
Nutrition Services for Senior Citizens



The Dutchess County Division of Aging Services offers a wide variety of services to meet the nutritional needs of persons 60 years and older. Services include congregate meals at Senior Friendship Centers and housing sites, home delivered meals for the homebound, nutrition education & counseling, picnics, & health promotion events.

Senior Friendship Centers

For those seniors who wish to have a tasty, nutritious meal combined with social activities and fellowship, seven Senior Friendship Centers are open Monday through Thursday with transportation available in most cases. There are also five mini-sites at senior housing locations where meals are served once or twice per week. Sites are located in the City of Poughkeepsie (also open on Friday), Town of Poughkeepsie, Rhinebeck, Millerton, South Amenia, East Fishkill, and Beacon. Specific locations as well as a description of some of the activities at the sites are included inside this publication.

Home Delivered Meals

The Dutchess County Division of Aging Services prepares hot meals which are delivered to homebound seniors. Home visit assessments are made by personnel from the Nutrition Program to determine each person's eligibility. The Home Delivered Meals Program allows seniors to remain in their homes and also provides them with daily socialization.

Senior Socials

Summer Socials are organized by the Division of Aging Services in communities throughout the county. These events, sponsored by community organizations, local businesses, and municipalities, offer an opportunity for those over 60 to socialize and enjoy a nutritional meal. Staff are on hand to provide information about programs & services.

Health Promotion Events

Many friendship centers offer a variety of Health Promotion Events including vision, blood pressure and osteoporosis screenings. Almost all sites offer a regular exercise program which acts as an excellent osteoporosis preventative.

Other Meal Services

Box lunches, and frozen meals are some of the other offerings from the Dutchess County Division of Aging Services designed to provide for the special needs of the senior citizen population. Frozen and shelf stable meals allow meals to be delivered for more than one day at a time in difficult to reach locations. They also provide assurances that those in the program will not go hungry in the event of inclement weather.

Nutrition Education and Counseling

Education on dietary concerns is offered on a regular basis at each friendship center. A nutrition newsletter is published monthly and provided to all nutrition program participants as well as to others who are interested. Individual nutrition counseling by a Registered Dietitian is available to seniors through the Nutrition Program.

Menu Preparation

All menus are approved by a registered dietitian. Each meal contains one-third of the RDA requirements.

Dutchess County Division of Aging Services

(845) 486-2555 or toll free at (866) 486-2555

www.dutchessny.gov/countygov/departments/aging/agindex.htm

Dutchess County Division of Aging Services Senior Friendship Centers

<u>LOCATION</u>	<u>SITE MANAGER</u>	<u>TELEPHONE</u>
BEACON 1 Forrestal Heights, Beacon	Connie Barthen	838-4871
EAST FISHKILL East Fishkill Community Center, 890 Route 82	Rosemarie Yasiejko	226-3605
MILLERTON Village Hall Community Room Simmons St & Dutchess Avenue	Brenda Maillet	(518) 789-3081
POUGHKEEPSIE First Evangelical Lutheran Church, 325 Mill Street	Lucretia Manning	486-2804
RHINEBECK Church of the Good Shepherd 3 Mulberry Street	Rosemary Gilnack	876-8134
SOUTH AMENIA First Presbyterian Church, 229 South Amenia Road	Marion McGhee	373-4305
TRI -TOWN American Legion Hall, 1302 Overlook Road Poughkeepsie	Loretta Lifgren	486-6363

Division of Aging Services Senior Friendship Center activities include the following:

BINGO DANCING SHOPPING SOCIALIZATION BARDAVON CONCERTS
CARDS PICNICS MOVIES HOLIDAY PARTIES
BLOOD PRESSURE SCREENINGS EXERCISE CLASSES
ART PRESENTATIONS THEME PARTIES TRIVIA
NUTRITION COUNSELING GUEST SPEAKERS HEALTH SCREENINGS

