

Delaware County



Long Term Services & Supports RESOURCE DIRECTORY



NY Connects
Your Link to Long Term
Services and Supports

WHAT IS NY CONNECTS?

What is NY Connects?

The Delaware County *NY Connects: Choices for Long Term Care* is a free information and assistance service that is available to older adults, individuals with disabilities, and their families and caregivers, to help make informed decisions about long term services and support options.

NY Connects is a trusted place that gives you information about available options, whether you are paying for services yourself, through insurance, or are eligible for a government program.

What are Long Term Services and Supports?

Long term services and supports (also known as long term care) includes a range of services and supports that can help people of all ages remain independent in their daily living.

Long term services and supports are both medical and non-medical services that help to maintain or improve daily functioning and health. Services can be provided at home, in community-based settings such as a senior center, community center or day program, or residential settings such as assisted living, or nursing homes.

Who does NY Connects serve?

Anyone who needs information on long term services and supports is able to access *NY Connects*, such as:

- A child or an adult with a disability
- An older adult
- Family members and caregivers
- Friends or neighbors
- Helping professionals

Options Counseling

NY Connects helps individuals and families make informed choices about what services and supports will meet the individual's needs and preferences. Available options are presented and discussed to allow personal choice and decision making.

Help with Linking to Care

NY Connects is able to help link individuals to available long term services and supports.

Contact

For more information, or to learn about long term services and supports (including those listed in this directory), please contact NY Connects at:

97 Main Street, Suite 2
Delhi NY 13753
Phone: (607) 832-5750 Fax: (607) 832-6050
ofa@co.delaware.ny.us
www.co.delaware.ny.us/departments/ltc/ltc.htm



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The NY Connects Resource Directory was developed to provide information regarding long term services and supports available to residents of Delaware County. Every attempt has been made to provide accurate, updated information. NY Connects and the Office for the Aging do not recommend, endorse, guarantee, or promote any of the information or services included in this guide.

ADULT ABUSE & NEGLECT

Adult Protective Services

Delaware County Department of Social Services

99 Main Street, Delhi, NY 13753

Web: www.co.delaware.ny.us/departments/dss/dss.htm

Hours: 8:00am – 5:00pm, Mon - Fri

Adult Protective Services are provided to individuals 18 years of age or older who meet all three of the following criteria: physically and/or mentally impaired; and in need of protection from actual or threatened harm, neglect, or a hazardous situation due to the action or inaction of either themselves or other individuals; and who have no one willing or able to assist them responsibly.

Phone: (607) 832-5300 Fax: (607) 832-6033

Emergency After Hours: (607) 832-5555

Long Term Care Nursing Home Ombudsman Program

Action for Older Persons, Inc.

609 East Main Street, Endicott, NY 13760

Web: www.actionforolderpersons.org

Hours: 8:30am – 4:00pm, Mon - Fri

The Ombudsman Program advocates for persons in nursing and adult homes in Broome and Delaware Counties. NYS certified volunteers visit homes weekly to help with questions or concerns on behalf of residents, family, and staff.

Phone: (607) 722-1251 Fax: (607) 722-1293

Email: frontdesk@actionforolderpersons.org

Safe Against Violence

Delaware Opportunities, Inc.

35430 State Hwy 10, Hamden, NY 13782

Web: www.delawareopportunities.org

Email: sav@delop.org

Hours: 8:00am – 4:00pm, Mon - Fri

Safe Against Violence offers services for victims of domestic violence, sexual assault and other crimes. Services include safe shelter for domestic violence victims and their families, short term crisis, supportive counseling, medical and legal advocacy, compensation claims and a 24/7 confidential hotline.

Phone: (607) 746-1720 Fax: (607) 746-1619

24 Hr Hotline: (866) 457-7233 or 607-746-6278

New York State Domestic Violence 24 Hour Hotline

Phone: (800) 942-6906

Text: (844) 997-2121

What is Adult/Elder Abuse?

In general, adult or elder abuse is a term referring to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult.

Physical Abuse: inflicting physical pain or injury (i.e. slapping, bruising, or restraining by physical or chemical means)

Sexual Abuse: non-consensual sexual contact of any kind

Neglect: the failure by those responsible to provide food, shelter, health care, or protection for a vulnerable elder

Exploitation: the illegal taking, misuse, or concealment of funds, property, or assets of a vulnerable adult for someone else's benefit

Emotional Abuse: inflicting mental pain, anguish, or distress on a vulnerable adult through verbal or non-verbal acts (i.e. humiliation, intimidation, or threatening)

Abandonment: desertion of a vulnerable elder by anyone who has assumed the responsibility for care or custody of that person.

Self-Neglect: characterized as the failure of a person to perform essential, self-care tasks and that such failure threatens his/her own health or safety.

BEHAVIORAL HEALTH

Drug and Alcohol Services

Delaware County Alcohol & Drug Abuse Services

243 Delaware Street, Walton, NY 13856

Web: www.co.delaware.ny.us/departments/mhc/ada.htm

Hours: 9:00am – 5:00pm, Mon - Fri

Delaware County Alcohol and Drug Abuse Services is a medically supervised addictions outpatient treatment program serving the needs of all those whose lives have been affected by the abuse of alcohol and/or drugs.

Phone: (607) 832-5890 Fax: (607) 832-6080

Email: ada@co.delaware.ny.us

Alcohol and Drug Abuse Council of Delaware County, Inc.

243 Delaware Street, Walton, NY 13856

Web: www.adaonline.org

Hours: 8:00am – 4:00pm, Mon - Fri

The Alcohol and Drug Abuse Council of Delaware County is dedicated to the prevention of alcohol & substance abuse by providing prevention education, advocacy, and information & referral services.

Phone: (607) 746-8300 Fax: (607) 746-6981

Email: mrosenthal@stny.twcbc.com

New Horizons Alcohol & Chemical Dependency Treatment Center

UHS Binghamton General Hospital

10-42 Mitchell Avenue, Binghamton, NY 13903

Web: www.nyuhs.org/care-treatment/addiction-medicine

Hours: 7:00am – 4:00pm Daily

Provides a detoxification unit, confidential assessments, inpatient treatment, outpatient treatment, family programming, and a 24-hour emergency crisis hotline.

Phone: (607) 762-3288 or (607) 762-2901

24 Hour Crisis Line: (607) 762-3202

Suboxone Clinic

UHS Delaware Valley Hospital, Inc.

2 Titus Place, Walton, NY 13856

Web: <https://www.nyuhs.org/care-treatment/addiction-medicine/new-horizons-outpatient-services/suboxone-buprenorphinenaloxone-program/>

The Outpatient Suboxone Clinic is designed to help patients struggling with opioid addiction.

Phone: (607) 865-2100 Fax: (607) 865-7305

Friends of Recovery of Delaware and Otsego Counties, Inc.

22 Elm Street, Oneonta, NY 13820

84 Main Street, Delhi, NY 13753

Web: www.friendsofrecoverydo.org

Hours: Mon-Fri, 9am – 5pm

FOR-DO is a nonprofit organization dedicated to promoting recovery from substance use disorders through every available means, including advocacy, education and peer support.

Phone: (607) 267-4435 Fax: (607) 267-4534

Phone: (607) 746-3570 Fax: (607) 464-4060

Email: kayliegh@friendsofrecoverydo.org:Delhi

Email: sarah@friendsofrecoverydo.org:Oneonta

Delaware County Drug Treatment Court

3 Court Street, Delhi, NY 13753

Web: www.nycourts.gov/courts/6jd/delaware/drug.shtml

Email: sburrows@nycourts.gov

The goal of Drug Treatment Court is to significantly reduce criminal activity in Delaware County by empowering treatment court participants to achieve life-long recovery and become responsible, productive members of the community.

Phone: (607) 376-5417

Adult Fax: (646) 963-6400

Family Fax: (646) 963-6402

Delaware County Drug Treatment Court

3 Court Street, Delhi, NY 13753

Web: www.nycourts.gov/courts/6jd/delaware/drug.shtml

Phone: (607) 376-5417

Adult Fax: (646) 963-6400

Family Fax: (646) 963-6402

The goal of Drug Treatment Court is to significantly reduce criminal activity in Delaware County by empowering treatment court participants to achieve life-long recovery and become responsible, productive members of the community.

Alcoholics Anonymous (AA)

Web: www.adaonline.org/meetings/alcoholics-anonymous-town Phone: (607) 746-8300

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other, that they may solve their common problem and help others to recover from alcoholism. Locally, the Alcohol and Drug Abuse Council can provide a booklet listing the AA meetings in and around Delaware County. Below is a list of AA meetings in Delaware County (subject to change).

Andes	Sun at 7pm	Presbyterian Church, 71 Delaware Ave	(845) 676-4493
Bovina	Mon at 7pm	United Presbyterian Church, Main Street (warm months)	(607) 832-4340
	Mon at 7pm	Mountain Brook Inn, 5333 Co. Hwy 6 (cold months)	
Delhi	Weds at 6:30pm	Turning Point (FORDO), 84 Main Street (Women's Group)	(607) 746-3570
	Tues & Thurs at 12pm	Turning Point (FORDO), 84 Main Street	(607) 746-3570
	Mon & Fri at 12pm	St. John's Episcopal Church, 134 Main St	(607) 746-3437
	Tues & Thurs at 7pm	St. John's Episcopal Church, 134 Main St.	(607) 746-3437
	Sat at 9 am	St. John's Episcopal Church, 134 Main St.	(607) 746-3437
Delancey	Tues at 5:30pm	United Presbyterian Church, 444 Co. Rte. 2	(607) 746-2454
Deposit	Mon at 8pm	Christ Episcopal Church, 14 Monument Street	(607) 467-3031
	Thu at 8pm	Christ Episcopal Church, 14 Monument Street	(607) 467-3031
Downsville	Sun at 7pm	Colchester Community Church, 15151 St. Hwy 30	(607) 363-2362
	Tue at 7pm	Colchester Community Church, 15151 St. Hwy 30	(607) 363-2362
	Women only		
Fleischmanns	Mon at 7pm	Cornerstone Bible Baptist Church, 985 Old Rt. 28	(845) 254-5322
Hancock	Fri at 7pm	Father Rausch Memorial Hall, 346 W. Main St.	(607) 637-3636
Hobart	Wed at 12pm	Presbyterian Church, 78 Maple Ave.	(607) 538-1677
Jefferson	Sun at 6pm	Buckhill Farms, 185 Fuller Road	(607) 652-7980
	Wed at 7pm	Buckhill Farms, 185 Fuller Road	(607) 652-7980
Meridale	Wed at 7pm	Community Christian Church, 55 Co. Rt. 10	(607) 263-5539
Roxbury	Tue at 7pm	Jay Gould Memorial Church, 53837 St. Hwy. 30	(607) 326-7655
Sidney	Mon at 7pm	United Methodist Church, 12 Liberty St.	(607) 563-1921
	Wed at 7pm	Sacred Heart Parish Hall, 15 Liberty St.	(607) 563-1591
Stamford	Mon at 7pm	United Methodist Church, 88 Main St.	(607) 652-7350
	Fri at 7pm	United Methodist Church, 88 Main St.	(607) 652-7350
Walton	Sun at 8pm	First Baptist Church, 55 Townsend St.	(607) 865-5724
	Wed at 8pm	First Baptist Church, 55 Townsend St.	(607) 865-5724
	Sat at 8pm	First Baptist Church, 55 Townsend St.	(607) 865-5724
	Mon at 8pm	St. John Baptist Church, 25 Benton Ave.	(607) 865-7394

Al-Anon/Al-Ateen/Nar-Anon

Web: www.adaconline.org/meetings/naranon-alanon.htm

Al-Anon provides information on the effects of alcohol abuse and refers friends and families of alcohol abusers to nearby Al-Anon and Al-Ateen support groups. Below is a list of Al-Anon meetings in the local region (subject to change).

Andes	Tues at 6pm	Andes Presbyterian Church, 70 Delaware Ave	(845) 676-4493
Delhi	Thurs at 6pm	United Ministry of Delhi, 46 Church St.	(607) 746-2191
Sidney	Wed at 6pm	Sacred Heart Church, 15 Liberty St	(607) 563-1591

Co-Dependents Anonymous

Web: www.adaconline.org

Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. Living the program allows each person to become increasingly honest with themselves about their personal histories and own co-dependent behaviors.

Narcotics Anonymous (NA)

Web: www.adaconline.org/meetings/narcotics-anonymous

Narcotics Anonymous is a twelve-step program of recovery from drug addiction, modeled after Alcoholics Anonymous. It is a fellowship of men and women for whom drugs have become a major problem. Below is a list of meetings in the local region (subject to change).

Delhi	Wed at 7pm	St. John Episcopal Church, 134 Main Street	(518) 234-3617
	Wed at 8pm	The Abundant Life Church, 79 Assembly Ln.	(607) 746-7219
Sidney	Tues at 8pm	United Methodist Church, 12 Liberty St.	(607) 563-1921
	Sat at 7pm	United Methodist Church, 12 Liberty St. (Women's Group)	(607) 563-1921
Walton	Weds at 7pm	UHS Delaware Valley Hospital, 1 Titus Place	(607) 865-2115
	Fri at 6:30 & 7:15pm	New Hope Community Church, Stockton Avenue	(607) 865-5436

Mental Health Services

Delaware County Behavioral Clinic

Adult Clinic: 243 Delaware St, Walton, NY 13856

Family & Children's Services: 243 Delaware St, Walton, NY 13856

Web: <https://www.co.delaware.ny.us/departments/mhc/mhc.htm>

Hours: 9:00am – 5:00pm, Mon/Wed/Thu/Fri, 9:00am – 8:00pm, Tues

The Delaware County Mental Health Clinic offers professional outpatient mental health services including assessment, diagnosis, individual, group, and family psychotherapy, community and agency consultation and referral to inpatient psychiatric facilities.

Phone: (607) 832-5888 Fax: (607) 832-6081

Phone: (607) 832-5889 Fax: (607) 832-6082

Email: mhc@co.delaware.ny.us

Alzheimer's Association

140 Hwy 33 West, Suite 2, Cooperstown, NY 13326

Web: www.alz.org/northeasternny

Email: athayer@alz.org

Hours: 8:30am – 5:00pm, Mon - Fri

The Alzheimer's Association provides a broad range of programs and services for people with the Alzheimer's and other dementia, their families and caregivers, as well as professional care providers. Services include a helpline offering 24/7 support, care consultations, support groups, educational and training, and the Safe Return Program.

Phone: (607) 282-3035

24 Hour Helpline: 1-800-272-3900

Mobile Crisis Assessment Team (MCAT)

Phone: (844) 732-6228 or (315) 732-6228

Web: www.neighborhoodctr.org/services//mobile-crisis-assessment-team

MCAT is available to anyone seeking crisis intervention services for children and adults in Delaware County. Services are available 24/7 and provide mental health assessments, crisis de-escalation, debriefing, linkage and follow up to services. Services are coordinated with schools, medical/mental health providers, and other agencies to provide crisis intervention and help monitor clients who are at risk.

Warm Line

Rehabilitation Support Services, Inc.

9 River Street, Walton, NY 13856

www.rehab.org/services/warm-line

Hours: 5:00pm – 8:00pm, Tues, Wed, Thurs

Warm Line offers a confidential peer-support phone line for people seeking non-judgmental support from an individual, who can empathize with them from a personal experience perspective. Warm Line provides an ear to listen, information useful to the caller concerning services available in the community, and outreach services via pre-arranged calls to individuals.

Phone: (607) 433-0661 Fax: (607) 865-8333

Toll Free: (800) 377-3281

Rehabilitation Support Services, Inc.

9 River Street, Walton, NY 13856

Web: www.rehab.org

RSS strives to enrich and empower the lives of individuals with psychiatric and substance abuse disorders by providing services and opportunities for meaningful emotional, social, vocational and educational growth. Through housing, employment, care coordination, treatment, socialization and wellness programs, individuals are provided with experiences that will equip them to lead productive and fulfilling lives in their communities.

Phone: (607) 865-3158 Fax: (607) 865-8333

Suicide Prevention Lifeline

Web: www.suicidepreventionlifeline.org

Phone: (800) 273-8255

The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Since its inception, the Lifeline has engaged in a variety of initiatives to improve crisis services and advance suicide prevention.

Grief Counseling & Bereavement Services

Helios Care

297 River Street, Service Rd., Oneonta, NY 13820

Web: www.helioscare.org/grief-support

Hours: 8:00am- 5:00pm, Mon - Fri

Provides monthly bereavement support groups for all ages (children, teens and adults), as well as individual bereavement counseling. Also offers Camp Forget-Me-Not, a two-day camp for grieving children and teens.

Phone: (607) 432-5525 Fax: (607) 432-2519

Toll Free: (800) 306-3870

Email: info@helioscare.org

The Brain Injury Association of New York State

5 Pine West Plaza, Suite 506 Albany NY 12205

Web: www.bianys.org

Phone: (518) 459-7911 or (518) 482-5285

Family Helpline: (800) 444-6443

Email: info@bianys.org

Offers brain injury education, advocacy and training for individuals, families, educators, and community agencies; family support; outreach and prevention programs; and counseling and assistance to help families locate appropriate services in the community.

Psychiatric Services

UHS Binghamton General Hospital

10-42 Mitchell Avenue, Binghamton, NY 13903

Web: www.nyuhs.org/care-treatment/psychiatric-services/

Phone: (607) 762-2200

CPEP Hotline: (607) 762-2302

UHS provides Behavioral Health programs to Binghamton and surrounding communities. Behavioral Health includes programs to address Chemical Dependency (addiction) and Mental Health concerns, group therapy (including life skills, anxiety, depression and anger management groups), medication management for psychiatric disorders, individual psychotherapy, and our 24-hour crisis service for confidential psychiatric advice (CPEP).

Geriatric Mobile Team

Greater Binghamton Health Center

114 Clinton Street, Binghamton, NY 13905

Phone: (607) 763-2741 Fax: (607) 763-2756

The Geriatric Mobile Team (GMT) has the capacity to travel and visit clients in their own homes, or adult care and nursing homes for the purpose of making assessments, monitoring the client's response to treatments, and providing emotional support to the client and/or family members.

Inpatient Psychiatry Unit

Bassett Medical Center

1 Atwell Road, Cooperstown, NY 13326

Web: www.bassett.org/bassett-medical-center

Phone: (607) 547-3525 Fax: (607) 547-6535

Alternate Phone: (800) 227-7388

Hours: 8:00am – 5:00pm, Mon – Fri

Bassett's Department of Psychiatry provides inpatient and outpatient psychiatric care. Bassett Medical Center has an Inpatient Psychiatry Unit that offers psychiatric assessment, evaluation and treatment to adults who require acute care hospitalization. Outpatient services include assessment and treatment planning, individual psychotherapy for children and adults, marital therapy and medication management.

Professional Counseling

Southern Tier Independence Center (STIC)

135 East Frederick Street, Binghamton, NY 13904

Web: www.stic-cil.org

Phone: (607) 724-2111 Fax: 607-772-3600

Toll Free: (877) 722-9150

Hours: 9:00am – 5:00pm, Mon – Fri

Provides professional psychological counseling to people with physical disabilities and their families, with a focus on disabled persons with emotional problems related to disability. Special emphasis is given for newly diagnosed or newly acquired disabling conditions.

CAREGIVER SERVICES

Alzheimer's Association

140 Hwy 33 West, Suite 2, Cooperstown, NY 13326

Web: www.alz.org/northeasternny

Hours: 8:30am – 5:00pm, Mon – Fri

The Alzheimer's Association provides a broad range of programs and services for people with the Alzheimer's and other dementia, their families and caregivers, as well as professional care providers. Services include a helpline offering 24/7 support, care consultations, support groups, educational and training, and the Safe Return Program.

