-3409) provides transportation to independently living senior citizens.

(continued next page)

TRANSPORTATION (continued)

Retired and Senior Volunteer Program (RSVP) (452-5104) picks up senior residents of the city of Beacon who do not drive, and transports them to the Senior Friendship Center currently located at Forrestal Heights. Participants are driven to the Friendship Center no later than 10:00 am and brought back home no later than 2:00 p.m. Also, any senior that does not drive and regardless of whether they attend the Friendship Center, may be eligible to be transported to Walmart or Shop Rite in Fishkill once per week for one hour of shopping. RSVP is a program of Community Action Partnership for Dutchess County, which was awarded a contract with Office for the Aging for these programs in Beacon, administered by RSVP of Dutchess County.

Your Local House of Worship may have a transportation program. Call them for more information.

SUPPORTIVE PROGRAMS

“Are You Okay?” Program is a joint effort between the Dutchess County Sheriff’s Office and the Dutchess County Office for the Aging. The “Are You O.K?” program provides a computer generated call to homebound or disabled individuals. If there is no reply, steps are taken to check that the individual is safe from harm. To arrange for this free service call 845-486-2555.

Telephone Reassurance is provided by Friends of Seniors (www.friendsofseniors.biz), an organization that trains volunteers to offer reassurance to those who live in isolation. Volunteers provide telephone reassurance to homebound elders, free of charge. This service may be accessed by calling 845-485-1277.

Volunteers willing to participate in the program by calling seniors are always welcome.



Office for the Aging / Continuing Care

Office for the Aging Continuing Care 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 available funding sources. They may also make suggestions regarding other alternatives such as Adult Day Care, Adult Homes, Assisted Living, Foster Care, Home Health Care, Respite Services, and Nursing Home placement.

Office for the Aging Continuing Care can help arrange for the provision of Long Term Care Services which may include home care services such as homemaking and personal care. Homemaking tasks include light housekeeping, laundry, shopping, and meal preparation. Personal care tasks include assistance with bathing, dressing, grooming, toileting, and feeding. When indicated, nursing care may be arranged.

Additionally, the long term care division will:

- ◆ **Provide** information and referral on available programs. Some examples are Medicaid Personal Care, Expanded In Home Services for the Elderly (EISEP) Program, Case Management, Foster Care, and the prescription drug plan EPIC.
- ◆ **Refer** clients to agencies providing services such as medical transportation, telephone reassurance, and equipment like wheelchairs, hospital beds, walkers, and canes.
- ◆ **Review** the needs of the client and his or her family and explore alternatives for care and financing.
- ◆ **Assign** a Case Manager or Public Health Nurse who will visit the home to create an unbiased plan of care.
- ◆ **Arrange** for and monitor delivery of services and provide ongoing case management.
- ◆ **Assist** with information and the paperwork for nursing home placement, including arranging for the completion of the Patient Review Instrument (PRI) by a registered nurse.
- ◆ **Maintain** client confidentiality.

Other services may include:

Discharge Planning assistance from a hospital, nursing home or rehabilitation unit can be provided by a Public Health Nurse (PHN). The PHN can be involved in family conferences regarding care planning for those who may need home care services upon discharge.

Personal Emergency Response System (PERS) is an emergency medical alert system that helps people to live active, independent lives by linking them to assistance 24 hours a day, 365 days a year. PERS can be used for FIRE, POLICE, and MEDICAL emergencies.

Overnight Respite for caregivers who need to be away for short periods of time may be arranged.

Adult Day Care Programs assist families and dependent adults by providing daytime supervision.

Call **845-486-2555** to arrange for services or information on long term care.



NY Connects

**Your Link to Long Term
Services and Supports**

of DUTCHESS COUNTY

(800) 342-9871 845-475-3511

NY Connects is your trusted place to go for free, unbiased information about long term services and supports in New York State for people of all ages or with any type of disability. Long term services and supports include medical and non-medical services a person needs to improve or maintain health and independence. They may be provided in a nursing home, the individual's home or other community-based settings. You can use this directory to search for programs, providers, and services in your area and to contact your local NY Connects office for further assistance.

