

**DUTCHESS COUNTY DIVISION OF AGING SERVICES/  
DUTCHESS NY CONNECTS**

**AGING SERVICES DIRECTORY**

*Marcus J. Molinaro, County Executive*

*Mary Kaye Dolan, Director*



**MISSION STATEMENT**

The Division of Aging Services/DUTCHESS NY Connects 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.

**Department of Services for Aging, Veterans and Youth:  
Division of Aging Services/DUTCHESS NY Connects**

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**Division of Aging Services/  
DUTCHESS NY Connects**  
Toll-free number

**(845) 486-2555  
(866) 486-2555**

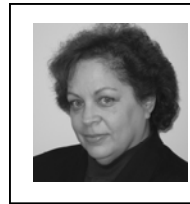
*or on the web at [www.dutchessny.gov](http://www.dutchessny.gov)*



*Seniors are vital members of our community. This Aging Services Directory, developed through our Division of Aging Services, 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 autonomy of senior citizens is the primary goal of the Division of Aging Services. The Aging Services Directory is a tool that outlines programs and services vital to the accomplishment of this goal.*

*I present this handbook to consumers of services and their families in the hope that it will improve the quality of life for senior citizens and those who care for them.*

Mary Kaye Dolan, Director  
Division of Aging Services

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**The Division of Aging Services** offers services designed to maintain the quality of life of those age 60 and over. DUTCHESS NY Connects, the long term care division of the Division of Aging Services, serves people of all ages in need of Long Term Care Services. The Division of Aging Services provides:

- ◆ Direct community-based services to senior citizens.
- ◆ A point of entry into the service delivery system through DUTCHESS NY Connects 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 utilized 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 Division of Aging Services** 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 Division of Aging Services at:

**27 High Street, 3rd Floor  
Poughkeepsie, NY 12601  
845-486-2555**

**Business Hours: Mon-Fri 9AM-5PM**

The Division of Aging Services maintains a toll-free line for those who live outside our local calling area: 1-866-486-2555. The Division of Aging Services also accepts collect calls.

**DUTCHESS COUNTY DIVISION OF AGING SERVICES FRIENDSHIP CENTERS** serve a hot, nutritious meal and offer informational, educational and recreational programs. The sites operate Monday through Thursday from 10:00 am to 2:00 pm at 7 locations as follows:

<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	Village Hall Community Room
<b>Poughkeepsie</b>	845-486-2804	First Evangelical Lutheran Church*
<b>Rhinebeck</b>	845-876-8134	Church of the Good Shepherd
<b>South Amenia</b>	845-373-4305	South Amenia Presbyterian Church
<b>Tri-Town</b>	845-486-6363	American Legion Hall, Poughkeepsie

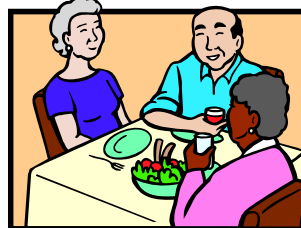


\*also open on Fridays

Meal reservations are required. A \$3.00 suggested voluntary confidential contribution is requested. Transportation is available. The Division of Aging Services also provides congregate meals once a week to residents of Interfaith Towers, Admiral Halsey, Maplewood, St. Simeon, St. Anna’s senior housing complexes.

**Home Delivered Meals**, including frozen meals, may be arranged through the Division of Aging Services at 845-486-2555 or toll free at (866) 486-2555. A listing of other home delivered food options is also available. The following Meals-on-Wheels organizations also arrange for meal delivery to homebound seniors.

Hyde Park	845-229-5896	Millbrook	845-677-3485	Wappingers Falls	845-297-2800
Poughkeepsie	845-452-2245				



### 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 486-2555 to volunteer to lead a class or find one near you.

**Nutrition Education** includes presentations and a monthly newsletter prepared by the Registered Dietitian.

**Nutrition Counseling** with the Registered Dietitian is available at the Friendship Centers and by appointment.

**The Dutchess County Senior Exercise Program** to improve strength and balance is offered by trained volunteers at some Division of Aging Services Friendship Centers and several other locations throughout Dutchess County. To enroll, call 486-2555.

