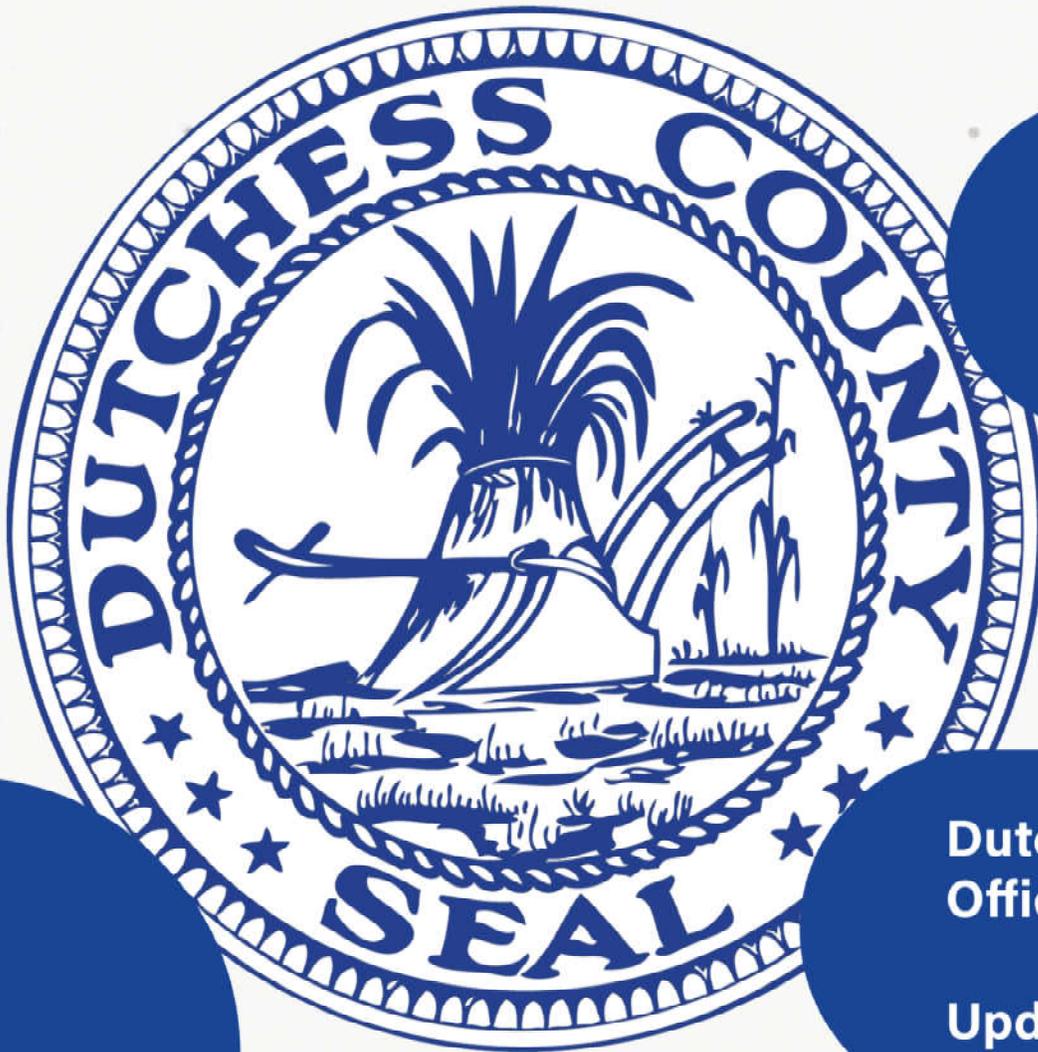


AGING SERVICES DIRECTORY



**Dutchess County
Office for the Aging**

Updated April 2024

845-486-2555
114 Delafield St., Poughkeepsie NY 12601
dutchessny.gov/aging

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.

Maintaining the dignity and independence of older adults is the primary goal of the Office for the Aging. This 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 Dutchess County's older adults and those who care for them.

Sue Serino
Dutchess County Executive



Todd N. Tancredi, Director
Office for the Aging



Dutchess County Office for the Aging

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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 older adults 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 older adults 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.

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.

CONTACT US

Dutchess County Office for the Aging
114 Delafield St.
Poughkeepsie, NY 12601

845-486-2555 • 866-486-2555 outside the 845 area code

**Web: dutchessny.gov/aging
Email: ofa@dutchessny.gov**

Business Hours: Mon-Fri, 9 a.m. - 5 p.m.

Call or email before visiting – many issues can be resolved without having to leave the safety of your home.

OFA NUTRITION SERVICES

dutchessny.gov/ofanutrition

Dutchess County Office for the Aging Friendship Centers serve a hot, nutritious midday meal and offer informational, educational and recreational programs. Sites are open 10 am - 2 pm Monday through Friday unless otherwise noted.