NY Connects staff can help link you to long term services and supports, such as home care, transportation and meals. Our goal is to help you live as independently as you wish to while meeting your medical, social and functional needs that arise from aging or disability. We can help individuals, families, caregivers, and professionals.

How can we help you?

- Get information by phone, online, or in person.
- Connect to long term services and supports regardless of diagnosis, age or how you will pay for services.
 - Receive guidance and coordination as you go through assessment and eligibility processes.
 - Help with completing applications and enrollment in public assistance benefits, such as Medicaid.

www.nyconnects.ny.gov

DUTCHESS COUNTY OFFICE FOR THE AGING INFORMATION AND REFERRAL

Office for the Aging offers assessment, information, advocacy, case assistance, and referral services to all individuals 60 years of age and older and their caregivers. Office for the Aging staff assess a senior citizen's eligibility for financial assistance and entitlement and benefit programs. Assessment visits may be made in the home, at a nutrition center, or in the Poughkeepsie office.

Assessment of eligibility for programs such as Medicaid, Medicare Savings Programs, Elderly Pharmaceutical Insurance Coverage (EPIC), Food Stamps (SNAP), and HEAP.

Information about programs, benefits, and health insurance is available from Office for the Aging staff.

Case Assistance and Advocacy can be provided by Office for the Aging staff for those who require assistance in accessing benefits and entitlements.

Referral is provided to the appropriate agency that assists individuals who are eligible for Supplemental Security Income (SSI), Veteran's Benefits, Real Property Tax benefits, and other support services. For information, assistance, and referral about benefits and entitlements, call 845-486-2555.

EDUCATIONAL OPPORTUNITIES

- ◆ **The Informational Forum Series** is held at the Poughkeepsie Galleria. Monthly programs are presented in the Community Room at the Galleria on the third Wednesday of each month. Topics include Medicare Choices, Long-Term Care Insurance, Eating Well, Consumer Scams, Crime Prevention, and others.
- ◆ **Medicare 101** and **Medicare Orientation** are informational workshops covering Medicare benefits, supplemental insurances, Medicare Advantage Plans, Long Term Care insurance and prescription programs. Sessions are held regularly at various locations. Visit our website for the latest schedule.
- ◆ **Nutrition Education Programs** that focus on the nutritional needs of older individuals can be arranged by contacting the Registered Dietitian. Nutrition talks on topics of interest to senior citizens are held on a regular basis at the Senior Friendship Centers. Call your local center for more information.
- ◆ **Other Topics**, times and locations will be considered for the educational series. Speakers for your group are available.

Contact us to obtain information about our workshops and to make suggestions for other topics. Visit the “Calendar of Events” at www.dutchessny.gov for the latest schedule of seminars.

The Health Insurance Information, Counseling and Assistance Program (HIICAP) is made up of trained volunteer insurance counselors and staff. HIICAP counselors assist with Medicare explanations, claims and appeals, and provide information on Medicare supplemental policies, Medicare Advantage Plans, Medicare Drug Plans, Long-Term Care Insurance, and other entitlements and benefits available to seniors. Counselors are available for personal appointments to review insurance issues by calling toll free at 1-800-701-0501, (845) 486-2555 or (866) 486-2555. Volunteers meet monthly for continuing education. New volunteers are invited to call us to find out more about becoming an HIICAP Insurance Counselor.

Spotlight on Seniors Newsletter, published quarterly, contains information about topics of interest to seniors and specific programs offered by Dutchess County Office for the Aging. Call 486-2555 to be added to the mailing list.

Brochures and Flyers on Office for the Aging programs and services and a host of other topics of interest to seniors are available for mailing and emailing.

Ageing News, a weekly senior news email blast that contains timely information about issues of interest to senior citizens. Send your name and email address to bjones@dutchessny.gov to start your subscription.

Brain Games classes are volunteer-led senior groups who meet to play fun and challenging games, keeping their brains healthy. To find the class near you, visit our website or contact our office.

EDUCATIONAL OPPORTUNITIES (continued)

HIGHER EDUCATION FOR SENIORS

Bard College (Annandale-on-Hudson) www.bard.edu/institutes/lii

Bard's Lifetime Learning Institute is a volunteer, membership-run organization that offers non-credit courses to men and women of retirement age who have a desire for lifelong learning. Classes are held during the spring and fall semesters and a January mini-session. For a copy of their catalog and more information, call (845) 758-7314 or email lii@bard.edu.

