



January 2018

Dear Friend:

This Directory provides an alphabetical listing of services and benefits provided to Saratoga County residents, age 60 and older. The services listed are either provided directly by the Saratoga County Office for the Aging or are available because of a contract with another agency. The Saratoga County Office for the Aging receives its funding from the Federal government under Title III of the Older Americans Act, as amended, the New York State Office for the Aging, and local municipalities. Many of the programs and services offered through the Office for the Aging are of no cost to the participant.

If you have any questions regarding the scope of any of these programs or the eligibility requirements, you may call (518) 884-4100 or visit our office at 152 West High Street, Ballston Spa. Our office hours are Monday through Friday from 9:00 a.m. to 5:00 p.m. or visit our web page at [www.saratogacountyny.gov](http://www.saratogacountyny.gov).

Sincerely,

Sandra M. Cross  
Director

# TABLE OF CONTENTS

<b>Services</b>	<b>Page</b>
Adult Day Care	3
Caregiver Support Program	3
Case Management	3
EISEP	3
Emergency Response Systems	4
Employment	4
Energy Assistance	4
Health Insurance Counseling Program	4
Health Care Screening	4
Income Tax Preparation	5
Information and Referral	5
Legal Services	5
NY Connects	5
Nutrition	6
Transportation	7-8
Volunteer Opportunities	9
Additional Resources	9-10-11
In an Emergency	11
Special Needs Registry	11

## **ADULT DAY CARE**

Lena's Adult Day Services  
230 Bluebird Road  
South Glens Falls, New York 12803  
(518) 792-7797  
[www.lenasads.com](http://www.lenasads.com)

Bright Horizon Adult Day Services  
1673 Route 9  
Halfmoon, New York 12065  
(518) 371-2191  
[www.colonieseniors.org](http://www.colonieseniors.org)

This program offers daily supervised structured activities for the frail and socially impaired elderly, giving them an opportunity for stimulation and new friendships. Those appropriate to attend are individuals who are experiencing difficulty with tasks of every day living and are partially dependent on others. They must also be ambulatory, continent and non-abusive. Also offered are exercise programs, special trips, recreation and games, counseling, a nutritious noon meal, transportation and more.

## **CAREGIVER SUPPORT PROGRAM**

The Office for the Aging sponsors a Caregiver Program to assist caregivers by giving them relief from the burdens of caregiving. Services offered by this program include information and assistance, counseling, information about support group meetings and respite care services. For respite care services, care receivers must be over 60, a resident of Saratoga County and have deficiencies in at least two activities of daily living. Caregivers must also be over the age of 60 and provide caregiving on a (24/7) full-time basis. Contact the Office for the Aging for further information.

## **CASE MANAGEMENT**

Caseworkers from the Office for the Aging can assist those over the age of 60 without family supports with applying for benefits, budgeting and advocacy on their behalf in obtaining such benefits. Staff members work directly with clients, usually in their homes, to provide assistance with a wide range of matters. Contact the Office for the Aging for assistance.

## **EISEP**

The Expanded In-Home Services for the Elderly Program (EISEP) offers non-medical, in home services (housekeeper/chore and/or personal care) and case management to individuals meeting eligibility requirements. There is a possibility of cost sharing. Contact the Office for the Aging for information.

## **EMERGENCY RESPONSE SYSTEMS**

An emergency response system is an electronic device designed to let clients summon help in the event of an emergency. We offer these on a limited basis at no cost to the client. Guidelines apply. Call the Office for the Aging at (518) 884-4100 for more information.

## **EMPLOYMENT**

Title V Senior Employment - Employment and Training Administration provides part-time employment, classroom instruction and on-the-job training to eligible persons age 55 and over. For information and requirements, call (518) 884-4170.

## **ENERGY ASSISTANCE**

Home Energy Assistance Program (HEAP) is a federally funded program which can help low income people contend with the high cost of heating their homes during the winter months. HEAP provides a one-time benefit per heating season which is credited to your heating account. Persons 60 years of age and older may apply for a regular benefit by mail through the Office for the Aging. There are income eligibility requirements for this program. In addition, emergency benefits are available by applying in person. Call (518) 884-4111 for more information.

Emergency furnace repair applications can be made at the DEPARTMENT OF SOCIAL SERVICES. Call (518) 884-4146 for more information.

## **HEALTH INSURANCE COUNSELING PROGRAM**

The Health Insurance Information, Counseling and Assistance Program (HIICAP) sponsored by the Office for the Aging provides trained staff and volunteers to answer questions and provide confidential information. HIICAP counselors can provide information about Medicare A, B & D, Medicare Supplemental Insurance, QMB, EPIC, SLMB, QI1 and the low income subsidy. One to one counseling is available by appointment only. Call the Office for the Aging at (518) 884-4100 for more details including volunteer opportunities.

## **HEALTH CARE SCREENING**

Through a contract with Saratoga County Public Health, screenings for blood cholesterol, glucose and blood pressure are provided at multi-purpose senior centers and nutrition sites. Call the Office for the Aging at (518) 884-4100 for dates and locations.