Phone: (607) 382-3035

Email: athayer@alz.org

24 Hour Helpline: 1-800-272-3900

Helios Care

297 River Street, Service Rd, Oneonta, NY 13820

Web: www.helioscare.org

Hours: 8:00am – 5:00pm, Mon - Fri

Hospice Care provides care and support to patients with a life-limiting illness, and supports families so they can care for their loved one. Emphasis is on optimum comfort measures that allow the patient to live as fully and comfortably as possible, with services in the home, in a hospital, or nursing home. 24-hour on-call support is also available.

Phone: (607) 432-5525 Fax: (607) 432-2519

Toll Free: (800) 306-3870

Email: info@helioscare.org

Respite

Legacy Corps

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753

Web: www.co.delaware.ny.us/departments/ofa/CGSupport.htm

The Legacy Corps' Caregiver Respite Program provides unpaid family caregivers a personal break. Volunteers can provide friendly visiting or transportation for the family member to get to appointments, or to run errands.

Phone: (607) 832-5750 Fax: (607) 832-6050

Email: delctylegacycorps@gmail.com

Our Place Social Adult Enrichment Center

55 Lake Delaware Drive, Lake Delaware, NY 13753

Web: www.saintjamesld.org

Hours: 12:00pm – 3:00pm, Weds- Lake Delaware

Hours: 10:00am – 2:00pm, Weds- Walton

Our Place offers a range of enriching, thought-provoking and entertaining programs for adults, including musical performances, cooking classes, exercise classes, lectures, art demonstrations, and historical programs. The center activities help to keep members active, promote friendship and socialization, while also providing caregivers the opportunity for respite.

Phone: (607) 746-7436

Email: saintjames@delhitel.net

Eddy Alzheimer's Services

421 Columbia Street, Bldg 300, Cohoes, NY 12047

Web: www.sphp.com/alzcare

Together Eddy Alzheimer's Services and its grant partners, Catholic Charities Senior & Caregiver Support Services and the Alzheimer's Association of Northeastern New York, provide a wide range of free support and respite services for caregivers across a 10-county region, including: Care consultation, family consultation, Education, support groups, Respite care, Alzheimer's care teams.

Phone: (518) 238-4164 Fax: (518) 833-6202

Email: shannon.popp@sphp.com

Catskill Neighbors

P.O. Box 353, Fleischmanns, NY 12430

Web: www.catskillneighbors.org

Catskill Neighbors is a group of volunteers serving the areas of Fleischmanns, Arkville and Margaretville, with the goal of helping elders live comfortably at home. Volunteers can assist with such needs as local transportation, accompanying someone on a shopping excursion, running errands, friendly visiting, respite, or caring for a pet.

Phone: (845) 280-0459

Email: info@catskillneighbors.org

Woodside Hall, LLC

One Main Street, Cooperstown, NY 13326

Web: www.woodsidehall.net

Woodside hall, LLC, is a New York State Certified Adult Home, Respite Care, and Social Day Program located in historic Cooperstown within minutes to a world-class hospital and many cultural institutions. It is owned and operated by a local Cooperstown family who has an investment in creating a nurturing and meaningful environment that is helping to improve the emotional and physical states of those served. Respite is available weekdays, weekends and holidays. The Social Day Program provides cognitive activities based around mental and intellectual stimulation, and group exercise. Personalized assistance and lunch is provided. Open Monday-Friday from 9am-3pm.

Phone: (607) 5470600 Fax: (607) 547-0601

Email: karen@woodsidehall.net

Developmental Disabilities Services

Delaware Opportunities, Inc.

35430 State Hwy 10, Hamden, NY 13782

Web: www.delawareopportunities.org

Hours : 8:00am – 4:00pm, Mon – Fri

Delaware Opportunities Inc. Family Support Programs are Office For People With Developmental Disabilities (OPWDD) grant funded programs to those who meet the State agencies eligibility requirements. Delaware Opportunities Home & Community Based Medicaid Waiver Programs are funded through Medicaid after eligibility requirements for OPWDD and Medicaid services has been determined. Respite Care is available for a disabled family member to permit the primary care giver time for work or social/recreational activities, alleviating the stress of continually caring for the family member.

Phone: (607) 746-1680 Fax: (607) 746-1648

Email: ABurdick@delop.org

Children's Waiver (I/II)

Delaware County Department of Social Services

111 Main Street, Delhi, NY 13753

Hours: 8:00am – 5:00pm

The Children's Waiver I/II program provides community-based services to physically disabled children who require hospital or skilled nursing home level of care, and allows the child to be at home instead of in an institutional setting.

Phone: (607) 832-5300 Fax: (607) 832-5371

OPWDD Care At Home Waiver

Broome DDR0 Front Door

229-231 State Street, Binghamton, NY 13901

Web: <https://opwdd.ny.gov/get-started/front-door>

The Care at Home Waiver program allows Medicaid to pay for some services not provided through "regular" Medicaid, such as case management, respite, home adaptations and vehicle modification. These services can make home care an option for children and their families. Although this Medicaid funding applies only to the child, it can be used to help cover the costs of caring for the child at home.

Phone: (607) 240-4900

Home and Community Based (HCBS) Waiver

Broome DDRO Front Door

229-231 State Street, Binghamton, NY 13901

Phone: (607) 771-7784 x152

The HCBS Waiver is a program of supports and services that enables adults and children with developmental disabilities to live in the community as an alternative to ICFs. These services can include habilitation services, respite care, service coordination, and adaptive technologies.

HCBS Waiver for Children with Severe Emotional Disturbances (SED)

Delaware County Office of Mental Health / Single Point of Access (SPOA)

56 Shepard Street, Walton, NY 13856

Phone: (607) 832-5888 Fax: (607) 832-6082

Web: www.co.delaware.ny.us/departments/mhc/mhc.htm

Email: mhc@co.delaware.ny.us

Hours: 9:00am – 5:00pm, Mon/Tue/Thu/Fri, 9:00am – 7:00pm, Wed

The HCBS Waiver allows Medicaid to pay for services not normally provided through Medicaid, including care coordination, respite, family support services, intensive in-home services, and skill building. Services are available to children between the ages of 5 and 17 years old.

Springbrook

105 Campus Drive, Oneonta, NY 13820

Phone: (607) 286-7171 Fax: (607) 286-7166

5588 State Hwy 7, Oneonta, NY 13820

Phone: (607) 353-7272 Fax: (607) 286-7166

Web: www.springbrookny.org

Email: news@springbrookny.org

Hours: 8:00am – 4:00pm, Mon – Fri

Springbrook offers respite to those caring for a family member with special needs. Respite care provides short-term breaks that can relieve stress, restore energy, and promote balance in a caregiver's life.

US Care Systems, Inc.

392 Chestnut Street, Oneonta, NY 13820

Phone: (607) 432-9355 Fax: (607) 432-9362

Hours: 8:30am – 4:00pm, Mon – Fri

Respite services are available in the home.

Margaretville Hospital

42084 State Hwy 28, Margaretville, NY 12455

Phone: (845) 586-2631 Fax: (607) 586-2186

Web: www.margaretvillehosp.org

Visiting Hours: 1:00pm – 8:30pm Daily

The Respite Care program is offered through Hospice and provides a break for caregivers for a minimum of 30 days, while assuring quality healthcare for the patients. Patients in the program receive 24-hour nursing care and are placed under the supervision of the attending physician at the hospital.

Robinson Terrace Skilled Nursing Facility

28652 State Hwy 23, Stamford, NY 12167

Phone: (607) 652-7521 Fax: (607) 652-3362

Web: www.robinsonterrace.org

Email: ppotter@thegrandhealthcare.com

Respite care is designed to give families temporary relief of caregiving responsibilities, whether for a couple of days or a few weeks. Patients in the program receive 24-hour nursing care and are under the supervision of a physician.

Roscoe Regional Rehabilitation & Residential Health Care Facility

420 Rockland Rd, Roscoe, NY 12776

Phone: (607) 498-4121 Fax: (607) 498-4465

Hours for Adult Day Program: 7:00am – 3:00pm, Mon – Sat

A supervised, medical adult day program is provided including assistance with personal care, medication management and administration, nursing services, care assessments, recreational activities, nutritious meals, rehabilitative therapies and transportation. In addition, respite services are available from 1 to 30 days to provide a break to caregivers.

Hampshire House

1846 County Hwy 48, Oneonta, NY 13820

Phone: (607) 432-6171 Fax: (607) 432-5045

Web: www.pslgroupllc.com/hampshire-house/

Hampshire House is licensed by the New York Department of Health and our services are tailored to the individual needs and requirements of our seniors, including a flexible adult day care, and respite stays for up to six weeks.

Catholic Charities

Catholic Charities Senior & Caregiver Support Services

Catholic Charities of Delaware, Otsego, and Schoharie Counties

21 Liberty Street, Sidney, NY 13838

Phone: (607) 604-4071

Hours: 8:30am – 4:30pm, Mon - Fri

Hours: 8:30am - 4:30pm, Mon, Wed & Fri

Together Catholic Charities Senior & Caregiver support services and its grant partners, Eddy Alzheimer's Services and the Alzheimer's Association of Northeastern New York, provide a wide range of free support and respite services for caregivers across a 10-county region, including: Care consultation, family consultation, Education, support groups, Respite care, Alzheimer's care teams.

WHAT IS RESPITE CARE? A BREAK FOR THE CAREGIVER

Taking care of an older or ill family member can be enormously rewarding — but it can be physically and emotionally draining as well. That's why it's important for caregivers to seek occasional respite from their responsibilities. Whether it's for a few hours a week to run errands or a few weeks a year to take a much-needed vacation, respite care offers you the chance reduce stress, restore energy and keep your life in balance.

1. Involve your loved one. When planning for time off from your caregiving duties, make sure to keep your loved one in the loop. Get their input in deciding how much time you will be away — and who will fill in for you when you're gone. Make sure to tell them that they will benefit from you being more relaxed and refreshed. And assure them that they will also reap rewards from socializing with other people.
2. Assess your needs. Make a list of what care will be needed in your absence. Also decide if the respite care provider will need any special skills or training to be able to stay with your parent. If so, understand that your options for respite caregivers may be more limited.
3. Stay organized. Use a calendar to assist you with helpers or check out online tools such as Lotsa Helping Hands or CarePages to keep track of appointments and send requests to friends and family. Don't forget to include time for yourself and note it on the calendar.

DENTAL SERVICES

Oral Health Program

Rural Health Network of South Central NY

455 Court Street, Binghamton, NY 13904

Web: www.rhnsctny.org

Hours: 8:00 – 4:00 Mon - Fri

RHNSCTNY provides information about discounted dental providers in the area to anyone needing to access dental and oral health services.

Phone: (607) 692-7669 Fax: (607) 692-7670

Toll Free: (888) 603-5973

Dental Lifeline Network (New York Donated Dental Services)

PO Box 106, Harriman, NY 10926

Phone: (212) 598-9000 Fax: (866) 408-1323

Web: www.dentallifeline.org/new-york/

Provides free, comprehensive dental treatment to individuals with disabilities or those who are elderly or medically fragile, and have no other means to get treatment. **This program is not accepting applications from Delaware County at this time.**

Dental Providers

Aspen Dental

5001 NY-23, Oneonta, NY 13820

Phone: (607) 376-5082 Fax: (607) 432-0423

Bassett Healthcare Delhi - Dental Office

460 Andes Road, Delhi, NY 13753

Phone: (607) 746-0540 Fax: (607) 746-0474

Web: www.bassett.org/medical/services/dental-services/dental-services-delhi

Hours: Monday – Friday 8am – 5pm

The Bassett Healthcare Delhi - Dental Office offers general dentistry services for both children and adults. The practice serves patients with and without insurance, **including Medicaid.**

UHS Dental Center

10-42 Mitchell Ave, Binghamton, NY 13903

Phone: (607) 762-2005 Fax: (607) 762-2008

Web: www.nyuhs.org/care-treatment/dental/

Accepts Medicaid

Delaware Dental Office

210 Delaware Street, Walton, NY 13856

Phone: (607) 865-9330 Fax: (607) 865-9370

Accepts Medicaid

Walton Dental

38 West Street, Suite 4, Walton, NY 13856

Phone: (607) 865-4000 Fax: (607) 330-3670

Fox Care Dental

1 Foxcare Drive # 304, Oneonta, NY 13820

Phone: (607) 433-1778 Fax: (607) 431-5327

Accepts Medicaid

DISABILITY SERVICES

Catskill Center for Independence, Inc.

6104 State Hwy 23, Oneonta, NY 13820

Web: www.ccfi.us

Hours: 8:00am – 4:00pm, Mon – Fri

CCFI is a disability advocacy agency providing non-residential services to individuals with disabilities and their families, as well as education to businesses, government, and non-profit agencies. Services include architectural barrier removal, employment assistance, benefits information and assistance, service coordination, and more.

Phone: (607) 432-8000 Fax: (607) 432-6907

Email: ccfi@ccfi.us

Toll Free: (866) 724 8666

Developmental Disability Services

Delaware Opportunities, Inc.

35430 State Hwy 10, Hamden, NY 13782

Web: www.delawareopportunities.org

Hours: 8:00am – 4:00pm, Mon – Fri

Delaware Opportunities Inc. Family Support Programs are Office For People With Developmental Disabilities (OPWDD) grant funded programs to those who meet the State agencies eligibility requirements. Delaware Opportunities Home & Community Based Medicaid Waiver Programs are funded through Medicaid after eligibility requirements for OPWDD and Medicaid services has been determined. Respite Care is available for a disabled family member to permit the primary care giver time for work or social/recreational activities, alleviating the stress of continually caring for the family member.

Phone: (607) 746-1680 Fax: (607) 746-1648

Email: ABurdick@delop.org

The Arc of Delaware County

34570 State Hwy 10, Walton, NY 13856

Web: www.delarc.org

Hours: 8:00am – 4:30pm, Mon – Fri

The Arc of Delaware County helps children and adults with developmental and intellectual disabilities live personally fulfilling lives through a variety of innovative supports and services. Services include education, training, and employment; residential services, in-home training family support, case management, service coordination, and guardianship services.

Phone: (607) 865-7126 Fax: (607) 865-7129

Email: delarc@delarc.org

Carousel Services

The Arc of Delaware County

1104 Arbor Hill Rd, Delhi, NY 13753

Web: www.delarc.org

Hours: 8:00am – 4:30pm, Mon – Fri

The Carousel Children's Services program provides a variety of individualized services to children, birth to age 5. Special Education Teachers and Certified Therapists work individually with each child and their family in the integrated nursery school, the child's home, or other natural settings. Carousel Children's Services conducts evaluations in all developmental areas. This program also provides educational advocacy for children of all ages.

Phone: (607) 746-4240 Fax: (607) 746-4245

Email: delarc@delarc.org

Southern Tier Independence Center (STIC)

135 East Frederick Street, Binghamton, NY 13904

VP/Deaf: (607) 238-2694

Web: www.stic-cil.org

Hours: 9:00am – 5:00pm, Mon – Fri

STIC provides many services that are designed to promote independence for persons with disabilities. Services include Deaf Services, Consumer Directed Personal Assistance, TBI waiver program and NHTD waiver program.

Phone: (607) 724-2111 Fax: (607) 772-3600

Toll Free: (877) 722-9150

Springbrook

105 Campus Drive, Oneonta, NY 13820
5588 State Hwy 7, Oneonta, NY 13820
Web: www.springbrookny.org
Hours: 8:00am – 5:00pm, Mon – Fri

Phone: (607) 286-7171 Fax: (607) 286-7166
Phone: (607) 353-7272 Fax: (607) 286-7166
Email: news@springbrookny.org

Springbrook provides lifelong support to people of all ages with developmental disabilities, ranging from both residential and day education programs at the School at Springbrook, to residential support in our Community Homes program, and a host of options between.

Rehabilitation Support Services, Inc.

132 Delaware Street, Walton, NY 13856
Web: www.rehab.org

Phone: (607) 865-3158 Fax: (607) 865-8333

RSS strives to enrich and empower the lives of individuals with psychiatric and substance abuse disorders by providing services and opportunities for meaningful emotional, social, vocational and educational growth. Through housing, employment, care coordination, treatment, socialization and wellness programs, individuals are provided with experiences that will equip them to lead productive and fulfilling lives in their communities.

Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR)

44 Hawley Street, Binghamton, NY 13901
Web: www.acces.nysed.gov
Hours: 8:00am – 5:00pm, Mon – Fri

Phone: (607) 721-8400 Fax: (607) 721-8390
Email: accesadm@mail.nysed.gov

ACCES-VR provides vocational counseling and rehabilitation services that result in successful employment outcomes for individuals with disabilities and their employers.

Broome DDSO Delaware Regional Center

15598 St Hwy 8, Masonville, NY 13804

Phone: (607) 265-3322 Fax: (607) 265-3349

Provides evaluations, in home visits, and individualized service plans to assist with residential placement and day program placement, as well as other information and referrals.

New York State Office for People with Developmental Disabilities (OPWDD)

44 Holland Avenue, Albany, NY 12229
Web: www.opwdd.ny.gov

Phone: (866) 946-9733

The New York State OPWDD is responsible for coordinating services for individuals with developmental disabilities, providing services directly, and through a network of partner agencies.

Family Resource Network, Inc.

46 Oneida Street, Oneonta, NY 13820
Web: www.familyrn.org

Phone: (607) 432-0001 Fax: (607) 432-5516

Offers the following services: Advocacy Program, Autism Conferences, Information and Referral, Service Access, Social Skills Program for Youth with Autism Spectrum Disorders, Trainings/Support Groups.

Delaware County Public Health

99 Main Street, Delhi, NY 13753
Web: www.delawarecountypublichealth.com
Hours: 8:00am – 4:00pm, Mon - Fri

Phone: (607) 832-5200 Fax: (607) 832-6021

Offers programs for children with disabilities from birth to 21 years of age to provide financial assistance for medical care and support services, including Early Intervention Services.

Social Security Administration

31 Main Street, Suite 1, Oneonta, NY 13820

Web: www.ssa.gov

Hours: 9:00 – 4:00, Mon – Fri

Social Security pays disability benefits to an individual and certain members of the family if the individual has worked long enough and has a medical condition that has prevented work, or is expected to prevent working for at least 12 months or end in death.

Supplemental Security Income (SSI) pays benefits to disabled adults and children who have limited income and resources.

Phone: (877) 628-6581

TTY: (607) 433-6607

Deaf and Hard of Hearing

Hear Now Program

Starkey Hearing Foundation

6801 Washington Ave S., Suite 200, Minneapolis, MN 55439

Web: www.starkeyhearingfoundation.org

Phone: (866) 354-3254 TTY: (952) 947-4997

Fax: (952) 828-6900

Email: hearnow@starkey.foundation.org

Hear Now is an application-based program that provides hearing help to low-income Americans. Each person assisted is fit with new, top-of-the-line digital hearing aids that are customized to their hearing loss.

CapTel

Ultratec, Inc.

450 Science Drive, Madison, WI 53711

Web: www.captel.com

Phone: (800) 233-9130

Fax: (608) 204-6167

Email: captel@captel.com

CapTel® is short for captioned telephone. A person with hearing loss places a call in the same way as dialing a traditional phone. CapTel uses voice recognition technology to display verbatim captions of the other party's conversation on the telephone's screen, allowing the person with hearing loss to hear and read all comments.

New York Relay Service 7-1-1

Web: www.nyrelay.com

New York Relay Service is a statewide service that connects standard (voice) telephone users with deaf, hard-of-hearing, deaf-blind, speech-disabled, or late-deafened people who use text telephones (TTYs) or voice carry-over (VCO) phones. Just dial 7-1-1 to reach a Relay Operator. CapTel users dial the 10-digit number directly. **NOTE:** If the phone from which you are calling does not accept 7-1-1, just call 1-800-421-1220 for the same great results.

