

# DUTCHESS COUNTY OFFICE FOR THE AGING

# AGING SERVICES DIRECTORY

*Marcus J. Molinaro, County Executive*

*Todd N. Tancredi, Director*



## MISSION STATEMENT

The Office for the Aging plans, coordinates and provides an array of community based services to the elderly and persons who require assistance in the long term care system, in an effort to promote independence, dignity and quality of life.

Through its distinctive role of committed advocate and community partner, the agency strives to ensure clients needs will continue to be met now and in the future.

# Dutchess County Office for the Aging

## Aging Services Table of Contents

Adult Day Care	11	Recreation Programs	6
Advocacy Programs	12	Respite Programs	16
Caregiver Services	17	Senior Friendship Centers	4
Caregiver Support Groups	16	Service Area	3
Continuing Care	10-11	Supportive Programs	9
Educational Opportunities	14-15	Support Services	17
Home Care	10	Transportation	7-8
Housing Services	18	Volunteer Opportunities	9
Important Phone Numbers	19		
Information and Referral	13		
Long Term Care Division	10-11		
Nutrition Services	4-5		
NY Connects	12		
Office Location	3		

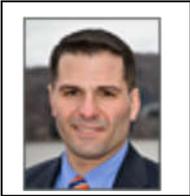
**Note: due to ongoing COVID-19 restrictions on in-person gatherings, some programs described in this directory are operating under restrictions, or have been postponed until further notice.**

*The Dutchess County Office for the Aging is a County Agency funded under Title III of the United States Older Americans Act, the New York State Office for the Aging, and the County of Dutchess.*

**Office for the Aging: (845) 486-2555      Toll-free: (866) 486-2555**  
**Website: [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)**

**Email: [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov)      Fax: (845) 486-2571**

**NY Connects: (845) 475-3511**



*Seniors are vital members of our community. This Aging Services Directory, developed through our Office for the Aging, provides seniors as well as service providers a wealth of useful and valuable information about available programs and services.*

*It is designed to enhance access to aging services provided by Dutchess County Government agencies, not-for-profit agencies and area businesses. We hope you find it to be a useful tool!*

Marcus J. Molinaro  
Dutchess County Executive



*Maintaining the dignity and independence of senior citizens is the primary goal of the Office for the Aging. The Aging Services Directory is a tool that outlines programs and services vital to the accomplishment of this goal.*

*We hope this handbook will improve the quality of life for senior citizens and those who care for them.*

Todd N. Tancredi, Director  
Office for the Aging

\*\*\*\*\*

**The Office for the Aging (OFA)** offers services designed to maintain the quality of life of those age 60 and over. Continuing Care at OFA serves people of all ages in need of Long Term Care Services. The Office for the Aging provides:

- ◆ Direct community-based services to senior citizens.
- ◆ A point of entry into the service delivery system for those eligible for all types of long-term care.
- ◆ A source of referral to other programs, information and services available in the general community.

This handbook is organized following the continuum of care model, a tool used by health care professionals to ensure that the full range of needs required by those 60 years of age and over are met. The handbook is organized starting with community-based services: the nutrition, recreational, and educational opportunities that support seniors in the maintenance of independent living. The handbook then proceeds to the next level of care: sources of in-home care services and programs that support those who wish to avoid institutional placement. The last pages of the booklet contain information about institutional arrangements for those seniors who need a higher level of care.

**The Office for the Aging** serves all Dutchess County residents 60 years of age and older, their caregivers, and others in the Long Term Care System. Residents may access the Office for the Aging at:

114 Delafield St.  
Poughkeepsie, NY 12601  
**845-486-2555 • (866) 486-2555 outside the 845 area code**  
**Web: [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)**  
**Email: [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov)**  
**Business Hours: Mon-Fri, 9 a.m. - 5 p.m.**

**We are able to accept in-person visitors only under strict limitations.  
Call or email before visiting – many issues can be resolved without having to  
leave the safety of your home.**

# SENIOR NUTRITION SERVICES

**Note: Due to COVID-19 restrictions, OFA Friendship Centers remain closed to the public until further notice, and are serving as distribution hubs for the OFA Home Delivered Meals program.**

