

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
Physical & Mental Fitness Programs
Tai Chi
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 October 2021

Dutchess County Office for the Aging

114 Delafield St., Poughkeepsie NY 12601
845-486-2555 • 866-486-2555

Marcus J. Molinaro
County Executive



Todd N. Tancredi
Director
Office for the Aging

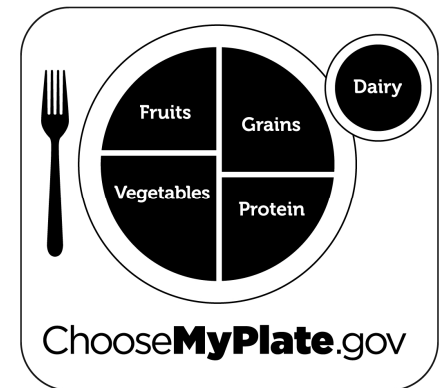
Nutrition Services and Senior Friendship Centers

Dutchess County
Office for the Aging

845-486-2555

Toll free: 866-486-2555

ofa@dutchessny.gov



www.dutchessny.gov/aging

Nutrition Services for Senior Citizens

The Dutchess County Office for the Aging offers a wide variety of services to meet the nutritional needs of persons 60 years and older. Services include congregate meals at Senior Friendship Centers and housing sites, home delivered meals for the homebound, nutrition education and counseling, summer picnics, and health promotion events.

Senior Friendship Centers

For those seniors who would enjoy a nutritious meal combined with social activities and fellowship, eight Senior Friendship Centers are open Monday through Thursday with transportation available in most cases. There are also five mini-sites at some senior housing locations in the City of Poughkeepsie. Exact locations, hours and contact information for Senior Friendship Centers and a sample menu are included in this brochure.

Home Delivered Meals

The Dutchess County Office for the Aging prepares hot meals which are delivered to homebound seniors. Home visit assessments are made by personnel from the Nutrition Program to determine each person's eligibility. The Home Delivered Meals Program allows seniors to remain in their homes and also provides them with daily socialization.

Senior Picnics

Summer Picnics are organized by the Office for the Aging in communities throughout the county. These events offer an opportunity for those over 60 to socialize and enjoy a nutritional meal. Staff are on hand to provide information about programs & services.

Health Promotion Events

Many friendship centers offer a variety of health promotion events including vision, blood pressure and osteoporosis screenings. Almost all sites offer a regular exercise program which acts as an excellent osteoporosis preventative.

Other Meal Services

Box lunches and frozen meals are some of the other offerings from the Dutchess County Office for the Aging designed to provide for the special needs of the senior citizen population. Frozen and shelf stable meals allow meals to be delivered for more than one day at a time in difficult-to-reach locations. They also provide assurances that those in the program will not go hungry in the event of inclement weather interrupting deliveries.

Nutrition Education and Counseling

Education on dietary concerns is offered on a regular basis at each friendship center. A nutrition newsletter is published monthly and provided to all nutrition program participants as well as to others who are interested. Individual nutrition counseling by a Registered Dietitian is available to seniors through the Nutrition Program.

Menu Preparation

All menus are approved by a registered dietitian. Each meal contains one-third of the recommended daily allowance of nutrients for healthy adults.

Dutchess County Office for the Aging

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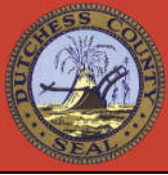
845-486-2555 or toll free at 866-486-2555

www.dutchessny.gov/aging

email: ofa@dutchessny.gov

Sample Menu

Dutchess County Office for the Aging - Nutrition
 114 Delafield St
 Poughkeepsie NY 12601
 845-486-2555 • www.dutchessny.gov/ofanutrition



Monday	Tuesday	Wednesday	Thursday	Friday
All meals served with 1/2 pint of 1% milk Meals are subject to change without notice.		Home Delivered Meals recipients will receive their meal for Monday, October 11th (Columbus Day) in advance of the holiday.		1
				Stuffed Shells Broccoli Italian Bread Mandarin Orange
4	5	6	7	8
Ham Steak Mashed Sweet Potatoes Green Beans Whole Wheat Bread Pineapple	Chicken a la King with Mixed Vegetables Rice Stone Wheat Bread Brownie	Meat Loaf / Gravy Mashed Potatoes Brussels Sprouts Rye Bread Tropical Fruit	Roast Pork w/Rosemary Rice and Beans Winter Blend Vegetables Stone Wheat Bread Applesauce	Chicken Patty Tater Tots Spinach Hamburger Roll Cupcake
11 - Columbus Day	12	13	14	15
OFA and Senior Friendship Centers Closed	Swedish Meatballs Buttered Noodles Sliced Carrots Italian Bread Apricots	Chicken Parmesan Ziti and Sauce Broccoli Stone Wheat Bread Mandarin Orange	Pork Stew with Mixed Vegetables Red Potatoes Whole Wheat Roll Chocolate Pudding	Fish Square Rice and Beans California Mixed Vegetables Hamburger Roll Sliced Apples
18	19	20	21	22
Hamburger Steak Fries Mixed Vegetables Hamburger Bun Pears	Chicken Marsala Mashed Potatoes Peas and Onions Whole Wheat Roll Peaches	Cheese Omelet Spinach Whole Wheat Bread Applesauce	Seafood Creole w/Vegetables Rice Rye Bread Fruit Cocktail	Sausage and Peppers Tater Tots Broccoli Hot Dog Roll Pineapples
25	26	27	28	29
Turkey Burger Rice and Beans Italian Mixed Vegetables Whole Wheat Roll Tropical Fruit	BBQ Rib Sandwich Sweet Potato Fries Mixed Vegetables Hamburger Bun Mandarin Orange	Salisbury Steak with Gravy Red Potatoes Cauliflower Whole Wheat Bread Apricots	Italian Meatballs Ziti and Sauce Capri Blend Vegetables Italian Bread Cupcake	Chili with Cheese Rice Sliced Carrots Italian Bread Pumpkin Spice Pudding

Marcus J. Molinaro • County Executive



Todd N. Tancredi • Director, Office for the Aging

Dutchess County Office for the Aging - Senior Friendship Centers

Operating hours are 10:00 a.m. - 2:00 p.m. unless otherwise noted

<i>Friendship Center</i>	<i>Site Manager</i>	<i>Phone Number</i>
BEACON (open Mon-Fri) 1 Forrestal Heights	Sujaya Risal	845-838-4871
CITY OF POUGHKEEPSIE (open Mon-Fri 9 am - 2 pm) Dutchess County Office for the Aging 114 Delafield St.	Cindy Lefebvre	845-486-2564
EAST FISHKILL (open Mon-Fri) East Fishkill Community Center 890 Route 82, Hopewell Junction	Rosemarie Yasiejko	845-226-3605
MILLERTON (open Mon-Thu) North East-Millerton Library Annex 28 Century Blvd.	Marion McGhee	518-789-3081
PAWLING (open Tue-Thu) 154 Charles Colman Boulevard (Town Hall Annex)	Jason Brainard	845-855-9308
RED HOOK (open Mon-Fri) Red Hook Community Center 59 Fisk St.	Julie Capalbo	845-475-1129
SOUTH AMENIA (open Mon-Thu) First Presbyterian Church 229 South Amenia Road, Wassaic	Lauren Welsh	845-275-2661
TRI-TOWN (open Mon-Thu) (Towns of Poughkeepsie, LaGrange, Pleasant Valley) First Presbyterian Church of Pleasant Valley 1576 Main St. (Route 44)	Manuela Anaya	845-275-8565