

## **Dutchess County Office for the Aging**

### **Services**

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

*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 February 2019*

## **Volunteer Opportunities**

Dutchess County  
Office for the Aging

(845) 486-2555

Email: [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov)



## **Dutchess County Office for the Aging**

114 Delafield St • Poughkeepsie NY 12601  
(845) 486-2555 • (866) 486-2555

Marcus J. Molinaro  
County Executive



Todd Tancredi  
Director  
Office for the Aging



[www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)

# VOLUNTEER REGISTRATION FORM

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

What type of volunteer activity are you interested in? (check all that apply)

- |   |   |
|---|---|
| <input type="checkbox"/> Home Delivered Meals Driver          | <input type="checkbox"/> Office for the Aging Advisory Board    |
| <input type="checkbox"/> Health Insurance Counseling (HIICAP) | <input type="checkbox"/> Exercise Class Leader                  |
| <input type="checkbox"/> Brain Games Leader                   | <input type="checkbox"/> Senior Picnic Helper (late May-August) |
| <input type="checkbox"/> Senior Friendship Center Helper      | <input type="checkbox"/> Office Assistance                      |
| <input type="checkbox"/> "A Matter of Balance" Coach          | <input type="checkbox"/> Tai Chi Class Leader                   |

-----**Please print**-----

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle Initial (if any) \_\_\_\_\_

Full Mailing Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Mobile Phone \_\_\_\_\_

Date of Birth \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Please circle all days you can be available: MON TUES WED THURS FRI

Time(s) you are usually available \_\_\_\_\_

Please describe any medical limitations: \_\_\_\_\_

Are you fluent in any foreign languages? If so, which one(s)? \_\_\_\_\_

Briefly describe your technology skills (check one):  little or none  moderate  expert

Previous volunteer experience \_\_\_\_\_

What type of transportation will you use to get to your volunteer assignment? \_\_\_\_\_

Have you ever been convicted of a misdemeanor or felony? \_\_\_\_\_

Personal Reference \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email: \_\_\_\_\_

Because you may have direct contact with the elderly, the County may initiate inquiries into your personal history including searches of police and motor vehicle files. By signing the form below you hereby grant the County permission to make any such search or investigation.

\_\_\_\_\_  
Volunteer Signature

\_\_\_\_\_  
Your 9 Digit NYS Driver's License ID Number

\_\_\_\_\_  
Today's Date

# Volunteering with the Dutchess County Office for the Aging

Friends,

We at the Office for the Aging could not provide many of our essential services for Dutchess County's senior population without the hard work of hundreds of volunteers. Their work benefits not just seniors, but the entire Dutchess community, with the annual value of Office for the Aging volunteers' work coming to well over \$1 million.

Regardless of your age, skills, or ability to travel, the Office for the Aging offers ways for you to help. Please read more about them here and feel free to get in touch with us with any questions.

Best regards,



Todd Tancredi, Director  
Dutchess County Office for the Aging

*Volunteer opportunities include, but are not limited to...*

## **Home Delivered Meal Drivers**

Our drivers deliver over 500 nutritious midday meals to seniors every day, in all areas of Dutchess County. Seniors tell us they look forward not only to the food, but to our delivery staff. For many seniors who live alone, the visit from our driver may be their only contact with people, and that period of socialization is key to helping seniors continue to live safely at home for as long as possible.

## **Advisory Board**

The Dutchess County Office for the Aging and NYConnects are assisted in their mission by a volunteer advisory board appointed by the Dutchess County Executive. The Advisory Board meets on a regular basis to offer input in the planning and delivery of services to senior citizens in Dutchess County.

## **Health Insurance Counseling**

Volunteers are always welcome in our Health Insurance Information, Counseling and Assistance Program (HIICAP). No prior health insurance business experience needed; training and certification are provided. Our HIICAP volunteers provide impartial information about Medicare, Medigap policies and supplemental choices, Medicare Advantage Programs, other insurance questions, Medicare Prescription Drug Plans, EPIC, benefit programs and long term care insurance choices.

## **Exercise Class, Tai Chi, Brain Games and “A Matter of Balance” Leaders**

Staying physically and mentally active are both key to successful aging. We have dozens of exercise, tai chi, Brain Games and “A Matter of Balance” classes around the county where you can help.

## **Senior Friendship Center Leaders**

Our eight Senior Friendship Centers provide companionship, fun and a nutritious meal to our seniors. Volunteer at a Friendship Center and enjoy some socialization of your own while you help!

## **Office Help**

Serving Dutchess County’s estimated 60,000 seniors means a lot of correspondence to fold, envelopes to stuff and brochures to arrange. Help us communicate with your senior friends and neighbors!

## **Senior Picnics and Events**

The summertime countywide Senior Picnics are some of our most popular events, where thousands of seniors from all over Dutchess come together to enjoy lunch, information and entertainment. We have annual events as well: the Celebration of Aging in May, the Senior Prom in October and the Senior Seminars in November. All these events require a lot of helping hands to be successful, and we’d love to have you along for the work—and the fun!

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