**Dutchess County Office for the Aging Friendship Centers** serve a hot, nutritious midday meal and offer informational, educational and recreational programs. The sites operate Monday through Thursday from 10:00 a.m. to 2:00 p.m. at eight locations:

<b>Beacon*</b>	845-838-4871	Forrestal Heights Senior Housing
<b>East Fishkill*</b>	845-226-3605	East Fishkill Community Center
<b>Millerton</b>	518-789-3081	North East-Millerton Library Annex
<b>Pawling**</b>	845-855-9308	Pawling Town Hall Annex
<b>Poughkeepsie*</b>	845-486-2564	Office for the Aging (114 Delafield St.)
<b>Red Hook *</b>	845-475-1129	Red Hook Community Center
<b>South Amenia</b>	845-275-2661	South Amenia Presbyterian Church
<b>Tri-Town***</b>	845-275-8565	Hudson Valley Community Center

\*also open on Fridays, \*\*Tuesday through Thursday only

\*\*\* serves Towns of Poughkeepsie, LaGrange, and Pleasant Valley

Meal reservations are required. A \$3.00 suggested voluntary confidential contribution is requested. Transportation is available.

The Office for the Aging also provides congregate meals once a week to residents of Interfaith Towers, Admiral Halsey, Maplewood, St. Simeon and St. Anna's senior housing complexes in Poughkeepsie.

# SENIOR NUTRITION SERVICES

## (continued)

**Home Delivered Meals**, both hot meals and frozen, for one to five weekdays, may be arranged through the Office for the Aging at (845) 486-2555 or toll free at (866) 486-2555. A listing of other home delivered food options is also available.

In the event of inclement weather that prevents regularly-scheduled hot meals from being delivered, shelf-stable meals will be provided.

The following Meals-on-Wheels organizations also arrange for meal delivery to homebound seniors. Days of service and fees vary by organization.

Hyde Park (and Village of Rhinebeck) – 229-5896 or  
[www.mealsonwheelsofhp.org](http://www.mealsonwheelsofhp.org)

Poughkeepsie – 452-2245 or [www.mealsonwheelsofhp.com](http://www.mealsonwheelsofhp.com)

Millbrook (and Verbank) – 677-3485

Wappingers Falls – 297-2800

**Grocery Shopping Services (Limited Delivery Areas):** Many local supermarket chains offer grocery delivery and online shopping, for a fee. Others offer the opportunity to shop and pay online, and pick up at the store.

**Peck's Food Market** (518-398-6622) delivers for a fee, within Pine Plains only.

# HEALTH PROMOTION AND RECREATION PROGRAMS

**Brain Games** is a mental fitness program with locations around the county. Participants stimulate their minds with fun games and challenging puzzles. Call (845) 486-2555 to volunteer to lead a class or find one near you.

**Nutrition Education** includes presentations and a monthly newsletter prepared by the Nutrition Services Coordinator. **Nutrition Counseling** is available at the Friendship Centers and by appointment. Call (845) 486-2555 to find out more.

**The Dutchess County Senior Exercise Program** to improve strength and balance among seniors is offered by trained volunteers at some Office for the Aging Friendship Centers and several other locations throughout Dutchess County. In 2019, we introduced **Tai Chi** classes at two locations.

To enroll in any senior exercise class, call (845) 486-2555.

**A Matter of Balance** classes to improve balance and prevent falls are offered at locations throughout the county. The classes are typically held in the spring and fall, one day a week for eight weeks. Advance registration is required. Find out more at (845) 486-2555.

**The Celebration of Aging** is held in May, and honors Dutchess County residents turning 100 years or older, and Dutchess resident couples who have been married 70 years or more. If you know somebody who fits either category, contact [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov) or (845) 486-2555.

**Summer Picnics** are held throughout Dutchess County in cooperation with municipalities, businesses and civic organizations. Music, socialization, lunch, and outreach by the Office for the Aging staff come together to provide fun for residents.