Blind and Visually Impaired

Association for Vision Rehabilitation and Employment, Inc. (AVRE)

174 Court Street, Binghamton, NY 13901

Phone: (607) 724-2428 Fax: (607) 771-8045

Web: www.avreus.org

Email: avreinfo@avreus.org

A.V.R.E. serves people from infants to seniors with sustained and severe vision loss. Services to Delaware County include employment services, low vision adaptive aids, vision rehabilitation therapy and low vision services.

Vision Program

Rural Health Network of South Central NY

455 Court Street, Binghamton, NY 13904

Web: www.rhnsctny.org

Phone: (607) 692-7669 Fax: (607) 203-5877

Toll Free: (888) 603-5973

Hours: 8:00am -4:30pm, Mon – Fri

Provides vouchers for eye exams and/or glasses for eligible individuals.

Lions Eye Care

Deposit Lions Club

Contact: Frances Wright

Phone: (607) 727-3266

Walton Lions Club

Contact: Ed Snow

Phone: (607) 434-5813

Local Lions Clubs provide financial assistance to help purchase eyeglasses for eligible individuals who have no insurance. An application must be submitted to be considered for assistance.

New York State Talking Book and Braille Library

Cultural Education Center

Empire State Plaza, 222 Madison Avenue, Albany, NY 12230

Phone: (800) 342-3688 Fax: (518) 474-7041

Web: www.nysl.nysed.gov/tbbl

Email: tbbl@mail.nysed.gov

The New York State Talking Book and Braille Library (TBBL) lends audio and braille books and magazines, and the necessary playback equipment, to residents of the 55 upstate counties of New York State who are unable to use standard printed materials because of a visual or physical disability.

Simple Tips for Healthy Eyes

Your eyes are an important part of your health. There are many things you can do to keep them healthy and make sure you are seeing your best. Follow these simple steps for maintaining healthy eyes well into your golden years.

- ❖ **Have a comprehensive dilated eye exam.**
- ❖ **Know your family's eye health history.**
 - ❖ **Eat right to protect your sight.**
 - ❖ **Maintain a healthy weight.**
 - ❖ **Wear protective eyewear.**
 - ❖ **Quit smoking or never start.**
 - ❖ **Be cool and wear your shades.**
 - ❖ **Give your eyes a rest.**
- ❖ **Clean your hands and your contact lenses properly.**
 - ❖ **Practice workplace eye safety.**

DISASTER PREPARATION/RELIEF

Delaware County Emergency Services

280 Phoebe Lane, Suite 3, Delhi, NY 13753

Phone: (607) 832-5600 Fax: (607) 832-6060

Web: www.delcoemo.com

In the event of an emergency (flood, severe winter storm, etc.), the DCES web page will contain up-to-date information regarding the location of the emergency, state of emergency, road closures, shelter locations, school closures, and any other news that is important for residents to know. Information is also available to help with emergency preparedness.

American Red Cross

125 Business Park Drive, Suite 110, Utica, NY 13502

Phone: (315) 545-5571

Web: www.redcross.org/eny/about-us/locations/mohawk-valley

The Red Cross responds to disasters, providing shelter, food, health and mental health services to help families and entire communities get back on their feet.

Salvation Army

Web: www.empire.salvationarmy.org

Phone: (315) 877-6079

In disaster relief operations, The Salvation Army's first aim is to meet the basic needs of those affected. They are available in all facets of disaster, including emergency preparedness, immediate emergency response, long-term disaster recovery, and emotional and spiritual care.

The first line of defense against the effects of a disaster is personal preparedness. During an emergency, the government and other agencies may not be able to reach you, or meet your needs immediately. It is important for all citizens to make their own emergency plans and prepare for their own care and safety in an emergency.

Tips To Be Prepared

- ❖ Know your area and what potential disasters might occur
- ❖ Learn evacuation routes (for your home AND community) as well as shelter locations
- ❖ Know how you'll reconnect with family and people who matter. Keep a list of emergency contacts and a back-up plan if phone service (cell or landline) is not available.
- ❖ Sign up for emergency alerts and know how officials will communicate with you during a disaster (Radio, television, cell phone, etc)
- ❖ Learn what to do if you're caught away from home (i.e. work, school, vehicle). Know your evacuation routes and how you'll reconnect with family who may also be in various locations by setting up a meeting place.
- ❖ Have a kit and know how to use it. Basic items should include food, water, basic first aid, flashlights, etc.
- ❖ Keep in mind people who may need special preparation such as young children, frail older adults, or people with disabilities.
- ❖ Prepare for your pets. Have an emergency kit ready, and a location they can go to if evacuation is necessary.

More detailed information is available through Delaware County Emergency Services, the American Red Cross, the Centers for Disease Control and Prevention, and the Department of Homeland Security.

ENERGY AND UTILITIES

Home Energy Assistance Program (HEAP)

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753

Web: www.co.delaware.ny.us/departments/ofa/ofa.htm

Hours: 8:00am – 4:00pm, Mon – Fri

The Home Energy Assistance Program (HEAP) is a federally funded program that assists eligible households in meeting their home energy needs. The Office for the Aging provides HEAP assistance to those ages 60 and older.

Phone: (607) 832-5750 Fax: (607) 832-6050

Email: ofa@co.delaware.ny.us

Home Energy Assistance Program (HEAP)

Delaware Opportunities, Inc.

35430 State Hwy 10, Hamden, NY 13782

Web: www.delawareopportunities.org/heap

Hours : 8:00am – 4:00pm, Mon – Fri

The Home Energy Assistance Program (HEAP) is a federally funded program that assists eligible households in meeting their home energy needs. Delaware Opportunities provides HEAP assistance to those under the age of 60.

Phone: (607) 746-1615 Fax: (607) 746-1605

Email: Rbarringer@delop.org

Home Energy Assistance Program (HEAP)

Delaware County Department of Social Services

111 Main Street, Delhi, NY 13753

Web: www.mybenefits.ny.gov

Hours: 8:00am – 4:00pm

The Home Energy Assistance Program (HEAP) is a federally funded program that assists eligible households in meeting their home energy needs. Households already receiving SNAP or Public Assistance can access HEAP benefits through the Department of Social Services.

Phone: (607) 832-5300 Fax: (607) 832-6030

Energy Assistance Program (EAP)

NYSEG

P.O. Box 5220, Binghamton, NY 13902

Web: www.nyseg.com

EAP monthly bill credits are available automatically to any customer who has a HEAP grant applied directly to an active NYSEG account. Once enrolled a credit will be listed as a line item on your regular NYSEG bill. If HEAP is supplied to another fuel vendor, a copy of your HEAP award letter can be provided to NYSEG to enroll in EAP.

Phone: (800) 572-1111 Fax: (800) 325-9920

Email: energyassistanceprogram@nyseg.com

HEAP Cooling Assistance

Department of Social Services

111 Main Street, Delhi, NY 13753

Web: www.co.delaware.ny.us/departments/dss/heap.html

Hours : 8:00am – 4:00pm, Mon – Fri

Assists with the purchase and installation of a “medically necessary” air conditioner or fan to eligible households.

Phone: (607) 832-5300 Fax: (607) 832-6030

Emergency Services

Delaware Opportunities, Inc.

35430 State Hwy 10, Hamden, NY 13782

Web: www.delawareopportunities.org

Hours : 8:00am – 4:00pm, Mon – Fri

This program offers assistance with financial emergencies, homelessness, evictions, and utility shut offs.

Phone: (607) 746-1665 Fax: (607) 746-1605

Email: Crestaino@delop.org

NYSEG's Project SHARE Heating Fund/Emergency Services

Delaware Opportunities, Inc.

35430 St Hwy 10, Hamden, NY 13782

Web : www.delawareopportunities.org

Hours : 8:00am – 4:00pm, Mon – Fri

The Project SHARE helps income-eligible customers with energy emergencies. To receive a Project SHARE Heating Fund grant, the customer must have an active account with NYSEG, have an energy emergency, meet the current HEAP income guidelines and have exhausted all other assistance. Active duty military personnel and well-discharged veterans with an energy emergency may qualify regardless of income.

Phone: (607) 746-1665 Fax: (607) 746-1619

Email: DEisenberg@delop.org

Caring Connections

Catholic Charities of Delaware, Otsego, and Schoharie Counties

176 Main Street, Oneonta, NY 13820

Hours: 8:30am – 4:30pm, Mon - Fri

21 Liberty Street, Sidney, NY 13838

Hours: 8:30am - 4:30pm, Mon, Wed & Fri

Web: www.charitiesccdos.org

Caring Connections is offered to individuals and families who are struggling to meet their basic needs. Financial assistance can include: assistance with utilities including electric shut-offs, housing assistance, transportation assistance, and assistance with paying for essential medical costs.

Phone: (607) 432-0061 Fax: (607) 431-9303

Phone: (607) 604-4071 Fax: (607) 604-4274

Delhi Fuel Bank

Delhi Community Fund

P.O. Box 191, Delhi, NY 13753

The Delhi Fuel Bank is a heating fuel assistance fund available to help community members who are experiencing unexpected financial difficulties and require assistance purchasing home heating fuel. Applications for assistance are available through Office for the Aging, Department of Social Services, the Delhi Diner, the Law Offices of Bishop and Hill, the Delhi Telephone Company, the Delaware County Electric Cooperative, or Delaware Opportunities.

Emergency Assistance for Adults

Delaware County Department of Social Services

99 Main Street, Delhi, NY 13753

Web: www.co.delaware.ny.us/departments/dss/dss.htm

Hours: 8:00am – 4:00pm, Mon - Fri

May be able to assist households with utility disconnects when all other resources have been exhausted.

Phone: (607) 832-5300 Fax: (607) 832-6033

Weatherization

Delaware Opportunities, Inc.

35430 State Hwy 10, Hamden, NY 13782

Web: www.delawareopportunities.org/weatherization

Hours : 8:00am – 4:00pm, Mon – Fri

Typical weatherization measures might include: caulking, window repair, and insulation in sidewalls and attic to stop the infiltration of cold to the home. The furnace in each home is tested for efficiency, and minor repairs are made to achieve at least a 75% efficiency rating. Furnaces which cannot be made efficient, or which are not operating are repaired or replaced. The heat distribution system is also analyzed. In addition to heating measures, the program reduces energy use through such measures as replacing inefficient light bulbs, installing low flow shower heads, replacing hot water heaters and other measures.

Phone: (607) 746-1690 Fax: (607) 746-1605

Email: LNeidig@delop.org

EmPower New York

2 Wall Street, Albany, NY 12205

Phone: (877) 697-6278 Fax: (518) 862-1091

Email: application.residential@nyserda.ny.gov

Web: www.nyserda.ny.gov/All-Programs/Programs/EmPower-New-York

Hours: 8:30am – 5:30pm, Mon – Thurs, 8:30 – 5:00pm Fri

EmPower New York provides no-cost energy efficiency solutions to income-eligible New Yorkers, such as air sealing, insulation, replacement of inefficient refrigerators and freezers, new energy-efficient lighting, and free health and safety checks of smoke detectors, appliances and more.

New York State Lifeline Discounted Telephone Program

Web: www.askpsc.com

Phone: (888) 275-7721

New York State Lifeline Discounted Telephone Service is an assistance program offered by many telephone providers, including some wireless and cable companies, to help income-eligible consumers save money on their phone bills. In order to apply, households should contact their telephone provider directly.

Tips To Reduce Energy Costs

- Take shorter showers to reduce water heating costs.
- Don't waste money on electronics or appliances not in use. Turn off and unplug TVs and DVD players, computers, phone chargers, coffee makers, etc.
- Wash full loads of laundry using cold water. Today's modern detergents work great in cold water, and about 90 percent of the energy used by clothes washers goes to water heating.
- Use your clothes dryer for consecutive loads. The built-up heat means less energy spent.
- Better yet, hang laundry outside. Take advantage of late sunsets and warm evenings to bypass your dryer and let your clothes air dry.
- Turn off lights.
- Don't let the hot water run. Turn it off when it's not needed while brushing teeth, shaving or doing dishes.

Additional tips can be found at:

<http://www.nyserda.ny.gov/Residents-and-Homeowners/Sustainable-Living/Energy-Saving-Tips>

EXERCISE/FALL PREVENTION

Tai-Chi for Arthritis

Delaware County Office for the Aging
97 Main Street, Suite 2 Delhi, NY 13753

Web: www.co.delaware.ny.us/departments/ofa/wellness.htm

Hours: 8:00am – 4:00pm, Mon - Fri

Tai-Chi for Arthritis is an 8-week evidence based exercise program, involving 16 one hour sessions for a group of seniors interested in a safe, low-impact exercise that works on the core muscles and breathing. Due to the fluid movements of the exercise, it is a safe form of exercise for individuals with arthritis, but of great benefit to all. Call to inquire about OFA's Senior Fitness Directory.

Phone: (607) 832-5750 Fax: (607) 832-6050

Email: ofa@co.delaware.ny.us

Bingocize®

Delaware County Office for the Aging
97 Main Street, Suite 2 Delhi, NY 13753

Web: www.co.delaware.ny.us/departments/ofa/wellness.htm

Bingocize® is a 10-week, evidence-based health promotion program approved through both SNAP-Ed and The National Council on Aging (NCOA). Bingocize® combines exercise and health information with the familiar game of bingo, which is a great and fun way to get seniors moving and socializing. It's meant to be played twice a week on nonconsecutive days. Each session usually lasts 45-60 minutes. We have various "curriculum" workshops such as Exercise Only, Falls Prevention, and Nutrition, some of which are more appropriate than others for your particular group of seniors, depending on their level of physical and cognitive ability. Bingocize® can be implemented remotely or in a traditional face-to-face setting.

Phone: (607) 832-5750 Fax: (607) 832-6050

Email: ofa@co.delaware.ny.us

Prescription Trails

Web: www.getoutandwalk.org

The Prescription Trails, or 'Script Trails' initiative focuses on increasing the number of steps a person takes, to prevent chronic disease, increase physical activity in youth and adults, promote healthy lifestyles and reduce illness. The website provides a variety of walking routes and hiking trails within the area, based on individual ability level.

Catskill Recreation Center

651 County Route 38, Arkville, NY 12406

Web: www.catskillrecreationcenter.org

Hours: Tues – Fri 6am – 7, 8am – 5pm Sat - Sun

The Catskill Recreation Center offers a six-lane Olympic-sized pool, a "family pool", locker rooms, and a separate 4,000-square-foot room offering a variety of exercise and workout equipment and classes.

Phone: (845) 586-6250

Email: info@catskillrecreationcenter.org

Catskill Mountain Club

Phone: (845) 676-3643

Web: www.catskillmountainclub.org

The Catskill Mountain Club is an all-volunteer organization dedicated to providing a wide range of non-motorized outdoor activities throughout the larger Catskill Mountain region. These activities include hiking, camping, cycling, climbing, snowshoeing, kayaking and canoeing for all ages and activity levels.

Email: info@catskillmountainclub.org

SUNY Delhi Aquatics Center

Kunsela Hall, 2 Main Street, Delhi, NY 13753

Web: www.delhibroncos.com

Hours: Call or check website for hours. Vary based on school year.

Various water exercise is available for all levels, including water aerobics, swimming lessons, lap swim, and open swim. A Hydro Lift is also available for entry into the water.

Phone: (607) 746-4263 Fax: (607) 746-4119

Email: kolodzie@delhi.edu

The Cardio Club and Delhi Dance Studio

17 Elm Street, Delhi, NY 13753

Web: www.thecardioclub.com

Hours: 24 hours a day

Provides a large array of fitness opportunities, for all levels, including cardio and strength training equipment, fitness and dance classes, and personal training.

Phone: (607) 746-7050

Email: raegan@raegan.com

Stamford Gym

32 Main Street, Stamford, NY 12167

Hours: 24 Hours/day

Phone: (607) 214-4075

Alma Yoga

67 Pennsylvania Avenue, Hancock, NY 13783

Web: www.almayoga.com

Hours: 10:00 – 11:30am, Sat & Sun

Phone: (607) 637-4444 or (917) 697-2776

Email: almayoga@yahoo.com

Zumba

Delhi

The Cardio Club

17 Elm Street, Delhi, NY 13753

Phone: (607) 746-7050

Sidney

ABC Center for Performing Arts

5-7 Division Street, Sidney, NY 13838

Phone: (607) 563-8667

Deposit

First United Methodist Church

109 2nd Street, Deposit NY 13754

Phone: (607) 467-2290

Oneonta

Southside Chiropractic

531 S. Side Drive, Oneonta, NY 13820

Phone: (607) 433-9661

Catskill Dance Moves

44 West Street, Walton, NY 13856

Web: www.catskilldancemoves.com

Hours: 4:00 – 7:00pm, Mon – Fri

Offers ballet, jazz, tap, and Zumba classes.

Phone: (607) 865-7341

Email: catskilldancemoves@gmail.com

Benefits of Physical Activity

People with disabilities or mobility issues can still achieve important health benefits by being as physically active as possible. Physical activity can help:

- Maintain and improve physical strength and stamina
- Improve a person's ability to do things they want to do
- Improve balance, reducing the risk for falls
- Manage and prevent diseases like diabetes, heart disease, breast and colon cancer, and osteoporosis
- Reduce feelings of depression, improve mood and overall well-being, and may improve or maintain cognitive function.

Note: Older adults and persons with disabilities should first consult a physician before beginning a program of physical activity to which they are unaccustomed.

Senior Dining Centers

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782

Web: www.delawareopportunities.org/senior-dining

Hours: 11:45am – 12:30pm, Mon - Fri

The Office for the Aging contracts with Delaware Opportunities, Inc. to provide nutrition services for Delaware County residents age 60 and older, and their spouses. Nutritious meals are available at the Senior Dining sites, and Home Delivered Meals are provided to seniors who are unable to get to the dining centers.

Phone: (607) 746-1600 Fax: (607) 746-1605

Email: PWarfield@delop.org

Email: RAngerer@delop.org

Senior Dining Centers

Delhi Senior Dining Center

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753

(607) 746-2250

Transportation available to site.

Grand Gorge Senior Dining Center

Grand Gorge Civic Center

Route 30, Grand Gorge, NY 12434

(607) 588-6166

No transportation available.

Hancock Senior Dining Center

Hancock Baptist Church

232 Wheeler Street, Hancock, NY 13783

(607) 637-2219

Transportation available within village limits

Margaretville Senior Dining Center

Methodist Church

55 Church Street, Margaretville, NY 12455

(845) 586-4764

Transportation available within village limits

Sidney Senior Dining Center

Sidney Civic Center

21 Liberty Street, Sidney, NY 13838

(607) 563-2212

Transportation available within village limits

Walton Senior Dining Center

St. John the Baptist Roman Catholic Church

15 Benton Avenue, Walton, NY 13856

(607) 865-6739

Transportation to site within a 15 mile radius

Downsville Senior Dining Center

Downsville Fire Department

15166 NY-30, Downsville, NY 13755

(607) 363-9705

Deposit Senior Center

Christ Episcopal Church

14 Monument Street, Deposit, NY 13754

Web: www.gobroomecounty.com/senior/deposit

Hours: Tue & Thu, 9:00am to 2:30pm; Lunch Served: 12:30 pm

Phone: (607) 467-3953

Friendship Table

Deposit Foundation

119 Front Street, Deposit, NY 13754

Web: www.depositfoundation.com/friendship-table

Meals are offered at no charge to members of the community on Wednesdays, twice a month (September through May) at the First United Methodist Church to offer socialization and friendship.