## **INCOME TAX PREPARATION**

Volunteers from the American Association of Retired Persons (AARP) are available at several locations throughout the County to assist seniors in the preparation of income tax returns. The volunteers are at the Office for the Aging on Mondays from February to April only. Call (518) 884-4100 for information and to schedule an appointment.

## **INFORMATION AND REFERRAL**

In addition to this Directory, the Office for the Aging provides information and referral to the public about services available to individuals over 60 years of age. We also maintain a list of senior housing and senior clubs and centers. These lists are available upon request by calling the Office for the Aging or by accessing our web page at [www.saratogacountyny.gov](http://www.saratogacountyny.gov).

## **LEGAL SERVICES**

Legal advice is available to all seniors over age 60 throughout the County through a contract with private attorneys. The attorneys **do not** participate in litigation or attend court on behalf of clients. Legal education on a wide range of topics are also offered at clubs, centers and nutrition sites upon request. Appointments are required. Call (518) 884-4100.

## **NY CONNECTS**

Information and Assistance - Through a standardized comprehensive screening process, local NY Connects Information and Assistance Specialists provide personalized counseling to help consumers make informed decisions and can assist in accessing available long term services and support options to meet existing or future long term services and support needs. Local NY Connects programs provide Information and Assistance on available long term services and supports options to the older population, individuals of all ages with disabilities, and caregivers. Information and Assistance is available in various ways including telephone access; face to face meetings at the office, in the community or in the home; or email. Additionally an online resource directory of providers of long term services and supports, information about the different types of such services, and contact information for the local programs is available at (518) 714-4826 and [www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)

Public Education - Public education and outreach are conducted to increase the visibility of the program and alleviate the misconception that long term services and supports can be delivered only in institutional settings.

## NUTRITION

**HOME DELIVERED MEALS** - A hot, nutritious noon time meal is delivered to home-bound seniors throughout Saratoga County. Evening and weekend meals as well as holiday meals are also available. Suggested contribution is \$2.00 per meal; however no one over the age of 60 is denied a meal because of their inability to contribute. **Guidelines apply.** Call (518) 363-4020 or (518) 884-4100 for additional information.

**NUTRITION EDUCATION/NUTRITION COUNSELING** – The Office for the Aging contracts with a registered dietician who is available to do presentations at nutrition sites as well as one-to-one counseling with individuals. Call (518) 884-4100 for more information.

**60+ DINING PROGRAM** – Serves a hot, nutritious noon time meal at many locations throughout the County. Meals are served Monday through Friday. Reservations must be made at least one day in advance. While the suggested contribution is \$2.00 per meal, all persons over the age of 60 are served regardless of their ability to contribute. Guests pay \$6.00 per meal. For information, call (518) 884-4100. The nutrition sites are as follows:

Ballston Spa	Ballston Town Hall	(518) 885-8502
Ballston Spa	Doubleday Woods	(518) 885-4573
Clifton Park	Clifton Park Senior Center	(518) 383-1343
Corinth	Corinth Senior Center	(518) 654-2040
Edinburg	Edinburg Town Hall	(518) 863-2793
Galway	Galway Town Hall	(518) 882-6070
Greenfield Center	Greenfield Community Center	(518) 893-7644
Hadley	Hadley Senior Center	(518) 696-4886
Halfmoon	Halfmoon Senior Center	(518) 371-3892
Malta	Malta Community Center	(518) 899-4411
Mechanicville	Mechanicville Senior Center	(518) 664-3924
Saratoga Springs	Saratoga Springs Senior Center	(518) 584-1621
Schuylerville	Saratoga Town Hall	(518) 695-3644
South Glens Falls	Moreau Community Center	(518) 792-6007
Waterford	Grace Episcopal Church	(518) 237-9191

## TRANSPORTATION

Transportation is available in the following areas. Registration is required. Please call at least 24 hours in advance to make reservations. Providers can require reservations to be made by noon the day prior to an appointment. Please call for more details.

<u>Locality</u>	<u>Operator</u>	<u>Telephone</u>
<b>Ballston, Malta, Milton</b> Monday/Tuesday/Friday- Saratoga Wednesday/Thursday- Saratoga	A & H Services	(518) 884-4100
<b>Saratoga Springs North Of Washington St</b> Monday- Saratoga & Wilton Wednesday- Medical Only Saratoga & Wilton Thursday- Saratoga & Wilton		
<b>Saratoga Springs South of Washington St</b> Tuesday- Saratoga & Wilton Wednesday- Medical Only Saratoga Wilton Friday- Saratoga & Wilton		
<b>Wilton</b> Tuesday/Thursday- Saratoga & Wilton		
<b>Greenfield</b> Monday/Wednesday- Saratoga & Wilton		
<b>Northumberland</b> Tuesday/Thursday- Saratoga & Wilton		
<b>Charlton, Edinburg, Galway, Providence</b> Tuesday- Ballston, Burnt Hills, Glenville Wednesday- Saratoga & Wilton Thursday- Amsterdam & Gloversville		
<b>Town of Saratoga</b> Monday- Saratoga & Wilton		

## **SARATOGA COUNTY RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)**

Transports Saratoga County Office for the Aging (518) 884-4100  
Residents to medical appointments in  
and out of county

