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*The Saratoga County Long Term Care Services Directory* is written, compiled and edited by the Saratoga County Office for the Aging.

All information herein is accurate as of March 2019. However, as changes in the agencies and services occur frequently, the reader is encouraged to directly contact the agencies or Saratoga County Office for the Aging @ 518-884-4100 for the most current information.

As every attempt was made to comprehensively cover services for disabled individuals and older adults in the Saratoga County area, *The Saratoga County Long Term Care Services Directory* apologizes for any oversights or omissions. If you know of a service or program that you feel would be appropriate for this guide, please provide as much information as possible on the enclosed evaluation form and mail or fax to us at 518-884-4104 or let us know by e-mail at [aging@saratogacountyny.gov](mailto:aging@saratogacountyny.gov).



Saratoga County Office for the Aging  
152 West High Street  
Ballston Spa, NY 12020  
518-884-4100

Sandra M. Cross  
DIRECTOR

March 2019

To the users of this directory:

On behalf of the Saratoga County Office for the Aging, I am pleased to present the tenth edition of the Saratoga County Long Term Care Services Directory. The intent of this directory is to provide caregivers and consumers alike with a comprehensive listing of long term care services available to them within our county. An index has been included to make your search for services easier.

After reviewing the directory, please take a few minutes to complete the evaluation located on the back page. For us to continue to provide a comprehensive list of services in the most user-friendly format, we need to hear from you, the users of the directory. If you have any questions or concerns regarding the directory, please feel free to call us at 518-884-4100.

Sincerely,

Sandra M. Cross  
Director

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## SECTION 1: DIRECTORY OF SERVICES

### ABUSE AND NEGLECT

**Adult Abuse**  
**Saratoga County Department of Social Services**

**152 West High Street**  
**Ballston Spa, NY 12020**  
**518-884-4159**

Hours: 9 a.m. – 5 p.m. weekdays.  
Adult Protective Unit offers services to mentally and/or physically impaired adults who are 18 years or older and in danger. Includes investigations, counseling, arranging for support systems, alternative living, medical care, legal services, receipt of entitlements, and coordination of services.

**Long Term Care Ombudsman**  
**Catholic Charities Senior Caregiver and Support Services**

**1462 Erie Blvd. 2nd Floor**  
**Schenectady, NY 12305**  
518-372- 5667  
[www.ccseniorservices.org](http://www.ccseniorservices.org)

Hours: 9:00 a.m. - 4:00 p.m. weekdays  
This program trains and certifies volunteers to act as advocates for the residents of long term care facilities (including nursing homes and adult homes) in resolving complaints and securing their right to quality care. Additional programs available; Caregiver Program, Meals on Wheels, Mental Health Counseling, Nutrition Counseling, and Transportation. Call for more information including the opportunity to volunteer.

### ADULT HOMES

An adult home (Level II) is an adult care facility established and operated to provide 24-hour long term residential care, room, board, housekeeping, personal care, and supervision to five or more adults unrelated to the operator (the facilities listed herein vary greatly in size). Adult homes (Level I) offer no skilled nursing care. For a list of area homes with four or fewer beds, contact Saratoga County Dept. of Social Services, 884-4159.

**Cook Adult Home**

**1 Prospect Street**  
**Mechanicville, NY 12118**  
**518-664-8014**  
[www.cookadulthome.com](http://www.cookadulthome.com)

**Home of the Good Shepherd**

[www.homeofthegoodshepherd.com](http://www.homeofthegoodshepherd.com)  
**26 Rock Rose Way**  
**Malta, NY 12020**  
**518-581-2800 / Fax 581-8030**

**Memory Care**

**390 Church St**  
**Saratoga Springs, NY 12866**  
**518-584-3317 / Fax 691-2433**

**400 Church Street**

**Saratoga Springs, NY 12866**  
**518-450-7360 / Fax 450-7525**

**198 Bluebird Road**

**South Glens Falls, NY 12803**  
**518-792-1000 / Fax 792-1066**

**60 Waller Rd**

**Wilton NY 12831**  
**518-580-0702 / Fax 580-0709**

**Peregrine (Beacon Pointe Memory)  
Senior Living**

1 Emma Lane  
Clifton Park, NY 12065  
518-371-2200  
[www.peregrineseniorliving.com](http://www.peregrineseniorliving.com)

**ADVOCACY**

**In Our Own Voices—LGBT & People  
of Color**

245 Lark Street  
Albany, NY 12210  
518-432-4188  
[www.inourownvoices.org](http://www.inourownvoices.org)

**Lambda Legal National Headquarters  
Transgender Rights**

120 Wall St., 19<sup>th</sup> Floor  
New York, New York 10005  
(212) 809-8585  
[www.lambdalegal.org](http://www.lambdalegal.org)

**LGBT Aging Center - National  
Headquarters/National Resource  
Center on LGBT Aging c/o SAGE**

305 7<sup>th</sup> Ave., 15<sup>th</sup> Floor  
New York, New York 10001  
(212) 741-2247  
[www.lgbtagingcenter.org](http://www.lgbtagingcenter.org)

**Service / Advocacy for GLBT Elders**

[www.sageusa.org](http://www.sageusa.org) (older adults)  
Same info as LGBT Aging Center

**NAMI - National Alliance for the  
Mentally Ill** [www.nami.org](http://www.nami.org)

3803 N. Fairfax Dr., Suite 100  
Arlington, VA 22203  
800-950-NAMI (6264)  
(703) 524-7600

**NIMH - National Institute of Mental  
Health** [www.nimh.nih.gov](http://www.nimh.nih.gov)

**6001 Executive Blvd. Rm. 6200,  
MSC 9669**

Bethesda, MD 20892-9663  
866-615-NIMH (6464)

**National Center for Transgender  
Equality**

1133 19<sup>th</sup> St. NW  
Washington D.C. 20036  
(202) 642-4542  
[www.transequality.org](http://www.transequality.org)

**Pride Center of the Capital Region**

332 Hudson Avenue  
Albany, NY 12210  
518-462-6138  
[www.capitalpridecenter.org](http://www.capitalpridecenter.org)

**New York State Wide Senior Action  
Council, Inc.**

275 State Street  
Albany, NY 12210  
518-436-1006/800-333-4374  
[www.nysenior.org](http://www.nysenior.org)

**BENEFITS**

**American Association for Retired  
Persons (AARP), Albany Chapter**

1 Commerce Plaza, Suite 706  
Albany, NY 12260  
434-4194 (Legislative Office)  
855 Central Ave  
Albany, NY 12260  
518-437-0176  
[www.local.aarp.org/albany-ny/](http://www.local.aarp.org/albany-ny/)

**National Grid**

300 Erie Blvd. West  
Syracuse, NY 13202  
*Customer Service:*  
800-642-4272 (hours till 7 p.m.)  
*Payment Arrangements:*  
800-443-1837  
[www.ngrid.com](http://www.ngrid.com)

Hours: 7 a.m.-9 p.m. weekdays, Sat. 7  
a.m.-5 p.m.

National Grid provides Budget Plan, Direct Pay Plan, Online Bill Pay, Extended Due Date, Third Party Notification, Large Print/Braille/Voice Bill, TDD-TYY Access, Language Line, Deferred payment, Low Income Customer Assistance/ Affordability.

**Saratoga County Department of Social Services**

**152 West High Street  
Ballston Spa, NY 12020**  
[www.saratogacountyny.gov](http://www.saratogacountyny.gov)

Hours: 9 a.m. - 5 p.m. weekdays.

**Managed Care  
518-884-4153**

**Medicaid  
518-884-4148**

Medicaid provides medical coverage for all ages that have insufficient income and/or resources to meet the cost of necessary medical care as determined by state standards.

**SNAP (Formally Food Stamps)  
518-884-4155 or 518-587-3030**

Issue a benefit card with a monthly allotment for food purchase to those who meet income eligibility guidelines.

**Temporary Assistance & Disability Assistance  
518-884-4144**

Temporary assistance provides financial support and emergency assistance to individuals and families who meet income and resource eligibility criteria.

**Home Energy Assistance Program  
518-884-4146 or 518-884-4111**

HEAP will provide energy assistance to families with low

incomes by issuing regular and emergency grants to fuel dealers for heating and utility related costs.

**Social Security Administration**

Hours: 9 a.m. - 4 p.m. weekdays  
9 a.m.-12 p.m. Wed.  
[www.socialsecurity.gov](http://www.socialsecurity.gov)

**Schenectady County  
1 Broadway Center  
8<sup>th</sup> Floor, Ste. 801  
Schenectady, NY 12305  
866-964-1296 or 866-964-0018  
TTY 382-9489**

**Glens Falls Office  
17 Cronin Road, Suite 1  
Queensbury, NY 12804  
877-405-4875  
TTY 745-5719**

**Southern Adirondack Independent Living Center**

**Country Club Plaza  
418 Geysers Rd  
Ballston Spa, NY 12020  
518-584-8202**

**71 Glenwood Ave  
Queensbury, NY 12804  
518-792-3537**

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

Hours: 8 a.m.-4 p.m. weekdays.

The center provides assistance to individuals with disabilities, family members, and other interested parties concerning accessing and continuing SSI, SSDI, Survivor's Benefits, DAC Benefits, NYS Disability, Worker's Compensation, VA Benefits, and Public Assistance. Benefits advisement includes counseling and training concerning work incentive programs and legislation (Medicaid Buy-In Program, 1619B Provision, IRWE's etc.) that allows

individuals with disabilities to work.  
Voicemail available.

**Veterans Affairs Division, New York State, Saratoga County Office Building**

**2144 Doubleday Ave  
Ballston Spa, NY 12020  
518-884-4115**

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

Hours: 9 a.m. - 5 p.m. weekdays.  
Counseling to veterans, dependents, and surviving spouses on service benefits, application processes, problem solving, and representation with Veterans Administration. Assists in applying for federal and state benefits such as pensions, compensations, blind annuities educational services, and burial benefits. Eligibility: Veterans and dependents.

**CANCER SERVICES**

**American Cancer Society**

**800-227-2345**

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

Services include Road to Recovery, Reach to Recovery, Interactive Online Classes, Help with Lodging, Information and Resources, Look Good Feel Better, Cancer Survivors and Caregivers Cancer Survivors Network.

**Cancer Services Program of Saratoga County**

Offers screening, support and information. Offers Breast Cancer Screening, Cervical Cancer Screening and Colorectal Cancer Screening. For uninsured Men/Women ages 40-64.

**211 Church Street  
Saratoga Springs, NY 12866  
518-580-2078  
866-442-CANCER (2262)**

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

**To Life!**

**410 Kenwood Avenue  
Delmar, NY 12054**

**518-439-5975**

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

The Capital Region's Personal Source for Breast Cancer Education & Support. Offers Education Forums, Women's Health, Breast Health Workshops, Wellness from Within, Support Groups, Cancer Mentoring, Resource Library, Volunteer Opportunities.

**Personalized Boutique Services**

**110 Spring Street  
Saratoga Springs, NY 12866  
518-587-3820**

**CASE MANAGEMENT/COUNSELING**

**Catholic Charities of Saratoga, Warren and Washington Counties**

**142 Regent Street  
Saratoga Springs, NY 12866  
518-587-5000/518-793-6212**

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

Hours: 9 a.m. – 5 p.m. weekdays  
Catholic Charities provides counseling and advocacy services to individuals and families including assessments, benefit reviews, application assistance and general case management activities.

**CHOICES-St. Peter's Hospital  
St. Peter's Health Partners  
315 South Manning Boulevard  
Albany NY 12208**

**518-525-6803**

[www.sphp.com/cc](http://www.sphp.com/cc)

Provide comprehensive assessment for older adults, development of a care plan, and care management by Elder Care Consultants. Care coordination,

transition, crisis intervention, consultations and standby support.

**Elder Care Program of the  
Mechanicville Community Center**

**6 South Main Street  
Mechanicville, NY 12118  
518-664-8322 x1011**

Hours: 9 a.m. – 5 p.m. weekdays  
Provides advocacy for the elderly.