Phone: (607) 467-4000 Fax: (607) 467-4399

Email: depositfoundation@gmail.com

Supplemental Nutrition Assistance Program (SNAP)

Delaware County Department of Social Services

111 Main Street, Delhi, NY 13753

Phone: (607) 832-5300 Fax: (607) 832-6030

Web: www.mybenefits.ny.gov

SNAP, formerly known as the food stamp program, issues monthly electronic benefits that can be used like cash at authorized retail food stores. Eligibility and benefit levels are based on household size, income, and other factors.

SNAP (Food Stamp) Advocacy

Delaware Opportunities, Inc.

35430 State Hwy 10, Hamden, NY 13782

Phone: (607) 746-1667 Fax: (607) 746-1619

Web: www.delawareopportunities.org

Email: kwagner@delop.org

Hours: 8:00am – 4:00pm, Mon – Fri

The Nutrition Advocate helps people apply for SNAP, WIC and other nutrition assistance programs through application assistance and advocacy.

Emergency Food Pantry Network

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782

Phone: (607) 746-1685 Fax: (607) 746-1605

Web: www.delawareopportunities.org

Email: KShort@delop.org

The Emergency Food Pantry Network provides a 3-4-day supply of food to Delaware County residents who are temporarily without food or money.

Andes

266 Depot Street, Andes, NY 13731

Hours: Fridays 3pm – 6pm

Colchester

Methodist Church

15151 State Highway 30, Downsville, NY 13755

Hours: Wednesday 10am – 12pm

(607) 363-7363

Bloomville

St. Paul's Episcopal church

464 River Street, Bloomville, NY 13739

Hours: Wednesdays 1pm – 3pm

Deposit

Council of Churches, Sanford Town Hall

91 Second Street, Deposit, NY 13754

Hours: Thursdays 3pm – 6pm

(607) 727-3266

Davenport

West Davenport Free Baptist Church

11790 State Route 23, Davenport, NY 13750

Hours: 3rd Fridays 4pm – 6pm; 3rd Saturdays 10am – 12pm

(607) 432-7840

East Branch

Earl Pomeroy Memorial Center

25 Church Street, East Branch, NY 13756

Hours: Thursdays, 1pm – 2:30pm, or as needed

Delhi

United Ministry Church

1 Church Street, Delhi, NY 13753

Hours: Mon 1pm – 3pm; Thursdays 3:30pm – 5:30pm

(607) 746-2191

Franklin

574 Main Street, Franklin, NY 13755

Hours: 2nd & 4th Fridays: 5pm – 7pm

(607) 386-1601

Grand Gorge

Civic Center

60933 State Hwy 30, Grand Gorge, NY 12434

Hours: 2nd & 4th Thursdays 10am – 12pm

Hamden

Delaware Opportunities

35430 State Hwy 10, Hamden, NY 13782

Hours: Monday – Friday 8am – 12pm, 1pm – 4pm

(607) 746-1685

Hancock
Father Rausch Memorial Hall
346 West Main Street, Hancock, NY 13783
Hours: Tuesdays 1pm – 3pm
(607) 637-2571 or (570) 635-5917

Margaretville
42838 St Hwy 28, Suite 2
Margaretville, NY, 12455
Hours: Mon 10am – 12pm; Friday 4pm – 6pm
(845) 586-3992 or (845) 417-5672

Roxbury
United Methodist Church
53765 St. Rt. 30, Roxbury, NY 12474
Hours: Tues 4pm – 6pm; Sat 10am – 12pm
(607) 326-7174 or (607) 326-7774

Sidney Center
United Methodist Church
10593 Co. Hwy 23, Sidney Center, NY 13839
Hours: As needed
(607) 369-7597

Kortright
North Kortright Presbyterian Church
Hours: As needed/will deliver
(607) 652-4006 or (607) 435-0604

Masonville
Federated Church
Corner of Rte 8 & 206, Masonville, NY 13804
Hours: 3rd Wednesday 11am – 1pm
(607) 265-9265 or (607) 265-3793

Sidney
United Methodist Church
12 Liberty Street, Sidney, NY 13838
Hours: Mon & Thurs 9:30am – 11:30pm;
Last Thursday of the month 5pm – 6:30pm
(607) 843-8381 or (607) 895-6805

Walton
United Presbyterian Church
58 East Street, Walton, NY 13856
Hours: Tues 11am – 1pm

Cornell Cooperative Extension

34570 State Highway 10, Hamden, NY 13782

Web: www.ccedelaware.org

Farmers' markets have been established for the convenience of local residents, and participants in the Farmers' Market Nutrition Program (FMNP) through WIC and Delaware County Office for the Aging. In addition to cash sales, WIC clients and income eligible senior citizens may redeem their farmers' market nutrition program coupons at the following local markets: (*Note: Generally available June through October)

Phone: (607) 865-6531 Fax: (607) 865-6532

Email: delaware@cornell.edu

Delhi Farmers' Market
Courthouse Square Main Street
June 2 – September 29
Wednesdays 9am – 2pm

Covered Bridge Farmers' Market
309 Covered Bridge Rd, Unadilla
July 1 – October 31
Daily 10am – 6pm

Catskill Cattle Farm Stand
96 Laurel Bank Ave, Deposit
Year Round
Daily 11am – 6pm, Nov – Apr by apt only

Walton Farmers' Market
Veterans Plaza 181 Delaware St.
July 2 – September 24
Fridays 10am – 2pm

Pakatakan Farmers' Market
Round Barn of Halcottville
46676 State Hwy 30
May 15 – November 27
Saturday 9am – 1pm

Franklin Farmers' Market
Chapel Hall, 25 Institute St
May 30 – October 10
Sunday 10am – 2pm

Senior Farmers' Market Nutrition Program (SFMNP)

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753

Phone: (607) 832-5750 Fax: (607) 832-6050

Web: www.co.delaware.ny.us/departments/ofa/ofa.htm

Hours: 8:00am – 4:00pm, Mon - Fri

SFMNP provides low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at farmers' markets, roadside stands, and community-supported agriculture programs.

Women, Infants, and Children (WIC)

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782

Phone: (607) 746-1700 Fax: (607) 746-1619

Web: www.delawareopportunities.org/wic

Email: AByrne@delop.org

Hours: 8:00am – 4:00pm, and some after hours

Women, Infants, and Children (WIC) provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five.

Community Meal Sites

Free Community Supper	Christ Church 41 Gardner Place, Walton	(607) 865-4698	Last Wednesday of month 4:30 – 6:00pm
Friendship Table Deposit Foundation	First United Methodist Church 107 Second Street, Deposit	(607) 467-4000	3rd Wednesday: Sept-May 4pm until food is gone
Share the Bounty	Roman Catholic Church 15 Liberty Street, Sidney	(607) 563-1591	Last Thursday of month: beginning September 4:30 – 6:30pm
Soup-It-Up Night	New Hope Community Church 45 Stockton Avenue, Walton	(607) 865-5436	Tuesdays: Sept - May 5:00 – 6:00pm
St Paul Free Lunch	St. Paul Episcopal Church 25 River Street, Sidney	(607) 759-6560	Wednesdays 9:30 – 11:30am
Walton Community Meal	United Methodist Church 101 North Street, Walton	(607) 865-5765	Thursdays 4:30 – 5:30pm



HEALTH EDUCATION

Delaware County Public Health

99 Main Street, Delhi, NY 13753

Web: www.delawarecountypublichealth.com

Hours: 8:00am – 4:00pm, Mon – Fri

Public Health partners with community agencies and individuals to provide programs to improve the health of Delaware County residents through health fairs & community events.

Phone: (607) 832-5200 Fax: (607) 832-6021

After Hours: (607) 832-5555

Delaware County Rural Healthcare Alliance

34570 State Hwy 10, Suite 2, Hamden, NY 13782

Web: www.ccedelaware.org

The Rural Healthcare Alliance proactively: 1) addresses local healthcare workforce recruitment, retention and development; 2) promotes increased access to quality health and wellness services; 3) facilitates improved health and well-being among Delaware County residents.

Phone: (607) 865-6531 Fax: (607) 865-6532

Email: delaware@cornell.edu

UHS Nurse Direct0025

33 Lewis Rd, Binghamton, NY 13905

Web: www.nyuhs.org/wellness/nurse-direct

Hours: 8am – 8pm, Mon – Sun

Nurses are available to answer health questions and provide referrals.

Phone: (607) 770-0025 or (607) 762-2200

Lifesteps® Weight Management Program

UHS Delaware Valley Hospital, Inc.

1 Titus Place, Walton, NY 13856

Web: www.nyuhs.org

The Lifesteps® Weight Management program is for people who are ready to change behaviors that prevent weight loss. It recognizes that people are unique, with different eating and exercise habits, weight loss goals and daily schedules. Other health education programs are offered throughout the year.

Phone: (607) 865-2159

Email: cathleen.mclachlan@nyuhs.org

American Cancer Society

13 Beech St., Johnson City, NY 13737

Web: www.cancer.org

Hours: 8:30am – 4:30pm, Mon - Fri

The American Cancer Society provides information and resources related to all forms of cancer.

Phone: (607) 766-6900

Toll Free: (800) 227-2345

American Diabetes Association

P.O Box 7023, Merryfield, VA, 12116

Web: www.diabetes.org

Phone Hours: 8:00am – 8:00pm, Mon - Fri

The American Diabetes Association provides information and resources about diabetes.

Phone: (518) 218-1755

American Heart Association

Web: www.heart.org

Phone: (800) 242-8721

The American Heart Association provides public health education, information and resources to fight cardiovascular disease and stroke.

American Lung Association

418 Broadway 2nd Floor, Albany, NY 12207

Phone: (518) 465-2013

Web: www.lung.org

Hours: 8:30am-4:30pm

The American Lung Association provides health education, information & resources related to lung disease.

Smoking Cessation**UHS Nurse Direct**

33 Lewis Rd Binghamton, NY 13905

Phone: (607) 770-0025

Web: www.nyuhs.org/wellness/tobacco-cessation/

Hours: 8:00am – 8:00pm, Mon – Sun

The UHS Stay Healthy Center has many available opportunities for individuals who wish to quit tobacco use and to stop smoking. Services are available via telephone, or at the UHS Stay Healthy Center.

O'Connor Hospital

460 Andes Road, Delhi, NY 13753

Phone: (607) 746-0300

Web: www.bassett.org/oconnor-hospital

Offers 5-week smoking cessation course.

Friends of Recovery of Delaware and Otsego Counties, Inc.

22 Elm Street, Oneonta, NY 13820

Phone: (607) 267-4435 Fax: (607) 267-4534

84 Main Street, Delhi, NY 13753

Phone: (607) 746-3570

Web: www.friendsofrecoverydo.org

Offers the Butt Stops Here smoking cessation program, which is a seven-week series designed to provide the support and assistance needed to quit smoking.

New York State Smokers' Quitline

Web: www.nysmokefree.com

Phone: (866) NY QUIT / (866) 697-8487

Call Hours: Mon-Thurs, 9am-9pm, Fri-Sun, 9am-5pm

Deaf, hard of hearing & Speech disabled: 7-1-1

The New York State Smokers' Quitline is free and confidential service that provides effective stop smoking services to New Yorkers who want to stop smoking.

HEALTH INSURANCE

Medicare

Medicare Contact Center Operations
P.O Box 1270, Lawrence, KS 66044
Web: www.medicare.gov

Phone: (800) 633-4227

Medicare is health insurance for individuals age 65 and over, people under age 65 with disabilities, or people with end-stage renal disease. Medicare Part A helps cover inpatient hospital care, skilled nursing care, Hospice, and home health care; Part B helps cover doctor's services, hospital outpatient care, home health care, and some preventative services; and Part D helps cover prescription drugs.

Medicaid / Medical Assistance

Delaware County Department of Social Services
111 Main Street, Delhi, NY 13753
Web: www.co.delaware.ny.us/departments/dss/ma.html
Hours: 8:00am – 4:00pm, Mon - Fri

Phone: (607) 832-5300 Fax: (607) 832-6030

Medical Assistance is the term used in NYS for Medicaid Programs. The traditional, very comprehensive programs are fee-for-service Medicaid, and Managed Care Medicaid. Both these programs are for individuals and families who meet income and resource guidelines. Chronic Care Medicaid is also available for nursing homes and long term home health care services.

Child Health Plus / Family Health Plus

Delaware County Department of Social Services
111 Main Street, Delhi, NY 13753
Web: www.co.delaware.ny.us/departments/dss/ma.html
Hours: 8:00am – 4:00pm, Mon - Fri

Phone: (607) 832-5300 Fax: (607) 832-6030

Child Health Plus is available for children under 19 who meet income guidelines. Family Health Plus is a Medical Assistance Program for adults 19-64 with higher income and resource guidelines. Participants receive coverage through a managed care organization.

NY State of Health

Web: www.nystateofhealth.ny.gov
Hours: 8:00am – 8:00pm, Mon – Fri; 9:00am – 1:00pm, Sat

Phone: (855) 355-5777

TTY: (800) 662-1220

The NY State of Health website is the official healthcare marketplace to shop, compare and enroll in a low-cost quality health plan. Financial assistance is also available, based on income, to lower health plan costs.

Health Insurance Navigators

HIICAP (Health Insurance Information, Counseling, and Assistance Program)

Delaware County Office for the Aging
97 Main Street, Suite 2, Delhi, NY 13753
Web: www.co.delaware.ny.us/departments/ofa/ofa.htm
Hours: 8:00am – 4:00pm, Mon - Fri

Phone: (607) 832-5750 Fax: (607) 832-6050

Email: victoria.ladlee@co.delaware.ny.us

HIICAP provides Medicare eligible people with assistance in enrolling in Medicare, selecting and enrolling in secondary insurance, Part D plans, application for EPIC, Medicare Savings Programs/Extra Help and billing and complaint assistance. Presentations and educational materials on the above topics are also available.

Health Insurance Assistance

Chenango Health Network

24 Conkey Avenue, Norwich, NY 13815

Web: www.chenangohealth.org

Phone: (607) 337-4128 Fax: (607) 337-4276

Email: info@chenangohealth.org

The Health Insurance Assistance Program helps area residents to obtain health insurance through the NY State of Health Insurance Marketplace. Navigators guide individuals through the enrollment process, help them find the right health insurance based on their needs, and work with them to determine if they can get financial assistance to reduce the cost of coverage. As of 8/1/2019, there will no longer be a site in Delaware County. Individuals requesting assistance must go to the Norwich location.

Health Insurance Assistance

Mothers & Babies Perinatal Network of SCNY, Inc.

457 State Street Binghamton, NY 13901

Web: www.mothersandbabies.org

Phone: (607) 772-0517 Fax: (607) 772-0468

The Health Insurance Assistance Program helps area residents to obtain health insurance through the NY State of Health Insurance Marketplace. Navigators guide individuals through the enrollment process, help them find the right health insurance based on their needs, and work with them to determine if they can get financial assistance to reduce the cost of coverage.

Healthcare & Patient Rights Helpline

New York StateWide Senior Action Council, Inc.

275 State Street, Albany, NY 12210

Web: www.nysenior.org

Phone: (800) 333-4374 Fax: (518) 436 7642

Email: info@nysenior.org

StateWide has experienced and certified insurance counselors available to provide assistance to seniors and their caregivers, to help people understand Medicare options and prescription drug coverage. Assistance is available to help consumers review options, select a plan, and answer any questions regarding Medicare and other related services.

Managed Long Term Care Plans

~ See In-Home Services Section

Low Income and Senior Housing

Circle Drive Apartments
232 Circle Drive, Sidney, NY 13838
(607) 563-8333

Westbrook Apartments
141 East Street, Walton, NY 13856
(607) 865-8762

Delhi Senior Community
7 Main Street, Delhi, NY 13753
(607) 746-8142

M-Ark Apartments
10 Church Street, Arkville, NY 12406
(845) 586-3500

Mountain Laurel Gardens
55 Lamphere Lane, Arkville, NY 12406
(845) 586-5116

Read Memorial Senior Housing Apartments
266 Yendes Street, Hancock, NY 13783
(607) 637-4600

Sidney Community Apartments
500 Circle Drive, Sidney, NY 13838
(607) 563-8208

Stamford Village Apartments
125 Main Street, Stamford, NY 12167
(607) 652-2823

Sidney Municipal Apartments
21 Liberty Street, Sidney, NY 13838
(607) 563-7979

Dean's Landing
4 Graham Drive, Stamford, NY 12167
(607) 652-7892

Delhi Manor Apartments
306 Phoebe Lane, Delhi, NY 13753
(607) 746-6452

Grand Gorge Apartments
60991 State Hwy 30, Grand Gorge, NY 12434
(607) 652-2823 x104

Meadow Park Apartments
85 Fair Street, Deposit, NY 13754
(607) 235-0722

Mountain View Estates
16 Munn Street, Walton, NY 13856
(607) 865-4278

Sherwood Landing Apartments
3 Landing Drive, Sidney, NY 13838
(607) 604-4455

Sidney Senior Village
200 Fox Street, Sidney, NY 13838
(607) 563-8000

Unadilla Neighborhood Apartments
71 Clifton Street, Unadilla, NY 13849
(607) 369-2787

Supported Apartments

Supported Apartments

Rehabilitation Support Services
132 Delaware Street, Walton, NY 13856
Web: www.rehab.org

Phone: (607) 865-3158 Fax: (607) 865-8333

Supported Apartments are non-licensed apartment living with rental assistance and case management housing support services provided to help individuals secure and maintain successful community living.

Family Type Adult Homes (Level I)

LaValley Family Home

259 Main Street, East Branch, NY 13756

Phone: (607) 363-2703

A Family Type Adult Home for up to four residents, with rooms upstairs. Private pay accepted.

Wright's Home for Adults

389 County Hwy 3, Margaretville, NY 12455

Phone: (845) 586-2308

A Family Type Adult Home for up to four residents. Private pay accepted.

Adult Homes (Level II)

Robinson Terrace Senior/Assisted Living

One Buntline Drive, Stamford, NY 12167

Phone: (607) 652-2960 Fax: (607) 652-2962

Web: www.robinsonterrace.org

Robinson Terrace Senior/Assisted Living offers private studios, as well as one and two bedroom apartment style rooms with private baths. Many rooms have kitchenettes, in addition to private living areas. SSI and private pay accepted.

Assisted Living

Hampshire House

1846 County Hwy 48, Oneonta, NY 13820

Phone: (607) 432-6171 Fax: (607) 432-5045

Web: www.pslgroupllc.com/locations/hampshire-house/

Hampshire House is an assisted-living facility which provides long-term residential care, room, board, housekeeping, 24-hour personal care, a varied activity schedule, and 24-hour supervision. A memory care unit is also available for individuals with Alzheimer's and other dementias.

Robinson Terrace Senior Living

One Buntline Drive, Stamford, NY 12167

Phone: (607) 652-2960 Fax: (607) 652-2962

Web: www.robinsonterrace.org

Robinson Terrace Senior/Assisted Living offers private studios, as well as one- and two-bedroom apartment style rooms with private baths. Many rooms have kitchenettes, in addition to private living areas. Medicaid, Long Term Care Insurance, and private pay accepted.

Robynwood

43 Walnut Street, Oneonta, NY 13820

Phone: (607) 432-6387 Fax: (607) 643-0195

Web: www.robynwood.com

Email: elaine.sobey@robynwood.com

Robynwood is an assisted living facility offering companionship, housekeeping, nutritional meal preparation, assistance with personal needs, shopping, errands, and medication assistance and monitoring.

The Plains at Parish Homestead

163 Heritage Circle, Oneonta, New York 13820

Web: www.plainsatparish.com

The Plains at Parish Homestead is an active adult community, which offers a variety of housing options including Patio Homes, Independent Living, Assisted Living, and Memory Care.