**The Senior Prom** is an annual senior dance usually held on a Monday in October. Each year's prom features a unique theme.

**Senior Friendship Centers** hold special events (Country-Western Day, Hawaiian Luau, USA Party, etc.) several times a year. Call the Senior Friendship Center near you (see numbers on page 4) for more information.

# TRANSPORTATION

*Funded wholly or in part by the Dutchess County Office for the Aging:*

**Community Resources and Services Center of Pawling** (845-855-3459) serves the transportation needs of Pawling seniors. They will travel to Putnam County or nearby Connecticut.

**Dutchess County Office for the Aging Vans and Buses** transport senior clients of our Senior Friendship Centers; the Friendship Centers also offer shopping and recreational trips to clients.

**Friends of Seniors** (845-485-1277) provides non-emergency medical transportation (and other services) for the frail elderly.

**North East Community Center** (518-592-1399 extension 101, or [nedt@neccmillerton.org](mailto:nedt@neccmillerton.org)) provides transportation services for residents of the towns of Amenia, Dover, North East, Stanford and Washington, and the villages of Millerton and Millbrook, via the Care Car. They also coordinate the Northeast Dutchess Transit Program which can additionally assist residents of the Towns of Pine Plains, Stanford and Washington.

**Retired and Senior Volunteer Program (RSVP)** (845-452-5104 extension 101) picks up senior residents of the city of Beacon who do not drive, and transports them to the Beacon Senior Friendship Center at Forrestal Heights. Participants are driven to the Friendship Center no later than 10:00 am and brought back home no later than 2:00 p.m. Also, any senior that does not drive may be eligible to be transported to Walmart or Shop Rite in Fishkill once per week for one hour of shopping, regardless of whether they attend a Friendship Center. RSVP is a program of Community Action Partnership for Dutchess County.

(continued on next page)

# TRANSPORTATION (continued)

## Government and Not-For-Profit transportation services:

**Dutchess County Public Transit** (845-473-8424) - Fixed routes, Rail Link Shuttles and Flex service throughout Dutchess County operating seven days a week, in 30-180 minute frequencies.

**Dial-A-Ride** (845-473-8424) is provided by Dutchess County Public Transit and available to residents of the towns of Fishkill, East Fishkill, Hyde Park, Poughkeepsie, Wappinger and City of Poughkeepsie. Pre-registration is required.

**Dutchess County Public Transit ADA Complementary Paratransit** (845-473-8424) is operated by Dutchess County Public Transit and provides transportation services in a number of locations from a rider's home to his or her destination. Reservations are required and service availability may be limited. In addition, ADA Complimentary Paratransit Service is available for qualified individuals who live within 3/4 mile of a regularly scheduled Dutchess County Public Transit bus route. For more information about these services, visit [www.dutchessny.gov/publictransit](http://www.dutchessny.gov/publictransit) or call Dutchess County Public Transit at 845-473-8424.

**Castle Point** (845-831-2000 ext. 5145) transports veterans to medical appointments at Veterans Hospitals.

**Community Senior Transportation Program** (845-485-1277) is for LaGrange & Pleasant Valley senior citizens for recreation and shopping. No medical appointments, and this service is not wheelchair accessible. Available Tuesdays and Thursdays only.

**Town of Rhinebeck** (845-876-3409) provides transportation to independently living senior citizen residents.

**Your Local House of Worship** may have a transportation program. Call them for more information.

*For information on Medicaid transportation, call (866) 244-8995 or visit [www.medanswering.com](http://www.medanswering.com).*

# SUPPORTIVE PROGRAMS

**Telephone Reassurance** is provided by Friends of Seniors ([www.friendsofseniors.org](http://www.friendsofseniors.org)), an organization that trains volunteers to offer reassurance to those who live in isolation. Volunteers provide telephone reassurance to homebound elders, free of charge. This service may be accessed by calling 845-485-1277.

Volunteers willing to participate in the program by calling seniors are always welcome.

## VOLUNTEER OPPORTUNITIES

Recruitment of volunteers is ongoing for the following Office for the Aging services to senior citizens.