**Summer Socials** are held in cooperation with municipalities, businesses and civic organizations. Music, socialization, lunch, and outreach by the Division of Aging Services staff come together to provide fun for residents.

**The Senior Prom** is an annual Fall senior dance usually held the first Monday in October.

**The Senior Friendship Centers** hold special events (Country-Western Day, Hawaiian Luau, USO Party, etc.) several times a year. Call the Senior Friendship Center near you for more information about upcoming events.



## TRANSPORTATION

### **Transportation Services Funded wholly or in part by the Dutchess County Division of Aging Services:**

**Pawling Resource Center** provides medical transportation to Pawling area seniors (855-3459).

**Dutchess County Division of Aging Services's Vans and Busses** transport seniors to our seven Friendship Centers (listed on previous page) along with shopping expeditions and recreational trips that the centers offer.

**Friends of Seniors** provides transportation services to seniors (485-1277).

**North East Community Center** provides transportation services for residents of North East, Millerton, Amenia, Dover, and Wassaic (518-789-4259 or 373-7742).

### **Other Transportation Services:**

**Dial-a-Ride** is provided by the Dutchess County Loop System and is available in East Fishkill, Fishkill, Hyde Park, City & Town of Poughkeepsie, and Wappinger. Service is available to those 60 years of age and older or disabled who are registered and hold a card. For information on registration and reservations, call 452-7433 or toll-free at (800) 924-8702.

**Northern Dutchess Caregivers Coalition** provides medical and shopping transportation (876-5683).

**Castle Point** will transport veterans to medical appointments at Veterans hospitals (831-2000 x5145).

**Dutchess County Paratransit** is operated by Dutchess County LOOP 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. (473-0813). In addition, ADA Complimentary Paratransit Service (473-0171) is available for qualified individuals who live within 3/4 mile of a regularly scheduled LOOP bus route.



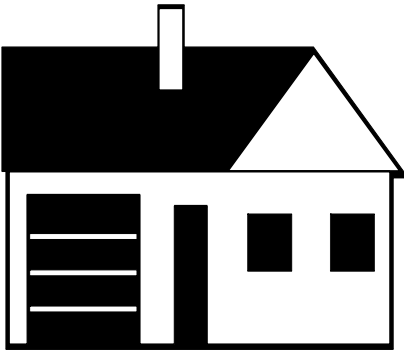
## SUPPORTIVE PROGRAMS

**Senior Citizen ID Cards** are a useful form of picture I.D. that verify the holder is 60 years of age or older and may entitle holders to discounts from some merchants and service providers. The cards are distributed at the Division of Aging Services in Poughkeepsie on the second Wednesday of each month from 9:30 a.m. - 11:00 a.m. Cards are also made available at special events such as the Division of Aging Services picnics. Persons with special needs may obtain a card by appointment by calling the Division of Aging Services. Those wishing to obtain an I.D. card must present proof of their birthdate, such as a driver's licence, birth certificate, or passport. There is a suggested contribution of \$2.00.

**"Are You Okay?" Program** is a joint effort between the Dutchess County Sheriff's Office and the Dutchess County Division of Aging Services. The "Are You O.K.?" program provides a computer generated call to homebound or disabled individuals. If there is no reply, steps are taken to check that the individual is safe from harm. To arrange for this free service call 845-486-2555.

**Telephone Reassurance** is provided by Friends of Seniors, 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.

## DUTCHESS NY Connects



**DUTCHESS NY Connects**, the long term care division of the Dutchess County Division of Aging Services, provides access to anyone, regardless of age and payment source, to long term care services within budgeted allowance. Case Managers and Public Health Nurses assess the clients in their home, 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.