Town of Corinth Corinth Senior Center (518) 654-2040

City of Mechanicville City of Mechanicville (518) 664-5651

### **Transportation Not Funded By Office For The Aging**

Town of Clifton Park Town of Clifton Park (518) 371-4444

Town of Day Town of Day (518) 696-3789 X300

Town of Halfmoon Town of Halfmoon (518) 664-2186  
Call 9 am – 1pm

Town of Moreau Town of Moreau (518) 792-6007

Saratoga County Veterans Agency (518) 884-4115

Scheduled bus routes CDTA (518) 482-8822

Town of Stillwater Community Committee (518) 664-6856 X218  
on Eldercare (CCEC)

Town & Village Wellness Express (518) 399-4624  
Ballston Spa/Milton (Community Human Services)  
Malta (medical only)

Town of Waterford Town of Waterford (518) 235-8500  
(Medical only) (518) 527-4589

Medicaid Medical Van Medicaid 1-855-852-3292  
Medicaid Recipients Only

## **VOLUNTEER OPPORTUNITIES**

HOME DELIVERED MEALS - Offers individuals the opportunity to deliver seniors a hot noontime meal throughout Saratoga County. There are fixed routes in each town in the county. Volunteers may deliver as often as one chooses; one time a week, one time a month. For information, call (518) 363-4020.

RETIRED SENIOR VOLUNTEER PROGRAM – Part of the Corporation for National and Community Service and sponsored by the Saratoga County Office for the Aging. RSVP offers a wide range of opportunities for volunteers 55 years of age or older and helps to find the right match for each individual. Your experience and skills will support service and volunteering programs to improve lives, strengthen communities, and foster civic engagement. Volunteers are covered by accident, personal liability and excess automobile liability insurance while volunteering. For more information call (518) 884-4110.

## **ADDITIONAL RESOURCES**

### Department of Health

[www.health.ny.gov](http://www.health.ny.gov)

(518) 474-7354

The Department of Health's webpage contains information about birth, death, marriage and divorce records, health insurance programs, hospitals, nursing homes and other health care facilities as well as diseases and conditions.

### Eldercare Locator

[www.eldercare.acl.gov](http://www.eldercare.acl.gov)

Offers toll free assistance in identifying community resources for seniors nationwide. Call 1-800-677-1116.

### Medicare

[www.medicare.gov](http://www.medicare.gov)

1-800-633-4227

### Medicare Rights Center

[www.medicarerights.org](http://www.medicarerights.org)

1-800-333-4114

National, non-profit consumer organization that works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs and public policy initiatives.

### My Benefits

[www.mybenefits.ny.gov](http://www.mybenefits.ny.gov)

On-line tool for getting information on New York State programs and services.

NAMI and NIMH are the top two national resources for concise summaries on mental illness and its treatment.

### NAMI

National Alliance for the Mentally Ill

[www.nami.org](http://www.nami.org)

1-800-950-NAMI (6264)

### NIMH

National Institute of Mental Health

[www.nimh.nih.gov](http://www.nimh.nih.gov)

1-866-615-NIMH (6464)

### New York State Partnership for Long-Term Care

[www.nyspltc.org](http://www.nyspltc.org)

1-866-950-7526 or 518-474-0662

### NY StateWide Action Council

[www.nysenior.org](http://www.nysenior.org)

1-800-333-4374

The toll-free Patients Rights Helpline is in operation from 9 a.m. to 5 p.m., Monday through Friday. StateWide was organized in 1972 to achieve dignity, well being and security for all senior citizens in New York State. We provide direct service through our helpline and counseling services and provide information to educate the community as well as state and federal policymakers on issues of importance to older New Yorkers

### Social Security Administration

[www.ssa.gov](http://www.ssa.gov)

1-800-772-1213

The Social Security Administration pays retirement, disability and survivors benefits to workers and their families, administers the Supplemental Security Income program and issues Social Security numbers. Medicare cards are also issued by the Social Security Administration.

Social Security has a toll-free number that operates from 7 a.m. to 7 p.m., Monday through Friday. If you have a touch-tone phone, recorded information and services are available 24 hours a day, including weekends and holidays. People who are deaf or hard of hearing may call the toll-free TTY number, 1-800-325-0778, between 7 a.m. and 7 p.m. on Monday through Friday. Please have your Social Security number handy when you call them.

## **IN AN EMERGENCY**

When calling 911 to report an emergency or if you, yourself require medical, fire or police assistance, please help yourself by remembering the following:

Stay calm and do not panic. The person taking your call is a trained professional.

The person taking your call will require certain information:

- \*\*Location of your emergency
- \*\* Type of emergency
- \*\* Your name
- \*\* Address
- \*\* Phone number

Lastly, do not hang up unless staying on the phone will place you in danger. Stay on the phone until the dispatcher tells you to hang up.

## **SPECIAL NEEDS REGISTRY**

Saratoga County's Office of Emergency Services also maintains a special needs registry for those individuals needing special assistance during an emergency. If you feel that you would need assistance in the event of an emergency such as a power outage, contact the Office of Emergency Services at (518) 885-2232 to be registered in the program.