+ open 9 am - 2 pm

* Monday through Thursday only

** Tuesday through Thursday only

Beacon	845-838-4871	Forrestal Heights Senior Housing
East Fishkill	845-226-3605	East Fishkill Community Center
Millerton * +	518-789-3081	North East - Millerton Library Annex
Pawling **	845-855-9308	Pawling Town Hall Annex
Poughkeepsie +	845-486-2564	Office for the Aging (114 Delafield St.)
Red Hook	845-475-1129	Red Hook Community Center
South Amenia *	845-373-4305	South Amenia Presbyterian Church (Wassaic)
Tri-Town *	845-275-8565	First Presbyterian Church (Pleasant Valley)

Meal reservations are required. A \$5.00 suggested voluntary confidential contribution is requested. Transportation may be available.

Friendship Center monthly activity calendars and menus are published at dutchessny.gov/OFAnutrition.

OFA NUTRITION SERVICES

(continued)

Home Delivered Meals, both hot meals and frozen, for one to five weekdays, may be arranged for homebound older adults (age 60+) 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. Area media will be alerted whenever OFA meal deliveries are altered by weather, and updates will be posted at [facebook.com/DutchessCoGov](https://www.facebook.com/DutchessCoGov) and [twitter.com/DutchessCoGov](https://www.twitter.com/DutchessCoGov).

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

Hyde Park (and Village of Rhinebeck) – 845-229-5896 or
mealsonwheelsofhp.org

Poughkeepsie – 845-452-2245 or mealsonwheelsofgp.com

Millbrook (and Verbank) – 845-677-3485

Wappingers Falls – 845-297-9797 extension 4

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.

HEALTH PROMOTION AND RECREATION PROGRAMS

dutchessny.gov/seniorexercise

The Dutchess County OFA 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.

OFA also holds **Tai Chi** classes, which can help improve strength, coordination, balance and body awareness, all of which can help prevent falls. Tai Chi programs can also be adapted to people in wheelchairs and those who have recently undergone surgery.

Bingocize is a 10-week health promotion program that combines the game of bingo with fall prevention exercise.

The **SAIL** (Stay Active and Independent for Life) remote (online) exercise program is also available. SAIL is a strength, balance and fitness program that can be done standing or sitting.

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.

To enroll in any type of OFA exercise class, call 845-486-2555.

The Celebration of Aging honors Dutchess County residents turning 100 years or older, and Dutchess resident couples who have been married 70 years or more. We honor these seniors in the Summer issue of our quarterly THRIVE60+ newsletter. If you know Dutchess County residents who fit either category - or both - contact bjones@dutchessny.gov or 845-486-2544.

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. More at dutchessny.gov/OFApicnics.

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

TRANSPORTATION

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

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

Community Action Partnership of Dutchess County (845-452-5104, dutchesscap.org) picks up older adult residents of the city of Beacon who do not drive, and transports them to OFA's Beacon Friendship Center at Forrestal Heights. Also, any older adult that does not drive and regardless of whether they attend the Friendship Center, may be eligible to be transported to Walmart or Shop Rite in Fishkill once per week for one hour of shopping.

Friends of Seniors (845-485-1277, friendsofseniors.org) provides non-emergency medical transportation (and other services) for the frail elderly (60+). *As of August 2023, Friends of Seniors services have been taken over by Catholic Charities Community Services of Dutchess County.*

GoGo Grandparent (GoGo, for short) is an on-demand senior transportation option for older adults in Dutchess County, with limited free rides to non-emergency medical appointments within Dutchess County for those who are *not* Medicaid clients. (For information on Medicaid transportation, see the following page.) GoGo is also available to all Dutchess County older adults, regardless of Medicaid eligibility, to visit loved ones in hospital, nursing home or hospice, within Dutchess County. Call OFA at 845-486-2555 to register and check availability.

North East Community Center (518-789-4259, ext. 101; neccmillerton.org) Provides transportation services for older residents of the Towns of Amenia, Dover, North East, Pine Plains, Stanford and Washington, and the Villages of Millerton and Millbrook. Rides for medical, pharmacy and food appointments receive priority; however, other assistance is provided if there is driver/vehicle availability.

Pawling Resource Center (845-855-3459, pawlingresourcecenter.org) serves the transportation needs of Town and Village of Pawling seniors. They will travel to Putnam County or nearby Connecticut.

More transportation options on following 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 Complementary 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 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.

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 medanswering.com.

OFA Friendly Calls

“Friendly Calls” connects Dutchess County older adults with volunteers who call them weekly, speaking for 20-30 minutes and providing all-important social interaction, helping OFA achieve its mission of helping older adults remain active, age with dignity and live independently as long as possible. The purpose of the program is to decrease feelings of social isolation and loneliness, while increasing connectedness which has been shown to increase one’s quality of life.