**Saratoga County Alcohol and  
Substance Abuse Services**

**135 South Broadway  
Saratoga Springs, NY 12866  
518-584-9030**

Hours: Mon – Wed - Fri 8:30 am –  
5:00pm  
Information and referral, evaluation,  
individual and group counseling and  
intervention. 24 hour on call is available.  
Walk-in services are available M/W/F;  
doors open at 8:30am for drug and  
alcohol abuse.

**Saratoga County Mental Health  
Center**

**135 South Broadway  
Saratoga Springs, NY 12866  
518-584-9030 24 hr emergency**

**Saratoga County Office for the Aging**

**152 West High Street  
Ballston Spa, NY 12020  
518-884-4100**

Hours: 9 a.m.-5 p.m. weekdays.  
[www.saratogacountyny.gov](http://www.saratogacountyny.gov)

**Senior Hope Counseling, Inc.**

**301 S. Allen St., Suite 6  
Albany, NY 12208  
518-489-7777**

[www.seniorhope.org](http://www.seniorhope.org)  
Hours: 9 a.m. – 5 p.m. weekdays.  
Evaluation and assessment services,  
individual case management, relapse

prevention groups, individual and family  
chemical dependence counseling,  
depression, anxiety, and stress  
management counsel.

**Seton Addiction Services**

**1300 Massachusetts Avenue  
Troy, NY 12180  
518-268-5542**

[www.sphp.com](http://www.sphp.com)

Seton offers inpatient treatment for  
substance abuse, detoxification and  
rehabilitation.

**Southern Adirondack Independent  
Living Center**

**Country Club Plaza  
418 Geysers Rd.  
Ballston Spa, NY 12020  
518-584-8202 or  
Queensbury 518-792-3537 x329**

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

Hours: 8 a.m. – 4 p.m. weekdays

**Case Management/Service**

**Coordination:** The center provides  
short-term case management and service  
coordination services, as well as linkage  
and referral to other service systems  
(DOH, OMRDD, OMH, SOFA, etc.).  
Center staff will assist with eligibility  
determinations and gathering  
documentation to access funded case  
management and service coordination  
services. If requested, center staff will  
continue to work with individuals with  
disabilities as advocates once they are  
enrolled in funded services.

**Counseling:** The center provides  
counseling and teaching and facilitates  
information giving and sharing for  
individuals with disabilities, family  
members and other interested parties on  
both an individual and a group basis.

**Trinity Eldercare**

**19 Wayne Court**



**Queensbury, NY 12804**  
**518-798-4742 or 518-796-0603**  
[www.trinityeldercare.com](http://www.trinityeldercare.com)

Provides comprehensive assessment, coordination and management of services, determining affordability of services and accessing resources. Assists with Medicaid insurance information and applications. Provide options and alternatives for home based care. Assistance with nursing home applications. Senior Driving Solutions-provides self-assessment tools for older drivers.

## **CHURCH - RELATED ASSISTANCE**

**Christ Episcopal Church**  
**15 West High Street**  
**Ballston Spa, NY 12020**  
**518-885-1031**  
[www.4ChristChurch.org](http://www.4ChristChurch.org)

The church offers a food pantry that is open 10 a.m. – noon on Mon, Wed, Thurs, and Fri. Emergency food supplies available on Wed. from 5 p.m. – 7 p.m.

**Corinth First Presbyterian Church**  
**199 Palmer Avenue**  
**Corinth, NY 12822**  
**518-654-9432**  
[www.corinthfirstpres.org](http://www.corinthfirstpres.org)

Share the warmth fund emergency/emergency fuel. Call the church for information. Community Churches Food Pantry is at Theater Guild on 4<sup>th</sup> St, Corinth Tues. 2-5 p.m. Fri. 2-5 p.m.

**The Corinth YMCA**  
**119 Gabriel Road, Corinth NY**  
**518-583-9697, x191 (Director)**  
[www.srymca.org](http://www.srymca.org)

An Alzheimer's Caregivers Support Group meets on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays @ 2:00-3:00 p.m. located at

**First Baptist Church**  
**202 Milton Avenue**  
**Ballston Spa, NY 12020**  
**518-885-8361**  
[www.bspabaptist.org](http://www.bspabaptist.org)

The church operates a food pantry 1<sup>st</sup> and 3<sup>rd</sup> Tues. 9-11 am, Thurs., 4:30 p.m. – 6:30 p.m.

**Shenendehowa United Methodist Church**  
**971 Route 146**  
**Clifton Park, NY 12065**  
**518-371-7964**  
[www.shenumc.org](http://www.shenumc.org)

The church offers a free community dinner once a month; usually the last Tuesday of the month, however, please note schedule may change due to the holiday season. Please review our schedule on our website [shenumc.org](http://shenumc.org).

**Soul Saving Station Church**  
**PO Box 104, 62 Henry Street**  
**Saratoga Springs, NY 12866**  
**518-584-3122**  
[www.soulsavingstationchurch.com](http://www.soulsavingstationchurch.com)

The church provides spiritual counseling, religious services, family contacts & referrals.

**Code Blue Homeless Shelter**  
**518-581-1097**  
**14 Walworth St (Operates all year)**  
**Saratoga Springs, NY 12866**  
**62 Henry St (Extreme weather)**  
[www.codebluesaratoga.org](http://www.codebluesaratoga.org)

Program runs from November 15<sup>th</sup> to March 15<sup>th</sup>.

**South Glens Falls United Methodist Church**  
**15 Maplewood Parkway**

**South Glens Falls, NY 12803  
518-793-1152**

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

Services offered include prayer, counseling and support.  
Mon. – Fri. 8:30 a.m. – 12:30 p.m.  
Wed. – grief share and Sunday morning services start at 9:45 am.

**St. Edward the Confessor Catholic Church**

**569 Clifton Park Center Road  
Clifton Park, NY 12065  
518-371-7372**

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

The church programs include a parish nurse program, friendly visitors, and bereavement committee.

**St. Peters Catholic Church**

**241 Broadway  
Saratoga Springs, NY 12866  
518-584-2375 Church  
518-306-5243 Outreach**

[www.stpetersaratoga.com](http://www.stpetersaratoga.com)

The church offers a variety of information programs. Outreach program Mon – Wed - Fri. - 9-noon.

**St. Therese Rosary Altar Society  
PO Box 251 105 Ballard Rd  
Gansevoort, NY 12831**

**518-587-3180 Deacon Boyd**

The society offers a substitute caregiver program for emergency situations. Also, there is a food pantry twice a month Thursdays 10-12pm.

**CREDIT COUNSELING**

**Southern Adirondack Independent Living Center  
Country Club Plaza  
418 Geysers Rd.**

**Ballston Spa, NY 12020  
518-584-8202 or 518-792-3537**

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

Hours: 8 a.m. – 4 p.m. weekdays.  
Direct training and instruction to individuals with disabilities, family members and other interested parties to develop independent living skills in the areas of budgeting, financial management, and household management.

**DAY CARE, ADULT**

**Bright Horizons**

**1673 Route 9, Suite 4  
Clifton Park, NY 12065  
518-371-2191**

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

Hours: 8 a.m.- 4:30 p.m. weekdays  
A safe and supportive environment along with a nutritious breakfast, hot lunch and snack and various activities.

**Lena's Adult Day Care Services**

**230 Bluebird Rd.  
South Glens Falls, NY 12803  
518-792-7797 or 518-681-7797**

[www.lenasads.com](http://www.lenasads.com)

Hours: 7 a.m. -6 p.m. weekdays  
A non-threatening home environment offering companionship, stimulating activities, and nutritious lunches/ snacks. Experienced staff gives personal attention and care for family members at an affordable rate.

**Schuyler Ridge Residential Health & Adult Day Care**

**1 Abele Boulevard  
Clifton Park, NY 12065  
518-371-1400**

[www.schuylerridge.org](http://www.schuylerridge.org) or  
[www.sphp.com](http://www.sphp.com)

Hours: 7:30 a.m.-8 p.m. weekdays.  
Schuyler Ridge is a 120 bed skilled nursing facility offering occupational, physical, and speech therapy, spiritual care, social services and nutritional services as well as a Day Care Program.

**Wesley Senior Solutions**  
396 Loudon Rd  
Saratoga Springs, NY 12866  
518-584-1200  
[www.thewesleycommunity.org](http://www.thewesleycommunity.org)

Offering private pay home care

## **DENTAL SERVICES**

**Albany Dental Clinic**  
900 Lark Dr  
Albany, NY 12207  
518-465-4771

**Ellis Dental**  
600 McClellan Street  
Schenectady, NY 12304  
518-382-2270

**Hometown Health Centers**  
1044 State Street  
Schenectady, NY 12307  
518-370-1441

**Hudson Valley Community College  
Dental Hygiene Clinic**  
Fitzgibbons Health Tech Center  
80 Vandenberg Ave, Room 127  
Troy, NY 12180-6096  
518-629-7400

Low fee dental cleanings and x-ray. Hudson Valley Community College is committed to providing the best patient-centered treatment possible, while providing the students with an excellent learning experience. Free cleanings for seniors are available and low-

cost x-rays. The program operates September-April by appointment only.

**Saratoga Community Health Center**  
24 Hamilton Street  
Saratoga Springs, NY 12866  
518-886-5600  
Mon.-Thurs. 7:30am-7:00pm  
Fri. 8:00am-4:30pm

## **DISABLED ADVOCACY AND SERVICES**

The following agencies provide support programs and services to individuals with disabilities including intervention, rehabilitation, day programs, and various support groups. Contact the agencies for information and hours of operation.

**AIM Services Inc.**  
4227 Route 50  
Saratoga Springs, NY 12866  
518-587-3208  
[www.aimservicesinc.org](http://www.aimservicesinc.org)

**Catholic Charities Disabilities Service**  
1 Park Place, Suite 200  
Albany, NY 12205  
518-783-1111  
[www.ccdservices.org](http://www.ccdservices.org)

**Center for Disability Services**  
314 South Manning Boulevard  
Albany, NY 12208  
518-437-5700  
[www.cfdsny.org](http://www.cfdsny.org)

**Prospect Child & Family Care  
Tri-Counties**  
133 Aviation Road  
Queensbury, NY 12804  
518-798-0170  
[www.prospectcenter.com](http://www.prospectcenter.com)

### **Saratoga Bridges**

**16 Saratoga Bridges Boulevard  
Ballston Spa, NY 12020**

**518-587-0723**

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

Saratoga Bridges (formerly Saratoga ARC) provides a wide variety of service to persons with intellectual disabilities. Services include residential services, service coordination, day services, clinical services, community habilitation, respite, transportation, family support, guardianship supports and employment contacts.

### **Southern Adirondack Independent Living**

**Country Club Plaza**

**418 Geysers Road**

**Ballston Spa, NY 12020**

**518-584-8202 or 518-792-3537**

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

Hours: Mon. - Fri. 8 a.m. – 4 p.m.

Provides services to promote personal independence, self-help, equal access, peer role modeling, personal growth and empowerment for individuals of any age regardless of ethnicity, gender, religion, living situation or financial status. Services include Information and Referral, Peer Counseling, Individual and Systems Advocacy, Independent Living Skills Training, Architectural Barrier Consultation, Benefit and Entitlement Counseling, Disability Awareness Training, School Advocacy and Transition Support, Errand Support and Voter Registration. The Center provides equipment assessment and loan through the TRAIID Project, Computer Skills Assessment and Training through the Center for Adaptive Computer Technology (CACT), Traumatic Brain Injury Services through the TBI Regional Resource Center and Nursing

Home Transition and Diversion Services.

### **New York State Justice Center for Protections of People with Special Needs**

**161 Delaware Ave**

**Delmar, NY 12054**

**518-549-0513 or 800-624-4143**

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

Hours: 9 a.m. – 5 p.m. weekdays.

### **ACCES-VR**

**NYS Ed Dept.**

**80 Wolf Road, 2<sup>nd</sup> Fl, Suite 200**

**Albany, NY 12205**

**518-473-8097**

[www.accesnysed.gov/vr](http://www.accesnysed.gov/vr)

Hours: 8:30 a.m.-5 p.m. weekdays.

ACCES-VR promotes educational equity and excellence for students with disabilities while ensuring that they receive the rights and protection to which they are entitled; assures appropriate continuity between the child and adult services systems; and provides the highest quality vocational rehabilitation and independent living services to all eligible persons as quickly as those services are required to enable them to work and live independent, self-directed lives.