- Senior Friendship Center volunteers
- Home Delivered Meals drivers
- Clerical Assistance
- Senior Picnic Help (summers)
- Health Insurance Counseling (HIICAP)
- Senior Exercise coaching
- A Matter of Balance leaders
- Tai Chi leaders
- Brain Games leaders

For more information, contact Office for the Aging outreach coordinator Brian Jones at [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov) or (845) 486-2555.



## Office for the Aging / Continuing Care

Office for the Aging Continuing Care provides access to anyone, regardless of age and payment source, to long term care services. Case Managers and Public Health Nurses can assess the clients in their home, the nursing home or in the hospital, establish a realistic plan of care, and provide advice on available funding sources. They may also make suggestions regarding other alternatives such as Adult Day Care, Adult Homes, Assisted Living, Foster Care, Home Health Care, Respite Services, and Nursing Home placement.

Office for the Aging / Continuing Care can help arrange for the provision of services, which may include home care such as homemaking and personal care. Homemaking tasks include light housekeeping, laundry, shopping, and meal preparation. Personal care tasks include assistance with bathing, dressing, grooming, toileting, and feeding. When indicated, nursing care may be arranged.

Additionally, the Continuing Care unit will:

- ◆ **Provide** information and referral on available programs. Some examples are Medicaid Personal Care, Expanded In Home Services for the Elderly (EISEP) Program, Case Management, and foster care.
- ◆ **Refer** clients to agencies providing services such as medical transportation, telephone reassurance, and equipment like wheelchairs, hospital beds, walkers, and canes.
- ◆ **Review** the needs of the client and his or her family and explore alternatives for care and financing.
- ◆ **Assign** a Case Manager or Public Health Nurse who will visit the home to create an unbiased plan of care.
- ◆ **Arrange** for and monitor delivery of services and provide ongoing case management.
- ◆ **Assist** with information and paperwork for nursing home placement.
- ◆ **Maintain** client confidentiality.

*(continued on next page)*

## Office for the Aging / Continuing Care (continued)

**Discharge Planning assistance from a hospital, nursing home or rehabilitation unit** can be provided. A case manager or public health nurse (PHN) can be involved in family conferences regarding care planning for those who may need home care services upon discharge.

**Personal Emergency Response System (PERS)** is an emergency medical alert system that helps people to live active, independent lives by linking them to assistance 24 hours a day, 365 days a year.

**Overnight Respite** for caregivers who need to be away for short periods of time may be arranged.

**Adult Day Care Programs** provide supervision, care, and companionship for elders who cannot be left alone during the day and can benefit from socialization. Adult Day Care Programs offer activities and a meal. Transportation may sometimes be arranged. This service is especially helpful for families who care for a dependent adult but must work during the day.

Call **845-486-2555** to arrange for services or information on long term care.



# **NY Connects**

**Your Link to Long Term  
Services and Supports**

**of DUTCHESS COUNTY**

**(800) 342-9871      845-475-3511**

NY Connects is your trusted place to go for free, unbiased information about long term services and supports in New York State for people of all ages or with any type of disability. Long term services and supports include medical and non-medical services a person needs to improve or maintain health and independence. They may be provided in a nursing home, the individual's home or other community-based settings. You can use this directory to search for programs, providers, and services in your area and to contact your local NY Connects office for further assistance.

NY Connects staff can help link you to long term services and supports, such as home care, transportation and meals. Our goal is to help you live as independently as you wish to while meeting your medical, social and functional needs that arise from aging or disability. We can help individuals, families, caregivers, and professionals.

### How can we help you?

- Get information by phone, online, or in person.
- Connect to long term services and supports regardless of diagnosis, age or how you will pay for services.
  - Receive guidance and coordination as you go through assessment and eligibility processes.
  - Help with completing applications and enrollment in public assistance benefits, such as Medicaid.

**[www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)**

# DUTCHESS COUNTY OFFICE FOR THE AGING INFORMATION AND REFERRAL

**Office for the Aging** offers assessment, information, advocacy, case assistance, and referral services to all individuals 60 years of age and older and their caregivers. Office for the Aging staff assess a senior citizen's eligibility for financial assistance and entitlement and benefit programs. Assessment visits may be made in the home, at a nutrition center, or in the Poughkeepsie office.