Phone: (607) 267-4013 Fax: (607) 267-4971

Email: srotolo@plainsatparish.com

Woodside Hall, LLC

One Main Street, Cooperstown, NY 13326

Web: www.woodsidehall.net

Woodside hall, LLC, is a New York State Certified Adult Home, Respite Care, and Social Day Program located in historic Cooperstown within minutes to a world-class hospital and many cultural institutions. The Adult Home services provide seniors with a long-term, intimate home-like environment with 24 suites, each with a private bath. The personalized and compassionate care is geared toward maintaining independence while providing a safe environment. Woodside Hall, LLC, has a high staff-to-resident ratio, who provide 24 hours, 7 days a week care. Staff assist with medications, treatments, medical appointment and activities of daily living.

Phone: (607) 547-0600 Fax: (607) 547-0601

Email: karen@woodsidehall.net

Certified Residential Opportunities

Community Residence

Broome DDRO Front Door

229-231 State Street, Binghamton, NY 13901

Phone: (607) 240-4900

A Community Residence (CR) is a residential program that provides both supervised and supportive living environments. Individuals living in a Supervised CR have staff immediately available on site 24/7 and include supplies for daily living, like food and toiletries. Supervised In a *Supportive* CR, staff is on site only during certain times of the day and up to 20 hours per week.

Family Care

Broome DDRO Front Door

229-231 State Street, Binghamton, NY 13901

Phone: (607) 240-4900

OPWDD's Family Care program provides community-based residential housing in certified private homes to provide residential services to individuals of all ages who are developmentally disabled and unable to live independently.

Individualized Residential Alternative (IRA)

Broome DDRO Front Door

229-231 State Street, Binghamton, NY 13901

Phone: (607) 240-4900

An Individualized Residential Alternative (IRA) is a type of community residence that provides room, board and individualized service options. Supervised IRAs provide 24-hour staff support and supervision for up to 14 residents, whereas Supportive IRAs are limited to 3 or fewer individuals and provide need-based supports and services for those who are living in their own homes or apartments, but do not require 24-hour staff supervision.

Intermediate Care Facility (ICF)

Broome DDRO Front Door

229-231 State Street, Binghamton, NY 13901

Phone: (607) 240-4900

ICFs serve individuals who are unable to care for their own basic needs, and require heightened supervision and structure, support and resources that define this program type. ICFs provide 24-hour staffing supports for individuals with specific adaptive, medical and/or behavioral needs and includes intensive clinical and direct-care services, professionally developed and supervised activities (day services) and a variety of therapies.

Skilled Nursing Facilities

Mountainside Residential Care Center

42158 NY-28, Margaretville, NY 12455

Phone: (845) 586-1800 Fax: (845) 586-1933

Email: info@hahv.org

Mountainside is a five-star quality rated 82-bed Medicare and Medicaid-certified nursing home providing comprehensive skilled nursing 24 hours a day. Mountainside is among the top 10% of nursing homes nationwide.

Robinson Terrace Skilled Nursing Facility

28652 New York 23, Stamford, NY 12167

Phone: (607) 652-7521 Fax: (607) 652-3362

Web: www.robinsonterrace.org

Robinson Terrace Skilled Nursing Facility is a 120-bed facility separated into three different units, Courtyard, Mountainview and Bathgate, and each unit offers clean and comfortable semi-private and private rooms.

Roscoe Regional Rehabilitation & Residential Health Care Facility

420 Rockland Road, Roscoe, NY 1277

Phone: (607) 498-4121 Fax: (607) 498-4465

Roscoe Community Nursing Home is an 85 bed skilled nursing facility with rooms that are private and semi-private with full baths.

Fox Nursing Home

One Norton Avenue, Oneonta, NY 13820

Phone: (607) 431-5980 Fax: (607) 431-5278

Web: www.bassett.org/ao-fox-hospital/services/for-seniors/fox-nursing-home/

Provides full service rehabilitation and nursing care through a comprehensive range of services.

Chestnut Park Rehabilitation & Nursing Center

330 Chestnut Street, Oneonta, NY 13820

Phone: (607) 432-8500 Fax: (607) 431-9027

Web: www.chestnutparkrehab.com

Email: admissions@chestnutparkrehab.com

Chestnut Park is an 80 bed sub-acute rehabilitation and nursing facility provide short term rehabilitation therapy, Alzheimer's / dementia care, and long term care through a comprehensive range of services. Accepts Medicare, Medicaid, and other private insurances.

New York State Veterans' Home at Oxford

4207 State Highway 220, Oxford, NY 13830

Phone: (607) 843-3100 Fax: (607) 843-3174

Web: www.nysvets.org/homes/oxford/default.aspx

Email: nysvets@norwich.net

The New York State Veterans' Home at Oxford is a 242 bed facility that provides state of the art medical, nursing, psychosocial, and rehabilitative services to our residents.

Delhi Rehabilitation & Nursing Center

41861 State Hwy 10, Delhi, NY 13753

Phone: (607) 464-4444 Fax: (607) 464-4445

Web: www.delhirehab.com

Email: info@delhirehab.com

Delhi Rehabilitation & Nursing Center is a brand new state-of-the-art, 176 bed skilled nursing and rehabilitation. The center will offer both short-term and long-term quality care and services to the surrounding community.

What's the process for moving into a nursing home?

Nursing homes are places to live where care is available for people who need 24-hour care and supervision outside of a hospital. When you or a loved one require this level of care, and are unable to remain at home any longer, the below steps will help in this transition.

The first step is to consider several nursing home options. There may not be space available at the nursing home that is your first choice, so it is helpful to have a few in mind. You will then contact the Admissions office of the facility of your choice. They will be able to explain the requirements for admission to their facility. They will provide you with applications, which generally include one for you or your caregiver/family to complete, and one for your doctor to complete. In addition, a PRI (Patient Review Instrument) and Screen will need to be completed by a certified Registered Nurse, employed by a Certified Home Health Agency (CHHA). In Delaware County, the two CHHAs include At Home Care or HCR Home Care. There is an out-of-pocket charge if you are not already enrolled in Medicaid, which must be paid at the time of completion.

If you are receiving care in a hospital, your doctor and the hospital Social Worker/ Discharge Planner will assist in making arrangements for your placement, preferably in the nursing home of your choice. By telling the hospital which nursing homes to apply to, you or your family can influence the location of the eventual placement.

For most families, financial assistance is needed in order to cover the cost of care in a facility. An application and eligibility guidelines for Chronic Care Medicaid are available through the Delaware County Department of Social Services.

More information is also available at the New York State Department of Health website:
www.health.ny.gov/facilities/nursing/select_nh/

Housing Assistance Programs

Section 8 and Family Self Sufficiency (FSS)

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782

Web: www.delawareopportunities.org

Phone: (607) 746-1650 Fax: (607) 746-1605

Email: Mwatson@delop.org

Section 8 and Family Self Sufficiency (FSS) are rental subsidy programs designed to help low-income individuals and families pay rent, thus allowing them to live in safe, sanitary, and healthy conditions.

Access to Home

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782

Web: www.delawareopportunities.org

Phone: (607) 746-1650 Fax: (607) 746-1605

Email: jgrevera@delop.org

Access to Home is a program designed to permit persons with disabilities to maintain residence or achieve residence either in their own homes or in rental units where other assistance is not available.

Rehabilitation Support Services, Inc.

132 Delaware Street, Walton, NY 13856

Phone: (607) 865-3158 Fax: (607) 865-8333

Web: www.rehab.org

Rehabilitation Support Services, Inc. (RSS) provides housing services to individuals with a mental health diagnosis including community residences, licensed apartment programs, and MICA residential services.

Habitat for Humanity

P.O Box 226, Delhi, NY 13753

Phone: (607) 746-9987

Web: www.habitatdelawarecounty.org

Email: habitatdelawarecounty@gmail.com

Habitat for Humanity in Delaware County builds and repairs simple, decent, affordable houses with those who lack adequate shelter.

Home Ownership Program

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782

Phone: (607) 746-1650 Fax: (607) 746-1605

Web: www.delawareopportunities.org

The Home Ownership Program provides assistance to first time homeowners to provide home ownership counseling to individuals interested in purchasing homes in Delaware County. Funding is available to assist with down payments, closing costs, prepaid expenses, and reduction in mortgage.

Caring Connections

Catholic Charities of Delaware, Otsego, and Schoharie Counties

176 Main Street, Oneonta, NY 13820

Phone: (607) 432-0061 Fax: (607) 431-9303

Hours: 8:30am – 4:30pm, Mon - Fri

21 Liberty Street, Sidney, NY 13838

Phone: (607) 604-4071 Fax: (607) 604-4274

Hours: Mon, Wed & Fri 8:30am – 12:30pm

Web: www.charitiesccdos.org

Caring Connections is offered to individuals and families who are struggling to meet their basic needs. Financial assistance can include: assistance with utilities including electric shut-offs, housing assistance, transportation assistance, and assistance with paying for essential medical costs.

Home Repair

Elderly Emergency Home Repair/RESTORE Program

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782

Phone: (607) 746-1650 Fax: (607) 746-1605

Web: www.delawareopportunities.org

Email: jgrevera@delop.org

This program assists individuals over age 60 with an income below 80% of median, with emergency home repairs. There is a maximum grant amount, and the residence must be an owner-occupied single-family home.

CDBG Housing Rehabilitation Program

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782

Phone: (607) 746-1650 Fax: (607) 746-1605

Web: www.delawareopportunities.org

The purpose of this rehabilitation program is to assist property owners, who meet program guidelines, in making repairs to their home. Grants are available for low-to-moderate income Owner Occupants. Owner Occupants of multi-family homes are eligible to receive a grant for their property if the owners as well as the tenants are income eligible for the program.

Western Catskills Community Revitalization Council, Inc.

125 Main Street, Suite A, Stamford, NY 12167

Phone: (607) 652-2823 Fax: (607) 652-2825

Web: www.westerncatskills.org

Funding to assist owner-occupied housing rehabilitation is available to eligible residents living in Harpersfield, Kortright, Middletown, Roxbury, and Stamford.

HOME Program

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782

Phone: (607) 746-1650 Fax: (607) 746-1605

Web: www.delawareopportunities.org

The purpose of the HOME rehabilitation program is to assist property owners who meet program guidelines in making repairs to their home. Eligible homeowner income cannot exceed 50% of median income. Housing rehabilitation grants are available for up to \$25,000.

USDA Section 504 Repair Program

USDA Rural Development

108 Holiday Way, Schoharie, NY 12157

Phone: (518) 295-8600 Fax: (855) 889-1634

Web: www.rd.usda.gov/programs-services/single-family-housing-repair-loans-grants

USDA Rural Development provides financing to qualified very low-income homeowners to help make repairs or improvements to their home, such as health and safety hazards, home weatherization, or manufactured homes.

Homeless Assistance

Solutions to End Homelessness Program (STEHP)

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782

Phone: (607) 746-1667

Web: www.delawareopportunities.org

Email: jmerideth@delop.org

Hours: 8:00am – 4:00pm, Mon - Fri

STEHP is an emergency assistance program to provide short-term assistance to help stabilize housing. Homeless Prevention assistance is available to prevent an eviction, and Rapid Re-housing can assist homeless individuals in obtaining permanent housing.

Emergency Services

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782

Phone: (607) 746-1665 Fax: (607) 746-1619

Web: www.delawareopportunities.org

Email: Crestaino@delop.org

Hours: 8:00am – 4:00pm, Mon - Fri

The Emergency Services program provides assistance to families and individuals faced with emergencies. The advocate can advise clients and assist in obtaining services such as emergency food and shelter.

Salvation Army

Web: www.empire.salvationarmy.org

Phone: (315) 877-6079

Through a voucher system, the Salvation Army offers temporary assistance for emergency needs such as lodging, food, clothing, utilities and medical co-pays. Several service units are located within the County.

Caring Connections

Catholic Charities of Delaware, Otsego, and Schoharie Counties
176 Main Street, Oneonta, NY 13820
Hours: 8:30am – 4:30pm, Mon - Fri
21 Liberty Street, Sidney, NY 13838
Hours: 8:30am - 4:30pm, Mon, Wed & Fri
Web: www.charitiesccdos.org

Phone: (607) 432-0061 Fax: (607) 431-9303

Phone: (607) 604-4071 Fax: (607) 604-4274

Caring Connections is offered to individuals and families who are struggling to meet their basic needs. Financial assistance can include: assistance with utilities including electric shut-offs, housing assistance, transportation assistance, and assistance with paying for essential medical costs.

Adult Protective Services

Delaware County Department of Social Services
99 Main Street, Delhi, NY 13753
Web: www.co.delaware.ny.us/departments/dss/dss.htm
Hours: 8:00am – 4:00pm, Mon - Fri

Phone: (607) 832-5300 Fax: (607) 832-5367

Emergency After Hours: (607) 746-2336

Individuals who are homeless and have no other resources may be able to receive emergency shelter and assistance through the Department of Social Services.

Never Move Alone

Delhi, NY
Web: www.nevermovealone.com

Phone: (607) 746-6692

Email: nevermovealone@gmail.com

Never move alone is a fully insured and bonded company that can assist with developing an overall move plan. In addition, will assist with organizing, sorting, and downsizing. Services offered include rightsizing and decluttering, move management and dispersal of household items.



IN-HOME SERVICES

Emergency Response Systems

Link to Life

Delaware County Office for the Aging
97 Main Street, Suite 2, Delhi, NY 13753

Web: www.co.delaware.ny.us/departments/ofa/Emergency.htm

Hours: 8:00am – 4:00pm, Mon – Fri

Link to Life provides emergency help 24 hours a day by simply pushing a help button. The Office for the Aging can assist individuals in obtaining a unit and installation.

Phone: (607) 832-5750 Fax: (607) 832-6050

Email: ofa@co.delaware.ny.us

Note: Several private pay options are also available for Emergency Response Systems. Please contact NY Connects at (607) 832-5750 for a full list of providers.

Homemaking, Personal Care, and Nursing Services

Expanded In-home Services for the Elderly Program (EISEP)

Delaware County Office for the Aging
97 Main Street, Suite 2, Delhi, NY 13753

Web: www.co.delaware.ny.us/departments/ofa/EISEP.htm

Hours: 8:00am – 4:00pm, Mon – Fri

The EISEP program is designed to provide non-medical in-home services to individuals. It assists with activities such as housekeeping, dishwashing, shopping, meal preparation, running errands, or assistance with bathing, shampooing, shaving, and walking.

Phone: (607) 832-5750 Fax: (607) 832-6050

Email: ofa@co.delaware.ny.us

Office of Long-Term Care

Delaware County Department of Social Services
99 Main Street, Delhi, NY 13753

Web: www.co.delaware.ny.us/departments/dss/oltc.html

Hours: 8:00am – 5:00pm, Mon – Fri

Level I homemaking services are available to individuals receiving Medicaid who have medical needs in the home.

Phone: (607) 832-5300 Fax: (607) 832-5367

Emergency After Hours: 607-746-2336

New York Medicaid Choice (Maximus)

Web: www.nymedicaidchoice.com

Hours: 8:30am – 8:00pm, Mon – Fri; 10:00am – 6:00pm, Sat

New York Medicaid Choice is New York State's managed care enrollment program. This number should be contacted for Medicaid clients to access Level 2 in-home personal care services in Delaware County.

Phone: (855) 222-8350

Traumatic Brain Injury Medicaid Waiver

Catskill Center for Independence, Inc.
6104 State Hwy 23, Oneonta, NY 13820

Web: www.ccfi.us

Hours: 8:00am – 4:00pm, Mon – Fri

The TBI Waiver program provides specialized services to individuals with a traumatic brain injury (between the ages of 18-64), in their home, to prevent or circumvent nursing home placement.

Phone: (607) 432-8000 Fax: (607) 432-6907

Email: ccfi@ccfi.us

Nursing Home Transition and Diversion Waiver

Catskill Center for Independence, Inc.
6104 State Hwy 23, Oneonta, NY 13820
Web: www.ccfi.us

Phone: (607) 432-8000 Fax: (607) 432-6907
Email: ccfi@ccfi.us

Hours: 8:00am – 4:00pm, Mon – Fri

The NHTD Waiver program is available to individuals with disabilities and seniors, in order to receive supportive services in the community, rather than be placed in a nursing home.

Open Doors Program

Catskill Center for Independence, Inc.
6104 State Hwy 23, Oneonta, NY 13820
Web: www.ccfi.us

Phone: (607) 432-8000 Fax: (607) 432-6907
Email: ccfi@ccfi.us

Hours: 8:00am – 4:00pm, Mon – Fri

MFP helps eligible individuals who wish to transition from long-term care institutions, like nursing facilities and intermediate care facilities, into qualified community-based settings, including their own home.

Certified Home Health Agencies (CHHAs)

At Home Care

25 Elm Street, Oneonta, NY 13820
Web: www.bassett.org/at-home-care

Phone: (607) 432-7924 Fax: (607) 432-7927
Email: info@ahcnys.org

Hours: 8:30am – 5:00pm, Mon – Fri, 9:00am – 1:00pm, Sat

Provides in-home professional and para-professional services including nursing care, telehealth, rehabilitation therapy, personal care, and lifeline services.

HCR Home Care

297 Main Street, Oneonta, NY 13820
Web: www.hcrhealth.com/content/locations/delaware

Phone: (518) 254-7092 Fax: (607) 464-4041
Toll Free: (800) 270-4904

Provides home health services including nursing care, rehabilitation services, bathing and hygiene, meal planning and preparation, and laundry and light housekeeping.

Licensed Home Care Services Agencies (LHCSAs)

HCR Home Care

297 Main Street, Oneonta, NY 13820
Web: www.hcrhealth.com/content/locations/delaware

Phone: (518) 254-7092 Fax: (607) 464-4041
Toll Free: (800) 270-4904

Provides home health services including nursing care, rehabilitation services, bathing and hygiene, meal planning and preparation, and laundry and light housekeeping.

Robynwood Home Care Service Agency

43 Walnut Street, Oneonta, NY 13820
Web : www.robynwood.com

Phone: (607) 643-0193 Fax: (607) 643-0195
Email: mary.scofield@robynwood.com

Hours: 8:00am – 4:00pm, Mon – Fri; 24/7 On-call staff

Provides in-home services including light housekeeping, meal preparation, personal care assistance, medication assistance, shopping and errands. Robynwood also provides Traumatic Brain Injury (TBI) Medicaid Waiver Services, and Nursing Home Transition and Diversion (NHTD) Medicaid Waiver Services.

UHS Home Care

26 Conkey Ave, Eaton Center, Norwich, NY 13815
601 Riverside Drive, Johnson City, NY 13790
Web: www.nyuhs.org/care-treatment/home-care
Hours: 8:30am – 5:00pm, Mon – Fri

Phone: (607) 336-5130 Fax: (607) 336-5131
Phone: (607) 763-5600 Fax: (607) 763-8949
Alternate Phone: (800) 637-6561

UHS Home Care offers a wide array of services, including highly skilled, specialized nursing care, monitors and nutritional supplies, durable medical equipment and many therapies.

US Care Systems, Inc.

392 Chestnut Street, Oneonta, NY 13820
Web: www.uscaresystems.com
Hours: 8:30am – 4:00pm, Mon – Fri

Phone: (607) 432-9355 Fax: (607) 432-9362

Home care services are provided including homemaker and companion care, personal care, respite, nursing services, consumer directed care, and medication set-up. Traumatic Brain Injury (TBI) Medicaid Waiver Services, and Nursing Home Transition and Diversion (NHTD) Medicaid Waiver Services available.

Visiting Nurses Home Care

116 Aker Drive, Cobleskill, NY 12043
Web: www.vnhc.com
Hours: 8:30am – 4:30pm, Mon – Fri

Phone: (518) 234-4516 Fax: (518) 234-1065
Email: vnhc@vnhc.com

Home care services are available including personal care, homemaking, hospital and nursing home-based care, as well as live-in services.