### **Wildwood Programs**

**1190 Troy Schenectady Rd.**

**Latham, NY 12110**

**518-640-3300**

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

Working with families and community to empower and enable children and adults with autism neurological learning disabilities, and other developmental disorders to lead independent, productive and fulfilling lives.

## **DURABLE MEDICAL EQUIPMENT**

*The following suppliers are enrolled in Medicare.*

### **Lincare**

**4 Airport Park Blvd.  
Latham, NY 12110  
518-782-7770  
[www.lincare.com](http://www.lincare.com)**

Hours: 8 a.m. – 5 p.m. weekdays.  
Services include oxygen and respiratory care equipment/services, hospital beds, and wheelchairs.

### **Hannaford - [www.hannaford.com](http://www.hannaford.com)**

**95 Weibel Avenue  
Saratoga Springs, NY 12866  
518-587-0681**

**262 Saratoga Rd., Suite 1  
Glenville, NY 12302  
518-384-0246**

**11 Trieble Ave.  
Ballston Spa, NY 12020  
518-885-4672**

**19 Clifton Country Rd.  
Clifton Park, NY 12065  
518-373-7915**

**27-41 Gansevoort Rd  
South Glens Falls NY 12803  
518-798-2847**

### **ProcAir, Inc.**

**4A Northway Lane  
Latham, NY 12110  
518-664-6654**

**[www.medicalserviceco.com](http://www.medicalserviceco.com)**

Services include: Medical Equipment, respiratory equipment, oxygen, hospital

beds, wheelchairs walkers, canes and specialty beds.

### **Prime Care Medical Equipment**

**16 Walker Way  
Albany, NY 12205  
518-456-6192 or 888-840-8068  
[www.primecaremed.com](http://www.primecaremed.com)**

Ramps, stair lifts, ceiling lifts, lift chairs, electric door openers, handicapped accessible showers, bathroom modifications, wheelchairs, scooters, durable medical equipment and oxygen.

*The following suppliers are not enrolled in Medicare.*

### **Coram CVS Specialty Infusion Services**

**12 Jupiter Lane  
Albany, NY 12205  
869-689-2900/800-289-1515  
[www.coramhc.com](http://www.coramhc.com)**

### **Eazylift Elevators**

**836 Troy-Schenectady Road  
Latham, NY 12110  
518-393-2274/(888) 558-LIFT  
[www.thealbanyliftcompany.com](http://www.thealbanyliftcompany.com)**

Stair lifts, residential elevators, custom lifts and ramps.

*The following agencies loan or donate durable medical equipment.*

### **NYS Justice Center for Protection of People with Special Needs**

**161 Delaware Ave  
Delmar, NY 12054  
518-549-0200 or 800-624-4143  
[www.justicecenter.ny.gov](http://www.justicecenter.ny.gov)**

Hours: 9 a.m. - 5 p.m. weekdays.  
Administers the TRAIID-IN program where used devices are matched with individuals needing them. They are

either sold or donated with all negotiations taking place between the matched parties. This service is statewide and free.

**Clifton Park Senior Center**  
**6 Clifton Common Court**  
**Clifton Park NY 12065**  
**518-383-1343**  
[www.shenacc.org](http://www.shenacc.org)

Hours: 9 a.m. - 4 p.m. weekdays.  
Free equipment is loaned out as needed.  
Items include walkers, canes, and wheelchairs. Donations accepted.

**Southern Adirondack Independent Living Center,**  
**Country Club Plaza**  
**418 Geysers Rd**  
**Ballston Spa, NY 12020**  
**518-584-8202**  
**Queensbury 518-792-3537**  
[www.sailhelps.org](http://www.sailhelps.org)

Hours: 8 a.m. - 4 p.m. weekdays.  
Free loan of durable medical equipment and assistive devices (hospital beds, wheelchairs, walkers, commodes, shower benches/chairs, walkers, standing frames, crutches, canes, etc.) based upon individual need for 30 days or more. The center provides assistance with obtaining devices and equipment from other sources. The center provides assessment for adaptive computer hardware and software and training to use specialized programs as needed.

## **24 HOUR EMERGENCY RESPONSE SYSTEMS**

**Direct Link**  
**518-584-5885**

**Eddy Lifeline**  
**518-274-6200**

**Ellis Medical Alert Service**  
**518-382-2224**

**Glens Falls Hospital Medical Alert Service**  
**25 Willowbrook Rd., Suite 1**  
**Queensbury, NY 12804**  
**518-409-8100**

**LifeFone**  
**16 Yellowstone Avenue**  
**White Plains, NY 10607-1324**  
**800-882-2280**

**CST/Link to Life**  
**137 North Street, Suite 209A**  
**Pittsfield, MA 01201**  
**888-557-4462**

**Saratoga Hospital Phillips Lifeline**  
**211 Church Street**  
**Saratoga Springs, NY 12866**  
**866-674-9900, x4399**

**St. Peters Lifeline – Eddy Health Alert**  
**518-833-1040**

**For EMERGENCY Dial 9-1-1**

## EMERGENCY SHELTERS

**Direct Salvation Army**  
**PO Box 652**  
**27 Woodlawn Ave.**  
**Saratoga Springs, NY 12866**  
**518-584-1640**

Hours: 8 a.m. – 4 p.m. weekdays.  
Emergency assistance with food. Serve hot breakfast weekdays 8:15 a.m.-9:45 a.m. Group programs are also offered.

**Saratoga County Rural Preservation Company- The Vet House (Male Veterans)**  
**36 Church Avenue**  
**Ballston Spa, NY 12020**  
**518-885-0673**

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

Hours: 8 a.m. – 4 p.m. weekdays.  
This agency is a transitional facility for homeless male veterans. Services include help with permanent housing for veterans and their families, rental assistance programs and mortgage assistance for affordable home ownership.

**Saratoga County Rural Preservation Company- Guardian House (Female Veterans)**  
**1214 Saratoga Road**  
**Ballston Spa, NY 12020**  
**518-885-0093**

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

Hours: 8 a.m. – 4 p.m. This agency is a transitional facility for homeless female veterans. Services include help with permanent housing for veterans and their families, rental assistance programs and mortgage assistance for affordable home ownership.

**Shelters of Saratoga, Inc.**  
**14 Walworth Street**  
**Saratoga Springs, NY 12866**  
**518-581-1097**

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

Hours are 24 hours per day, 365 days per year. Services include emergency housing, case management, referrals, advocacy, and placement services.

## FOOD SERVICES/NUTRITION

**Cornell Cooperative Extension of Saratoga County**  
**50 West High Street**  
**Ballston Spa, NY 12020**  
**518-885-8995**

[saratoga@cornell.edu](mailto:saratoga@cornell.edu)

Hours: 8 a.m. – 5 p.m. weekdays.  
Provides nutrition & food programs help Saratoga County residents to achieve and maintain a healthy weight, promote health, and prevent disease through workshops on healthy eating and cooking. Programs such as Strong Women Healthy Hearts and Dining with Diabetes strive to reduce the incidence of heart disease and diabetes.

**Saratoga County Office for the Aging**  
**152 West High Street**  
**Ballston Spa, NY 12020**  
**518-363-4020**

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

Hours: 9 a.m. – 5 p.m. weekdays.  
Home Delivered Meals offer a hot, nutritious noon meal that is delivered to home-bound seniors throughout Saratoga County. There is a suggested contribution of \$2.00 per meal. Saratoga OFA also has a list and numbers for congregate meal sites and food pantries.



**SNAP (Formally Food Stamps)**  
**152 West High Street**  
**Ballston Spa, NY 12020**  
**518-884-4155 or 518-587-3030**  
[www.saratogacountyny.gov](http://www.saratogacountyny.gov)

Hours: 9 a.m. – 5 p.m. weekdays.  
Issue a benefit card with a monthly allotment for food purchase to those who meet income eligibility guidelines.

## **HEALTH CARE INFORMATION & ASSISTANCE**

**American Cancer Society**  
**Capital NY Region**  
**1 Penny Lane**  
**Latham, NY 12210**  
**518-220-6901 option 3**  
[www.cancer.org](http://www.cancer.org)

### **Capital Region Diabetes and Endocrine Care**

**63 Shaker Road, Ste.201**  
**Albany, NY 12204**  
**518-471-3636**  
[www.sphpma.com](http://www.sphpma.com)  
Hours: Mon. – Thurs. 8:00 a.m. - 4:30 p.m.  
and Fri. 8:00 a.m. – 3:30 p.m.  
Comprehensive education sessions including Introduction and Monitoring, Nutrition, Living Healthy with Diabetes and Exercising your Mind and Body. The sessions are based on ADA standards and taught by certified diabetes educators, including nurse educators, and registered dietitians. Sessions can be taken individually or in groups.

**Community Hospice of Saratoga**  
**179 Lawrence Street**  
**Saratoga Springs, NY 12866**  
**518-581-0800**  
[www.communityhospice.org](http://www.communityhospice.org)

Hospice provides care to seriously ill people and their families in the home

setting, hospital, adult homes, and nursing facilities.

### **Elderly Pharmaceutical Insurance Coverage (EPIC)**

**PO Box 15018**  
**Albany, NY 12212**  
**800-332-3742**  
[www.health.ny.gov](http://www.health.ny.gov)

Hours: 8 a.m. – 5 p.m. weekdays.  
The Elderly Pharmaceutical Insurance Coverage (EPIC) is a NYS. Dept. of Health Program designed to help NYS residents who are 65 and older cope with the high cost of prescription drugs.

**Epilepsy Foundation of NENY**  
**3 Washington Square**  
**Albany, NY 12205**  
**518-456-7501 or 800-894-3223**  
[www.epilepsy.com](http://www.epilepsy.com)

This service offers information and referral, education, as well as service coordination.

**Glens Falls Association for the Blind and Visually Impaired**  
**144 Ridge Street**  
**Glens Falls, NY 12801**  
**518-792-3421**  
[www.afb.org](http://www.afb.org)

Hours: 8:30 a.m. - 4:30 p.m. weekdays.  
GFABVI provides information and referral, rehabilitation, exams and aides, screenings, teaching and casework.

**Healthy Capital District Initiative**  
**175 Central Ave**  
**Albany, NY 12206**  
**518-462-7040**  
[www.hcdiny.org](http://www.hcdiny.org)

Helps low income residents with public health insurance needs. Free services and appointments can be scheduled at several available site locations. Home visits are available.



**Northeastern Association of the Blind**  
**301 Washington Avenue**  
**Albany, NY 12206**  
**518-463-1211**

[www.naba-vision.org](http://www.naba-vision.org)

Hours: 8 a.m. – 4 p.m. weekdays.  
NABA provides vision rehabilitation services to help older adults remain active, independent as they experience vision loss. Programs and services include low vision exams, vision aids, vision rehabilitation therapy, vocational assistance, technology training, orientation & mobility and counseling. Services are free to the legally blind. Low vision education programs are available to groups, schools, professionals, senior centers and health care organizations.

**Saratoga Community Health Center**  
**24 Hamilton St**  
**Saratoga Springs, NY 12866**  
**518-886-5600**

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

Hours: Mon.-Thurs. 7:30 a.m. - 7 p.m.  
Friday 7:30 a.m. - 4 p.m.

Saratoga Community Health Center provides high-quality, affordable routine medical care, including primary care, dental care, and mental health service to members of our community, regardless of their ability to pay. The Center has plenty of on-site parking and is easily accessible via public transportation.

**Seton Health Incontinence and Wound Services**

**147 Hoosick Street, Suite E**  
**Troy, NY 12180**  
**518-268-5380**

[www.sphp.com](http://www.sphp.com)

Assessment and treatment of bladder control difficulties, healing of wounds and podiatry. Accepts Medicaid.

**Simplifying Lives for a Cause, Inc.**  
**518-384-3878**

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

A local non-profit organization dedicated to providing six free cleanings for cancer patients, or the parents of cancer patients undergoing treatment for cancer.

**The Wound Healing Center**  
**Glens Falls Hospital**  
**102 Park Street**  
**Glens Falls, NY 12801**  
**518-926-1500**

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

Hours: 8:00 a.m. – 4:30 p.m. Offers a progressive approach to traditional wound healing. An individualized treatment plan is developed for each person.

