



Saratoga County Office for the Aging  
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Dear Friend:

This Directory provides an alphabetical listing of services and benefits provided to Saratoga County residents, age 60 or older. The services listed are either provided directly by the Saratoga County Office for the Aging or are available because of a contract with another agency. The Saratoga County Office for the Aging receives its funding from the Federal government under Title III of the Older Americans Act, as amended, the New York State Office for the Aging, and local municipalities. Many of the programs and services offered through the Office for the Aging are based on a sliding scale or contribution based.

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

Items may be altered or eliminated during these uncertain times.

Sincerely,

Sandra M. Cross  
Director

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## **CAREGIVER SUPPORT PROGRAM**

The Office for the Aging sponsors a Caregiver Program to assist caregivers by giving them relief from the burdens of caregiving. Services offered by this program include information and assistance, counseling, information about support group meetings and respite care services. For respite care services, care receivers must be age 60 or older, a resident of Saratoga County and have deficiencies in at least two activities of daily living. Caregivers must provide caregiving on a (24/7) full-time basis. Call the Office for the Aging at (518) 884-4100 for more information.

## **CASE MANAGEMENT**

Case Managers from the Office for the Aging can assist seniors age 60 or older by conducting a needs assessment, service planning, monitoring and evaluating for human services, applying for benefits. Staff members work directly with clients, in their homes and by phone; assisting with a wide range of matters. Call the Office for the Aging at (518) 884-4100 for more information.

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

The Expanded In-Home Services for the Elderly Program (EISEP) offers non-medical in-home services (housekeeping/chores and/or personal care) to individuals who meet eligibility requirements. There is a possibility of cost sharing based on income. Call the Office for the Aging at (518) 884-4100 for more information.

## **EMERGENCY RESPONSE SYSTEM**

An emergency response system is an electronic device designed to assist clients to summon help in the event of an emergency. These devices are available on a limited basis at no cost to the client if eligible. Call the Office for the Aging at (518) 884-4100 for more information.

## **HOME ENERGY ASSISTANCE PROGRAM (HEAP)**

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

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

## **HEALTH INSURANCE COUNSELING PROGRAM (HIICAP)**

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

## **INCOME TAX PREPARATION**

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

## **INFORMATION AND REFERRAL**

In addition to this Directory, the Office for the Aging provides information and referral to the public about services available to individuals age 60 or older. We also maintain a list of senior housing, senior clubs and centers. These lists are available upon request by calling the Office for the Aging at (518) 884-4100 or by accessing our web page at <https://www.saratogacountyny.gov/departments/office-for-the-aging/>

## **LEGAL SERVICES**

Legal services (Wills, Power of Attorney, Health Proxy) are available to Saratoga County Seniors age 60 or older through a contract with private attorneys. The attorneys **do not** participate in litigation or attend court on behalf of clients. Appointments are required. Call the Office for the Aging at (518) 884-4100.

## **NY CONNECTS**

NY Connects Information and Assistance Specialists provide personalized counseling to help consumers make informed decisions, assist in accessing available long-term services and support options to meet existing or future needs, through a standardized comprehensive screening process.

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

Consumers are the older population, individuals of all ages with disabilities, and caregivers. This is available by via email, by telephone, face to face meetings at the office, in the community or in the home. Additionally, a resource directory is available at (518) 714-4826 or online at [www.nyconnects.ny.gov](http://www.nyconnects.ny.gov).

## NUTRITION

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

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

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

Ballston Spa	Ballston Town Hall	(518) 885-8502
Ballston Spa	Doubleday Woods	(518) 885-4573
Clifton Park	Clifton Park Senior Center	(518) 383-1343
Corinth	Corinth Senior Center	(518) 654-2040
Edinburg	Edinburg Town Hall	(518) 863-2793
Galway	Galway Town Hall	(518) 882-6070
Greenfield Center	Greenfield Community Center	(518) 893-7644
Hadley	Hadley Senior Center	(518) 696-4886
Halfmoon	Halfmoon Senior Center	(518) 371-3892
Malta	Malta Community Center	(518) 899-4411
Mechanicville	Mechanicville Senior Center	(518) 664-3924
Saratoga Springs	Saratoga Springs Senior Center	(518) 584-1621
Schuylerville	Saratoga Town Hall	(518) 695-3644
South Glens Falls	Moreau Community Center	(518) 792-6007
Waterford	Senior Community Center	(518) 235-8500 x2

## TRANSPORTATION

Transportation is available through a contract with A&H Taxi, for seniors age 60 or older who reside in the following areas. Registration is required. All reservations need to be made by NOON the day prior to the appointment, or up to two weeks in advance by calling the Office for the Aging at (518) 884-4100 between 9:00am – 12:00pm.