Companion Services**Kaatskill Eldercare**

2000 County Highway 41, Roxbury, NY 12474
Email: kaatskilleldercare@gmail.com

Phone: (607) 373-9811

Provides respite, companion and overnight care, daily living assistance, comfort care, transportation, meal preparation, housekeeping, and healthcare navigation services.

Home Care Referral Agencies**AM/PM Homecare**

4219 County Hwy 10, East Meredith, NY 13757
Hours: 8:30am – 4:30pm, Mon – Fri (office hours)

Phone: (607) 434-5344

Provides non-medical home care services including grocery shopping, meal prep, transportation, light housekeeping, laundry, respite care, and pet care.

Around the Clock In-Home Care Referrals

5 ½ Main Street, Delhi, NY 13753
Web: www.atcinhomecare.org

Phone: (607) 746-7455
Email: atcinhomecarereferrals@gmail.com

Around The Clock In Home Care refers in-home personal and/or nursing care to those in need, including medication and treatment administration, personal care, meal preparation, and accompaniment to medical and non-medical destinations. Short term care is also available for patients' following surgery.

Consumer Directed Care

Consumer Directed Personal Assistance Program (CDPAP)

Concepts of Independent Choices, Capital District Center for Independence

50 Samsondale Plaza, Suite 207, West Haverstraw, NY 10993

Web: www.coiny.org

Phone: (845) 241-5222 Fax: (518) 689-0781

Email: jtaveras@coiny.org

CDPAP is a Medicaid program that provides services to chronically ill or physically disabled individuals who have a medical need for help with activities of daily living (ADLs) or skilled nursing services, and choose to self-direct their own services, including full responsibility for hiring, training, supervising, and, if need be, terminating the employment of persons providing the services.

Consumer Directed Personal Assistance Program (CDPAP)

Resource Center for Independent Living (RCIL)

131 Genesee Street, Utica, NY 13503

Web: www.rcil.com

Phone: (315) 797-4642 Fax: (315) 797-2579

Email: growe@rcil.com

A Consumer Directed Personal Assistance Program in which the Medicaid consumer selects, hires and supervises their own staff. CDPAP services are intended to permit chronically ill or physically disabled individuals receiving home care services greater flexibility and freedom of choice in obtaining such services.

Home Modification

Architectural Barrier Consultation

Catskill Center for Independence, Inc.

6104 State Hwy 23, Oneonta, NY 13820

Web: www.ccfi.us

Phone: (607) 432-8000 Fax: (607) 432-6907

Email: ccfi@ccfi.us

Hours: 8:00am – 4:00pm, Mon – Fri

CCFI provides an Architectural Barrier Consultant who is NYS Code Enforcement certified and is able to provide the homeowner, architect, or contractor with information on how to make a home accessible to people with disabilities.

The Arc of Delaware County

34570 State Highway 10, Walton, NY 13856

Web: www.delarc.org

Phone: (607) 865-7126 Fax: (607) 865-7129

Email: delarc@delarc.org

Hours: 8:00am – 4:30pm, Mon - Fri

The Arc is able to assist clients with acquiring adaptive equipment and applying for home modifications.

Access to Home

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782

Web: www.delawareopportunities.org

Phone: (607) 746-1650 Fax: (607) 746-1605

Email: housing@delawareopportunities.org

Access to Home is designed to permit persons with disabilities to maintain residence or achieve residence, either in their own homes or in rental units where other assistance is not available. Repairs are limited to accessibility issues.

Children's Waiver (I/II)

Delaware County Department of Social Services

111 Main Street, Delhi, NY 13753

Hours: 8:00am – 4:00pm

Phone: (607) 832-5300 Fax: (607) 832-5371

The CAH I/II program provides community-based services to physically disabled children who require hospital or skilled nursing home level of care, and allows the child to be at home instead of in an institutional setting.

Care at Home Waiver (Children's Waiver (III/IV/VI))

Broome DDR0 Front Door

229-231 State Street, Binghamton, NY 13901

Phone: (607) 771-7784 x 0

The OPWDD CAH waivers provide services to children with severe developmental disabilities and complex medical conditions living at home with their families. The program allows Medicaid to pay for some services not provided through "regular" Medicaid, such as case management, respite, home adaptations and vehicle modification.

Environmental Modifications

Access to Independence

26 North Main Street, Cortland, NY 13045

Phone: (607) 753-7363 Fax: (607) 756-4884

Web: www.aticortland.org

Email: mary.ewing@aticortland.org

Provides a comprehensive source of consultation, design, planning, construction, and project management services to meet the unique needs and specialized requirements of individuals, families, and businesses.

Medical Equipment and Supplies

First Community Care of Bassett

12 Commons Drive, Cooperstown, NY 13326

Phone: (607) 547-2173 Fax: (607) 547-2534

Web: www.bassett.org/fcc-medical-equipment/

Hours: 8:30am – 5:00pm, Mon - Fri

First Community Care of Bassett provides quality home care equipment, supplies and related services including free delivery, set-up and instruction; complimentary follow-up visits; and 24/7 on call services.

Symphony Medical Supply

5626 State Hwy 7, Oneonta, NY 13820

Phone: (607) 643-0257 Fax: (607) 643-0292

Web: www.symphonymedicalsupply.com

Email: customerhelp@symphonymedicalsupply.com

Symphony Medical Supply provides quality medical supplies such as compression hosiery, incontinent care, bathroom safety equipment, wheelchairs, respiratory and ostomy supplies.

Lincare, Inc.

440 Main Street, Oneonta, NY 13820

Phone: (607) 432-8280 Fax: (607) 432-0309

Web: www.lincare.com

Hours: 8:00am – 5:00pm, Mon - Fri

Lincare provides oxygen, respiratory and home infusion products and services to patients who suffer from respiratory diseases and seek an improved quality of life.

Sunshine PRN

420 Chestnut Street, Oneonta, NY 13820

Phone: (607) 432-6864 Fax: (607) 432-6866

Hours: 9:30am – 5:00pm, Mon – Fri; 9:30am – 12:00pm, Sat

Sunshine PRN provides medical surgical supplies for sale or rental with delivery. Other products include beds, wheelchairs, stair lifts, walkers, electric Lift Chairs, surgical fittings and supplies.

UHS Home Care

26 Conkey Ave, Eaton Center, Norwich, NY 13815

Phone: (607) 336-5130 Fax: (607) 336-5131

601 Riverside Drive, Johnson City, NY 13790

Phone: (607) 763-5600 Fax: (607) 763-8949

Web: www.uhs.net/care-treatment/home-care/

Alternate Phone: (800) 637-6561

Hours: 8:30am – 5:00pm, Mon – Fri

UHS Home Care offers a wide array of services, including nutritional supplies and durable medical equipment.

Loan Closets

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753

Phone: (607) 832-5750

American Legion Delhi

41 Page Avenue, Delhi, NY 13753

Phone: (607) 746-3276

American Legion Downsville

Back River Road, Downsville, NY 13755

Phone: (607) 363-2808

Catskill Center for Independence

6104 State Hwy 23, Oneonta, NY 13820

Phone: (607) 432-8000

Deposit's Closet

175 Front Street, Deposit, NY 13754

Hours: 10:00am – 4:00pm, Wed – Fri; 9:00am – 12:00pm, Sat

Phone: (607) 467-3850

Veterans of Foreign Wars

133 W. Main Street, Sidney, NY 13838

Phone: (607) 563-7711

First Congregational Church

4 Mead Street, Walton, NY 13856

Phone: (607) 865-406

Managed Long Term Care Plans

Fidelis Care at Home

5010 Campuswood Drive, East Syracuse, NY 13057

Web: www.fideliscare.org

Hours: 8:30am – 5:00pm, Mon – Fri

Fidelis Care at Home is a managed long-term care (MLTC) product for people who need long-term care services and have or are eligible for New York State Medicaid.

Phone: (800) 688-7422 Fax: (315) 437-4875

Nascentia Health Options

1050 West Genesee Street, Syracuse, NY 13204

Web: www.nascentiahealthoptions.org

Nascentia Health Options (formerly known as VNA Homecare Options) is a managed long-term care (MLTC) Medicaid plan that provides care for people who wish to remain in their homes.

Phone: (888) 477-4663

VNSNY CHOICE

1250 Broadway, 16th Floor, New York, NY 10001

Web: www.vnsnychoice.org/mltc

Hours: 9:00am – 5:00pm, Mon – Fri

VNSNY CHOICE MLTC, a health plan from the Visiting Nurse Service of New York, provides Medicaid-covered home care and long-term care services.

Phone: (866) 867-0047

iCircle

860 Hard Road, Webster, NY 14580

Web: www.icirclecarecny.org

iCircle is a managed long-term care plan for people who need long-term care services and have or are eligible for New York State Medicaid.

Phone: (844) 424-7253

Helios Care

Helios Care (formerly Hospice & Palliative Care)

297 River Street, Service Rd., Suite 1, Oneonta, NY 13820

Web: www.helioscare.org

Hours: 8:00am – 5:00pm, Mon – Fri

Helios Care provides care and support to patients with a life-limiting illness and supports families so they can care for their loved one. Emphasis is on optimum comfort measures that allow the patient to live as fully and comfortably as possible, with services in the home, in a hospital, or nursing home. 24-hour on-call support is also available.

Phone: (607) 432-5525 Fax: (607) 432-2519

Toll Free: (800) 306-3870

Email: info@helioscare.org

Although many people are familiar with Hospice, few are as knowledgeable or aware of what Palliative Care provides. Below is an overview, courtesy of Catskill Area Hospice and Palliative Care.

What is Palliative Care?

Palliative Care helps families and patients “feel better” who are experiencing a variety of symptoms and side effects from their serious, ongoing illness. Palliative Care is provided by the team of expert professionals at home or in a variety of other settings. The team works with you to develop a custom solution. A key focus of Palliative Care is to help identify your choices and what matters most to you.

How does Palliative Care work?

Palliative Care provides an extra layer of care and support along with your current and ongoing treatments. Palliative Care gives you a chance to live your life more comfortably and improve everyone’s quality of life.

What is the difference between Hospice Care and Palliative Care?

Hospice Care focuses on the final six months of life. Palliative Care is often provided to people while they undergo curative treatments where symptoms and side effects are quite common.

LEGAL SERVICES

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753

Web: www.co.delaware.ny.us/departments/ofa/LegalAid.htm

Hours: 8:00am – 4:00pm, Mon - Fri

Contracts with the Legal Aid Society of Mid-New York to assist older persons with legal counseling in several areas of law, such as Medicare, Medicaid, landlord/tenant disputes, wills, and Health Care Proxies.

Phone: (607) 832-5750 Fax: (607) 832-6050

Email: ofa@co.delaware.ny.us

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782

Web: www.delawareopportunities.org

Delaware Opportunities partners with Legal Services of Central New York to provide a free legal clinic two days a month for issues related to housing, education, public benefits, consumer debt, or access to healthcare. Income guidelines apply.

Phone: (607) 746-1665 Fax: (607) 746-1605

Email: delopp@delawareopportunities.org

Dispute Resolution Center

Catholic Charities of Delaware, Otsego, and Schoharie Counties

176 Main Street, Oneonta, NY 13820

Hours: 8:30am – 4:30pm, Mon - Fri

21 Liberty Street, Sidney, NY 13838

Hours: 8:30am - 4:30pm, Mon, Wed & Fri

Web: www.charitiesccdos.org

Hours: 8:30am – 4:30pm, Mon - Fri

The Dispute Resolution Center offers alternative dispute resolution services including arbitration, conciliation, facilitation, mediation and scribing for any type of dispute. Commonly mediated disputes include custody/visitation, divorce, lemon law, special education, agricultural and community disputes.

Phone: (607) 432-0061 Fax: (607) 431-9303

Phone: (607) 604-4071 Fax: (607) 604-4274

The Legal Aid Society of Mid-New York, Inc.

P.O. Box 887, Oneonta, NY 13820

Web: www.lasmny.org

Hours: 9:00am – 5:00pm, Mon - Fri

The Legal Aid Society of Mid-New York is a not-for-profit law office providing free legal information, advice and representation on civil (non-criminal) cases to people who can't afford a lawyer.

Phone: (607) 433-2220 Fax: (607) 433-1433

Rural Law Center of New York, Inc.

22 U.S. Oval, Suite 203, Plattsburgh, NY 12903

Web: www.rurallawcenter.org

The Rural Law Center provides critical legal assistance for many problems facing low-income, rural individuals. Assistance is provided in the areas of family law, consumer debt, and housing.

Phone: (518) 561-5460 Fax: (518) 561-5468

Toll Free: (866) 324-1183

Consumer Fraud and Protection Bureau

44 Hawley Street, 17th Floor, Binghamton, NY 13901

Web: www.ag.ny.gov/bureau/consumer-frauds-bureau

Hours: 8:30am – 6:00pm, Mon - Fri

Helps consumers with various complaints such as landlord/tenant disputes, housing discrimination, automobile, and fraud.

Phone: (607) 251-2770 Fax: (607) 338-1021

Consumer Hotline: (800) 251-2764

New York StateWide Senior Action Council, Inc.

275 State Street, Albany, NY 12210

Web: www.nysenior.org/wordpress/?page_id=122

New York StateWide Senior Action Council is a statewide membership organization of older New Yorkers who advocate for their interests and needs regarding services, programs and policies effecting older persons.

Phone: (800) 333-4374 Fax: (518) 436-7642

Email: info@nysenior.org

Disability Rights New York

725 Broadway, Suite 450, Albany, NY 12207

Web: www.disabilityrightsnyc.org

Disability Rights New York (DRNY) is the Protection & Advocacy System and Client Assistance Program (P&A/CAP) for persons with disabilities in New York. As the P&A/CAP for New York, DRNY advocates for the civil and legal rights for New Yorkers with disabilities.

Phone: (518) 432-7861 Fax: (518) 427-6561

Email: mail@DisabilityRightsNY.org

Advanced Directives

New York State Health Care Proxy

NYS Department of Health

Web: www.health.ny.gov/professionals/patients/health_care_proxy

Non-Hospital DNR

NYS Department of Health

Web: www.health.ny.gov/forms/doh-3474.pdf

Medical Orders for Life-Sustaining Treatment (MOLST)

NYS Department of Health

Web: www.health.ny.gov/professionals/patients/patient_rights/molst

Advanced Directives

Health Care Proxy

Allows you to appoint someone you trust to make health care decisions on your behalf if you are no longer able to do so.

Living Will

A Living Will is a written declaration of your health care wishes, which allows you to leave specific instructions about medical treatments you may or may not want, when you are no longer able to decide for yourself.

Do Not Resuscitate Order (DNR)

A DNR Order instructs medical professionals not to perform cardiopulmonary resuscitation (CPR), that is, emergency treatment to restart your heart or lungs when your heartbeat or breathing stops.

Medical Orders for Life-Sustaining Treatment (MOLST)

The MOLST form allows doctors to record your preferences regarding cardiopulmonary resuscitation (CPR), mechanical intervention, and other life sustaining treatments. MOLST must be completed by a health care professional and signed by a New York State licensed physician to be valid. A valid MOLST form serves as a "Physician Order Form" and can be transferred with you from one health care setting to another.

Power of Attorney

NYS Bar association

Web: www.nysba.org/WorkArea/DownloadAsset.aspx?id=22346

Provides a sample Power of Attorney form. These forms can be obtained at the Office for the Aging or local attorney offices for free.

Power of Attorney

What is a Power of Attorney?

A power of attorney is a legal document whereby one person (the Principal) gives legal authority to another person or persons (the Agents).

What are the different types of Powers of Attorney?

There are three kinds of Powers of Attorney in New York State.

If a person signs a **Non-durable Power of Attorney** (s)he gives the agent certain powers that take effect immediately. The power remains in effect only until the person dies, becomes incapacitated or revokes the power.

If a person signs a **Durable Power of Attorney**, (s)he gives the agent certain powers that take effect immediately and continue until the person dies or revokes the power. With this kind of power of attorney, the agent can continue to exercise the powers granted after the person becomes incapacitated.

If a person signs a **Springing Power of Attorney**, (s)he gives the agent certain powers that only go into effect upon a future condition, such as the person being declared incompetent by a physician. Once activated, this power remains in effect until the person dies or the power is revoked.

What kinds of powers can I grant with a Power of Attorney form?

You can grant the following powers with any of the above Power of Attorney forms:

- Buy and sell property
- Banking transactions
- Invest your money
- Start legal claims or represent in legal matters
- Handle tax and retirement matters
- Manage your property

Important: You can choose to give one or more powers to the agent. You do *not* have to give *all* of the powers to the agent.

Source: The Rural Law Center of New York, Inc. *New York State Senior Citizen Legal Resource Guide*

MEDICAL PROVIDERS

Hospitals

A.O. Fox Hospital

1 Norton Avenue, Oneonta, NY 13820
Web: www.bassett.org/ao-fox-hospital

Phone: (607) 432-2000

Bassett Medical Center

1 Atwell Road, Cooperstown, NY 13326
Web: www.bassett.org/bassett-medical-center

Phone: (607) 547-3456 or (800) 227-7388

Binghamton General Hospital

10-42 Mitchell Avenue, Binghamton, NY 13903
Web: www.nyuhs.org/locations/uhs-binghamton-general-hospital

Phone: (607) 762-2200

Delaware Valley Hospital

1 Titus Place, Walton, NY 13856
Web: www.nyuhs.org/locations/uhs

Phone: (607) 865-2100

Margaretville Hospital

42084 State Hwy 28, Margaretville, NY 12455
Web: www.margaretvillehosp.org

Phone: (845) 586-2631 Fax: (607) 586-1933

O'Connor Hospital

460 Andes Road, Delhi, NY 13753
Web: www.bassett.org/oconnor-hospital

Phone: (607) 746-0300

Tri-Town Regional Hospital

43 Pearl Street West, Sidney, NY 13838
Web: www.bassett.org/medical/locations/ao-fox-hospital-tri-town-hospital

Phone: (607) 563-7080

Primary and Preventative Care

Bassett Health Centers

245 Lower Main Street, Andes, NY 13731
460 Andes Road, Delhi, NY 13753
39 Pearl Street, Sidney, NY 13838
28650 Highway 23, Stamford, NY 12167
130 North Street, Walton, NY 13856
Web: www.bassett.org/community-health-centers/

Phone: (845) 676-3663 Fax: (845) 676-3665
Phone: (607) 746-0550 Fax: (607) 746-0568
Phone: (607) 561-2021 Fax: (607) 563-2663
Phone: (607) 652-2537 Fax: (607) 652-2719
Phone: (607) 865-6541 Fax: (607) 865-9164

Comprehensive, high-quality adult and pediatric primary care services are provided at each Health Center.

Gelder Medical Group

44 Pearl Street West, Sidney, NY 13838
Offers services in general medicine.

Phone: (607) 563-9961 Fax: (607) 563-8804

UHS Primary Care

53 Pine Street, Deposit, NY 13754

28315 State Highway 206, Downsville, NY 13755

1982 Old Route 17, Roscoe, NY 12776

44 Pearl Street, Sidney, NY 13838

2 Titus Place, Walton, NY 13856

Web: www.uhs.net/locations/uhs-delaware-valley-hospital/

The Primary Care Centers provide first rate primary and preventive care to area residents.

Phone: (607) 467-4195

Fax: (607) 467-6219

Phone: (607) 363-2517

Fax: (607) 363-7856

Phone: (607) 498-4800

Fax: (607) 498-5455

Phone: (607) 561-2200

Fax: (607) 561-2205

Phone: (607) 865-2400

Fax: (607) 865-7305

Lourdes Primary Care

39 East Main Street, Hancock, NY 13783

Phone: (607) 637-5700

Fax: (607) 637-5703

Web: www.lourdes.com/primary-care/locations/hancock/

Offers primary and preventative health care services for the entire family.