Dutchess Community College (Poughkeepsie) www.sunydutchess.edu

For information on continuing education and non-credit classes contact the Office of Community Services at (845) 431-8910. Seniors may also audit classes when space is available by arrangement with the Secretary to the Registrar at (845) 431-8028.

Marist College (Poughkeepsie) www.marist.edu/gpp/cls

Marist has a volunteer membership-run organization that provides for intellectual and cultural exploration and development for men and women of retirement age. The Center for Lifetime Study (CLS), offers non-credit courses covering topics reflecting a variety of interests. There is a membership fee and a long waiting list. For further information call CLS at (845) 575-3000 ext. 2011. Seniors may also audit classes when space is available by arrangement with the instructor.

Vassar College (Poughkeepsie) www.lifelonglearning.vassar.edu

An adult educational program affiliated with Vassar College offering a broad range of non-credit educational courses and activities to members 55 and over at a minimal cost. Classes are taught by volunteer members, retired and active faculty, and outside experts. Find out more at (845) 437-7229.

Visit www.coursera.org/suny to learn more about courses from the State University of New York and other area institutions.

CAREGIVER SUPPORT GROUPS

A complete list of **Caregiver Services** provided by the Office for the Aging can be found on page 14.

Alzheimer's Support Groups, educational workshops and other services for family members and caregivers of those with Alzheimer's or related dementia are offered by the Alzheimer's Association. Support groups, which are informational and non-judgmental, are held at several locations throughout Dutchess County. An early stage Alzheimer's support group is also sponsored by the Alzheimer's Association. To obtain more information, call their 24-hour helpline at 1-800-272-3900. The Alzheimer's Association also has a local Dutchess County office, which can be reached at (845) 471-2655.

The Parkinson's Disease Support Group of the Mid-Hudson Valley meets monthly on the 4th Friday of the month (except November and December when they meet on the 3rd Friday) from 10 AM to noon at the Unitarian Fellowship at 67 South Randolph Avenue in Poughkeepsie. Call (914) 475-2793 for information.

RESPITE PROGRAMS

Dutchess County Office for the Aging contracts with the **Vassar Warner Home** in Poughkeepsie (845) 454-3754 to offer overnight respite to those who care for elderly relatives or friends at home who meet eligibility requirements.

A **Caregivers Conference** is held every November in Poughkeepsie, organized by the Alzheimer's Association. The Office for the Aging is represented along with several other organizations of caregivers and caregiver service providers.

SUPPORT SERVICES

Protective Services for Adults is a state-mandated program which is provided without regard to income to assist adults 18 or older who, because of mental or physical impairments, can no longer provide for their basic needs for food, clothing, shelter or medical care, or protect themselves from neglect, abuse or hazardous situations, and who have no one willing and able to help in a responsible manner. Help for impaired adults who are abused, neglected or exploited is available through the Department of Community and Family Services at 845-486-3300 or call the toll-free number 1-800-342-3009.

The Senior Community Service Employment Program provides temporary training experience for people age 55 and older that want to re-enter the workforce. You must qualify according to Federal financial guidelines. Call 845-298-8998 x17 for more information.

A Legal Services Program funded by the Dutchess County Office for the Aging is designed to provide legal advice, and in some cases, representation, to Dutchess County residents age 60 and over. Call the office for an appointment or a brochure on all legal services available to seniors in Dutchess County (845-486-2555).

The Mediation Center of Dutchess County offers conflict resolution services for senior issues. Call 471-7213 for more information.

Tax Assistance Service is offered in conjunction with the IRS and AARP's Tax-Aide program. The Tax-Aide volunteers are knowledgeable about federal, state, and local income taxes, and provide free assistance to low or moderate-income taxpayers age 60 and over at locations throughout Dutchess County. Call 211 for the location nearest you.

In Home Contact & Support Services include friendly visiting, shopping assistance and telephone reassurance. For information, call Friends of Seniors at 485-1277.