**Assessment of eligibility for programs** such as Medicaid, Medicare Savings Programs, Elderly Pharmaceutical Insurance Coverage (EPIC), Food Stamps (SNAP), and Home Energy Assistance Program (HEAP).

**Information** about programs, benefits, and health insurance is available from Office for the Aging staff.

**Case Assistance and Advocacy** can be provided by Office for the Aging staff for those who require assistance in accessing benefits and entitlements.

**Referral** is provided to the appropriate agency that assists individuals who are eligible for Supplemental Security Income (SSI), Veteran's Benefits, Real Property Tax benefits, and other support services. For information, assistance, and referral about benefits and entitlements, call 845-486-2555.

## EDUCATIONAL OPPORTUNITIES

- ◆ **Medicare 101** and **Medicare Orientation** are informational workshops covering Medicare benefits, supplemental insurances, Medicare Advantage Plans, Long Term Care insurance and prescription programs. Sessions are held regularly at various locations. Visit our website for the latest schedule.
- ◆ **Nutrition Education Programs** that focus on the nutritional needs of older individuals can be arranged by contacting the Registered Dietitian. Nutrition talks on topics of interest to senior citizens are held on a regular basis at the Senior Friendship Centers. Call your local center for more information.
- ◆ **Successful Aging, Scam Prevention and OFA Services** presentations are available.

Contact [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov) or (845) 486-2555 for information about our workshops and to make suggestions for other topics. A “Calendar of Events” is available at [www.dutchessny.gov](http://www.dutchessny.gov).

**The Health Insurance Information, Counseling and Assistance Program (HIICAP)** is made up of trained volunteer insurance counselors and staff. HIICAP counselors assist with Medicare explanations, claims and appeals, and provide information on Medicare supplemental policies, Medicare Advantage Plans, Medicare Drug Plans, Long-Term Care Insurance, and other entitlements and benefits available to seniors. Counselors are available for personal appointments to review insurance issues by calling (845) 486-2566, or toll free (866) 486-2555. Volunteers meet monthly for continuing education. New volunteers are invited to contact us to find out more about becoming an HIICAP Insurance Counselor.

**Spotlight on Seniors Newsletter**, published quarterly, contains information about topics of interest to seniors and specific programs offered by Dutchess County Office for the Aging. An additional Spotlight focusing on Medicare issues is published in the autumn. Call 486-2555 to be added to the mailing list.

**Brochures and Flyers** on Office for the Aging programs and services and a host of other topics of interest to seniors are available for mailing and emailing.

**Aging News**, a weekly senior news email blast that contains timely information about issues of interest to senior citizens. It includes the “Golden Living” column noted below, along with additional news of interest to seniors and caregivers. You can sign up for the Aging News via the county’s “Dutchess Delivery” service at [www.dutchessny.gov/dutchessdelivery](http://www.dutchessny.gov/dutchessdelivery).

“**Golden Living**” is a column authored by OFA director Todd Tancredi, that appears weekly in various weekly Dutchess County newspapers.

# EDUCATIONAL OPPORTUNITIES (continued)

## HIGHER EDUCATION FOR SENIORS

### **Bard College (Annandale-on-Hudson) [www.bard.edu/institutes/lli](http://www.bard.edu/institutes/lli)**

Bard's Lifetime Learning Institute is a volunteer, membership-run organization that offers non-credit courses to men and women of retirement age who have a desire for lifelong learning. Classes are held during the spring and fall semesters and a January mini-session. For a copy of their catalog and more information, call (845) 758-7314 or email [lli@bard.edu](mailto:lli@bard.edu).

### **Dutchess Community College (Poughkeepsie) [www.sunydutchess.edu](http://www.sunydutchess.edu)**

For information on continuing education and non-credit classes contact the Office of Community Services at (845) 431-8910. Seniors may also audit classes when space is available by arrangement with the Secretary to the Registrar, who can be reached at (845) 431-8028.