**YMCA of Saratoga County**  
**290 West Avenue**  
**Saratoga Springs, NY 12866**  
**518-583-9622**  
**Medical Park Drive**  
**Malta, NY 12020**  
**518-583-9623**

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

Hours: 5 a.m. - 11 p.m. weekdays,  
Sat. 6 a.m.-6 p.m., Sun. 6 a.m. - 9 p.m.  
Services to promote development of mind, body and spirit. Including health and wellness, aquatics, child care, art, camps, and community programs.

## **HEALTH INSURANCE CLAIMS AND ASSISTANCE**

### **NY Medicaid (Maximus)**

**888-401-6582 Customer Services**

**855-222-8350 Evaluations**

**800-541-2831 Helpline**

Mon. – Fri. 8:30 a.m. – 8:00 p.m., Sat.

10 a.m. – 6 p.m. The Conflict – Free

Evaluation and Enrollment Center

(CFEEC) is a program that determines if you need Medicaid community-based long term care for at least 120 days.

Individuals may qualify for managed long term care, home care and other long term care services. Services provided from a Medicaid-approved managed care plan.

### **Saratoga County Office for the Aging**

**152 West High Street**

**Ballston Spa, NY 12020**

**518-884-4100**

The Health Insurance Information, Counseling and Assistance Program (HIICAP) has trained staff and volunteers to answer questions and provide confidential information and counseling about Medicare A & B and Part D prescription drug, Medicare Supplemental Insurance, Managed Care, Medicaid, QMB, EPIC, and Long Term Care Insurance throughout Saratoga County. Call for details including volunteer opportunities.

### **Saratoga Hospital Health Insurance Navigation Program**

**59D Myrtle Street Park**

**Saratoga Springs NY 12866**

**518-580-2021**

Hours: 9 a.m. – 5 p.m. weekdays.

Offsite appointments on evening and weekends. Assistance with applications for Child Health Plus, Family Health

Plus and Medicaid for people under the age of 65.

### **Southern Adirondack Independent Living**

**Country Club Plaza**

**418 Geyser Rd**

**Ballston Spa NY 12020**

**518-584-8202 or 518-792-3537**

Hours: 8 a.m. – 4 p.m. weekdays.

Information and assistance to persons with disabilities, family members and interested parties concerning Medicare, Medicaid, and Long-Term Care Insurance. SAIL is a representative for the Independent Consumer Advocacy Network (ICAN). Insurance counseling and advisement for choosing coverage, co-insurance and gap policies. Center staff is trained Health Insurance Information Counseling and Assistance Program (HIICAP) specialists.

### **Trinity Eldercare**

**19 Wayne Court**

**Queensbury, NY 12804**

**518-796-0603**

Long term Care insurance information, education and underwriting.

## **HOME CARE**

### **Accent Health Care Services**

[www.accenthealthcareservices.com](http://www.accenthealthcareservices.com)

**820 5<sup>th</sup> Avenue**

**Troy, NY 12182**

**518-237-2700**

### **Adept Health Care Services**

[www.adepthealthcare.com](http://www.adepthealthcare.com)

**406 Fulton Street, Suite 503**

**Troy, NY 12180**

**518-271-1055**

**All Metro Health Care**

[www.all-metro.com](http://www.all-metro.com)  
1450 Western Avenue  
Albany, NY 12203  
518-426-0283

**Any Time Home Care, Inc.**

[www.anytimehomecare.com](http://www.anytimehomecare.com)  
1272 Central Avenue  
Albany, NY 12205  
518-454-9433

**Attentive Care**

[www.attentiveservices.com](http://www.attentiveservices.com)  
5 Computer Drive West  
Albany, NY 12205-1617  
518-438-6271

Mon. – Fri. 8:30am – 4:30pm  
Assistance with meal preparation, light housekeeping, medication reminders, transportation to appointments, respite and supervision for safety. Companions can work in the home, assisted living facility, nursing home or other residence. From three to twenty four hours per day.

**Companions for the Elderly**

[www.care.com](http://www.care.com)  
PO Box 4327  
Clifton Park NY 12065  
518-383-3119

Companionship and homemaking services including meal preparation, laundry, light housekeeping, shopping, errands and incidental transportation. Can be for as little as one hour or up to 24 hours. Sliding fee scale.

**Concepts of Health Care**

[www.conceptsofhealthcare.com](http://www.conceptsofhealthcare.com)  
PO Box 205  
Ballston Spa, NY 12020  
518-885-2020

Hours: 8 a.m. – 4 p.m. weekdays.

Provides 24 hours, 7 days a week live-in non-medical aide services. Shift work available.

**Eddy Home Care/ Eddy Visiting Nurse Association (EVNA) - Certified Home Health Agency**

[www.Sphp.com](http://www.Sphp.com)  
433 River Street Suite 3000  
Troy, NY 12180  
518-274-6200

**Fort Hudson Homecare**

[www.forthudson.com](http://www.forthudson.com)  
319 Broadway  
Fort Edward, NY 12828  
518-747-9019 or 518-747-2811

Companion care and licensed home health care.

**Kindred at Home**

[www.kindredhealthcare.com](http://www.kindredhealthcare.com)  
Malta Commons Business Park  
100 Saratoga Vlg Blvd, Suite 5  
Malta, NY 12020  
518-899-1158

**Greater Adirondack Home Aides**

[www.greateradirondackhomeaides.org](http://www.greateradirondackhomeaides.org)  
25 Willowbrook Road, Ste 4  
Queensbury, NY 12804  
518-926-7070  
518-587-4379 (Saratoga)

Personal care, meal preparation, light housekeeping and shopping.

**Home Health Care Partners**

[www.newyorkhomehealthcare.org](http://www.newyorkhomehealthcare.org)  
2-8 W. Main Street  
Johnstown, NY 12095  
518-842-6718 or 800-342-1426

Companion services, home health aide services and nursing services.

**Home Helpers & Direct Link**

[www.homehelpershomecare.com](http://www.homehelpershomecare.com)  
538 Maple Ave. Suite 3  
Saratoga Springs NY 12866  
518-584-5885

Serving Saratoga, Warren, Washington and Rennselaer counties. Services include transportation, errands, light housekeeping, meal preparation, and safety and supervision. Our licensed services include assistance with bathing, grooming, toileting, mobility, and medication management. Care is provided under physician orders and supervised by an RN. We also offer assistive technology which includes: Personal Emergency Response Systems with fall detector, GPS locator as well as automated medication managers.

**Home Instead Senior Care**

[www.homeinstead.com/341](http://www.homeinstead.com/341)

**12 Mountain Ledge Dr. Suite 3  
Gansevoort, NY 12831  
518-580-1042**

Non-medical companion and home-helper service including light housekeeping, laundry, meal preparation, shopping, errands and incidental transportation. Long term and short term respite services available.

**Home of the Good Shepherd**

[www.homeofthegoodshepherd.com](http://www.homeofthegoodshepherd.com)

**26 Rock Rose Way  
Malta, NY 12020  
518-581-2800 / Fax 581-8030**

**Memory Care**

**390 Church St  
Saratoga Springs, NY 12866  
518-584-3317 / Fax 691-2433**

**400 Church Street  
Saratoga Springs, NY 12866  
518-450-7360 / Fax 450-7525**

**198 Bluebird Road  
South Glens Falls, NY 12803  
518-792-1000 / Fax 792-1066**

**60 Waller Rd  
Wilton NY 12831  
518-580-0702 / Fax 580-0709**

**Interim HealthCare**

[www.interimhealthcare.com](http://www.interimhealthcare.com)

**1735 Central Avenue  
Albany, NY 12205  
518-452-3655**

**99 Ridge Street  
Glens Falls, NY 12801  
518-798-6811**

A licensed home care agency. Services are provided by companions, home health aides, LPN's RN's and PCA's. All care is provided under a physician's order with RN supervision. Interim's goal is to meet the client's needs and to maintain them in their home.

**Living Resources Home Care Agency**

[www.livingresources.org](http://www.livingresources.org)  
**300 Washington Ave. Ext.  
Albany, NY 12203  
518-218-0000**

Provides in-home care coordination, companion services, home health aides, medication reminders, nursing care, personal care aides and nursing assessments. Aides assist with ambulation and transfer, bathing and showering, companionship and socialization, exercise programs, escort to appointments, housekeeping, respite, shopping and meal preparation.

**NurseCore**

[www.nursecore.com](http://www.nursecore.com)  
**1218 Central Avenue  
Albany, NY 12205  
518-438-3900**

Provides nursing, allied and medical office professionals 24 hours a day, seven days a week.

**Right at Home**

[www.rightathome.net](http://www.rightathome.net)  
**640 New Loudon Rd.**  
**Latham, NY 12110**  
**518-757-4040**

Provides in-home services including companionship and safety supervision; monitoring and health reminders; help with errands and housekeeping; meal planning and preparation; and assistance with doctor visits and follow-up care. In unique circumstances, may provide specialized care for clients affected by disease or disorders.

**Samuel S. Stratton Veterans Administration Medical Center**

[www.albany.va.gov](http://www.albany.va.gov)  
**113 Holland Avenue**  
**Albany, NY 12208**  
**518-626-5000 or 800-223-4810**

Provides comprehensive in-patient and outpatient, geriatric and long term care services for honorably discharged military veterans. Services include respite care, nursing home care, home care, adult day health care, primary care, post-acute care, and assisted housing.

**Saratoga County Dept. of Social Services**

[www.saratogacountyny.gov](http://www.saratogacountyny.gov)  
**152 West High Street**  
**Ballston Spa, NY 12020**  
**518-884-4159**

Hours: 9 a.m. – 5 p.m. weekdays.  
Assists eligible individuals to safely remain at home through the provision of services such as personal care tasks, nursing, meals on wheels, lifeline, home therapies, social day care, case management, nutritional services, and medical social worker services.

**Saratoga County Public Health**

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

**31 Woodlawn Avenue**  
**Saratoga Springs, NY 12866**  
**518-584-7460**

Hours: 8 a.m. – 5 p.m. weekdays.  
SCPH is a Certified Home Health Agency that offers skilled nursing, physical, speech and occupational therapy and 24 hour nurse availability. They also provide a medical social worker, clinics, early intervention, and other informative programs.

**Senior Solutions**

[www.thewesleycommunity.org](http://www.thewesleycommunity.org)  
**396 Loudon Rd**  
**Saratoga Springs, NY 12866**  
**518-584-1200**

Provides non-medical in-home services, companionship, housekeeping, meal preparation, laundry, shopping, transportation assistance and supervision along with respite care. State certified NPCA and personal care aids.

**Samaritan/St Mary's Hospital**

**1300 Massachusetts Avenue**  
**Troy, NY 12180**  
**518-268-5000**

Seton provides many licensed services; skilled nursing, physical, speech, and occupational therapy, home health aides, registered dietician, assessments, counseling and referrals.

**Visiting Nurses Assoc. of Albany, Inc.**

[www.vnaalbany.org](http://www.vnaalbany.org)  
**150 Broadway Suite 310**  
**Menands, NY 12204**  
**518-694-9907**

Non-profit licensed certified home health agency providing skilled nursing, physical, occupational and speech therapies, and home health aide services in Albany, Saratoga and Rensselaer counties.

**Visiting Nurses Home Care/Medstaff**  
71 Glenwood Avenue  
Queensbury, NY 12804  
518-798-1450

Hours: 8:00 a.m. – 4:30 p.m. Offers a full range of private duty home care and facilities staffing services in 15 counties.

**VNA- Schenectady (SVNA)**  
108 Erie Blvd.  
Schenectady, NY 12305  
518-382-8050/518-382-7932

## IDENTIFICATION

**Motor Vehicles Department, Saratoga County**

[www.saratogacountyny.gov/dmv/](http://www.saratogacountyny.gov/dmv/)

**Ballston Spa Office**  
40 Mc Master Street  
Ballston Spa, NY 12020  
518-885-2227

Hours: Mon, Tues, Thurs and Fri.:  
8 a.m.-4:45 p.m., Wed: 8 a.m.–6 p.m.