**DUTCHESS NY Connects** helps to arrange for the provision of Long Term Care Services which may include home care services 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.

### **DUTCHESS NY Connects** will:

- ◆ **Provide** information and referral on available programs. Some examples are Medicaid Personal Care, Expanded In Home Services for the Elderly Program, Case Management, Long Term Home Health Care Program, Foster Care, and the prescription drug plan EPIC.
- ◆ **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 impartial plan of care.
- ◆ **Arrange** for and monitor delivery of services and provide ongoing case management.
- ◆ **Assist** with information and the paperwork for nursing home placement, including arranging for the completion of the Patient Review Instrument (PRI) by a registered nurse.
- ◆ **Maintain** client confidentiality.

### Other **DUTCHESS NY Connects** services include:

**Discharge Planning** assistance is provided by a **DUTCHESS NY Connects** Public Health Nurse (PHN), who acts as hospital liaison. The PHN visits all area hospitals regularly to assess hospitalized clients and screen newly referred clients. The PHN participates in discharge planning, acting as an extension of the hospital's discharge process. The PHN is also involved in family conferences regarding care planning. This service is also available to clients receiving rehabilitation services in Skilled Nursing Facilities and who will 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. PERS can be used for FIRE, POLICE, and MEDICAL emergencies. Funds are limited to budgeted allowance.

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

**Adult Day Care Programs** assist families and dependent adults by providing daytime supervision.

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



**Dutchess County Division of Aging Services/**

**DUTCHESS NY Connects**

**Toll-free number**

**(845) 486-2555**

**(866) 486-2555**

*or on the web at [www.dutchessny.gov](http://www.dutchessny.gov)*

## DUTCHESS COUNTY DIVISION OF AGING SERVICES INFORMATION AND REFERRAL

**Division of Aging Services** offers assessment, information, advocacy, case assistance, and referral services to all individuals 60 years of age and older and their caregivers. Division of Aging Services 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, HEAP, and the IT-214 Income Tax Credit.

**Information** about programs, benefits, and health insurance is available from Division of Aging Services staff.

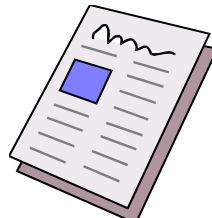
**Case Assistance and Advocacy** can be provided by Division of Aging Services staff for those who require assistance in accessing benefits and entitlements.

**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

- ◆ **The Informational Forum Series** is held at the Poughkeepsie Galleria. Monthly programs are presented in the Community Room at the Galleria on the third Wednesday of each month. Topics include Medicare Choices, Long-Term Care Insurance, Eating Well, Consumer Scams, Crime Prevention, and others.
- ◆ **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.
- ◆ **Other Topics**, times and locations will be considered for the educational series. Speakers for your group are available.

Call (845) 486-2555 or (866) 486-2555 to obtain information about our workshops and to make suggestions for other topics. Visit the "Calendar of Events" at [www.dutchessny.gov](http://www.dutchessny.gov) for the latest schedule of seminars.



**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 toll free at 1-800-701-0501, (845) 486-2555 or (866) 486-2555. Volunteers meet monthly for continuing education. New volunteers are invited to call us to find out more about becoming an HIICAP Insurance Counselor.

**Telephone Coverage** by Division of Aging Services & NY Connects staff provides information, referral and intake.

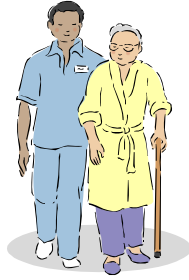
**Spotlight on Seniors**, our newsletter, is published quarterly. It contains information about general topics of interest to seniors and specific programs offered by Dutchess County Division of Aging Services. Call 486-2555 to be added to the mailing list. Ask to be added to the email list to receive news of interest to seniors more on a more consistent basis.

