

# Dutchess County Office for the Aging

Case Management  
Information, Referral and Advocacy  
Continuing Care  
Nursing Home Information  
NY Connects  
Caregiver Support  
Senior Friendship Centers  
Home Delivered Meals  
Nutrition Education  
Summer Senior Picnics  
Nutrition Counseling  
Benefit and Entitlement Counseling  
Health Insurance Counseling & Assistance  
Legal Assistance  
Housing Information  
Home Energy Assistance  
Medical Transportation  
Volunteer Opportunities  
Senior Exercise Program  
A Matter of Balance  
Tai Chi  
Bingocize  
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 November 2022*

## 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.

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

## Office for the Aging Volunteer Opportunities

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)



**[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 activities are you interested in?** Check all that apply.

- Home Delivered Meals Driver                       Tai Chi Class Leader  
 Health Insurance Counseling (HIICAP)       Exercise Class Leader                       "A Matter of Balance" Coach  
 Events Helper (Picnics, etc.)                       Office Assistance                       Phone Companionship

Friendship Center Helper (please indicate which center(s)): \_\_\_\_\_

Other (describe a skill/talent you have that seniors would enjoy): \_\_\_\_\_

----- **PLEASE PRINT** -----

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

**FULL** Mailing Address (street, town, zip) \_\_\_\_\_

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? \_\_\_\_\_

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. The annual value of Office for the Aging volunteers' work comes 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 the opportunities available, and feel free to get in touch with us with any questions.

OFA volunteer opportunities have been adapted as needed to meet public health safety requirements. The need for volunteers in all areas of aging services has grown tremendously since the COVID-19 pandemic began. We need volunteer help, now more than ever.

Best regards,



Todd Tancredi, Director  
Dutchess County Office for the Aging

## Home Delivered Meal Drivers and OFA Friendship Center helpers

Our drivers deliver thousands of nutritious meals every week, in all areas of Dutchess County. Since the coronavirus/COVID-19 pandemic began, the number of homebound older adults has grown greatly, and the need for home delivered meals has likewise grown. Volunteers have been stepping up to meet the need, and we anticipate needing more volunteers for the foreseeable future.

Recipients tell us they look forward not only to the food, but to our delivery staff. For those who live alone, the visit from our driver may be their only contact with people, and that period of socialization is key to helping older adults continue to live safely at home for as long as possible, particularly when physical separation is key to safety and making social connections becomes more difficult.

Drivers operate out of any of eight OFA Friendship Centers throughout the county, or the OFA central kitchen in Poughkeepsie.

Volunteers are also needed to assist at each Friendship Center. They're located in Beacon, East Fishkill, Millerton, Pawling, Pleasant Valley (Tri-Town), the City of Poughkeepsie, Red Hook, and South Amenia (Wassaic).

## **Health Insurance Counseling (HIICAP)**

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.

## **Office Help**

Keeping Dutchess County's estimated 65,000 seniors informed means a lot of correspondence to prepare, envelopes to stuff, and brochures to arrange. Help us communicate with your senior friends and neighbors!

Our correspondence with Dutchess County's seniors has grown over the years, so our need for volunteer office help has grown as well.

## **OFA Events**

OFA hosts a wide range of events in Dutchess County that require volunteer help, both indoors and outdoors, following federal and state safety guidance. Volunteers of all ages are welcome; volunteers under age 18 will require a parent's signature on a waiver.

## **OFA Senior Exercise, Falls Prevention and Wellness Programs**

We are conducting our popular OFA Exercise, A Matter of Balance, Bingocize and Tai Chi programs under the latest New York safety guidance. Please sign up for future volunteering opportunities.

## **Phone Companionship**

With isolation and loneliness contributing to both physical and mental challenges for older adults, we are beginning a new volunteer program aimed at reducing isolation and loneliness among older adults in Dutchess County, via friendly phone conversation.

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