**Clifton Park Office**  
22 Clifton Park Center Road  
Clifton Park, NY 12065  
518-383-2480

Hours: Mon, Tues, Wed and Fri:  
8 a.m. – 4:45 p.m., Thurs: 8 a.m.–6 p.m.

**Saratoga Office**  
Wilton Mall  
3065 Route 50  
Saratoga Springs, NY 12866  
518-584-7403

Hours: Mon, Wed, Thurs and Fri:  
8:00a.m.-4:45 p.m., Tues: 8 a.m.– 6 p.m.

## INFORMATION & REFERRAL

**NYS Kinship Navigator**  
NYS Kinship Navigator  
87 North Clinton Ave  
Rochester, NY 14604  
877-454-6463

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

Information, referral and advocacy for kinship caregivers in New York State. Provides information on financial assistance, legal information and referrals, and other issues that caregivers face when raising children to provide stability and permanency in the home.

**Saratoga County Office for the Aging NY Connects**

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

152 West High Street  
Ballston Spa, NY 12020  
518-884-4100

Hours: 9 a.m. – 5 p.m. weekdays.  
OFA provides information, referral and linkage to community services for the elderly. Also, provides information and assistance to family caregivers regarding programs and services available at OFA and other agencies/resources.

**Seniors Choice**  
P.O. Box 50  
Saratoga Springs, NY 12866  
518-424-2527

[www.aseniorschoiceonline.com](http://www.aseniorschoiceonline.com)

Working with families to make informed decisions in eldercare lifestyles. Advocate for families and help in navigating for proper resources

**Boomer and Senior Resources**  
P.O. Box 185  
Troy, NY 12182  
Roger Zalucky 518-763-6012  
zaluckyr@gmail.com  
[www.BSRcapitalregion.com](http://www.BSRcapitalregion.com)



Free online resource directory provides information & options for the years ahead as well as expertise in a variety of areas of interest to seniors in the capital region.

**Southern Adirondack Independent Living (SAIL)**

**Country Club Plaza  
418 Geysers Rd  
Ballston Spa NY 12020  
518-584-8202**

**71 Glenwood Avenue  
Queensbury, NY  
518-792-3537  
[www.sailhelps.org](http://www.sailhelps.org)**

Hours: 8 a.m.–4 p.m. weekdays.  
The Center provides information and referral services for individuals with disabilities, family members and other interested parties. The center staff is exceptionally knowledgeable concerning community-based services and supports, including supports available through local, state and federal agencies. Linkage and referral is provided on a person-to-person basis as requested.

**IN HOME VOLUNTEERS**

**Care Links of Southern Saratoga County**

**543 Saratoga Road  
Glenville, NY 12302  
518-399-3262  
[www.captaincares.org](http://www.captaincares.org)**

Hours: 9 a.m. - 3 p.m. weekdays.  
Trained volunteers provide free services to persons 60+. Friendly visiting, transportation, respite care, light housekeeping, yard work, meal preparation, shopping and errands, telephone assurance, and handy helping.

Available in the Towns of Ballston, Charlton, Clifton Park, Halfmoon, Mechanicville, and Malta.

**NearCare**

**142 Bay Street  
Glens Falls, NY 12801  
518-798-6648  
[www.nearcare.org](http://www.nearcare.org)**

Companionship, respite, transportation and assistance with errands. Services the Northern Saratoga County area.

**Community Connections**

**5 Williams St.  
Saratoga, NY 12866  
518-584-1621  
[www.saratogaseniorcenter.org](http://www.saratogaseniorcenter.org)**

Provides volunteers for home visits, respite, household chores, transportation, shopping and errands, and telephone check-ins. Community Connections' mission is to help seniors maintain an independent lifestyle by providing assistance when needed.

**LEGAL SERVICES**

**Legal Aid Society of Northeastern NY**

**40 New Street  
Saratoga Springs, NY 12866  
518-587-5188  
[www.lasny.org](http://www.lasny.org)**

Hours: 9:00 –12:00 & 1:00 –5:00, M-F

**Mediation Matters**

**480 Broadway, Suite LL-32  
Saratoga Springs, NY 12866  
518-584-6361  
[www.mediationmatters.org](http://www.mediationmatters.org)**

Hours: 9 a.m. - 4 p.m. weekdays, evenings by appointment.

**Catholic Charities of the Diocese of Albany - Office of Immigrant Services**  
**40 North Main Avenue**  
**Albany, NY 12203**  
**518-453-6650**

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

The services provided include consultation and assistance with legal immigration procedures and citizenship applications.

**Saratoga County Office for the Aging**  
**152 West High Street**  
**Ballston Spa, NY 12020**  
**518-884-4100**

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

Hours: 9 a.m.–5 p.m. weekdays.  
Legal advice and representation is available to all seniors throughout the County through a contract with a private attorney. Call for requirements or to schedule an appointment.

**Southern Adirondack Independent Living Center (SAIL)**  
**Country Club Plaza**  
**418 Geysers Rd**  
**Ballston Spa NY 12020**  
**518-584-8202**

**71 Glenwood Avenue**  
**Queensbury, NY**  
**518-792-3537**

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

Hours: 8 a.m.–4 p.m. weekdays.  
The center offers individuals with disabilities, family members and other interested parties assistance and advocacy related to benefit and entitlement programs, community services and other local, state, or federal programs. Where necessary, assistance and advocacy is provided for informal appeals, Fair Hearings and Administrative Law Reviews. In addition, advocacy and assistance is

provided for children of school age concerning the CSE process and meetings, as well as for issues involving IDEA, FAPE, Transition Planning, Work-Study and other school-related services. Assistance and advocacy are also provided for individuals who choose to access services through VESID, CBVH, OMRDD, OMH, SOFA, DOT, Hospice and other state and local agencies.

## **NURSING HOMES/ REHABILITATION CENTERS**

*The following list of facilities provides physical and occupational therapy along with skilled nursing.*

### **Diamond Hill Nursing and Rehabilitation Center**

**100 New Turnpike Road**  
**Troy, NY 12182**  
**518-235-1410**

[www.diamondhillrehab.com](http://www.diamondhillrehab.com)

A skilled nursing center offering short-term rehabilitation through physical, occupational and speech therapy as well as long term residential care. The center offers specialized equipment and accommodations for bariatric rehabilitation residents and transportation to area dialysis centers. Recreational and religious activities are also provided.

### **Saratoga Center Rehab & Skilled Nursing Care**

**149 Ballston Avenue**  
**Ballston Spa, NY 12020**  
**518-885-2288**

### **Pathways Nursing and Rehabilitation Center**

**1805 Providence Avenue**  
**Niskayuna, NY 12309**



**518-374-2212**

[www.pathways-rehab.com](http://www.pathways-rehab.com)

A short term recovery skilled nursing center offering physical, occupational, speech and cognitive therapy for children, adults and the elderly. Services include traumatic brain injury comprehensive rehabilitation, stroke recovery, and ventilator/respiratory care. The center provides an effective alternative to extended hospitalization within a homelike environment.

**Rosewood Nursing and Rehabilitation Center**

**284 Troy Road  
Rensselaer, NY 12144  
518-286-1621**

[www.rosewoodrehabilitation.com](http://www.rosewoodrehabilitation.com)

A skilled nursing center offering short-term rehabilitation through physical, occupational and speech therapy as well as long-term residential care. Religious and recreational activities are provided.

**Seton Health at Schuyler Ridge Residential Health**

**1 Abele Boulevard  
Clifton Park, NY 12065  
518-371-1400**

[www.wsphp.com](http://www.wsphp.com)

Provides residential health care for those requiring skilled nursing.

**The Glens Falls Hospital Center for Acute Rehabilitation**

**100 Park Street  
Glens Falls, NY 12801  
518-926-7200**

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

The center provides inpatient intensive physical, occupational, and/or speech therapy following an accident or illness. Patients in need of acute inpatient rehabilitation may benefit from 24-hr physician availability, 24-hr rehabilitation nursing, 3 hrs. day/5 days

a week of therapy and an interdisciplinary team approach. OT/PT speech therapists.

**Wesley Health Care Center  
131 Lawrence Street  
Saratoga Springs, NY 12866  
518-587-3600**

[www.wesleyhealth.com](http://www.wesleyhealth.com)

Wesley is a skilled nursing facility including physical therapy and occupational therapy.

**RESPITE - ADULT**

**Attentive Care**

**5 Computer Drive West  
Albany, NY 12205  
518-438-6271**

[www.attentivecareservices.com](http://www.attentivecareservices.com)

**Peregrine (Beacon Pointe Memory) Senior Living**

**1 Emma Lane  
Clifton Park, NY 12065  
518-371-2200**

[www.peregrineseniorliving.com](http://www.peregrineseniorliving.com)

**Care Links of Southern Saratoga County**

**543 Saratoga Road  
Glenville, NY 12302  
518-399-3262**

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

Hours: 9:00am – 3:00 p.m. weekdays.  
Trained volunteers provide free supportive services to persons 60+. Friendly visiting, transportation, respite care, yard work, housekeeping, meal preparation, shopping and errands, telephone assurance, handy helping around the house (inside and outside). Available in the Towns of Clifton Park, Ballston Spa, Charlton, Halfmoon, Mechanicville, and Malta.

### **NearCare**

**142 Bay Street  
Glens Falls, NY 12801  
518-798-6648**

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

Caritas is a local, unique, organization of trained caregivers and community professionals providing non-medical, non-hands-on support, free of charge to seriously and terminally ill individuals and their families.

### **Catholic Charities Senior & Caregivers Services**

**107 Nott Terrace  
Schenectady, NY 12308  
518-372-5667**

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

Hours: Mon. – Fri. 7:30a.m. – 4:30 p.m.  
Services include support groups, respite services, information and assistance, and social work services.

### **Home Connection Companions**

**1 Computer Drive South  
Albany, NY 12205  
518-459-6612 Nurse  
518-453-5446 Home**

### **Home Health Care Partners**

**2-8 W. Main Street  
Johnstown, NY 12095  
518-842-6718 or 800-342-1426**

[www.newyorkhomehealthcare.com](http://www.newyorkhomehealthcare.com)

This New York State Licensed Home Care Agency offers companion services, home health aide services and nursing services.

### **Home Instead Senior Care**

**12 Mountain Ledge Dr. Suite 3  
Gansevoort, NY 12831  
518-580-1042**

[www.homeinstead.com/341](http://www.homeinstead.com/341)

Home Instead provides non-medical companion and home-helper service

including light housekeeping, laundry, meal preparation, shopping, errands and incidental transportation. Long term and short term respite services available and dementia care available.

### **Eddy Memory Care Marjorie Doyle Rockwell Center**

**421 W. Columbia Street  
Cohoes, NY 12047  
518-280-8385**

### **Eddy Alzheimer's Center**

**Eddy Hawthorne Ridge  
32 Community Way  
East Greenbush, NY 12061  
518-280-8385**

[www.EddySeniorLiving.com](http://www.EddySeniorLiving.com)

### **Saratoga County Office for the Aging Caregiver Program**

**152 West High Street  
Ballston Spa, NY 12020  
518-884-4100**

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

Hours: 9 a.m. – 5 p.m. weekdays.  
Information and assistance, counseling, respite, and supportive services. Safe Return bracelets for Alzheimer's patients and assistance in securing emergency response systems. Care receivers must be over 60, a resident of Saratoga County and have deficiencies in at least two activities of daily living.

### **Wesley Senior Solutions**

**396 Loudon Rd  
Saratoga Springs, NY 12866  
518-584-1200**

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

Services include companionship and Respite Care.

### **Stratton VA Medical Center**

**113 Holland Ave.  
Albany, NY 12208**

**518-626-5000**

[www.albany.va.gov](http://www.albany.va.gov)

Must be eligible veteran to receive respite.

## **RESPITE - CHILDREN**

### **Pathways Nursing and Rehabilitation Center**

**1805 Providence Avenue**

**Niskayuna NY 12309**

**518-374-5334 x3228**

[www.pathwaysrehab.com](http://www.pathwaysrehab.com)

Respite services for children from birth to age 21 designed to provide a break for caregivers. This is an in-patient, overnight program with 24 hour nursing care, physical, occupational and speech therapy, as needed, and therapeutic recreational activities within a community atmosphere.

