

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 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 Volunteer Opportunities

Dutchess County Office for the Aging
114 Delafield St., Poughkeepsie NY 12601
845-486-2555 • 866-486-2555

Email: ofa@dutchessny.gov

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 "Friendly Calls" Phone Companionship
 Health Insurance Counseling (HIICAP) Exercise Class Leader "A Matter of Balance" Leader
 Events Helper (Picnics, etc.) Office Assistance

Friendship Center Helper (please check at least one center below):

- Beacon Poughkeepsie
 East Fishkill Red Hook
 Millerton South Amenia
 Pawling Tri-Town (Pleasant Valley)

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? (Yes/No) _____ If so, which one(s)? _____

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

Previous volunteer experience _____

Because you may have direct contact with the elderly, the Office for the Aging may initiate inquiries into your personal history, including searches of police and motor vehicle files. By signing the form below you hereby grant the Office for the Aging permission to conduct 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,

The need for volunteers in all areas of services for Dutchess County older adults continues to grow, and Office for the Aging volunteers are at the forefront of

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; ongoing 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 80,000 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.

Friendly Calls - Phone Companionship

With isolation and loneliness contributing to both physical and mental challenges for older adults, the OFA "Friendly Calls" program aims to reduce isolation and loneliness among older adults in Dutchess County, via friendly weekly phone conversation.

Dutchess County Office for the Aging
114 Delafield St., Poughkeepsie NY 12601
845-486-2555 • 866-486-2555 (toll free outside 845 area code)
dutchessny.gov/aging • ofa@dutchessny.gov