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

## CAREGIVER SUPPORT GROUPS

A complete list of **Caregiver Services** provided by the Division of Aging Services can be found on page 12. **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 845-471-2655.

**The Parkinson's Support Group** meets monthly (except November and December) on the 4th Friday of the month from 10 AM to noon at the Unitarian Fellowship at 67 South Randolph Avenue in Poughkeepsie. Call 845-471-0075 for information.



## RESPIRE PROGRAMS

**Dutchess County Division of Aging Services** contracts with the Vassar Warner Home to offer overnight respite to those who care for elderly relatives or friends at home who meet eligibility requirements. Arrangements can be made through **DUTCHESS NY Connects**.

## SUPPORT SERVICES

**Protective Services to 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 Social Services at 845-486-3300 or call the toll-free number 1-800-342-3009.

**The Senior Community Service Employment Program** provides temporary work experience for people age 55 and older with limited financial resources. Call 845-485-8030 for more information.

**A Legal Services Program** funded by the Dutchess County Division of Aging Services is designed to provide legal advice, and in some cases, representation, to Dutchess County residents age 60 and over. Call the office for an appointment or a brochure on all legal services available to seniors in Dutchess County (845-486-2555).

**The Mediation Center of Dutchess County** offers conflict resolution services for senior issues through a program called "Wise Talk." Call 471-7213 for more information.

**A 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 the Division of Aging Services for the location nearest you at 845-486-2555.

**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 some churches, recue squads, service organizations, etc. Two of the more popular loan closets are:

**Medequip Loan Closet**, Reformed Church, 70 Hooker Avenue, Poughkeepsie (452-0968 Wed. AM)

**Jewish Family Services Medical Loan Closet**, located at the Jewish Community Center, 110 Grand Avenue, Poughkeepsie (471-9817 Mon., Wed., & Fri.).



## HOUSING SERVICES AND ASSISTANCE

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

Through an agreement with the Dutchess County Department of Social 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.

### **W.R.A.P. - Weatherization Referral and Packaging Program**

The W.R.A.P. program helps senior citizens with energy related problems or needs. W.R.A.P. representatives provide linkages to weatherization, energy, and other human services programs.

### **Reverse Mortgage Counseling**

Free counseling is provided by a trained counselor at Hudson River Housing. Call them for more information or to schedule an appointment at 454-9288.

### **Housing Information and Counseling**

There are many senior housing complexes in Dutchess County. 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 from the Division of Aging Services; call 845-486-2555. Assistance is provided with information and referral regarding subsidized housing, and advocacy is offered to seniors who have housing concerns.

### **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 homes. To find out if you are eligible, call 486-3600.

## VOLUNTEER OPPORTUNITIES

Aging Services provides plentiful opportunities for volunteerism. Recruitment of volunteers is on-going for the following organizations that provide services to senior citizens.

<i>Service</i>	<i>Agency</i>	<i>Contact</i>
<b>Home Delivered Meals, Office Assistant, Exercise &amp; Brain Games Leaders</b>	<b>Dutchess County Division of Aging Services</b>	<b>845-486-2555</b>
<b>Health Insurance Information and Counseling Assistance Program (HIICAP)</b>	<b>Dutchess County Division of Aging Services</b>	<b>845-486-2555</b>
<b>Advocacy for long-term care facility residents</b>	<b>Hands On the Hudson Valley Ombudsman Program</b>	<b>845-229-4680</b>
<b>Respite, Telephone Reassurance and Transportation Services</b>	<b>Friends of Seniors</b>	<b>845-485-1277</b>
<b>Various</b>	<b>Retired Senior and Volunteer Program Hands on the Hudson Valley</b>	<b>845-452-5104 845-229-4680</b>
<b>Friendship Center Volunteers</b>	<b>Dutchess County Division of Aging Services</b>	<b>845-486-2555</b>
<b>Transportation Services</b>	<b>Northern Dutchess Caregivers Coalition Pawling Resource Center North East Community Center</b>	<b>845-876-5683 845-855-3459 518-789-4259</b>

## **PATIENT REVIEW INSTRUMENT (PRI)**

The **Patient Review Instrument (PRI)** is part of the nursing home application process and is a requirement in New York State. The PRI is an evaluation to determine the level of care a client needs as well as the most appropriate placement setting. During the evaluation, community-based programs, which may forestall nursing home placement, are reviewed in relation to the client's needs. The PRI is normally valid for 90 days. NY Connects provides PRI's for clients with NYS Medicaid.