Loan Closets are run by some churches, rescue squads, service organizations, etc. Two of the more popular loan closets are:

Medequip Loan Closet, Reformed Church, 70 Hooker Avenue, Poughkeepsie (452-0968 Wednesday mornings)

Jewish Family Services Medical Loan Closet, located at the Hudson Valley Community Center, 110 Grand Avenue, Poughkeepsie (471-9811 Mon., Wed., & Thurs.).

SAGE Hudson Valley, part of a national network providing advocacy and services for LGBTQ elders. SAGE Hudson Valley hosts and cosponsors events on a regular basis, including SAGE Table: An Intergenerational Meal, social outings, opportunities for political activism, and health and wellness programming. For more information about the Hudson Valley chapter of SAGE, or to join the SAGE Council, please contact Jake Salt at j.salt@lgbtqcenter.org or call 845-331-5300.

OTHER HOUSING SERVICES AND ASSISTANCE

HEAP - Home Energy Assistance Program

Through the Dutchess County Department of Community & Family Services, HEAP provides assistance with home energy needs for low income, older individuals, and families. Services include financial assistance with fuel bills, emergency financial assistance for fuel/utility terminations, and weatherization service.

Reverse Mortgage Counseling

Counseling is provided by a trained counselor at Hudson River Housing for a small fee. Call them at 454-9288.

Housing Information and Counseling

Senior housing may be subsidized using Federal income guidelines, Low Income Tax Credit, Section 8 criteria, senior citizen discount, and other options. A detailed brochure that outlines subsidized senior housing, legal rights, and age discrimination in housing, is available by calling 845-486-2555. Assistance is provided with information and referral, and advocacy is offered to seniors who have housing concerns.

Senior Citizen Owner-Occupied Property Rehabilitation Program

This program can provide assistance to low and moderate income seniors to who must complete code-violation rehabilitation on owner-occupied homes. To find out if you are eligible, call 486-3600.

Aging In Place Organizations are non profit groups designed to help seniors stay in their own homes as they grow older by making available social support, health care, transportation and home maintenance services they require to live happy, productive lives in the community. **Rhinebeck@Home** serves the Rhinebeck area (379-1114). **SSIP-Taconic** serves the Clinton/Milan area (266-4270).

ECHO Housing is a small self-contained prefab home set-up on a caregiver's property allowing an older adult to remain largely independent while still living close by. Call 206-6525 for information.

Rebuilding Together Dutchess County (formerly "Christmas in April")

This program can provide cost-free home repairs and accessibility modifications on owner-occupied homes of low and moderate income seniors. To find out if you are eligible, call 845-454-7310 or see www.rebuildingtogetherdutchess.org.

VOLUNTEER OPPORTUNITIES

Recruitment of volunteers is ongoing for the following organizations that provide services to senior citizens.

<i>Service</i>	<i>Agency</i>	<i>Contact</i>
Home Delivered Meals, Office Assistance, Senior Picnics, Office for the Aging events, Exercise Program, Brain Games leaders	Dutchess County Office for the Aging	845-486-2555
Health Insurance Information and Counseling Assistance Program (HIICAP)	Dutchess County Office for the Aging	845-486-2555
Advocacy for long-term care facility residents	Ombudsman Program	845-229-4680
Respite, Telephone Reassurance and Transportation Services	Friends of Seniors	845-485-1277
Various	Retired Senior and Volunteer Program (RSVP)	845-452-5104
Friendship Center Volunteers	Dutchess County Office for the Aging	845-486-2555
Transportation Services	Pawling Resource Center	845-855-3459
	North East Community Center	518-789-4259

For more information, contact Office for the Aging outreach coordinator Brian Jones at bjones@dutchessny.gov or (845) 486-2555.

PATIENT REVIEW INSTRUMENT (PRI)

The **Patient Review Instrument (PRI)** is part of the nursing home application process and is a requirement in New York State. The PRI is an evaluation to determine the level of care a client needs as well as the most appropriate placement setting. During the evaluation, community-based programs, which may forestall nursing home placement, are reviewed in relation to the client's needs. The PRI is normally valid for 90 days.

It is recommended that the family and patient meet with staff to discuss options available, so that the most appropriate and cost-effective care can be provided.