Accommodations for children with developmental delays, special feeding requirements, seizure disorders, neuromuscular disease, congenital illnesses and ventilator dependency. Funded through Medicaid up to 42 days per year at no charge to the caregiver.

## **SENIOR CLUBS/ CENTERS**

### **Ballston Area Seniors Citizens**

310 Northline Road

Ballston Spa, NY 12020

Linda Elmer, President: 518-885-6740

Meetings – Thursdays 10am - 2pm

<http://www.ballstonareaseniors.com>

### **Charlton Seniors**

Charlton Community Center /

Charlton Town Hall

784 Charlton Rd

Charlton, NY 12019

Peter Parker: 518-882-9099

[PRParker4118@aol.com](mailto:PRParker4118@aol.com)

Meetings – 2<sup>nd</sup> & 4<sup>th</sup> Wednesday 9am - 1pm

### **Clifton Park Senior Community Center**

(Formerly Shenendehowa Adult Comm. Center)

6 Clifton Common Court

Clifton Park, NY 12065

Sue Leonard, Director: 518-383-1343

Monday - Friday 9am - 4pm

<http://cliftonpark.org/index.php/services/senior-services/senior-center>

### **Corinth Senior Center**

22 Hamilton Avenue

Corinth, NY 12822

Laurie Crossman: 518-654-2040

Monday - Friday 8am - 3pm

<http://townofcorinthny.org/seniorcenter.aspx>

### **Galway Senior Citizens Club**

Galway Town Hall

5910 Sacandaga Road

Galway, NY 12074

Dan Baxter: 518-882-6749

Meetings – 1<sup>st</sup> & 3<sup>rd</sup> Thursday 1pm

<https://towngalway.digitaltowpath.org:10464/content/Generic/View/162>

### **Greenfield Seniors**

Greenfield Community Center

PO Box 10

25 Wilton Road

Greenfield Center, NY 12833

Ann Cornell, President: 581-893-7144

Meetings – 2<sup>nd</sup> & 4<sup>th</sup> Thursday 1pm

<http://www.greenfieldny.org/community/senior-citizens.html>

### **Hadley Senior Community Center**

23 Maple Avenue

Hadley, NY 12835

Helen Powers: 518-696-4886

Meetings – 3<sup>rd</sup> Thursday 1:15pm  
<https://townhadley.digitaltowpath.org:10096/content/>

**Halfmoon Senior Center**

285 Lower New Town Road  
Waterford, NY 12188  
Mailing address:  
PO Box 4203  
Halfmoon, NY 12065

Eileen Pettis: 518-371-3892  
Monday - Friday 9am - 4pm  
Meetings – 1<sup>st</sup> Wednesday 1pm  
<http://www.townofhalfmoon-ny.gov/senior-center>

**Malta Senior Citizens**

Malta Community Center  
1 Bayberry Drive  
Malta, NY 12020  
Kathy Eitzmann: 518-376-3648  
Meetings – 1<sup>st</sup> Monday 10am  
<https://www.maltaseniorsny.com/>

**Mechanicville Senior Center**

178 North Main Street  
Mechanicville, NY 12118  
Mary Kelly: 518-664-7877  
Monday - Friday 9am - 4pm  
Meetings – 1<sup>st</sup> Tuesday 1:30pm  
<http://www.mechanicville.com/index.aspx?NID=867>

**Moreau Community Center**

144 Main Street  
South Glens Falls, NY 12803  
Jeannie Gutheil: 518-792-6007  
Monday - Friday 8am - 4pm  
<http://moreaucommunitycenter.org/senior-programs/>

**Northumberland Senior Citizens Club**

Northumberland Town Hall  
17 Catherine Street  
Gansevoort, NY 12831  
Gwen Eastmann, President:  
518-792-7003

Meetings – Wednesdays 11am - 2pm

**Old Saratoga Seniors Club**

PO Box 60  
Schuylerville, NY 12871  
Donna Haney, President: 518-223-3023  
Meetings – 1<sup>st</sup> & 3<sup>rd</sup> Wednesday 12pm  
Schuylerville Town Hall (518-695-3644)  
35 Spring Street  
Schuylerville, NY 12871

**Quaker Springs Sunshiners**

Quaker Springs Firehouse  
107 Blodgett Road  
Schuylerville, NY 12871  
Marion DeHeer, President:  
518-695-6121  
Meetings – 2<sup>nd</sup> Monday 12pm

**Sacandaga Senior Citizens**

Edinburg Community Center  
47 Military Road  
Edinburg, NY 12134  
Ron Hunter: 518-863-6182  
Meetings – 2<sup>nd</sup> & 4<sup>th</sup> Friday 1:30pm

**Saratoga Springs Senior Center**

5 Williams Street  
Saratoga Springs, NY 12866  
Lois Celeste, Director: 518-584-1621  
Monday - Friday 8am - 4pm  
<http://saratogaseniorcenter.org/>

**Waterford Senior Center**

125 2<sup>nd</sup> Street  
Waterford, NY 12188  
Marge (Mike) Mahoney, Director:  
518-235-8500  
Monday - Thursday 10am-4pm  
Meetings – 3<sup>rd</sup> Tuesday 12:30pm  
<http://www.town.waterford.ny.us/2-uncategorised/90-waterford-community-senior-center.html>

**Wilton Senior Citizens**

The Lillian Worth Senior Center  
18 Traver Road

Gansevoort, NY 12831  
Robin Corrigan, President:  
518-587-6363  
Monday 9am - 1pm  
Tuesday & Thursday 9am - 4pm  
Meetings – 1<sup>st</sup> Tuesday 1pm  
<http://townofwilton.com/town-services/senior-services/>

## SENIOR HOUSING

**Adam Lawrence Apartments**  
364 West Maple Street  
Corinth, NY 12822  
518-654-9162, FAX: 654-6295  
E-mail: [adamlawrence@coniferllc.com](mailto:adamlawrence@coniferllc.com)  
[www.coniferliving.com](http://www.coniferliving.com)

**Ballston Pines**  
155 Rowland Street  
Ballston Spa, NY 12020  
518-884-9401, FAX: 884-9401  
E-mail: [bpines2@verizon.net](mailto:bpines2@verizon.net)  
[www.belmontmgmt.com](http://www.belmontmgmt.com)

**Bishop Hubbard Senior Apartments**  
54 Katherine Drive  
Halfmoon, NY 12065  
518-383-2705, FAX: 383-6350  
E-mail: [cgabriel.bhsa@yahoo.com](mailto:cgabriel.bhsa@yahoo.com)  
[www.depaulhousing.com](http://www.depaulhousing.com)

**Carlton Hollow Apartments**  
2000 Carlton Way  
Ballston Spa, NY 12020  
518-631-3245 FAX: 309-3147  
Email: [BCarroll@sunrisemc.com](mailto:BCarroll@sunrisemc.com)  
[www.carltonhollowapartments.com](http://www.carltonhollowapartments.com)

**Coburg Village**  
One Coburg Village Way  
Rexford, NY 12148-1467  
518-371-5000 FAX: 371-5097,  
E-mail: [info@coburgvillage.com](mailto:info@coburgvillage.com)  
[www.coburgvillage.com](http://www.coburgvillage.com)

**Council Meadows**  
126 Council Lane  
Burnt Hills, NY 12027  
518-399-9232/518-584-4543  
[www.apartments.com](http://www.apartments.com)

**Doubleday Woods**  
91 Church Avenue  
Ballston Spa, NY 12020  
518-885-1900 FAX: 884-2701  
Email:  
[0226@nationalchurchresidences.org](mailto:0226@nationalchurchresidences.org)  
TDD: 1-614-442-4390  
[www.ncr.org](http://www.ncr.org)

**Embury Apartments**  
133 Lawrence Street  
Saratoga Springs, NY 12866  
518-587-3300 E-mail:  
[info@thewesleycommunity.org](mailto:info@thewesleycommunity.org)  
[www.thewesleycommunity.org](http://www.thewesleycommunity.org)

**Highpointe @ Malta Senior Apartments**  
30 Rockrose Way  
Malta, NY 12020  
518-583-7977, FAX: 583-7977  
[www.ahfinc.net](http://www.ahfinc.net)

**Home of the Good Shepherd**  
[www.homeofthegoodshepherd.com](http://www.homeofthegoodshepherd.com)  
26 Rock Rose Way  
Malta, NY 12020  
518-581-2800 / Fax 581-8030

Memory Care  
390 Church St  
Saratoga Springs, NY 12866  
518-584-3317 / Fax 691-2433

400 Church Street  
Saratoga Springs, NY 12866  
518-450-7360 / Fax 450-7525

198 Bluebird Road  
South Glens Falls, NY 12803  
518-792-1000 / Fax 792-1066

60 Waller Rd  
Wilton NY 12831  
518-580-0702 / Fax 580-0709

**Kirby Village**

9 Kirby Road  
Saratoga Springs, NY 12866  
518-583-4608, FAX: 583-4608  
E-mail: kirby63@verizon.net  
[www.belmontmgmt.com](http://www.belmontmgmt.com)

**Malta Meadows**

5 Applewood Drive  
Ballston Lake, NY 12019  
518-899-1552 E-mail:  
[maltamdw@verizon.net](mailto:maltamdw@verizon.net)  
[www.belmontmgmt.com](http://www.belmontmgmt.com)

**Marina Woods Senior Housing**

2000 Marina Drive  
Halfmoon, NY 12065  
518-348-0213, FAX: 348-0213  
TDD Relay: 711  
E-mail: [Marinawds2@verizon.net](mailto:Marinawds2@verizon.net)  
[www.belmontmgmt.com](http://www.belmontmgmt.com)

**Meadow View at Clifton Park**

579 Waite Road  
Rexford, NY 12148  
518-383-3803 E-mail:  
[Cliftonpark@coniferllc.com](mailto:Cliftonpark@coniferllc.com)  
[www.coniferliving.com](http://www.coniferliving.com)

**Mechanicville Elderly Housing**

180 North Main Street  
Mechanicville, NY 12118  
518-664-4436  
[www.mechanicvillemidrise.com](http://www.mechanicvillemidrise.com)

**Midtown Apartments**

18-20 Riverview Street  
South Glens Falls, NY 12803  
518-92-3029 FAX: 745-7637,  
E-mail:  
[midtownmgr@lightstonegroup.com](mailto:midtownmgr@lightstonegroup.com)  
[www.apartments.com](http://www.apartments.com)

**Milton Village**

300 Northline Road  
Ballston Spa, NY 12020  
518-884-9767  
[www.belmontmgmt.com](http://www.belmontmgmt.com)

**Mohican Hill Apartments**

1 Constitution Court  
Ballston Spa, NY 12020  
518-885-4232, 518-573-  
6434, 518-885-8357  
E-mail: [Fyripixy514@aol.com](mailto:Fyripixy514@aol.com)  
[www.apartments.com](http://www.apartments.com)

**Northern Pines Senior Apartments**

120 Northern Pines Road  
Wilton, NY 12866  
518-581-8959 E-mail:  
[northernpines@ahfinc.net](mailto:northernpines@ahfinc.net)  
[www.ahfinc.net](http://www.ahfinc.net)

**Prestwick Chase**

100 Saratoga Boulevard  
Saratoga Springs, NY 12866  
518-584-7766, FAX: 584-4740,  
E-mail: [info@prestwickchase.com](mailto:info@prestwickchase.com)  
[www.prestwickchase.com](http://www.prestwickchase.com)

**Raymond Watkins Apartments**

57 Ballston Avenue  
Saratoga Springs, NY 12866  
518-587-2641 FAX: 581-0564,  
[raywat@tescoproperties.com](mailto:raywat@tescoproperties.com)  
[www.raymondwatkin.com](http://www.raymondwatkin.com)

**Saratoga West**

11 Kirby Road  
Saratoga Springs, NY 12866  
518-581-9738 E-mail:  
[stogawst21@verizon.net](mailto:stogawst21@verizon.net)  
[www.belmontmgmt.com](http://www.belmontmgmt.com)