Immunizations

Delaware County Public Health

99 Main Street, Delhi, NY 13753

Phone: (607) 832-5200

Fax: 607-832-6033

Web: www.delawarecountypublichealth.com

Hours: 8:00am – 4:00pm, Mon – Fri

Childhood immunization clinics and information on adult immunizations.

Family Planning of South Central New York, Inc.

37 Pleasant Street, Sidney, NY 13838

Phone: (607) 432-2250

Fax: (607) 432-2984

130 North Street, Walton, NY 13856

Phone: (607) 432-2250

Fax: (607) 432-2984

37 Dietz Street, Oneonta, NY 13820

Phone: (607) 432-2250

Fax: (607) 432-2984

Web: www.fpscny.org

Hours: Sidney – 10:00am – 6:00pm, Tuesdays; Walton – 9:00am – 5:00pm, Wednesdays;

Oneonta – 9:00am – 5:00pm, Mon – Fri, Tues until 7:00pm, 9:00am – 1:00pm Saturdays twice a month

Offers full range of quality, affordable reproductive health care, with a focus on prevention and wellness.

Cancer Services Program

Bassett Healthcare Network

Phone: (888) 345-0225

The Cancer Services Program (CSP) provides breast, cervical and colorectal cancer screenings at no cost to women and men who do not have health insurance or have health insurance that does not cover the cost of these screenings. Income guidelines and age requirements apply. Services are provided in local clinics, health centers, doctors' offices and hospitals in every county by health care providers participating in the CSP.

Article 16 Clinics

Broome DDR0 Front Door

229-231 State Street, Binghamton, NY 13901

Phone: (607) 771-7784 x 0

OPWDD-certified treatment facilities that provide clinical services to individuals with developmental disabilities. Services may include: rehabilitation/habilitation; medical/dental services; and health care services.

Rehabilitation

Inpatient Physical Rehabilitation Program

UHS Delaware Valley Hospital, Inc.

1 Titus Place, Walton, NY 13856

Phone: (607) 865-2141

Web: www.uhs.net/care-treatment/physical-therapy-rehabilitation/

The Inpatient Physical Rehabilitation program is for those patients who have recovered from an acute care hospital stay but need additional recovery time before going home. It allows patients to stay in the hospital and receive therapy services as they gain strength following a debilitating illness or injury. The hospital also offers an outpatient physical rehabilitation program, along with occupational and speech therapy.

Restorative/Rehabilitative Care (Swing Bed) Program

O'Connor Hospital

460 Andes Rd, Delhi, NY 13753

Phone: (607) 746-0416

Web: www.bassett.org/oconnor-hospital

Provides outpatient Physical, Occupational, and Speech Therapy, as well as a Swing Bed Program providing inpatient rehabilitation and skilled nursing services for patients in between transitioning from hospital to home.

Rehabilitation Program

Margaretville Hospital

42084 State Highway 28, Margaretville, NY 12455

Phone: (845) 586-2631

Web: www.hahv.org/margaretvillehospital/margaretville-services/rehabilitation-program-swing-bed/

The Rehabilitation Program provides short term care in a hospital setting for a variety of patients who need care after hospitalization for an acute problem.

Physical Rehabilitation Services

Robinson Terrace

28652 New York 23, Stamford, NY 12167

Phone: (607) 652-7521 Fax (607) 652-3362

Web: www.robinsonterrace.org

The Rehabilitation Program is available to members of the community who are seeking short-term placement for rehab services following a fracture, surgery, etc., and are not able to be cared for at home until they are stronger or more independent.

Short Term Rehabilitation

Roscoe Regional Rehabilitation & Residential Health Care Facility

420 Rockland Road, Roscoe, NY 12776

Phone: (607) 498-4121 Fax: (607) 498-5576

Short-term Rehabilitation is available for people who are recovering from surgery or a stroke and who need therapy and aggressive rehabilitation services during a short-term residence before returning home.

Short Term Rehabilitation

Chestnut Park Rehabilitation & Nursing Center

330 Chestnut Street, Oneonta, NY 13820

Phone: (607) 432-8500 Fax: (607) 431-9027

Web: www.thegrandhealthcare.com/chestnut-park

Email: admissions@chestnutparkrehab.com

Chestnut Park is an 80 bed sub-acute rehabilitation and nursing facility providing short term rehabilitation therapy. Short stay rehab is designed to assist people who either need more intensive medical care than they could receive at home, or who have been discharged from the hospital but need additional time and support to recuperate.

Physical, Occupational, and Speech Rehabilitation

Delhi Rehabilitation & Nursing Center
41861 State Hwy 10, Delhi, NY 13753

Web: www.delhirehab.com

Phone: (607) 464-4444 Fax: (607) 464-4445

Email: info@delhirehab.com

Delhi Rehab is a 176-bed skilled nursing facility specializing in both short- and long-term care to residents of Delhi and its surrounding communities. Their in-house Rehabilitation department provides individually customized rehabilitation plans with measurable outcomes.

The road to recovery doesn't have to wait until after surgery. In fact, two aspects of the surgical experience critical to achieving a successful recovery are pre- and post-operative rehabilitation.

Pre-Operative Rehabilitation

Most of us are familiar with a comprehensive post-operative rehabilitation program designed to promote healing, reduce pain and swelling, restore joint mobility, flexibility and strength. However, many of us are not aware of the benefits of a structured pre-operative or "pre-habilitation" program.

This is a program designed by your physical therapists to help you prior to surgery so that you can have a great outcome after surgery. The goals of a pre-habilitation program:

- Mentally prepare for surgery
- Reduce pain and inflammation
- Restore range of motion
- Improving muscular control of the injured joint
- Normalizing movement patterns prior to your surgery
- Improved overall well-being and fitness
- Gain a good understanding of the exercises that you will perform immediately after surgery

Post-Operative Rehabilitation

Physical therapy is typically indicated following an orthopedic surgery such as operations on the hip, knee, shoulder, wrist, hand, neck, foot, ankle, and spine to facilitate a speedy recovery. Physical therapy can start anywhere from a few hours to a few days after surgery and in some cases there may be a period of immobilization following surgery.

A patient's ability to regain motion and strength and ultimately return to their daily activities depend on physical therapy. The body will not regain normal motion without specific retraining. Physical therapists are specifically trained to restore range of motion and strength without compensation and to prevent re-injury during the recovery process. The therapist can also provide the patient with specific guidelines to allow optimal healing.

After a thorough evaluation by a physical therapist, goals will be set to minimize the adverse effects of surgery such as pain and swelling as well as to restore normal movement, flexibility and function. The therapist and patient will work together to establish functional goals related to resuming normal activities of living as well as preventing an injury from recurring. The therapist will then design an exercise program tailored specific to the patient's needs and abilities, and work.

Therapy is often divided into distinct phases. The first comes immediately after surgery when the body part may be immobilized while pain and swelling subside. Then comes a series of progressively challenging exercises to restore range of motion, stability, and strength. The final goal is to return the patient to a pre-injury activity level. Post-operative treatments may specifically include:

- Strategies for pain reduction including modalities such as ice, heat, and electrical stimulation
- Flexibility exercises to improve range of motion
- Exercises to strengthen muscles
- Posture, balance, and coordination training
- Gait analysis and training
- Manual therapy techniques
- Self-care training
- Home exercise instruction

NUTRITION EDUCATION

Nutrition Counseling

Delaware County Office for the Aging
97 Main Street, Suite 2, Delhi, NY 13753

Web: www.co.delaware.ny.us/departments/ofa/Nutrition.htm

Hours: 8:00am – 4:00pm, Mon – Fri

Phone: (607) 832-5750 Fax: (607) 832-6050

Email: ofa@co.delaware.ny.us

The Office for the Aging contracts with registered dietitians to counsel clients on specific nutritional concerns and special diets. If your doctor has advised you to follow a special diet or you feel you require some help meeting your nutritional needs, personal sessions can be scheduled (home visits are available).

Expanded Food and Nutrition Education Program (EFNEP)

Cornell Cooperative Extension

34570 State Highway 10, Hamden, NY 13782

Web: www.ccedelaware.org/Human-Ecology.aspx

Hours: 8:30am – 4:30pm, Mon – Fri Sept – June, 8:30am-4pm, July-August

Phone: (607) 865-6531 Fax: (607) 865-6532

Email: delaware@cornell.edu

Expanded Food and Nutrition Education Program (EFNEP) allows families with children and Day Care Providers who are income eligible to participate in free home-based nutrition education lessons intended to help parents, children and caregivers develop healthy eating and fitness choices for life.

School Gardening

Cornell Cooperative Extension

34570 State Highway 10, Hamden, NY 13782

Web: www.ccedelaware.org/Human-Ecology.aspx

Hours: 8:30am – 4:30pm, Mon - Fri

Phone: (607) 865-6531 Fax: (607) 865-6532

Email: delaware@cornell.edu

School Gardening engages students by providing a dynamic environment to observe, discover, experiment, nurture and learn. School Gardens are living laboratories where interdisciplinary lessons are drawn from real life experiences, encouraging students to become active participants in the learning process.

Women, Infants, and Children (WIC)

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782

Web: www.delawareopportunities.org/wic

Women, Infants, and Children (WIC) provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five.

Phone: (607) 746-1700 Fax: (607) 746-1619

Email: dowic@delawareopportunities.org

UHS Delaware Valley Hospital, Inc.

1 Titus Place, Walton, NY 13856

Web: www.nyuhs.org/locations/uhs-delaware-valley-hospital/

A registered dietitian is available to provide nutrition education, counseling, and support.

Phone: (607) 865-2159

O'Connor Hospital

460 Andes Rd, Delhi, NY 13753

Web: www.bassett.org/oconnor-hospital

Provides dietetic and nutritional counseling to both inpatients and outpatients.

Phone: (607) 746-0326

American Cancer Society

Web: www.cancer.org

Hours: 8:30am – 4:30pm, Mon – Fri

Provides program to educate adults on proper nutrition to prevent cancer.



What Does “Healthy” Eating Mean?

According to the Dietary Guidelines for Americans, a healthy diet:

- ❖ Emphasizes vegetables, fruits, whole grains, and fat-free or low-fat milk products.
- ❖ Includes lean meats, poultry, fish, beans, eggs, and nuts.
- ❖ Is low in saturated fats, trans fats, cholesterol, salt, and added sugars.
- ❖ Balances the calories you take in from food and beverages with the calories burned through physical activity to maintain a healthy weight.

Here are some tips to help you meet the guidelines:

- ❖ Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients.
- ❖ Include foods that contain fiber such as fruits, vegetables, beans, and whole grains.
- ❖ Eat lean cuts of meat and poultry. Trim away excess fat and remove skin from poultry before cooking.
- ❖ Pay attention to portion sizes, especially at restaurants. Smaller portions equal fewer calories.
- ❖ Season your food with lemon juice, herbs, and spices, rather than using butter and salt.
- ❖ Choose foods that are baked, broiled, braised, grilled, steamed, sautéed, or boiled, rather than fried.
- ❖ When eating out, select a dish from the menu, rather than getting your money’s worth at the all-you-can-eat buffet.



PET THERAPY & CARE

Senior Pals Pet Adoption Program

Heart of the Catskills Humane Society
46610 State Highway 10, Delhi, NY 13753
Web: www.heartofthecatskills.org
Hours: 11:00am – 4:00pm, Tue – Sat

Phone: (607) 746-3080 Fax (607) 746-7896
Email: info@heartofthecatskills.org

The Senior Pals Pet Adoption Program provides a mature cat or dog to individuals who are age 60 and older and want the companionship of a pet, without the typical initial expenses associated with adoption. The program covers all adoption fees such as spay/neuter surgery, vaccinations, first-year veterinary expenses, and basic start-up supplies such as collars, leashes and litter boxes. The program will also cover pet deposits for housing complexes.

Rescue Dogs Rescue Soldiers

P.O. Box 326, Cherry Valley, NY 13320
Web: www.rescuedogsrescuesoldiers.com

Phone: (917) 553-0591
Email: liznewyorker@gmail.com

Rescue Dog Rescue Soldier is a non-profit organization that rescues dogs, trains them as service dogs, and provides them to Iraq and Afghanistan veterans.

Planning For Your Pet

Very often, pets of older adults are surrendered to the care of local animal shelters because there was no plan in place for the pets' care when emergencies occurred. Sadly, this causes a lot of stress for the older adult who is ill and for the pet who is confused as to why it is not in its own home.

For many older adults, pets are an important and comforting part of life, and planning for the care and well-being of their pets is essential in the event of their illness, short or long-term hospitalization, or death. The best time to plan and provide for a pet is before an emergency happens.

It is recommended that owners try to find a trusted friend or relative who is willing to be the designated guardian or caretaker for pets before an emergency occurs. It is important for the owner to have instructions for the care of their pets readily available in the event of an emergency and leave a key and make arrangements for someone to be able to enter a home or apartment to care for the pets.

The above two programs through the Humane Society are designed to help in these types of situations. Older adults can either adopt pets who need a new home or foster a pet temporarily. Below is also a list of "pet sitting" options where owners can set up temporary care for their pet in the event of an emergency or other type of short-term care need.

Pet Sitting

Woods' Critter Sitter

3870 Finch Hollow Road, Walton, NY 13856

Provides pet sitting in your home while you are away.

Phone: (607) 865-7650

Hannalore Kennels

15673 County Hwy 23, Unadilla, NY 13849

Web: www.hannalorekennels.net

Phone: (607) 563-7505

Email: cheryl@hannalorekennels.net

Hannalore Kennels is a family owned and operated pet care facility that specializes in pet boarding, professional all breed dog and cat grooming, doggy day care, dog training, and obedience classes.

Valley Veterinary Associates

647 State Highway 7, Unadilla, NY 13849

Web: www.valleyveterinaryassociates.com

Phone: (607) 563-1345

Valley Veterinary Associates is a complete diagnostic medical and surgical hospital offering veterinary care services in Otsego, Chenango, and Delaware counties. A fully equipped boarding facility is available with run-out pens for canine boarders and separate housing for cats and dogs.

Ostrander Kennels

16 Ostrander Blvd, Hancock, NY 13783

Phone: (607) 637-5720

Round Notch Kennels

83 Maggie Hoag Rd, Delancey, NY 13752

Phone: (607) 746-3645

PRESCRIPTION ASSISTANCE

HIICAP (Health Insurance Information, Counseling, and Assistance Program)

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753

Web: www.co.delaware.ny.us/departments/ofa/ofa.htm

Hours: 9:00am – 4:00pm, Mon - Fri

HIICAP provides information, education and counseling about Medicare and other health insurances, including Part D prescription plans, and assistance programs such as Extra Help and EPIC.

Phone: (607) 832-5750 Fax: (607) 832-6050

Email: virginia.perez@co.delaware.ny.us

Extra Help

Social Security Administration

31 Main Street, Suite 1, Oneonta, NY 13820

Web: www.socialsecurity.gov/extrahelp

Hours: 9:00am – 4:00pm, Mon, Tue, Thu, Fri; 9:00am – 12:00pm, Wed

Some people with limited resources and income may be able to get Extra Help to pay for the costs related to a Medicare prescription drug plan, such as monthly premiums, deductibles and prescription copayments.

Phone: (800) 772-1213

Local Phone: (877) 628-6581

EPIC (Elderly Pharmaceutical Insurance Coverage)

New York State Department of Health

P.O. Box 15018, Albany, NY 12212

Web: www.health.ny.gov/health_care/epic/index.htm

EPIC is a New York State program for seniors that helps income-eligible seniors aged 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs.

Phone: (800) 332-3742

Email: epic@health.ny.gov

Needy Meds, Inc.

50 Whittemore St, Gloucester, MA 01931

Web: www.needymeds.org

Hours: 8:00am – 5:00pm, Mon - Fri

Needy Meds, Inc. is an information resource dedicated to helping people locate assistance programs to help them afford their medications and other healthcare costs.

Phone: (800) 503-6897 Fax: (888) 246-6527

Email: info@needymeds.org

Rural Health Network of South-Central NY

455 Court Street, Binghamton, NY 13904

Web: www.rhnsctny.org

Hours: 8:00am – 4:30pm, Mon – Fri

The Prescription Assistance Program (PAP) serves uninsured and under-insured residents who require prescription medication to manage chronic health conditions. The program works with primary health care providers and individuals to access free and low-cost prescription medication. Assistance may also be available for residents who have Medicare Part D.

Phone: (607) 692-7669 Fax: (607) 692-7670

Partnership for Prescription Assistance

Web: www.medicineassistancetool.org

Program helps qualifying patients without prescription drug coverage get the medicines they need through the program that is right for them. Many will get their medications free or nearly free.

Delaware Valley Hospital Community Pharmacy

121 Stockton Avenue, Walton, NY 13856

Phone: (607) 865-2781 Fax: (607) 865-2789

Web: www.uhs.net/locations/uhs-delaware-valley-hospital/

Hours: 8:00am – 8:00pm, Mon – Fri; 8:00am – 12:00pm, Sat – Sun

Provides affordable prescriptions for uninsured individuals, as well as those with private insurance, Medicaid, and Medicare.

Medication Disposal**Delaware County Sheriff's Office**

280 Phoebe Lane, Delhi, NY 13753

Phone: (607) 832-5555 Fax: (607) 832-6051

Web: www.co.delaware.ny.us/departments/shrf/shrf.htm

Email: shrf@co.delaware.ny.us

Hours: Lobby is open 24 hours a day

The Delaware County Sheriff's Office provides a drop box for County residents to drop off their unused and unwanted bottled prescription medications. The box is located in the lobby of the Public Safety Building.

Deposit Police Department

146 Front Street, Deposit, NY 13754

Phone: (607) 467-2115

Web: www.villageofdeposit.org

Provides a drop box for residents to drop off unused and unwanted bottled prescription medications.

New York State Police Troop C

823 State Route 7, Unadilla, NY 13839

Phone: (607) 561-7400

Web: www.troopers.ny.gov

Provides a drop box for residents to drop off unused and unwanted bottled prescription medications.

What You Should Know About Medication Disposal

Medicines play an important role in treating many conditions and diseases. When they are no longer needed, it is important to dispose of them properly to help reduce harm from accidental exposure or intentional misuse. Below are some options and special instructions for you to consider when disposing of expired, unwanted, or unused medicines.

Transfer Unused Medicine to Authorized Collectors for Disposal

Consumers and caregivers should remove expired, unwanted, or unused medicines from their home as quickly as possible to help reduce the chance that others may accidentally take or intentionally misuse the unneeded medicine. Medicine take-back programs are a good way to safely dispose of most types of unneeded medicines. Contact your local law enforcement agency to see if they sponsor medicine take-back programs in your community (listed above).

Flushing of Certain Medicines

There is a small number of medicines that may be especially harmful and, in some cases, fatal with just one dose if they are used by someone other than the person for whom the medicine was prescribed. This list from FDA tells you what expired, unwanted, or unused medicines you should flush down the sink or toilet to help prevent danger to people and pets in the home.

<http://www.fda.gov/downloads/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/UCM337803.pdf>

SERVICE COORDINATION/SYSTEM NAVIGATION

NY Connects

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753

Web: www.co.delaware.ny.us/departments/ofa/NYConn.htm

Hours: 8:00am – 4:00pm, Mon – Fri

The Delaware County NY Connects is a free information and assistance service that is available to older adults, individuals with disabilities, and their families and caregivers, to help make informed decisions about long term services and support options.

Phone: (607) 832-5750 Fax: (607) 832-6050

Email: lyndsay.komosinski@co.delaware.ny.us

Community Health Navigation

Bassett Healthcare Network

460 Andes Road (Annex House), Delhi, NY 13753

Web: www.bassett.org

Specifically for Medicaid recipients with at least one chronic illness, Community Health Navigation assists patients by coordinating all primary, acute, behavioral health, and long-term services and supports to treat the whole person.