It is recommended that the family and patient meet with DUTCHESS NY Connects staff to discuss options available, so that the most appropriate and cost-effective care can be provided.

## **ADVOCACY FOR LONG-TERM CARE FACILITY RESIDENTS**

The **Long Term Care Ombudsman Program**, a service funded by the Division of Aging Services and administered by Hands On! the Hudson Valley, provides advocacy services for all residents in Dutchess County nursing homes and adult homes. The Ombudsman program is a resource for information about choosing a Long Term Care Facility. Ombudsman Volunteers are trained to offer advocacy services. The Ombudsman Program can be reached at Hands On! the Hudson Valley: 845-229-4680.

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

**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.

### **MEDICAL MODEL ADULT DAY CARE**

**Medical Adult Day Care** features specialized programming, including medical supervision and therapies.

#### **Lutheran Care Center**

965 Dutchess Turnpike  
Poughkeepsie, NY 12603  
845-486-9494

#### **River Valley Care Center**

140 Main Street  
Poughkeepsie, NY 12601  
845-454-7600 x4160

### **SOCIAL MODEL ADULT DAY CARE**

**Social Adult Day Care** programs serve frail, older or disabled adults. Those who are ambulatory and able to function with supervision in a social setting are eligible for Adult Day Care.

#### **OASIS**

The Manor at Woodside  
168 Academy Street  
Poughkeepsie, NY 12601  
845-473-1943



## ADULT HOMES

### Adult Home Facilities

**Dutchess Care**                               **845-471-7930**  
186 Washington Street  
Poughkeepsie NY 12601                       92 beds

**Green Briar Adult Home**                   **845-677-9997**  
26 Old Route 82  
Millbrook NY 12545                           48 beds

**Hedgewood**                                   **845-831-6000**  
355 Fishkill Avenue  
Beacon NY 12508                               175 beds

**Kings Heights Rest Home**               **845-876-6398**  
136 Corning St.  
Rhinecliff NY 12574                           20 beds

**McClelland's Home  
for Adults**                                   **845-831-1909**  
126 Old Castle Pt. Rd  
Beacon NY 12508                               71 beds

**Morningside Manor**                       **845-896-9171**  
RD#1, 135 Cooper Rd.  
Fishkill NY 12524                               22 beds

**The Avalon Assisted Living & Wellness Center**  
1915 Route 376                                   **845-463-0500**  
Wappingers Falls, NY 12590               57 beds

**Vassar-Warner Home**                       **845-454-6620**  
52 South Hamilton St.  
Poughkeepsie NY 12601                       58 beds

### Assisted Living Program

**Dutchess Care** (see listing above)

**Hedgewood** (see listing above)

**The Avalon** (see listing above)

**Vassar Warner Home** (see listing above)

**The Fountains of Millbrook**           **845-905-8000**  
79 Flint Road, Millbrook, NY 12545

### Family Care Homes

Dutchess County Department of Social Services maintains a list of family care homes currently in operation. Call **845-486-3000** for the current list.

