MISSION STATEMENT

The Office for the Aging/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.
Office for the Aging/DUTCHESS NY Connects

Aging Services

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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/
DUTCHESS NY Connects (845) 486-2555
Toll-free number (866) 486-2555

or on the web at www.dutchessny.gov
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

Todd N. Tancredi, Director
Office for the Aging

The Office for the Aging 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 Office for the Aging, serves people of all ages in need of Long Term Care services and supports. The Office for the Aging 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 book 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:

27 High Street, 3rd Floor
Poughkeepsie, NY 12601
845-486-2555
ofa@dutchessny.gov

Business Hours: Mon-Fri 9AM-5PM

The Office for the Aging maintains a toll-free line for those who live outside our local calling area: 1-866-486-2555. The Office for the Aging also accepts collect calls.
DUTCHESS COUNTY OFFICE FOR THE AGING 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 8 locations as follows:

Beacon 845-838-4871  Forrestal Heights Senior Housing  
East Fishkill 845-226-3605  East Fishkill Community Center  
Millerton 518-789-3081  Village Hall Community Room  
Pawling 845-855-9308  Pawling Town Hall Annex**  
Poughkeepsie 845-275-2661  Hudson Valley Community Center*  
Rhinebeck 845-758-0571  Memorial Lutheran Church  
South Amenia 845-373-4305  South Amenia Presbyterian Church  
Tri-Town 845-486-6363  American Legion Hall, Poughkeepsie  
*also open on Fridays, **Tuesday & Thursdays only

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, St. Anna’s senior housing complexes.

Home Delivered Meals, including frozen meals, 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. 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 Office for the Aging Friendship Centers and several other locations throughout Dutchess County. To enroll, call 486-2555.

Summer Picnics are held 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 Fall senior dance usually held on a Monday in October.

The 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 for more information about upcoming events.
TRANSPORTATION

Community Resources and Services Center provides medical transportation to Pawling seniors (855-3459). Dutchess County Office for the Aging’s Vans and Buses transport seniors to our eight Friendship Centers (listed on previous page) along with shopping expeditions and recreational trips that the centers offer. Friends of Seniors provides medical transportation and other services to seniors (485-1277). North East Community Center provides transportation services for residents of North East, Millerton, Amenia, Dover, and Wassaic via the Care Car. They also coordinate the Northeast Transportation Program which can additionally assist residents of Pine Plains, Stanford and Washington (518-789-4259). Dial-a-Ride is provided by Dutchess County Public Transit and is available in Amenia, Dover, East Fishkill, Fishkill, Hyde Park, North East, Poughkeepsie, Stanford, Wappinger and Washington. Pre-registration is required. For information on registration and reservations, call 473-8424. Castle Point will transport veterans to medical appointments at Veterans hospitals (831-2000 x5145). Dutchess County Paratransit 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. (473-8424). In addition, ADA Complimentary Paratransit Service (473-8424) is available for qualified individuals who live within 3/4 mile of a regularly scheduled LOOP bus route. Community Senior Transportation Program (485-1277) is for LaGrange and Pleasant Valley senior citizens for recreation and shopping. No medical appointments and this service is not wheelchair accessible. Town of Rhinebeck (876-3409) provides transportation to independently living senior citizens. Your Local Congregation may have a transportation program. Call them for more information.

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 Office for the Aging 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 Office for the Aging picnics. Persons with special needs may obtain a card by appointment by calling the Office for the Aging. 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 Office for the Aging. 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, the long term care division of the Dutchess County Office for the Aging, 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 and supports 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, 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.
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 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 Office for the Aging & NY Connects staff provides information, referral and intake. 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. 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 on a weekly basis.

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. Send your name and email address to bjones@dutchessny.gov to start your subscription.
CAREGIVER SUPPORT GROUPS

A complete list of Caregiver Services provided by the Office for the Aging 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 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.

RESPITE PROGRAMS

Dutchess County Office for the Aging 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 training experience for people age 55 and older that want to re-enter the workforce. You must qualify according to Federal financial guidelines. Call 845-298-8998 x17 for more information.

A Legal Services Program funded by the Dutchess County Office for the Aging 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. 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 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 some churches, rescue 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 Hudson Valley Community Center, 110 Grand Avenue, Poughkeepsie (471-9811 Mon., Wed., & Thurs.).
OTHER 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.

Reverse Mortgage Counseling
Counseling is provided by a trained counselor at Hudson River Housing for a small fee. Call them at 454-9288.

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 calling 845-486-2555. Assistance is provided with information and referral, 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 who must complete code-violation rehabilitation on owner-occupied homes. To find out if you are eligible, call 486-3600.