**Schuylerville Manor**

2 Morgan's Run  
Schuylerville, NY 12871

518-695-4865 Email:  
schvlmnr2@verizon.net  
[www.belmontmgmt.com](http://www.belmontmgmt.com)

**Shenendehowa Village**

300 Solomon Avenue  
Clifton Park, NY 12065  
518-373-1900 FAX: 373-1998,  
E-mail: [1065@ncr.org](mailto:1065@ncr.org)  
[www.ncr.org](http://www.ncr.org)

**Stonequist Apartments**

1 South Federal Street  
Saratoga Springs, NY 12866  
518-584-6600 FAX: 583-3006  
[www.saratogaspringspha.org](http://www.saratogaspringspha.org)

**Trible Village**

322 Northline Road  
Ballston Spa, NY 12020  
518-885-6997  
[www.belmontmgmt.com](http://www.belmontmgmt.com)

**Van Schoonhoven Square**

1 Van Schoonhoven Square  
Waterford, NY 12188  
518-235-0514 FAX: 237-8925,  
E-mail:  
[0076@nationalchurchresidences.org](mailto:0076@nationalchurchresidences.org)  
[www.ncr.org](http://www.ncr.org)

**Westview Apartments**

125 West Avenue  
Saratoga Springs, NY 12866  
518-583-8800, 518-768-6370  
FAX: 583-8806, Email:  
[manager@westviewapartmentsny.com](mailto:manager@westviewapartmentsny.com)  
[www.westviewapartmentsny.com](http://www.westviewapartmentsny.com)

**Wilton Commons**

100 Wilton Commons Drive  
Gansevoort, NY 12831  
518-581-7696  
E-mail:  
[wiltoncommons@ahfinc.net](mailto:wiltoncommons@ahfinc.net)  
<http://ahfinc.net>

**Woodlawn Commons**

156 Lawrence Street  
Saratoga Springs, NY 12866  
518-691-1560, FAX: 587-1773  
[www.thewesleycommunity.org](http://www.thewesleycommunity.org)

**SUPPORT GROUPS**

**Alcoholics Anonymous**

P.O. Box 49  
Saratoga Springs, NY 12866  
518-587-0407/24 hour service  
[www.aa.org](http://www.aa.org)

**Alliance for Positive Health**

[www.Allianceforpositivehealth.org](http://www.Allianceforpositivehealth.org)  
(Formerly AIDS Council of NENY)  
927 Broadway  
Albany, NY 12207  
518-434-4686 Ext. 2302

**Alzheimer's Association**

800-272-3900  
518-867-4999  
[www.alz.org](http://www.alz.org)

**Charcot-Marie-Tooth Association**

800-606-2682  
[www.cmtausa.org](http://www.cmtausa.org)

**Crohns/Colitis**

518-608-5069  
[http://www.crohnscolitisfoundati  
on.org/chapters/upstateny/](http://www.crohnscolitisfoundation.org/chapters/upstateny/)

**Caregiver Space**

[thecaregiverspace.org](http://thecaregiverspace.org)

**Elder Locator**

800-677-1116  
[www.eldercare.acl.gov](http://www.eldercare.acl.gov)

**The Hearing Center**

7 Country Club Rd  
Queensbury, NY 12804



518-798-4327  
[www.healthyhearing.com](http://www.healthyhearing.com)

**Literacy NY Greater Capital Region**  
49 Henry Street, 1<sup>st</sup> Floor  
Saratoga Springs NY 12866  
518-583-1232  
[www.literacynycap.org](http://www.literacynycap.org)

**National Kidney Foundation**  
518-458-9697  
[www.kidney.org](http://www.kidney.org)

**Oncology Support for Patient & Families (Glens Falls Hospital)**  
518-926-6629, 926-6639, 926-6563  
518-926-6516 (oncology financial)  
[www.glensfallshospital.org](http://www.glensfallshospital.org)

**Shelters of Saratoga, Inc.**  
14 Walworth Street  
Saratoga Springs, NY 12866  
518-581-1097  
[www.sheltersofsaratoga.org](http://www.sheltersofsaratoga.org)

## TRANSPORTATION

Transportation is available in the following areas. Please call 24 hours in advance to make reservations.

**Ballston, Malta, Milton, Wilton  
Greenfield & Northumberland**  
A + H Services 518-884-4100

**Charlton, Providence, Galway,  
Edinburg, Town of Saratoga**  
A + H Services 518-884-4100

**Clifton Park residents only. Town of  
Clifton Park/Shenendehowa Seniors**  
Senior Express 518-371-4444

**Corinth**

Corinth Senior Center 518-654-2040  
Town Hall Hadley/Day 518-696-3789

**Halfmoon**  
Senior Express 518-664-2186

**Hadley**  
Hadley Town Hall 518-696-4797

**Mechanicville**  
City Hall 518-664-5651  
Ext. 4

**Schuylerville/Town of Saratoga**  
A + H Services 518-884-4100

**Saratoga Springs**  
A + H Services 518-884-4100

**Stillwater**  
Stillwater Area Community Center  
518-664-6856  
Ext. 218

**Waterford**  
Waterford Senior Center 518-235-8500  
Senior Medical Van 518-527-4589

**Scheduled Bus routes:**  
CDTA 518-482-8822  
CDTA Star Program 518-482-2022

**Care Links of Southern Saratoga  
County**

**543 Saratoga Road  
Glenville, NY 12302  
518-399-3262**  
[www.captaincares.org](http://www.captaincares.org)

Open weekdays 9:00 a.m. – 3:00 p.m.  
Trained volunteers provide free services to persons 60+. Available in the Towns of Ballston, Charlton, Clifton Park, Halfmoon, Malta, and Mechanicville.

**Community Human Services**  
**543 Saratoga Road  
Glenville, NY 12302  
518-399-4624**



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

Wellness Express – Monday - Friday  
Transportation is provided to residents in the Town of Ballston, the Village of Ballston Spa, Town of Burnt Hills, Town of Charlton, Town of Galway, Town of Malta, Town of Milton, and the Town of Providence, to and from medical appointments in the capital region. Advance notice is required to make a reservation.

**Saratoga County Department of Social Services**

**152 West High Street  
Ballston Spa, NY 12020  
518-884-4169**

Hours: 9 a.m.–5 p.m. weekdays.  
Availability is determined by a caseworker and evaluated annually.

**Medicaid Transportation:**  
**855-852-3292** Medical appointments only. Wheelchair accessibility. Minimum 3 day notice.

**Town of Moreau  
Moreau Community Center**

**144 Main Street  
So. Glens Falls, NY 12803  
518-792-6007**

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

Hours: 8:00 a.m. – 4:00 p.m.  
Transportation is available to residents in the South Glens Falls School District.

**The Conkling Center Transportation**

**79 Warren Street  
Glens Falls, NY 12803  
518-793-7433**

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

Hours: 8:00 a.m. – 4:00 p.m.  
Transportation is available to residents in Saratoga, Warren and Washington Counties.

**RSVP Senior Transport  
Saratoga County Office for the Aging**

**152 West High Street  
Ballston Spa, NY 12020  
518-841-4100**

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

Transportation to medical appointments only. No wheelchair accessibility. Minimum one week notice. Suggested round trip contribution is \$2 within the county and \$5 outside of the county.

**Southern Adirondack Independent Living (SAIL)**

**418 Geysers Rd  
Ballston Spa, NY 12020  
518-584-8202**

**71 Glenwood Ave  
Queensbury, NY 12804  
518-792-3537**

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

Hours: 8 a.m. – 4 p.m. weekdays.  
The center provides information and training concerning transportation services to individuals with disabilities, family members and other interested parties. In addition, the center assists with arranging transportation and/or providing direct training for individuals with disabilities to arrange or use transportation services.

**Veterans Affairs Division  
Saratoga County Office Building**

**2144 Doubleday Ave  
Ballston Spa, NY 12020  
518-884-4115**

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

Transportation is available to the VA Medical Center in Albany on Tuesday, Wednesday, Thursday, and Friday by appointment. Give name, last 4 numbers of SS number, clinic destination and time of appointment. This is a free service.

## **VOLUNTEER OPPORTUNITIES**

### **Care Links of Southern Saratoga County**

**543 Saratoga Road  
Glenville, NY 12302  
518-399-3262**

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

Open weekdays. Trained volunteers provide free supportive services to persons 60+. (Available in the Towns of Clifton Park, Halfmoon, Malta, and Mechanicville.)

### **Community Connections**

**5 Williams St.  
Saratoga, NY 12866  
518-584-1621**

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

Volunteers needed for home visits, respite assistance, household chores, transportation, shopping and errands, and telephone check-ins. Volunteers assist with tasks that appeal to their interests, skills and time restraints, according to their own schedule.

### **Foster Grandparent Program Commission on Economic Opportunity (CEO)**

**2331 Fifth Avenue  
Troy, NY 12180  
518-272-6012**

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

Earn tax free stipend and serve 15-40 hours a week in schools, hospitals, correctional institutions, Head Start and day care centers. Volunteers must meet income eligibility requirements.

### **Home Delivered Meal Volunteer Saratoga County Office for the Aging**

**152 West High Street  
Ballston Spa, NY 12020  
363-4020**

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

A volunteer program that recruits all ages to deliver nutritious noon-time meals to homebound seniors 60+ throughout Saratoga County.

### **The Retired and Senior Volunteer Program Saratoga Office for the Aging**

**152 West High Street  
Ballston Spa, NY 12020  
518-884-4110**

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

(RSVP) is part of the Corporation for National & Community Service, a national volunteer agency. Anyone 55 years or older is eligible to become a volunteer. RSVP offers opportunities to serve in many locations. Volunteer assignments are a match between the specific interests of the volunteer and the particular needs of an organization.

### **Senior Companion Program**

**518-581-3074**

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

Offers part-time opportunities for seniors to develop one-to-one relationships with developmentally disabled adults. Participants, who are income eligible, receive a tax-free stipend, possible transportation, daily meal, orientation and training.

## **VOTER REGISTRATION**

### **Board of Elections, Saratoga County**

**50 West High Street  
Ballston Spa, NY 12020  
518-885-2249**

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

Hours: 9 a.m.–5 p.m. weekdays.  
Registers eligible persons to vote and maintains central file of registered

county voters. Provides upon request, absentee ballots for permanently ill, military, and out-of-town voters. Coordinates and oversees elections, maintains information on voting locations, election results, and legislative district boundaries. Tests prospective election inspectors, receives party-designating petitions for filing and keeps records of financial filing.

### **Southern Adirondack Independent Living (SAIL)**

Country Club Plaza  
418 Geysers Rd  
Ballston Spa NY 12020  
518-584-8202/518-792-3537  
[www.sailhelps.org](http://www.sailhelps.org)

Hours: 8 a.m. - 4 p.m.  
Provides information concerning voting and the right to vote to individuals with disabilities. Provides assistance with the voter registration process as requested.

## **WEATHERIZATION/ HOUSING SERVICES**

### **Care Links of Southern Saratoga County**

543 Saratoga Road  
Glenville, NY 12302  
518-399-3262  
[www.captaincares.org](http://www.captaincares.org)

Open weekdays. Trained volunteers provide supportive services, at no cost, to persons 60+. Friendly visiting, transportation, respite care, light housekeeping, yard work, short-term meal preparation, shopping and errands, telephone assurance, information and referral handy helping around the house (inside and outside). Available in the Towns of Clifton Park, Halfmoon, Mechanicville, and Malta.

### **Housing Program of EOC**

39 Bath Street  
Ballston Spa, NY 12020  
518-288-3206  
[www.saratogaecoc.org](http://www.saratogaecoc.org)

Hours: 8:30 a.m. - 4:30 p.m. weekdays.  
EOC helps income eligible county residents better manage fuel and energy costs with the weatherization assistance program.

### **Rebuilding Together Saratoga County**

132 Milton Avenue  
Ballston Spa, NY 12020  
518-587-3315  
[www.RTSaratoga.org](http://www.RTSaratoga.org)

Non-profit organization that rehabilitates the homes of low-income disabled and/or elderly homeowners, so that they may continue to live in warmth, safety and independence.

