Nutrition Services for Senior Citizens

The Dutchess County Office for the Aging 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 would enjoy a nutritious meal combined with social activities and fellowship, eight 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. Centers are located in the City of Poughkeepsie (also open on Friday), Town of Poughkeepsie, Rhinebeck, Millerton, South Amenia, East Fishkill, and Beacon. The center in Pawling is open Tuesday through Thursday only. Exact locations and contact information are on the next page, and a sample menu is on page 3 of this brochure.

Home Delivered Meals
The Dutchess County Office for the Aging 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 Picnics
Summer Picnics are organized by the Office for the Aging 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 Office for the Aging 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 like snow or ice storms.

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 Office for the Aging
(845) 486-2555 or toll free at (866) 486-2555
www.dutchessny.gov/aging
Dutchess County Office for the Aging
Senior Friendship Centers
(open Mon-Thu unless otherwise noted)

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>SITE MANAGER</th>
<th>TELEPHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEACON</td>
<td>Connie Barthen</td>
<td>838-4871</td>
</tr>
<tr>
<td>1 Forrestal Heights, Beacon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>EAST FISHKILL</td>
<td>Rosemarie Yasiejko</td>
<td>226-3605</td>
</tr>
<tr>
<td>East Fishkill Community Center, 890 Route 82</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MILLERTON</td>
<td>Brenda Maillet</td>
<td>(518) 789-3081</td>
</tr>
<tr>
<td>Village Hall Community Room</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21 Dutchess Avenue</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PAWLING</td>
<td>Claire McIntyre</td>
<td>855-9308</td>
</tr>
<tr>
<td>(open Tue-Thu)</td>
<td>154 Charles Colman Boulevard (Town Hall Annex)</td>
<td></td>
</tr>
<tr>
<td>Poughkeepsie</td>
<td>Lucretia Manning</td>
<td>275-2661</td>
</tr>
<tr>
<td>(open Mon-Fri)</td>
<td>Hudson Valley Community Center</td>
<td></td>
</tr>
<tr>
<td>110 S. Grand Ave.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>RHINEBECK</td>
<td>Cindy Lefebvre</td>
<td>758-0571</td>
</tr>
<tr>
<td>Memorial Lutheran Church</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1232 Route 308</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SOUTH AMENIA</td>
<td>Marion McGhee</td>
<td>373-4305</td>
</tr>
<tr>
<td>First Presbyterian Church</td>
<td></td>
<td></td>
</tr>
<tr>
<td>229 South Amenia Road, Wassaic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TRI -TOWN</td>
<td>Loretta Lifgren</td>
<td>486-6363</td>
</tr>
<tr>
<td>American Legion Arlington Post 1302</td>
<td></td>
<td></td>
</tr>
<tr>
<td>55 Overlook Road, Poughkeepsie</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Office for the Aging Senior Friendship Center activities include the following:

BINGO • DANCING • SHOPPING • SOCIALIZATION • BARDAVON CONCERTS
CARDS • PICNICS • MOVIES • HOLIDAY PARTIES • HEALTH SCREENINGS
EXERCISE CLASSES • TRIVIA • ART PRESENTATIONS
THEME PARTIES • NUTRITION COUNSELING • GUEST SPEAKERS
<table>
<thead>
<tr>
<th>CLOSING SITES</th>
<th>MEALS</th>
<th>CLOSING SITES</th>
<th>MEALS</th>
<th>CLOSING SITES</th>
<th>MEALS</th>
<th>CLOSING SITES</th>
<th>MEALS</th>
<th>CLOSING SITES</th>
<th>MEALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>28</td>
<td>27</td>
<td>22</td>
<td>26</td>
<td>25</td>
<td>24</td>
<td>23</td>
<td>19</td>
<td>18</td>
<td>17</td>
</tr>
<tr>
<td>21</td>
<td>20</td>
<td>19</td>
<td>18</td>
<td>17</td>
<td>16</td>
<td>15</td>
<td>14</td>
<td>13</td>
<td>12</td>
</tr>
<tr>
<td>14</td>
<td>13</td>
<td>12</td>
<td>11</td>
<td>10</td>
<td>9</td>
<td>8</td>
<td>7</td>
<td>6</td>
<td>5</td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Friday**
- White Bread
- Chicken
- Baked Teriyaki
- Lemon Bread Fish
- Swedish Blomkaka

**Thursday**
- Pork Chop
- Fried Rice
- Chinese Green Bean Rice

**Wednesday**
- Fish
- Seafood Salad
- Green Salad

**Tuesday**
- Chicken Alfredo
- Mixed Vegetables
- Chicken Cacciatore

**Monday**
- Butter Scotch Pudding
- White Bread
- Italian Bread
- Stuffed Manicotti

**July 2017**

---

**Duchess County**

---

**Director**

---

**Todd Trinidad**

---

**County Executive**

---

**Marcus J. Molinaro**

---

**Office for the Aging**

---

**Duchess County**

---
Nutrition Services

Senior Friendship Centers
Home Delivered Meals
Nutrition Education
Summer Senior Picnics
Nutrition Counseling
Caregiver Support
NY Connects
Case Management
Nursing Home Information
Benefit & Entitlement Counseling
Information, Referral & Advocacy
Health Insurance Counseling & Assistance
Legal Assistance
Home Energy Assistance
Senior I.D. Cards
Medical Transportation
Volunteer Opportunities
Brain Games
Physical & Mental Fitness Programs
Grandparents Raising Grandchildren Help
A Matter of Balance
Successful Aging 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.