

Dutchess County Office for the Aging

Case Management

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NY Connects

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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 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.

www.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



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. Volunteering may be adapted or suspended as needed due to COVID-19 safety precautions.

- | | |
|--|---|
| <input type="checkbox"/> Home Delivered Meals Driver | <input type="checkbox"/> Tai Chi Class Leader |
| <input type="checkbox"/> Health Insurance Counseling (HIICAP) | <input type="checkbox"/> Exercise Class Leader |
| <input type="checkbox"/> Senior Events Helper (Picnics, Bingo, etc.) | <input type="checkbox"/> Office Assistance |
| <input type="checkbox"/> Senior Friendship Center Helper | <input type="checkbox"/> Technological Assistance for Seniors |
| <input type="checkbox"/> "A Matter of Balance" Coach | <input type="checkbox"/> Other (please describe): _____ |

----- 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? _____

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 Senior 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 seniors 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.

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, particularly when physical separation is key to safety and making social connections becomes more difficult.

Drivers operate out of OFA Senior Friendship Centers throughout the county. Volunteers are also needed to assist seniors at the Friendship Centers. Also, if you have a specific talent or skill that seniors would find helpful or enjoyable, we'd love to hear from you. Just check off "other" on the volunteer registration form and describe what you could do.

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.

Technological Help for Seniors

Many seniors are learning to use technology for the first time. We welcome volunteers who can be available at any OFA Senior Friendship Center and provide basic assistance for seniors in using devices like smartphones, tablets and desktop computers.

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 Senior Exercise, A Matter of Balance, Bingocize and Tai Chi programs under the latest New York safety guidance. Please sign up for future volunteering opportunities.

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