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. Hudson Valley Home Matters serves the Poughkeepsie, Hyde Park, LaGrange, Wappingers Falls, Pleasant Valley areas (452-4846). Rhinebeck@Home serves the Rhinebeck area (876-4663). SSIP-Taconic serves the Clinton/Milan area (266-4270).

ECHO Housing is a small self-contained prefab home set-up on a caregivers property allowing an older adult to remain largely independent while still living close by. Call 206-6525 for information.

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.

<table>
<thead>
<tr>
<th>Service</th>
<th>Agency</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>Home Delivered Meals, Office Assistant, Exercise &amp; Brain Games Leaders</td>
<td>Dutchess County Office for the Aging</td>
<td>845-486-2555</td>
</tr>
<tr>
<td>Health Insurance Information and Counseling Assistance Program (HIICAP)</td>
<td>Dutchess County Office for the Aging</td>
<td>845-486-2555</td>
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<tr>
<td>Advocacy for long-term care facility residents</td>
<td>Ombudsman Program</td>
<td>845-229-4680</td>
</tr>
<tr>
<td>Respite, Telephone Reassurance and Transportation Services</td>
<td>Friends of Seniors</td>
<td>845-485-1277</td>
</tr>
<tr>
<td>Various</td>
<td>Retired Senior and Volunteer Program</td>
<td>845-452-5104</td>
</tr>
<tr>
<td>Friendship Center Volunteers</td>
<td>Dutchess County Office for the Aging</td>
<td>845-486-2555</td>
</tr>
<tr>
<td>Transportation Services</td>
<td>Pawling Resource Center North East Community Center</td>
<td>845-855-3459 518-789-4259</td>
</tr>
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</table>
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 Office for the Aging, 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 845-229-4680.

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.

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.

The Avalon Social Day Program
1629 Route 376
Wappingers Falls, NY 12590
(845) 463-0500

EverCare For The Day
31 Cerone Pl
Newburgh NY 12550
(845) 725-1119

Friends & Family Adult Day Program
4327 Albany Post Rd
Hyde Park NY 12538
(845) 229-2851

Valley Vista Social Day Care
37 Academy St
Poughkeepsie NY 12601
ADULT HOMES (* = has an assisted living facility onsite)

**Adult Home Facilities**

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Phone Number</th>
<th>Address Details</th>
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</thead>
<tbody>
<tr>
<td>The Avalon Assisted Living &amp; Wellness Center*</td>
<td>845-463-0500</td>
<td>1915 Route 376, Wappingers Falls, NY 12590</td>
</tr>
<tr>
<td>Crystal House Manor</td>
<td>845-877-6400</td>
<td>97 Mill St., PO Box 576, Dover Plains, NY 12522</td>
</tr>
<tr>
<td>Dutchess Care*</td>
<td>845-471-7930</td>
<td>186 Washington Street, Poughkeepsie NY 12601</td>
</tr>
<tr>
<td>Green Briar Adult Home</td>
<td>845-677-9997</td>
<td>26 Old Route 82, Millbrook, NY 12545</td>
</tr>
<tr>
<td>Hedgewood*</td>
<td>845-831-6000</td>
<td>355 Fishkill Avenue, Beacon, NY 12508</td>
</tr>
<tr>
<td>Kings Heights Rest Home</td>
<td>845-876-6398</td>
<td>136 Corning St., Rhinecliff NY 12574</td>
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<tr>
<th>Facility Name</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>McClelland’s Home for Adults</td>
<td>845-831-1909</td>
<td>126 Old Castle Pt. Rd, Beacon NY 12508</td>
</tr>
<tr>
<td>Morningside Manor</td>
<td>845-896-9171</td>
<td>RD#1, 135 Cooper Rd., Fishkill NY 12524</td>
</tr>
<tr>
<td>Vassar-Warner Home*</td>
<td>845-454-3754</td>
<td>52 South Hamilton St., Poughkeepsie NY 12601</td>
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**Assisted Living Programs**

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Phone Number</th>
<th>Address Details</th>
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</thead>
<tbody>
<tr>
<td>The Fountains of Millbrook</td>
<td>845-905-8000</td>
<td>79 Flint Road, Millbrook, NY 12545</td>
</tr>
<tr>
<td>The Landing of Poughkeepsie</td>
<td>845-471-4044</td>
<td>251 Boardman Rd., Poughkeepsie NY 12603</td>
</tr>
<tr>
<td>The Terraces at Brookmeade</td>
<td>845-876-5522</td>
<td>54 Brookmeade Dr., Rhinebeck, NY 12572</td>
</tr>
</tbody>
</table>

**Family Care Homes**

The Department of Community & Family Services maintains a list of family care homes currently in operation. Call **845-486-3000** for the current list.