Volunteers connect with local, pre-screened older adults who have identified an interest in fostering connections with others and reducing social isolation through weekly telephone conversations that cultivate relationships between participants. Volunteers will take part in a one-hour orientation at OFA to learn more about what Friendly Calls volunteering entails.

Following an initial introductory conversation, volunteers will speak 20-30 minutes each week with the older adults assigned to them over an eight-week period. If both participants express interest, they can extend their calls past the initial eight weeks.

“Friendly Calls” volunteers report to an OFA Program Manager, designated to oversee the operation of the program.

To qualify for the program, prospective volunteers must be:

- at least 18 years old;
- an active listener, a good conversationalist and able to speak clearly and slowly if needed;
- interested in meeting a new friend and open to hearing new ideas.

Contact OFA at 845-486-2555 or ledgar@dutchessny.gov for more information.

VOLUNTEER OPPORTUNITIES

Recruitment of volunteers is ongoing for the following Office for the Aging services to older adults:

- Friendship Center volunteers
- Home Delivered Meals drivers
- Clerical Assistance
- Picnic and Outdoor Event Help (spring, summer and fall)
- Health Insurance Counseling (HIICAP)
- Exercise coaching
- A Matter of Balance leaders
- Tai Chi leaders
- Friendly Calls volunteers (see Page 9)

A printable OFA Volunteering form is available at **dutchessny.gov/OFAvolunteer**.

Free training is provided as necessary.

Reimbursement is available for Home Delivered Meals drivers who use their own vehicles for deliveries.

Many of the above volunteering options are suitable for students who need to fulfill school and/or house-of-worship community service requirements, particularly our OFA Picnics and other OFA events.

For more information on volunteering with the Office for the Aging, contact outreach coordinator Brian Jones at **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.

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 an older adult'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), Supplemental Nutrition Assistance Program (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 dutchessny.gov/calendar for the latest schedule.
- ♦ **Nutrition Education Programs** that focus on the nutritional needs of older individuals can be arranged by contacting OFA's Registered Dietitian. Nutrition talks on topics of interest to older adults are held regularly at OFA Friendship Centers. Call your local OFA Friendship Center for more information. Phone numbers on Page 4.
- ♦ **Successful Aging, Scam Prevention, Aging In Your Home, Exercising As You Age**, and **OFA Services** presentations are available.

Contact bjones@dutchessny.gov or 845-486-2555 for information about our workshops and to make suggestions for other topics.

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 older adults. Counselors provide information that is unbiased and non-sales-oriented. 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 a HIICAP Insurance Counselor.

THRIVE60+ Newsletter, published quarterly, contains information about topics of interest to seniors and specific programs offered by Dutchess County Office for the Aging. An additional *Medicare Spotlight* is published in the autumn, before the October 15th start of Medicare open enrollment. Call **845-486-2555** or email bjones@dutchessny.gov to be added to the mailing list, removed from the mailing list, or for a change of mailing address.

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.

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

Aging News, a weekly news email blast that contains timely information about issues of interest to older adults and caregivers. It includes the “Golden Living” column noted above, along with additional news of interest to seniors and caregivers. You can sign up for the Aging News and other information from Dutchess County Government via the county's “Dutchess Delivery” service at dutchessny.gov/dutchessdelivery.

EDUCATIONAL OPPORTUNITIES (continued)

HIGHER EDUCATION FOR SENIORS

Bard College (Annandale-on-Hudson) bard.edu/institutes/lii

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 lii@bard.edu.

Dutchess Community College (Poughkeepsie) 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) 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) 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 coursera.org/suny to learn more about courses from the State University of New York and other area institutions.

INFORMATION FOR CAREGIVERS

Dutchessny.gov/ofacaregiver

What counts as caregiving?

Do you provide unpaid care to a family member, friend, or neighbor who has an illness, disability, memory loss, injury, or special need? If you answered yes to any of these questions, you are a caregiver! Are you feeling overwhelmed, constantly worried, tired, sad, easily irritated, and/or extremely stressed? You are not alone and there is support available. If you would like to learn more about resources, tools, and supports available for caregivers, please answer the following questions to get connected to the right starting place.

Are you over the age of 18 and caring for an older adult (age 60+)?

Are you over the age of 18 caring for an individual (any age) with Alzheimer's disease or a related disorder (e.g., dementia, traumatic brain injury, mild cognitive impairment, chronic traumatic encephalopathy)?

Are you over the age of 55 and living with and caring for a child (not biological) under the age of 18?

Are you over the age of 55 and living with and caring for an adult (can be a biological child) aged 18-59 with a disability?