ADVOCACY FOR LONG-TERM CARE FACILITY RESIDENTS

The Long Term Care Ombudsman Program, a service funded by the Office for the Aging, provides advocacy services for all residents in Dutchess County nursing homes and adult homes. The Ombudsman program is a resource for information about choosing a Long Term Care Facility. Ombudsman Volunteers are trained to offer advocacy services. The Ombudsman Program can be reached at 845-229-4680.

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

ADULT DAY CARE PROGRAMS provide supervision, care, and companionship for elders who cannot be left alone during the day and can benefit from socialization. Adult Day Care Programs offer activities and a meal. Transportation may sometimes be arranged. This service is especially helpful for families who care for a dependent adult but must work during the day.

**MEDICAL MODEL
ADULT DAY CARE**

Medical Adult Day Care features specialized programming, including medical supervision and therapies.

Lutheran Care Center
965 Dutchess Turnpike
Poughkeepsie, NY 12603
845-486-9494

**The Grand Rehabilitation and
Nursing at River Valley**
140 Main Street
Poughkeepsie, NY 12601
845-454-7600 x4154

**SOCIAL MODEL
ADULT DAY CARE**

Social Adult Day Care programs serve frail, older or disabled adults.

The Avalon Social Day Program
1629 Route 376
Wappingers Falls, NY 12590
845-463-0500

**Friends & Family Adult Day
Program**
4327 Albany Post Rd
Hyde Park NY 12538
845-229-2851

**Sadie's Place Social Adult Day
Services**
143 Boardman Rd., Building 3
Poughkeepsie NY 12603
845-849-1007

Valley Vista Social Day Care
141 North Rd
Highland NY 12528
845-691-7400

ADULT HOMES and ASSISTED LIVING PROGRAMS

Adult Home Facilities

Dutchess Care

845-471-7930

186 Washington Street
Poughkeepsie NY 12601
92 beds

Green Briar Adult Home

845-677-9997

26 Old Route 82, Millbrook NY 12545
48 beds

Hedgewood

845-831-6000

355 Fishkill Avenue, Beacon NY 12508
175 beds

Inspire McClelland (formerly
McClelland's Home for Adults)

845-831-1909

126 Old Castle Pt. Rd.
Wappingers Falls NY 12590
71 beds

Inspire Morningside (formerly
Morningside Manor)

845-896-9171

135 Cooper Rd., Fishkill NY 12524
22 beds

Kings Heights Rest Home

845-876-6398

136 Corning St.
Rhinecliff NY 12574
20 beds

The Avalon Assisted Living & Wellness Center

845-463-0500

1629 Route 376
Wappingers Falls, NY 12590
76 beds

Adult Home Facilities (continued)

Vassar-Warner Home

845-454-3754

52 South Hamilton St.
Poughkeepsie NY 12601
58 beds

Assisted Living Programs

The Avalon (see listing to the left)

Dutchess Care (see listing to the left)

Hedgewood (see listing to the left)

Vassar Warner Home (see listing to the left)

Hyde Park Assisted Living

845-204-9572

394 Violet Ave., Poughkeepsie NY 12601

The Fountains at Millbrook

845-905-8000

79 Flint Road, Millbrook, NY 12545

The Landing of Poughkeepsie

845-471-4044

251 Boardman Rd., Poughkeepsie NY 12603

The Terraces at Brookmeade

845-876-5522

54 Brookmeade Dr., Rhinebeck, NY 12572

Valley Vista Assisted Living

845-691-7400

141 North Rd., Highland NY 12528

Family Care Homes

The Department of Community & Family Services maintains a list of family care homes currently in operation. Call **845-486-3000** for the current list.