### **Roarke Custom Builders**

1969 Ferndale Rd.  
Castleton, NY 12033  
518-689-0066  
[www.roarkecustombuilders.com](http://www.roarkecustombuilders.com)

Roarke Custom Builders has been providing professional building and remodeling services throughout the Capital Region since 1986. Certified through NAHB as aging in place specialists.

### **Veterans Community Housing Coalition Inc.**

20 Prospect St Bldg 2 #313  
Ballston Spa, NY 12020  
518-885-0091  
[www.vchcnny.org](http://www.vchcnny.org)

Hours: Mon. – Fri. 8:30 a.m. – 4:30 p.m.  
Administers Sec 8 Rental Assistance program, Veterans Apartments, Budget Counseling and Veterans Employment Services.

**Saratoga County Department of Social Services** - Emergency furnace repair applications.

Call 518-884-4146

**Saratoga Springs Office of Community Development**

City Hall 474 Broadway  
Saratoga Springs, NY 12866  
518-587-3550, ext. 2575

[www.saratoga-springs.org](http://www.saratoga-springs.org)

Hours: 9 a.m.-5 p.m.

Community Development provides housing rehabilitation grant and loan programs, information and referral services.

**Schrader and Company Inc.**

850 Saratoga Rd., PO Box 70  
Burnt Hills, NY 12027  
518-399-1881

[www.schraderandco.com](http://www.schraderandco.com)

Office hours: 7:30 a.m. – 4:00 p.m.  
Certified through AARP and Home Builders Association as aging in place specialists.

**Southern Adirondack Independent Living Center**

Country Club Plaza  
418 Geysers Rd  
Ballston Spa, NY 12020  
518-584-8202/518-792-3537

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

Hours: 8 a.m. - 4 p.m.

The center offers individuals with disabilities, family members and other interested parties information, advice and assistance with overcoming architectural barriers occurring in any privately or publicly owned residence, business, constructed facility or proposed building or facility. The center also provides detailed plans and written advice as well as information and

**Umbrella of Capital District Inc.**

9 North Broadway  
Schenectady, NY 12305  
518-346-5249

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

Nonprofit agency dedicated to helping senior citizens and person with disabilities live comfortably, safely and independently in their own homes. Services provided include low cost handyman service, house cleaning, lawn and garden work, plumbing, electrical repairs, grocery shopping, transportation and information and referral.

**United States Department of Agriculture (USDA) - Rural Development**

2530 NYS Route 40  
Greenwich, NY 12834  
Phone: 518-692-9940, option 4

[www.rd.usda.gov](http://www.rd.usda.gov)

Hours: 8 a.m. - 4:30 p.m. weekdays.  
Services include financial assistance for income eligible homeowners. Loan or grants are for ages 62+ and for home repairs and construction. Loans for home ownership are available

## SECTION 2: HOME HEALTH CARE GLOSSARY

### Introduction

This section provides generic descriptions of various Home Health Care terms.

### Glossary

**acute care** --- Care required by a client/patient for a short period, usually until an underlying condition is resolved. Acute care is delivered in a variety of settings including home, hospitals, and nursing facilities.

**case management** --- Coordination of a client/patient's health care services to ensure appropriate, quality care as their health care and social needs change.

**companion aide** --- Provides companionship for a client/patient and assists with tasks such as homemaking, meal planning, shopping, transportation, and possibly personal care.

**home health aide** --- Paraprofessional caregivers through New York-approved programs provide hands-on personal care and light homemaking tasks. Aides may provide expanded health related tasks when trained and supervised by a Registered Nurse.

**homemaker/housekeeper** --- Provides assistance with domestic tasks such as light housekeeping, laundry, shopping, and meal preparation.

**information and referral** --- Service to answer questions and guide the client/patient to appropriate services.

**infusion therapy** --- Intravenous medication administration for therapeutic purposes. Infusion therapy may include administration of antibiotics, hyperalimentation, chemotherapy, pain control medicines, hydration fluids, and selected blood products.

**licensed practical nurse (LPN)** ---

Provides a broad range of nursing services, including administration of prescription medicines, insulin injections, and monitoring of vital signs.

**long-term care (LTC)** --- Care required by some children and adults with disabilities. Care ranges from household tasks to skilled nursing services. LTC is delivered in a variety of care settings, including home, adult home, and nursing facilities.

**master of social work (MSW)** --- This licensed professional assesses the social and emotional factors impeding the client/patient's ability to cope with problems of daily living. Counsels and assists clients/patients and their families to understand and follow a medical treatment plan. Provides services to restore optimum health and social adjustment.

**nutritional education** --- Provides nutritional services to the client/patient as prescribed by their physician, including nutrition assessment, and counseling to meet normal and therapeutic needs.

**occupational therapy (OT)** --- Performs diagnostic tests, measurements, and evaluations, such as mobility of joints, strength and endurance of muscles. Initiates and applies appropriate prevention, therapeutic and rehabilitative occupational therapy procedures and techniques.

**personal care aide (PCA)** --- Trained paraprofessionals assist sick or disabled individuals with personal care and homemaking tasks.

**physical therapist (PT)** --- Performs diagnostic tests and evaluations, such as joint mobility, stability and appearance of walking, strength and muscle endurance.

**rehabilitation services** --- Programs carried out in the home and individually designed for clients/patients with traumatic brain injury, strokes, multiple congenital anomalies, multiple sclerosis, muscular dystrophy, Lou Gehrig's disease, encephalitis, and severe arthritis, among others. Treatment addresses physical, mental, social, economic and behavioral needs to prevent acute illness, restore maximum function and move to client/patient toward the least restrictive environment.

**registered nurse (RN)** --- Performs all nursing functions including the most highly technical procedures, such as caring for clients/patients on ventilators or providing home infusion therapy. Performs client/patient assessments, initiates nursing services, and makes appropriate referrals. Takes the role of a case manager in a certified agency.

**respiratory therapist (RT)** --- Employs specific testing techniques to assist in diagnosis, monitoring, and treatment of those with respiratory problems. Provides respiratory rehabilitation, appropriate instruction, and supportive counseling for the client/patient and family until the optimum recovery level is achieved.

**respite** --- Short term services provided in the home or in a facility designed to give the caregiver a break from care responsibilities. This allows caregivers time to take a vacation, attend to business, clean house, sleep, or perform other activities. May include nursing, personal care, meals, personal emergency response system, and community services.

**shopper service** --- Agency workers visit a client/patient's home to help prepare a grocery list. Shopper visits the grocery store and returns all purchases to the clients/patient's residence. Some assistance is available to put supplies away. Arrangements can be made regarding handling of client/patient money, food

stamps or checks, payment of utility bills, prescriptions and other banking needs.

**Sleepover** --- Services provided overnight in an eight hour or longer shift while the client/patient or family sleeps.

**speech therapy** --- Assesses and evaluates client/patient's need for speech, language and/or audiology services. Initiates and applies appropriate preventive, therapeutic and rehabilitative procedures and techniques.

**twenty-four-hour care** --- Services that are provided "around-the-clock."

**twenty-four-hour on-call** --- Availability of staff 24 hours a day, seven days a week to screen calls, coordinate or provide services as necessary.

## SECTION 3: LONG-TERM CARE GLOSSARY

### Introduction

This section provides generic descriptions of various long-term care options.

### Long-Term Care Options

Many long-term care alternatives and services are available for elders. Before choosing what is right for you or a family member, it is important to understand the various levels of care associated in providing such services. Though families often go to great lengths in caring for aged loved ones, they may not be able to provide the best physical and emotional care without experiencing undue emotion, physical, or financial stress. When a person must decide the best alternative arrangement for meeting personal and health care needs, the following options are available:

### Glossary

**adult care facility (ACF)** --- 24 hour supervised living provides assistance with personal care (bathing, dressing, grooming); monitors residents' medications and physical/social needs. Three meals a day are included.

**adult day care** --- Provides supervised daily programs outside the home, including group and individual activities, nutritional meals, and companionship. Different programs may provide services such as nursing.

**assisted living** --- Provides an environment that is less restrictive at a more affordable price by combining the services of an adult care facility and licensed home care agency. Services, which may include acute and long-term home care, are based on each individual's health care needs.

**enriched living** --- Offered to residents who need basic support services such as housekeeping, laundry, meals, etc.

**family-type home for adults (FTHA)** --- New York certified home providing long-term residential care, including room, board, personal care, and supervision, for one to four adults unrelated to the operator.

**home health care** --- Services ranging from personal care assistance to nursing services to physical therapy are provided in the home by qualified home health care agencies.

**independent living** --- Provides apartment living for well elderly. Handicap accessible. Safety devices grab bars, emergency call bells frequently provided. Residents care for self and apartment.

**residential care facilities** --- Provides room and board. In addition may offer social, recreational and spiritual programs, housekeeping, and emergency response systems.

**respite care** --- Provides temporary supportive care in a nursing facility or adult care facility for those who normally live in the community, but whose caregivers need relief (also known as short-term schedule care).

**skilled nursing facility (SNF)** --- Provides intensive medical care, rehabilitative programs, and other specialized services under the supervision of an interdisciplinary care team for chronically ill and disabled elders.

## SECTION 4: LEGAL GLOSSARY

### **Introduction**

It is becoming increasingly clear that elderly people have very specific needs. It is also clear that there are some special legal concerns for those who provide care (caregivers) for the elderly. The following is a brief list of some of the terms that elderly people and their caregivers might find useful in working through their special legal needs.

**alternative decision-making** --- Elderly people are often in need of someone to assist them in making decisions. There are several ways to make another the “legal decision-maker” for oneself, including: a) guardianship, b) representative payeeship, c) durable power of attorney, and d) trust agreements.

**durable power of attorney** --- A document signed by an individual in which he or she appoints another to serve as his or her agent. This lasts beyond disability or incapacity. A person does not forgo any of his or her legal rights by signing a **DPOA**. The document can be modified or revoked at any time prior to disability or incapacity. It is a very useful document because it allows the “incapacitated” to make his or her own decisions to the extent possible. It also gives the “incapacitated” person a choice in who will serve as the alternate decision maker. A Durable Power of Attorney can be signed only when one is “competent” to do so. It is very important to consider naming an alternate agent in the event that the first agent predeceases the protected person. The document must be notarized. Two witnesses are recommended as well.

**guardianship** --- This is the most restrictive form of alternative decision making, requiring a court order. The guardian must report annually to the court. The “ward” (person subject to the guardianship) loses all of his or her rights, and is not considered competent to make decisions. The person

requesting the guardianship must prove by clear and convincing evidence that the proposed ward is not competent.

**living will** --- A document signed by an individual in which he or she expresses what his or her desires are in the event of a terminal illness or irreversible coma. It should be notarized and witnessed, and can be included in a Durable Power of Attorney.

**medical durable power of attorney** --- Same as a Durable Power of Attorney except specifically designed for medical decision making.

**representative payeeship** --- A representative payee is a person appointed by the Social Security Administration to handle all of the protected person’s Social Security affairs. In order to be appointed, a person must file an application with the Social Security office and have medical verification that the protected person is not capable of handling his or her own Social Security matters.

**springing durable power of attorney** --- Same as the durable power of attorney except that it becomes effective upon disability or incapacity. A definition of disability or capacity must be included in the document.

**trust** --- A legal entity in itself, capable of owning property. A trust is managed by a trustee for the benefit of another (beneficiary). It is possible to be your own trustee. A trust is most often used for estate planning purposes or to protect the assets of another. It is sometimes used by people who want to ensure that they will be cared for in later years. Can be a good estate planning tool; however, can be more costly than a will or probate, depending upon the size of the estate involved.



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**EVALUATION FORM**

The Saratoga County Long Term Care Services Directory, Seventh Edition

We hope that you find the Services Directory informative and easy to use. We would like to hear your comments, concerns, and suggestions regarding this and future editions of the Directory. Please take a few minutes to complete this evaluation form. Then, simply remove it from the directory and either fax it to us at 518-884-4104 or mail it back to us at 152 West High Street, Ballston Spa, NY 12020. Thank you for your time and interest in the Services Directory.

I found this directory:

- very helpful
- somewhat helpful
- not helpful

I found this directory:

- very easy to use
- somewhat easy to use
- difficult to use

In future editions, I would like to see more: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In future editions, I would like to see less: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My overall comments/suggestions are: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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THANK YOU.