Phone: (877) 547-1753 Fax: (315) 867-1341

Email: bassetthealthhome@bassett.org

NYS Kinship Navigator

Catholic Family Center

87 N. Clinton Avenue, Rochester, NY 14604

Web: www.nysnavigator.org

The NYS Kinship Navigator is an information, referral and advocacy program for kinship caregivers. A kinship caregiver is an individual that is caring for a child that is not biologically their own. The Navigator seeks to assist these caregivers by providing information on financial assistance, legal information and referrals, and other types of issues that caregivers face when raising children in order to provide stability and permanency in the home.

Phone: (877) 454-6463 Fax: (585) 456-1676

Email: navigator@nysnavigator.org

Service Coordination

Broome DDRO Front Door

249 Glenwood Rd, Binghamton, NY 13905

Service coordination assists persons with developmental disabilities and their families in gaining access to services and supports appropriate to their needs.

Phone: (607) 240-4900

Home and Community Based (HCBS) Waiver

Broome DDRO Front Door

249 Glenwood Rd, Binghamton, NY 13905

The HCBS Waiver is a program of supports and services that enables adults and children with developmental disabilities to live in the community as an alternative to ICFs. These services can include habilitation services, respite care, service coordination, and adaptive technologies.

Phone: (607) 240-4900

HCBS Waiver for Children with Severe Emotional Disturbances (SED)

Delaware County Office of Mental Health / Single Point of Access (SPOA)

243 Delaware St, Walton, NY 13856

Web: www.co.delaware.ny.us/departments/mhc/mhc.htm

Hours: 9:00am – 5:00pm, Mon/Tue/Thu/Fri, 9:00am – 7:00pm, Wed

The HCBS Waiver allows Medicaid to pay for services not normally provided through Medicaid, including care coordination, respite, family support services, intensive in-home services, and skill building.

Phone: (607) 832-5889 Fax: (607) 832-6081

Email: mhc@co.delaware.ny.us

Traumatic Brain Injury Medicaid Waiver

Catskill Center for Independence, Inc.
6104 State Hwy 23, Oneonta, NY 13820
Web: www.ccfi.us
Hours: 8:00am – 4:00pm, Mon – Fri

Phone: (607) 432-8000 Fax: (607) 432-6907
Email: ccfi@ccfi.us

The TBI Waiver program provides specialized services to individuals with a traumatic brain injury (between the ages of 18-64), in their home, to prevent or circumvent nursing home placement.

Nursing Home Transition and Diversion Waiver

Catskill Center for Independence, Inc.
6104 State Hwy 23, Oneonta, NY 13820
Web: www.ccfi.us
Hours: 8:00am – 4:00pm, Mon – Fri

Phone: (607) 432-8000 Fax: (607) 432-6907
Email: ccfi@ccfi.us

The NHTD Waiver program is available to individuals with disabilities and seniors, in order to receive supportive services in the community, rather than be placed in a nursing home.

Care Coordination

Rehabilitation Support Services
132 Delaware Street, Walton, NY 13856
Web: www.rehab.org

Phone: (607) 865-3158 Fax: (607) 865-8333

Care Coordination is a service to assist individuals with psychiatric and substance abuse disorders, who reside in a community setting or are transitioning to a community setting, to gain access to needed medical, social, educational, and other services and supports, such as housing, transportation and entitlement programs. Services are provided to children and youth ages 5-18 and adults ages 18 and up.

The Brain Injury Association of New York State

4 Pine West Plaza, Suite 506, Albany, NY 12206
Web: www.bianys.org

Phone: (800) 444-6443 or (518) 459-7911
Email: info@bianys.org

Offers brain injury education, advocacy and training for individuals, families, educators, and community agencies; family support; outreach and prevention programs; and counseling and assistance to help families locate appropriate services in the community.

SOCIAL SECURITY

Social Security Administration

31 Main Street, Suite 1, Oneonta, NY 13820

Web: www.ssa.gov

Phone: (607) 433-6607

Alternate Phone: (877) 628-6581

Social Security provides income to retired workers, certain family members, survivors, and individuals with a disability.

Understanding Social Security

Social Security was established in 1935 as a “pay as you go” program to provide economic security for certain retirees. Today, Social Security has expanded to provide a certain level of retirement income to almost all retired workers, certain family members, survivors, and also provides income for individuals who have become disabled. The major programs through Social Security include:

Retirement

Social Security’s retirement program provides a lifetime monthly income for qualified workers once they reach retirement age. Although workers can begin receiving retirement benefits as early as age 62, the benefit amount received will be reduced by approximately 32.5%. Full retirement age varies depending on the year a person was born, but typically ranges from age 65 to 67. The amount of retirement benefits a person receives depends on the amount of income the individual received when working. The higher the income, the higher the Social Security benefit.

Survivors

Social Security’s survivors program provides a monthly lifetime income to the surviving spouse of a deceased worker once the spouse reaches retirement age. Similar to retirement benefits, the amount of the benefit depends on the amount of income received when working, however includes both spouses’ incomes. Benefits are also available to dependent children and the surviving spouse caring for them, until the children reach the age of 18.

Disability

Social Security provides a monthly lifetime income for disability benefits if the individual has worked long enough and has a medical condition that has prevented work, or is expected to prevent working for at least 12 months or end in death. These benefits may also be available to the spouse and any children under the age of 18.

Supplemental Security Income (SSI)

SSI is a federal program that provides monthly payments to people who have a low income and few resources, and who are either age 65 and older, blind, or disabled.

For more information, you can visit www.ssa.gov or call (800) 772-1213. Social Security provides several easy to read guides that provide additional information about each of the above programs.

SUPPORT GROUPS

Alzheimer's Support Group

Provided by the Alzheimer's Association
Delaware County

Phone: (607) 282-3035
Email: athayer@alz.org

Compassionate Friends Parental Grief Support

First Methodist Church
66 Chestnut Street, Oneonta, NY 13820

Phone: (607) 746-7396
Email: tcfoneonta@gmail.com

Meets the third Thursday of each month at 7:00pm in the Dauley Room at the First Methodist Church. Contact Al and Kathryn Davino. Compassionate Friends is a self-help support group composed entirely of parents who have lost a son or daughter of any age.

Grief Support Group

Helios Care
297 River Street, Service Rd, Oneonta, NY 13820
Web: <https://helioscare.org/grief-support>

Phone: (607) 432-5525
Toll Free: (800) 306-3870

Meets the first Wednesday of each month at the Delhi Hospice office, at 2:00pm. An additional support group is offered in Oneonta at the Hospice office, 1 Birchwood Drive, on the second Wednesday of each month, at 5:30pm.

Survivors of Suicide Loss

Lutheran Atonement Church
1 Center Street, Oneonta, NY 13820
Meet Saturdays from 9am-Noon.

Phone: (607) 432-6852

NAMI Family Support Group

401 Chestnut St., Oneonta, NY 13820
Web: www.nami.org

Phone: (607) 326-4797
Email: ribarw@gmail.com

Meets the second Wednesday and fourth Tuesday of each month at 6:00pm at the Fox Care Center. Contact Rina. This is a peer-led support group for the family members, friends, and caregivers of people with a psychiatric illness.

Brain Injury Support Group

Opportunities for Otsego
3 West Broadway, Oneonta, NY 13820
Web: www.bianys.org

Phone: (518) 459-7911
Email: croberts@bianys.org

Support Groups are facilitated by community leaders of the Brain Injury Association of New York State and held at the OFO office. Meetings are held on the last Monday of the month from 1:00 – 3:30pm and are open to all brain injury survivors, family members, friends and caregivers in Delaware, Otsego, Chenango and Schoharie Counties.

Diabetic Support Group

O'Connor Hospital
460 Andes Road, Delhi, NY 13753
Web: www.bassett.org/oconnor-hospital

Phone: (607) 746-0300

Meets the third Monday of each month at 10:00am, from September through May, in the Conference Room.

TAX ASSISTANCE

Income Taxes

Tax Aid Counseling

Delaware County Office for the Aging
97 Main Street, Suite 2, Delhi, NY 13753

Web: www.co.delaware.ny.us/departments/ofa/ofa.htm

Hours: 8:00am – 4:00pm, Mon – Fri

Specially trained volunteer Tax Counselors assist seniors in completing Federal and State income tax returns. The program runs from February 1st through April 15th of each year.

Phone: (607) 832-5750 Fax: (607) 832-6050

Email: ofa@co.delaware.ny.us

Cash Coalition / Volunteer Income Tax Assistance (VITA)

United Way of Delaware and Otsego Counties

31 Maple Street, Oneonta, NY 13820

Web: www.unitedwaydo.org/volunteer-income-tax-sites

Phone: (607) 432-8006 Fax: (607) 436-9682

The Cash Coalition offers trained volunteers to prepare state and federal income tax returns. Appointments are available in Delaware County from February through April.

Property and School Taxes

New York State School Tax Relief (STAR) Exemption

New York State Department of Taxation and Finance

Web: www.tax.ny.gov

Individuals can qualify for either the Basic or Enhanced STAR Exemption depending upon age and income.

Individuals who own property which is their primary residence, with income under \$500,000, can qualify for the Basic STAR Exemption. However, individuals 65 years of age or older, who own property which is their primary residence, and with an adjusted gross income of \$81,900 or less, qualify for the larger Enhanced STAR exemption.

To apply, submit Form RP-425 *Application for School Tax Relief (STAR) Exemption* to your local assessor.

Real Property Tax Credit (IT-214)

New York State Department of Taxation and Finance

Web: www.tax.ny.gov

This is a tax credit for New York State residents with limited income who pay rent or who pay taxes on property owned. You get a tax credit in the form of a deduction when you file taxes. If all members of your household are under age 65, the credit can be as much as \$75. If at least one member of your household is age 65 or older, the credit can be as much as \$375.

Veterans' Tax Exemption

New York State Department of Taxation and Finance

Web: www.tax.ny.gov/pit/property/exemption/vetexempt.htm

There are three different property tax exemptions available to veterans who have served in the U. S. Armed Forces, including veterans who have served in the U.S. Army, Navy, Air Force, Marines and Coast Guard. Eligible veterans must submit the initial exemption application form to your local assessor.

TRANSPORTATION

Medicaid Transportation

Medical Answering Services, LLC (MAS)

P.O. Box 11998, Syracuse, NY 13218

Web: www.medanswering.com

Phone: (866) 753-4434 Fax: (315) 299-2786

Medicaid Enrollees that are eligible for Medicaid transportation may get transportation to and from most medical appointments. All Medicaid trips should be called in at least three (3) days in advance. All trips using public transportation should be called into MAS five (5) days in advance. Urgent or last minute trips can be requested, but please understand last minute trips requests are difficult to accommodate, especially in rural areas.

Senior Transportation

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753

Web: www.co.delaware.ny.us/departments/ofa/ofa.htm

Phone: (607) 832-5750 Fax: (607) 832-6050

Email: ofa@co.delaware.ny.us

Hours: 8:00am – 4:00pm, Mon – Fri

OFA operates a coach-type bus with handicapped accessibility which serves most of Delaware County. Different fixed routes, operating three days a week have been established to help riders meet their shopping, medical and social needs. Volunteers are also available to provide door-to-door transportation for medical appointments.

Medical Transportation Van Service

Delaware County Veterans' Service Agency

97 Main Street, Suite 4, Delhi, NY 13753

Web: www.co.delaware.ny.us/departments/vet/vet.htm

Phone: (607) 832-5345 Fax: (607) 832-6079

Email: veter@co.delaware.ny.us

Hours: 7:30am – 3:30pm, Mon – Fri

The Delaware County Veterans Service Agency is responsible for administering and coordinating a broad spectrum of federal, state, local and private benefits and services affecting Veterans and their families. Services include medical transportation, advocacy, information and referral, and benefit assistance.

GetThere Call Center

United Way of Broome County

101 Jensen Road, Vestal, NY 13850

Phone: (855) 373-4040

GetThere Call Center provides free trip planning, travel training, and transportation education services to people throughout the region and beyond. GetThere is staffed by two Mobility and Transportation Advocates who are well-versed in the area's transportation options and eager to assist anyone with travel needs or questions.

Caring Connections

Catholic Charities of Delaware, Otsego, and Schoharie Counties

176 Main Street, Oneonta, NY 13820

Phone: (607) 432-0061 Fax: (607) 431-9303

Hours: 8:30am – 4:30pm, Mon - Fri

21 Liberty Street, Sidney, NY 13838

Phone: (607) 604-4071 Fax: (607) 604-4274

Hours: 8:30am - 4:30pm, Mon, Wed & Fri

Web: www.charitiesccdcs.org

Caring Connections is offered to individuals and families who are struggling to meet their basic needs.

Transportation assistance may be provided if all other available programs and services have been exhausted.

Deposit Foundation

146 Front Street, Deposit, NY 13754

Web: www.depositfoundation.com

Volunteers provide transportation for non-emergency medical appointments and shopping trips. *Available to Deposit residents only.*

Phone: (607) 467-4000 Fax: (607) 467-4399

Email: depositfoundation@gmail.com

Catskill Neighbors

P.O. Box 353, Fleischmanns, NY 12430

Web: www.catskillneighbors.org

Catskill Neighbors is a group of volunteers serving the areas of Fleischmanns, Arkville, and Margaretville, with the goal of helping elders live comfortably at home. Volunteers can assist with such needs as local transportation, accompanying someone on a shopping excursion, running errands, friendly visiting, respite, or caring for a pet.

Phone: (845) 280-0459

Email: info@catskillneighbors.org

Private Pay Options

A&D Transportation

83 Lower River Street, Oneonta, NY 13820

Web: www.adtransportservices.co

Phone: (607) 433-1726

A Cookie Cab

426 State Highway 7, Sidney, NY 13838

Phone: (607) 563-3505

Tri Town Taxi

53 River Street, Sidney, NY 13838

Phone: (607) 563-9393

Circle of Life Ambulette

61506 St. Hwy 10, Hobart, NY 13788

Web: www.circleoflifenynewyork.com

Provides non-emergency medical transportation from home, doctors, hospitals, and nursing homes, and including wheelchair, stretcher, and ambulatory transport.

Phone: (607) 538-1734

Driver Safety

AARP Driver Safety Course

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753

Web: www.co.delaware.ny.us/departments/ofa/ofa.htm

Hours: 8:00am – 4:00pm, Mon – Fri

AARP driving courses are available for people 50 years of age and older to help improve driver safety. Most insurance companies offer a premium discount for drivers who have successfully completed this course.

Phone: (607) 832-5750 Fax: (607) 832-6050

Email: ofa@co.delaware.ny.us

VETERAN SERVICES

Delaware County Veterans' Service Agency

Delaware County Veterans' Service Agency

97 Main Street Suite 4, Delhi, NY 13753

Web: www.co.delaware.ny.us/departments/vet/vet.htm

Hours: 7:30am – 3:30pm, Mon – Fri

The Delaware County Veterans Service Agency is responsible for administrating and coordinating a broad spectrum of federal, state, local and private benefits and services affecting Veterans and their families in Delaware County. Services include medical transportation, advocacy, information and referral, and benefit assistance.

Phone: (607) 832-5345 Fax: (607) 832-6079

Email: veter@co.delaware.ny.us

NYS Division of Veterans' Affairs

242 Main Street #101, Oneonta, NY 13820

Web: www.veterans.ny.gov

Provides counseling to Veterans, dependents, and widows regarding service benefits, applications, problem solving, and representation with the VA. Assists with applying for benefits, such as pensions, compensations, blind annuity, educational services, and burial benefits.

Phone: (607) 432-4190

Veterans' Outpatient Clinic - Oneonta

1 Foxcare Drive, Oneonta, NY 13820

Web: www.va.gov/directory/Guide/facility.asp?id=453

Provides primary care and behavioral health care services, as well as smoking cessation and laboratory services to Veterans in Delaware and surrounding counties.

Phone: (607) 967-8590 Fax: (607) 967-8599

Veterans' Outpatient Clinic – Binghamton

203 Court Street, Binghamton, NY 13904

Web: [www.syracuse.va.gov/locations/Binghamton Community Based Outpatient Clinic.asp](http://www.syracuse.va.gov/locations/Binghamton%20Community%20Based%20Outpatient%20Clinic.asp)

Provides primary care and behavioral health care services, as well as smoking cessation, laboratory services, and specialty services including Radiology, Optometry, Podiatry and Gastro-intestinal clinics.

Phone: (607) 772-9100 Fax: (607) 772-3081

Department of Veterans Affairs Medical Center

113 Holland Avenue, Albany, NY 12208

Web: www.albany.va.gov

Hours: 8:00am – 4:30pm, Mon – Fri (Administrative)

Provides a variety of medical services to Veterans, including Primary Care, Specialized Services, Women's Services, Lab and Radiology.

Phone: (518) 626-5000 Fax: (518) 626-5500

Veterans Service Center

Department of Veterans Affairs Medical Center

113 Holland Avenue, Albany, NY 12208

Web: www.albany.va.gov

Hours: 8:00am – 6:00pm

The VSC provides information about how to access VA health care, eligibility, and health benefits. Staff also assist Veterans with DoD/TRICARE, MCCF Billing, Veterans identification cards and general questions.

Phone: (518) 626-5680

Toll-Free Call Center: (888) 823-9656

Wilkes-Barre VA Medical Center

1111 East End Blvd, Wilkes-Barre, PA 18711

Web: www.wilkes-barre.va.gov

Hours: 8:00am – 4:30pm Administrative; 24 hours for Emergencies

Wilkes-Barre VA Medical Center offers a variety of health services to meet the needs of Veterans. Some services include care coordination, dental, geriatrics, mental health, palliative care, specialty care, and trauma recovery.

Phone: (570) 824-3521 Fax: (570) 821-7278

Alternate Phone: (877) 928-2621

HealthNet Federal Services

TRICARE Service Center

125 Brookley Road, Building 510, Rome, NY 13441

Web: www.healthnetfederalservices.com

HealthNet provides health care services to service members and their families through TRICARE, as well as services through the Department of Veterans Affairs (VA).

Phone: (315) 334-7960 Fax: (315) 336-8209

Alternate Phone: (877) 874-2273

Veterans Crisis Line

Web: www.veteranscrisisline.net

Phone: (800) 273-8255 – Press 1 Text: 838255

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year, even if they are not registered with VA or enrolled in VA health care.

Soldier On

360 West Housatonic St. Pittsfield, MA 01201

Web: www.wesoldieron.org

Soldier On is a nonprofit organization committed to ending veteran homelessness by providing homeless veterans with emergency and transitional housing. As resident of Soldier On, veterans receive basic needs, such as shelter, food and clothing, and each veteran has access to case management, medical and mental health services, substance abuse treatment, and peer support.

Phone: (413) 236-5644 Fax: (413) 236-2912

Email: tbyrd@wesoldieron.org

Rescue Dogs Rescue Soldiers

Liz Keller, Founder

P.O. Box 326, Cherry Valley, NY 13320

Web: www.rescuedogsrescuesoldiers.com

Rescue Dog Rescue Soldier is a non-profit organization that rescues dogs, trains them as service dogs, and provides them to Iraq and Afghanistan veterans.

Phone: (917) 553-0591

Email: liznewyorker@gmail.com

Revised July 2024

The NY Connects Resource Directory can be accessed:

Online at www.co.delaware.ny.us/departments/ofa/NYConn.htm

Electronically by emailing ofa@co.delaware.ny.us

Printed Version by contacting the NY Connects Coordinator at:

Office for the Aging
97 Main Street, Suite 2
Delhi, NY 13753
(607) 832-5750
ofa@co.delaware.ny.us

If you would like more information about any of the services included in the NY Connects Resource Directory, or to make corrections and provide updated information, please contact NY Connects at (607) 832-5750 or ofa@co.delaware.ny.us.



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NY Connects
Your Link to Long Term
Services and Supports