## RESIDENTIAL HEALTH CARE FACILITIES

**The Baptist Home**  
46 Brookmeade Drive  
Rhinebeck NY 12572  
(845) 876-2071

**Dutchess Center for  
Rehabilitation and  
Healthcare**  
9 Reservoir Road  
Pawling NY 12564  
(845) 855-5700

**Elant at Fishkill\***  
22 Robert Kasin Way  
Beacon NY 12508-1199  
(800) 501-3936

**Elant at Wappingers Falls**  
37 Mesier Avenue  
Wappingers Falls NY 12590  
(800) 501-3936

**Ferncliff Nursing Home**  
21 Ferncliff Drive  
Rhinebeck NY 12572  
(845) 876-2011

**Lutheran Care Center  
at Concord Village**  
965 Dutchess Turnpike  
Poughkeepsie, NY 12603  
(845) 486-9494

**Northern Dutchess Residential  
Healthcare Facility—  
The Thompson House**  
6525 Springbrook Avenue  
PO Box 514  
Rhinebeck NY 12572  
(845) 871-3760

**The Pines at  
Poughkeepsie\***  
100 Franklin Street  
Poughkeepsie NY 12601  
(845) 454-4100

**Renaissance Rehabilitation and  
Nursing Center\***  
4975 Albany Post Road  
Staatsburg NY 12580  
(845) 889-4500

**River Valley Care Center**  
140 Main Street  
Poughkeepsie, NY 12601  
(845) 454-7600

**Victory Lake  
Nursing Center**  
419 North Quaker Lane  
Hyde Park NY 12538  
(845) 229-9177

**Wingate at Dutchess**  
3 Summit Court  
Fishkill NY 12524  
(845) 896-1500

**Wingate at Beacon**  
10 Hastings Drive  
Beacon, NY 12508  
(845) 440-1600

\* Has a Dementia/Alzheimer's Unit on site.

# Caregiver Services

The Dutchess County Division of Aging Services Family Caregiver Support Program offers and funds a variety of services designed to assist caregivers of aging relatives.

## Caregiver Resource Center

Located at the Arlington Branch of the Adriance Library, featuring books and informational materials that are available through all Dutchess County libraries. For more information call 845-454-9301.

## Caregiver Training and Support

Workshops in such areas as practical tips, stress management, coping skills and legal issues for caregivers. Call Saint Francis Home Care at 483-5551.

## Monthly Caregiver Support Groups

Saint Francis Home Care runs a monthly caregiver support group and a yearly conference with topics of interest to caregivers. Call 483-5528 for more information.

## Adult Day Care

Call DUTCHESS NY Connects: 486-2555

## Overnight Respite

Call DUTCHESS NY Connects: 486-2555

## Case Management

Call DUTCHESS NY Connects: 486-2555

## Alzheimer's Counseling, Support Group & Educational Programming

Call the Alzheimer's Association: 845-471-2655

## Personal Emergency Response Systems

Call DUTCHESS NY Connects: 845-486-2555

## Home Care

Homemaking/Personal Care services are available.

Call DUTCHESS NY Connects: 486-2555

## Services for Grandparents

### Raising Grandchildren

Day Camp tuition is available as respite. Ongoing support groups are held in Fishkill and Hyde Park.

Counseling and a service directory are also available.

Call Cornell Cooperative Extension at 845-677-8223

x137 for information. Parenting A Second Time

Around workshop series offered occasionally.

### Minor Home Modifications

Safety improvements such as grab bars, railings, toilet risers, wireless doorbell, etc, may be available. Call

Rebuilding Together: 845-454-7310

## IMPORTANT NUMBERS

Dutchess County Division of Weights and Measures	845-486-2949
Dutchess County Department of Health	845-486-3400
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
Hands On! The Hudson Valley—Ombudsman & Volunteer Programs	845-229-4680
Medicare	1-800-633-4227
Northern Dutchess Hospital	845-876-3001
Patient Hotline for Nursing Homes	1-888-201-4563
Department of Social Services - Main Number	845-486-3000
Saint Francis Hospital	845-483-5000
Sharon Hospital	860-364-4141
Social Security	1-800-772-1213 845-452-3584
United Way Health & Human Services Helpline	211
Vassar Brothers Medical Center (Hospital)	845-454-8500