<u>Locality</u>	<u>Operator</u>	<u>Telephone</u>
<b>Ballston, Malta, Milton</b>	A & H Taxi	(518) 884-4100
Monday/Tuesday/Friday - Saratoga & Wilton		
Wednesday/Thursday - Ballston, Malta & Milton		

**Charlton, Edinburg, Galway, Providence**  
Tuesday - Ballston, Burnt Hills, Glenville  
Wednesday - Saratoga & Wilton  
Thursday - Amsterdam & Gloversville

**Greenfield**  
Monday/Wednesday - Saratoga & Wilton

**Northumberland**  
Tuesday/Thursday - Saratoga & Wilton

**Saratoga Springs North of Washington Street**  
Monday - Saratoga & Wilton  
Wednesday - Medical Only Saratoga & Wilton  
Thursday - Saratoga & Wilton

**Saratoga Springs South of Washington Street**  
Tuesday - Saratoga & Wilton  
Wednesday - Medical Only Saratoga Wilton  
Friday - Saratoga & Wilton

**Town of Saratoga**  
Monday - Saratoga & Wilton

**Wilton**  
Tuesday/Thursday - Saratoga & Wilton

### TRANSPORTATION RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)

Transports Saratoga County                      Office for the Aging                      (518) 884-4100  
This transportation is for medical appointments in and out of Saratoga County for seniors age 60 or older and reside in a town above.

## **TRANSPORTATION**

Scheduled by contacting the entity directly

Town of Clifton Park	Town of Clifton Park	(518) 371-4444
Town of Corinth	Corinth Senior Center	(518) 654-2040
Town of Day	Town of Day	(518) 696-3789 X300
Town of Hadley	Hadley Town Hall	(518) 696-3789 X2
Town of Halfmoon (Call 9:00-1:00)	Town of Halfmoon	(518) 664-2186
Town of Moreau	Town of Moreau	(518) 792-6007
City of Mechanicville	City of Mechanicville	(518) 664-5651
Saratoga County Veterans	Veterans Agency	(518) 884-4115
Scheduled bus routes	CDTA	(518) 482-8822
Town of Stillwater	Community Committee on Eldercare (CCEC)	(518) 664-6856 X218
Town of Waterford (medical only)	Town of Waterford	(518) 235-8500 (518) 527-4589
Town of Wilton (medical only)	Town of Wilton	(518) 390-5672 (518) 587-1939
Ballston/Charlton/Clifton Park Halfmoon/Malta/Mechanicville (medical only)	Care Links	(518) 399-3262
Ballston/Charlton/Milton Malta/Galway (medical only)	Wellness Express (Community Human Services)	(518) 399-4624
Medicaid Medical Transportation Medicaid Recipients Only	Medicaid	1-855-852-3292

## **VOLUNTEER OPPORTUNITIES**

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

**AMERICORPS SENIORS** – AmeriCorps Seniors and the locally sponsored Saratoga County Office for the Aging (RSVP) helps you find a Service Opportunity that fits your passion. We empower Americans age 55 and older to serve in their communities. You may use the skills, experience, and talents you've learned over the years, or develop new ones, while serving in a variety of volunteer activities. Volunteers are covered with an excess CIMA Volunteers Insurance under this program. Join a network of people and organizations committed to the betterment of America. For more information, call (518) 884-4110.

## **ADDITIONAL RESOURCES**

### **Adult Day Care**

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

### **Department of Health**

[www.health.ny.gov](http://www.health.ny.gov)  
(518) 474-7354

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

### **Eldercare Locator**

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

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

### **Medicare**

[www.medicare.gov](http://www.medicare.gov)  
1-800-633-4227



Medicare Rights Center  
[www.medicareriights.org](http://www.medicareriights.org)  
1-800-333-4114

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

My Benefits  
[www.mybenefits.ny.gov](http://www.mybenefits.ny.gov)  
On-line tool for getting information on New York State programs and services.

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

NAMI  
National Alliance on Mental Illness  
[www.nami.org](http://www.nami.org)  
1-800-950-NAMI (6264)

NIMH  
National Institute of Mental Health  
[www.nimh.nih.gov](http://www.nimh.nih.gov)  
1-866-615-NIMH (6464)

New York State Partnership for Long-Term Care  
[www.nyspltc.org](http://www.nyspltc.org)  
1-866-950-7526 or 518-474-0662

NY StateWide Action Council  
[www.nysenior.org](http://www.nysenior.org)  
1-800-333-4374

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

Social Security Administration  
[www.ssa.gov](http://www.ssa.gov)  
1-800-772-1213

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

For assistance, call toll-free number 1-800-772-1213 between 7 a.m. – 7 p.m., Monday through Friday. If you have a touch-tone phone, recorded information and services are available 24 hours a day, including weekends and holidays.

Hearing impaired clients call toll-free TTY, 1-800-325-0778, between 7 a.m. – 7 p.m., Monday through Friday. Please have your Social Security number when you call.

Saratoga County Mental Health Center

(518) 584-9030

<http://www.saratogacountyny.gov/departments/mental-health-center/>

Saratoga County Public Health Services

(518) 584-7460

<http://www.saratogacountyny.gov/departments/publichealth/>

Saratoga County Employment & Training

(518) 884-4170

<https://www.saratogacountyny.gov/departments/employment-and-training/>

Saratoga County Veterans Service Agency

(518) 884-4115

<http://www.saratogacountyny.gov/departments/veterans-service-agency/>

**IN AN EMERGENCY**

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

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

The person taking your call will require certain information:

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

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

## **SPECIAL NEEDS REGISTRY**

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