If you answered yes to any of the questions above, you are eligible for the National Family Caregiver Support Program (NFCSP). If you would like to learn more about how this program can assist you, visit dutchessny.gov/ofacaregiver, or contact OFA to begin the process of obtaining an initial assessment of your wellbeing.

If you answered no to all the questions above, there is still help available to you through the Any Care Counts - New York (ACC-NY) Campaign which recognizes and supports the millions of unpaid caregivers across the state.

See the next page for more information.

Do you prefer to search resources on your own? Visit the NY Connects Resource Directory at nyconnects.ny.gov or call Dutchess County's NY Connects hotline at **845-475-3511**. NY Connects links individuals of all ages and their caregivers to long term services and supports and provides one stop access to free, objective, comprehensive information and assistance.

INFORMATION FOR CAREGIVERS (continued)

Online Resources

[Dutchessny.gov/ofacaregiver](https://dutchessny.gov/ofacaregiver)

tinyurl.com/dcofacaregiver

(TCARE Caregiver Assessment)

tinyurl.com/dcofa-archangels

(Archangels Caregiver Intensity Score)

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 both in-person in Dutchess County, as well as on Zoom. For more information, call the Alzheimer's Association 24-hour helpline at 1-800-272-3900.

A **Caregivers Conference** is held annually, 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 various OFA publications.

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 (new location as of October 2023) Freedom Plains United Presbyterian Church (1168 NY 55, LaGrangeville). Call 914-475-2793 or email nredkey@aol.com for information.

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.

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 OFA for an appointment and/or a brochure on all legal services available to older adults in Dutchess County.

The Mediation Center of Dutchess County offers conflict resolution services for senior issues. Call 845-471-7213 for more information, or visit dutchessmediation.org.

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 845-485-1277. *Note: as of August 2023, Friends of Seniors operations have been taken over by Catholic Charities Community Services of Dutchess County.*

Loan Closets are run by many houses of worship, rescue squads, service organizations, etc. Contact the Office for the Aging to find out more.

SAGE Hudson Valley, part of a national network providing advocacy and services for LGBTQ elders. SAGE Hudson Valley, based in Kingston, 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.

The **Dutchess County Pride Center** (dutchesspridecenter.org, 845-440-3430) advocates, educates, and supports the Dutchess County LGBTQ+ community through community outreach, monthly support groups, and monthly meetings and social events.

Dutchess County Division of Veterans Services (845-486-2060, veterans@dutchessny.gov) ensures our County veterans and their families receive their maximum eligible benefits from the U.S. Department of Veterans Affairs and other agencies at all levels of government. Veterans must apply to receive these benefits.

Housing Services and Assistance

Habitat for Humanity's Aging in Place Program includes exterior home preservation, and critical interior/exterior home repairs. For more information, call 845-297-7610.

HEAP - Home Energy Assistance Program

Through the Dutchess County Department of Community and 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. Contact the Office for the Aging to learn more.

Hudson River Housing creates pathways out of homelessness through emergency, transitional, and permanent housing. They provide opportunities for people of all ages and incomes to live in the Hudson Valley. Additionally, they provide outreach, care management, and support services to youth, veterans, the homeless, and other special populations. 845-454-5176 or hudsonriverhousing.org.

Rebuilding Together Hudson Valley (formerly Rebuilding Together Dutchess County)

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 rebuildingtogetherdutchess.org.

Senior Citizen Owner-Occupied Property Rehabilitation Program

This program can provide assistance to low and moderate income seniors to who must complete code-violation rehabilitation on owner-occupied single family homes in any Dutchess County municipality other than the City of Poughkeepsie, which operates a similar program.

Contact Dutchess County Planning at 845-486-3600 or plandev@dutchessny.gov for more information. For more information on the City of Poughkeepsie program, call 845-451-4007.

Aging In Place Organizations

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. These are the aging-in-place organizations currently operating in Dutchess County:

- **Forever Young Club** serves adults over age 50 in the Town of Stanford area. Contact: Gloria Heuer, 845-266-5755
- **Rhinebeck@Home** serves older adults in the Town and Village of Rhinebeck (rhinebeckathome.org, email office@rhinebeckathome.org, or call 845-379-1114)

IMPORTANT NUMBERS

988 Suicide and Crisis Lifeline	988
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
Dutchess County Sheriff's Office	845-486-3800
Eldercare Locator	800-677-1116
Medicare	800-633-4227
MidHudson Regional Hospital of Westchester Medical Center	845-483-5000
New York State Attorney General (Poughkeepsie Office)	845-485-3900
New York State Patient Hotline for Nursing Homes	888-201-4563
Northern Dutchess Hospital (Rhinebeck)	845-876-3001
Sharon Hospital (Connecticut)	860-364-4000
Social Security	877-405-6747
United Way Health and 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**

dutchessny.gov/aging Email: ofa@dutchessny.gov