

The Dutchess County Office for the Aging's Friendly Calls Program



Feeling a sense of connection and belonging is important for all of us and can positively impact our health. Individuals with strong social ties live longer and are healthier than those with weak social ties.

Our relationships encourage us to take better care of ourselves, try new things, and develop a sense of purpose. Maintaining relationships can be hard for older adults who live far from family, experience health issues, or might lack transportation.



Older adults are waiting for your call.

Volunteers, ages 18 and over, call older adults in Dutchess County at risk of loneliness — once a week, for eight weeks — and make all-important interactions, helping combat social isolation.

Sign up to volunteer today!

(845) 486-2555 or OFA@dutchessny.gov