### **Marist College (Poughkeepsie) [www.marist.edu/gpp/cls](http://www.marist.edu/gpp/cls)**

Marist has a volunteer membership-run organization that provides for intellectual and cultural exploration and development for men and women of retirement age. The Center for Lifetime Study (CLS), offers non-credit courses covering topics reflecting a variety of interests. There is a membership fee and a long waiting list. For further information call CLS at (845) 575-3000 ext. 2011. Seniors may also audit classes when space is available by arrangement with the instructor.

### **Vassar College (Poughkeepsie) [www.lifelonglearning.vassar.edu](http://www.lifelonglearning.vassar.edu)**

An adult educational program affiliated with Vassar College offering a broad range of non-credit educational courses and activities to members 55 and over at a minimal cost. Classes are taught by volunteer members, retired and active faculty, and outside experts. Find out more at (845) 437-7229.

Visit [www.coursera.org/suny](http://www.coursera.org/suny) to learn more about courses from the State University of New York and other area institutions.

# Caregiver Support Groups

**Alzheimer's Support Groups**, educational workshops and other services for family members and caregivers of those with Alzheimer's or related dementia are offered by the Alzheimer's Association. Support groups, which are informational and non-judgmental, are held at several locations throughout Dutchess County. An early stage Alzheimer's support group is also sponsored by the Alzheimer's Association. To obtain more information, call their 24-hour helpline at 1-800-272-3900. The Alzheimer's Association also has a local Dutchess County office, which can be reached at (845) 471-2655.

**The Parkinson's Disease Support Group of the Mid-Hudson Valley** meets monthly on the 4th Friday of the month (except November and December when they meet on the 3rd Friday) from 10 AM to noon at the Unitarian Fellowship at 67 South Randolph Avenue in Poughkeepsie. Call (914) 475-2793 for information.

A **Caregivers Conference** is held every November in Poughkeepsie, organized by the Caregivers Conference Committee, which consists of the Office for the Aging and several community groups. The Office for the Aging is represented, along with several other organizations of caregivers and caregiver service providers.

Details on each year's Caregivers Conference appear in Spotlight on Seniors newsletters, and in the weekly Aging News newsletter. You can sign up to have the Spotlight on Seniors and Aging News delivered via email, by using the Dutchess Delivery feature at [www.dutchessny.gov](http://www.dutchessny.gov).

The **Relatives As Parents Program (RAPP)** is designed to assist those that have taken on the role of primary caregiver for a child in the absence of biological parents. RAPP provides:

- Education and training to learn new parenting and coping skills
- Peer support groups
- Referrals and access to appropriate community-based services and resources
- Intergenerational activities and respite opportunities

For more information, contact Cornell Cooperative Extension: (845) 677-8223.

## Respite Programs

**Dutchess County Office for the Aging** contracts with the **Vassar Warner Home** in Poughkeepsie ((845) 454-3754) to offer overnight respite to those who care for elderly relatives or friends at home who meet eligibility requirements.

# Support Services

**Protective Services for Adults** is a state-mandated program which is provided without regard to income to assist adults 18 or older who, because of mental or physical impairments, can no longer provide for their basic needs for food, clothing, shelter or medical care, or protect themselves from neglect, abuse or hazardous situations, and who have no one willing and able to help in a responsible manner. Help for impaired adults who are abused, neglected or exploited is available through the Department of Community and Family Services at (845) 486-3300 or call the toll-free number 1-800-342-3009.

**The Senior Community Service Employment Program** provides temporary training experience for people age 55 and older that want to re-enter the workforce. You must qualify according to Federal financial guidelines.

Go to [www.pathstone.org](http://www.pathstone.org) or call (845) 298-8998 x22 for more information.

**A Legal Services Program** funded by the Dutchess County Office for the Aging is designed to provide legal advice to Dutchess County residents age 60 and over. Contact the office for an appointment or a brochure on all legal services available to seniors in Dutchess County.

**The Mediation Center of Dutchess County** offers conflict resolution services for senior issues. Call 471-7213 for more information.