RESIDENTIAL HEALTH CARE FACILITIES (Nursing Homes)

ArchCare at Ferncliff
(formerly Ferncliff Nursing Home)
21 Ferncliff Drive
Rhinebeck NY 12572
(845) 876-2011

The Baptist Home
46 Brookmeade Drive
Rhinebeck NY 12572
(845) 876-2071

The Eleanor Nursing Care Center
(formerly Quaker Hill Manor)
419 North Quaker Lane
Hyde Park NY 12538
(845) 229-9177

The Grand Rehabilitation and Nursing at Pawling
9 Reservoir Road
Pawling NY 12564
(845) 855-5700

Fishkill Center for Rehabilitation and Nursing
(formerly Elant at Fishkill) *+
22 Robert Kasin Way
Beacon NY 12508-1199
(800) 501-3936

The Grand Rehabilitation and Nursing at River Valley +
(formerly River Valley Care Center)
140 Main Street
Poughkeepsie, NY 12601
(845) 454-7600

Lutheran Care Center at Concord Village +
965 Dutchess Turnpike
Poughkeepsie, NY 12603
(845) 486-9494

Northern Dutchess Residential Healthcare Facility (The Thompson House)
6525 Springbrook Avenue
PO Box 514
Rhinebeck NY 12572
(845) 871-3760

The Pines at Poughkeepsie *+
100 Franklin Street
Poughkeepsie NY 12601
(845) 454-4100

Renaissance Rehabilitation and Nursing Center *
4975 Albany Post Road
Staatsburg NY 12580
(845) 889-4500

Sapphire Nursing at Wappingers
(formerly Elant at Wappingers Falls) +
37 Mesier Avenue
Wappingers Falls NY 12590
(800) 501-3936

Wingate at Beacon +
10 Hastings Drive
Beacon, NY 12508
(845) 440-1600

Wingate at Dutchess +
3 Summit Court
Fishkill NY 12524
(845) 896-1500

* = has a Dementia/Alzheimer's Unit onsite

+ = respite available

Caregiver Services

The Dutchess County Office for the Aging Family Caregiver Support Program offers and funds a variety of services designed to assist caregivers of aging relatives.

Caregiver Training and Support

Workshops in on practical tips, stress management, coping skills and legal issues for caregivers. Call MidHudson Regional Licensed Home Care of Westchester Medical Center at 845-483-5550.

Monthly Caregiver Support Groups

Mid Hudson Regional Licensed Home Care of Westchester Medical Center runs a monthly caregiver support group and a yearly conference with topics of interest to caregivers. Call 845-483-5551 for more information.

Adult Day Care

Call 845-486-2555

Case Management

Call 845-486-2555

Overnight Respite

Call 845-486-2555

Personal Emergency Response Systems

Call 845-486-2555

Alzheimer's Counseling, Support Group & Educational Programming

Call the Alzheimer's Association:
845-471-2655

Home Care

Homemaking/Personal Care services may be available. Call 845-486-2555

Services for Grandparents Raising Grandchildren

A support group meets on the third Tuesday of each month from 11:00 AM to 1:00 PM at St. Mary's Chapel on Bedford Ave. in Fishkill.

Workshops, case assistance, counseling and a directory of services are available from Cornell Cooperative Extension:
845-677-8223.

Minor Home Modifications

Safety improvements such as grab bars, railings, smoke and carbon monoxide detectors, toilet risers, wireless doorbell, etc, may be available. Call Rebuilding Together Dutchess County: 845-454-7310.

See also www.rebuildingtogetherdutchess.org

IMPORTANT NUMBERS	
After Hours Public Health Emergencies	845-431-6465
Dutchess County Department of Behavioral & Community Health	845-486-3400
Dutchess County Department of Community and Family Services	845-486-3000
Dutchess County Department of Mental Hygiene (24 hour Helpline)	845-485-9700
Dutchess County Division of Veterans Services	845-486-2060
Eldercare Locator	1-800-677-1116
NYS Attorney General's Office	845-485-3920
Medicare	1-800-633-4227
MidHudson Regional Hospital of Westchester Medical Center	845-483-5000
Northern Dutchess Hospital (Rhinebeck)	845-876-3001
Patient Hotline for Nursing Homes	1-888-201-4563
Sharon Hospital (Connecticut)	860-364-4141
Social Security	1-877-405-6747
United Way Health & Human Services Helpline	211
Vassar Brothers Medical Center (Poughkeepsie)	845-454-8500

Dutchess County Office for the Aging
27 High St., Poughkeepsie NY 12601
(845) 486-2555
www.dutchessny.gov/aging
Email: ofa@dutchessny.gov