RESIDENTIAL HEALTH CARE FACILITIES (* = has a Dementia/Alzheimer’s Unit onsite)

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Phone Number</th>
<th>Address Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Baptist Home</td>
<td>(845) 876-2071</td>
<td>46 Brookmeade Drive, Rhinebeck NY 12572</td>
</tr>
<tr>
<td>Elant at Fishkill*</td>
<td>(800) 501-3936</td>
<td>22 Robert Kasin Way, Beacon NY 12508-1199</td>
</tr>
<tr>
<td>Elant at Wappingers Falls</td>
<td>(800) 501-3936</td>
<td>37 Mesier Avenue, Wappingers Falls NY 12590</td>
</tr>
<tr>
<td>Fernecliff Nursing Home</td>
<td>(845) 876-2011</td>
<td>21 Fernecliff Drive, Rhinebeck NY 12572</td>
</tr>
<tr>
<td>The Grand</td>
<td>(845) 855-5700</td>
<td>9 Reservoir Road, Pawling NY 12564</td>
</tr>
<tr>
<td>Lutheran Care Center at Concord Village</td>
<td>(845) 486-9494</td>
<td>965 Dutchess Turnpike, Poughkeepsie NY 12603</td>
</tr>
<tr>
<td>Northern Dutchess Residential Healthcare Facility—The Thompson House</td>
<td>(845) 871-3760</td>
<td>6525 Springbrook Avenue, Poughkeepsie NY 12601</td>
</tr>
<tr>
<td>The Pines at Poughkeepsie*</td>
<td>(845) 454-4100</td>
<td>100 Franklin Street, Poughkeepsie NY 12601</td>
</tr>
<tr>
<td>Renaissance Rehabilitation and Nursing Center*</td>
<td>(845) 889-4500</td>
<td>4975 Albany Post Road, Staatsburg NY 12580</td>
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<tr>
<th>Facility Name</th>
<th>Phone Number</th>
<th>Address Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>River Valley Care Center</td>
<td>(845) 454-7600</td>
<td>140 Main Street, Poughkeepsie, NY 12601</td>
</tr>
<tr>
<td>Quaker Hill Manor</td>
<td>(845) 229-9177</td>
<td>419 North Quaker Lane, Hyde Park NY 12538</td>
</tr>
<tr>
<td>Wingate at Dutchess</td>
<td>(845) 896-1500</td>
<td>3 Summit Court, Fishkill NY 12524</td>
</tr>
<tr>
<td>Wingate at Beacon</td>
<td>(845) 440-1600</td>
<td>10 Hastings Drive, Beacon, NY 12508</td>
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</table>
Caregiver Services

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

**Caregiver Training and Support**
Workshops in on practical tips, stress management, coping skills and legal issues for caregivers. Call Mid Hudson Regional Licensed Home Care of Westchester Medical Center at 483-5550.

**Monthly Caregiver Support Groups**
Mid Hudson Regional Licensed Home Care of Westchester Medical Center 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 may be 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**

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>After Hours Public Health Emergencies</td>
<td>845-431-6465</td>
</tr>
<tr>
<td>Dutchess County Department of Behavioral &amp; Community Health</td>
<td>845-486-3400</td>
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<tr>
<td>Dutchess County Department of Mental Hygiene (24 hour Helpline)</td>
<td>845-485-9700</td>
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<tr>
<td>Dutchess County Division of Veterans Services</td>
<td>845-486-2060</td>
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<tr>
<td>Eldercare Locator</td>
<td>1-800-677-1116</td>
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<td>NYS Attorney General’s Office</td>
<td>845-485-3920</td>
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<tr>
<td>Medicare</td>
<td>1-800-633-4227</td>
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<tr>
<td>Northern Dutchess Hospital</td>
<td>845-876-3001</td>
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<tr>
<td>Patient Hotline for Nursing Homes</td>
<td>1-888-201-4563</td>
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<tr>
<td>Department of Community and Family Services</td>
<td>845-486-3000</td>
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<td>Mid Hudson Regional Hospital of Westchester Medical Center</td>
<td>845-483-5000</td>
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<tr>
<td>Sharon Hospital</td>
<td>860-364-4141</td>
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<tr>
<td>Social Security</td>
<td>1-877-405-6747</td>
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<tr>
<td>United Way Health &amp; Human Services Helpline</td>
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<tr>
<td>Vassar Brothers Medical Center (Hospital)</td>
<td>845-454-8500</td>
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