**Tax Assistance Service** is offered in conjunction with the IRS and AARP's Tax-Aide program. The Tax-Aide volunteers are knowledgeable about federal, state, and local income taxes, and provide free assistance to low or moderate-income taxpayers age 60 and over at locations throughout Dutchess County. Call 211 for the location nearest you.

**In Home Contact & Support Services** include friendly visiting, shopping assistance and telephone reassurance. For information, call Friends of Seniors at 485-1277.

**Loan Closets** are run by many houses of worship, rescue squads, service organizations, etc.

**SAGE Hudson Valley**, part of a national network providing advocacy and services for LGBTQ elders. SAGE Hudson Valley hosts and cosponsors events on a regular basis, including SAGE Table: An Intergenerational Meal, social outings, and health and wellness programming. For more information about the Hudson Valley chapter of SAGE, or to join the SAGE Council, please call 845-331-5300.

# Housing Services and Assistance

## **HEAP - Home Energy Assistance Program**

Through the Dutchess County Department of Community & Family Services, HEAP provides assistance with home energy needs for low income, older individuals, and families. Services include financial assistance with fuel bills, emergency financial assistance for fuel/utility terminations, and weatherization service. Contact the Office for the Aging for details.

## **Housing Information and Counseling**

Senior housing may be subsidized using Federal income guidelines, Low Income Tax Credit, Section 8 criteria, senior citizen discount, and other options. A detailed brochure that outlines subsidized senior housing, legal rights, and age discrimination in housing, is available by contacting the Office for the Aging. Assistance is provided with information and referral, and advocacy is offered to seniors who have housing concerns.

## **Senior Citizen Owner-Occupied Property Rehabilitation Program (SCOOP)**

This program can provide assistance to low and moderate income seniors to who must complete code-violation rehabilitation on owner-occupied single family homes. Contact Dutchess County Planning at 845-486-3600 for more information.

**Aging In Place Organizations** are non profit groups designed to help seniors stay in their own homes as they grow older by making available social support, health care, transportation and home maintenance services they require to live happy, productive lives in the community. Many aging-in-place organizations are membership-based; contact the organization in your community for more information.

- **Rhinebeck@Home** serves the Rhinebeck area ([www.rhinebeckathome.org](http://www.rhinebeckathome.org), email [office@rhinebeckathome.org](mailto:office@rhinebeckathome.org), or call 379-1114)
- **SSIP-Taconic** serves the Clinton/Milan area (266-4270)
- **Millbrook@Home** serves the area in and around the Village of Millbrook and Town of Washington ([www.millbrookathome.org](http://www.millbrookathome.org) or 443-3516).

## **Rebuilding Together Dutchess County (formerly “Christmas in April”)**

This program can provide cost-free home repairs and accessibility modifications on owner-occupied homes of low and moderate income seniors. To find out if you are eligible, call 845-454-7310 or see [www.rebuildingtogetherdutchess.org](http://www.rebuildingtogetherdutchess.org).

## ***IMPORTANT NUMBERS***

After Hours Public Health Emergencies	845-431-6465
Dutchess County Department of Behavioral & Community Health	845-486-3400
Dutchess County Department of Community and Family Services	845-486-3000
Dutchess County Department of Mental Hygiene (24 hour Helpline)	845-485-9700
Dutchess County Division of Veterans Services	845-486-2060
Eldercare Locator	1-800-677-1116
NYS Attorney General's Office	845-485-3920
Medicare	1-800-633-4227
MidHudson Regional Hospital of Westchester Medical Center	845-483-5000
Northern Dutchess Hospital (Rhinebeck)	845-876-3001
Patient Hotline for Nursing Homes	1-888-201-4563
Sharon Hospital (Connecticut)	860-364-4141
Social Security	1-877-405-6747
United Way Health & Human Services Helpline	211
Vassar Brothers Medical Center (Poughkeepsie)	845-454-8500

**Dutchess County Office for the Aging**  
**114 Delafield St., Poughkeepsie NY 12601**  
**(845) 486-2555**  
**[www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)**  
**Email: [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov)**