

May 2023

Dear Friend:

This Directory provides a 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 Department of Aging and Youth Services or are available because of a contract with another agency. The Saratoga County Department of Aging and Youth Services 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 Department of Aging and Youth Services 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 or follow us on Facebook.

Sincerely,

Sandra M. Cross
Director

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NY CONNECTS

NY Connects is a trusted place to go for free, unbiased information about long term services and supports in New York State for people of all ages or with any type of disability. Long term services and supports include medical and non-medical services for a person who needs to improve or maintain health and independence. They may be provided in a nursing home, the individual's home or other community-based settings. You can use a directory to search for programs, providers, and services in your area and to contact your local NY Connects office for further assistance.

NY Connects staff can help link you to long term services and supports, such as home care, transportation and meals. Our goal is to help you live as independently as you wish to while meeting your medical, social and functional needs that arise from aging or disability. We can help individuals, families, caregivers, and professionals. Additionally, a resource directory is available at (518) 714-4826 or online at www.nyconnects.ny.gov.

CAREGIVER SUPPORT PROGRAM

The Department of Aging and Youth Services sponsors a Caregiver Support Program that strives to meet the needs of the caregiver and enhance supports given to the care receiver. This program intends to help the caregiver become a better advocate and more confident in assisting the care receiver with their needs. When family caregivers are well supported, receivers of their care are able to stay in their homes longer and can have a better quality of life. Services offered by this program include case management, referral assistance 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. Please contact the Department of Aging and Youth Services at (518) 884-4100 for further information.

CASE MANAGEMENT

Case Workers from the Department of Aging and Youth Services can assist seniors age 60 or older gain access to and coordinate appropriate services, benefits, and entitlements. Case workers work directly with clients, in their homes and by phone; translation services provided for those with limited English proficiency. Case workers provide assessment, care planning, arranging for services, follow-up, and monitoring for a wide range of topics. Call the Department of Aging and Youth Services 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. This service is provided to those of lower income. Call the Department of Aging and Youth Services at (518) 884-4100 for more information.

GENERAL INFORMATION

In addition to this Directory, the Department of Aging and Youth Services provides information 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 Department of Aging and Youth Services at (518) 884-4100 or by accessing our web page.

<https://www.saratogacountyny.gov/departments/department-of-aging-and-youth/>

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 regular 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 Department of Aging and Youth Services. There are income eligibility requirements for this program. Emergency benefits may also be available at certain times of the year. Call (518) 884-4111 for more information.

The following services may also be available through the Saratoga County Department of Social Services:

Emergency furnace repair or replacement, clean and tune services for a primary heat source (furnace), and a cooling grant that will provide an air conditioner if eligible. Call (518) 884-4146 for more information.

HEALTH INSURANCE INFORMATION, COUNSELING AND ASSISTANCE PROGRAM (HIICAP)

The Health Insurance Information, Counseling and Assistance Program (HIICAP) is a free and unbiased service provided by trained staff and volunteers. HIICAP counselors assist with understanding, comparing, and choosing Original Medicare, Medicare Advantage plans, Medigap plans and Medicare Savings Program, and the Low-Income Subsidy (Extra Help). Services are provided by phone or In-Person with a scheduled appointment. Call the Department of Aging and Youth Services at (518) 884-4100 for more details including volunteer opportunities.

For general questions please visit: <https://sites.google.com/view/saratoga-medicare/home>

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 Department of Aging and Youth Services on Mondays from February to April only. Call the Department of Aging and Youth Services at (518) 884-4100 for information and to schedule an appointment.

IN-HOME SERVICES AND SUPPORTS

In-home services and supports program are funded under the Expanded In-home Services for the Elderly Program (EISEP). It is a coordinated package of non-medical services and supports developed from an assessment to assist older adults who need help with Activities of Daily Living such as dressing, bathing, personal care, and Instrumental Activities of Daily Living like shopping and cooking. All enrollees must be 60 years or older and will receive case management. A financial assessment must first be performed. The cost for these services is on a sliding fee scale determined by income level. Private contributions are accepted through cost sharing, which begins at 150% of the poverty level. The amount of cost sharing increases proportionately with income. Also, if it is concluded that you appear to qualify for low income programs (example: Medicaid), you will be encouraged to apply for these programs.

Call the Department of Aging and Youth Services at (518) 884-4100 for more information.

LEGAL SERVICES

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

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 Department of Aging and Youth Services 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.

Gather and Dine 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 by NOON, the day before. While the suggested contribution is \$2.00 per meal, all person’s age 60 or older are served regardless of their ability to contribute. Guests pay \$8.00 per meal. For information, call (518) 884-4100.

The nutrition sites are as follows:

Milton	Milton Community Center	(518) 288-3952
Clifton Park	Clifton Park Community Center	(518) 383-1343
Corinth	Corinth Senior Center	(518) 654-2040
Galway	Galway Town Hall	(518) 921-8766
Halfmoon	Halfmoon Senior Center	(518) 371-3892
Mechanicville	Mechanicville Senior Center	(518) 664-3924
Saratoga Springs	Saratoga Senior Center	(518) 584-1621
South Glens Falls	Moreau Community Center	(518) 792-6007

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. Appointment times must be between 10:00 a.m. – 2:30 p.m. All reservations need to be made by NOON the day prior to the appointment, or up to two weeks in advance by calling the Department of Aging and Youth Services at (518) 884-4100.

<u>Locality</u>	<u>Operator</u>	<u>Telephone</u>
Ballston, Malta, Milton Monday/Tuesday/Friday - Saratoga and Wilton Wednesday/Thursday - Ballston, Malta and Milton	A and H Taxi	(518) 884-4100
Charlton, Edinburg, Galway, Providence Tuesday - Ballston, Burnt Hills, Glenville Wednesday - Saratoga and Wilton Thursday - Amsterdam and Gloversville		
Greenfield Monday/Wednesday - Saratoga and Wilton		
Northumberland Tuesday/Thursday - Saratoga and Wilton		
Saratoga Springs North of Washington Street		

Monday - Saratoga and Wilton
Wednesday - Medical Only Saratoga and Wilton
Thursday - Saratoga and Wilton

Saratoga Springs South of Washington Street

Tuesday - Saratoga and Wilton
Wednesday - Medical Only Saratoga Wilton
Friday - Saratoga and Wilton

Town of Saratoga

Monday - Saratoga and Wilton

Wilton

Tuesday/Thursday - Saratoga and Wilton

TRANSPORTATION RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)

This RSVP transportation is for medical appointments in and out of Saratoga County. This service is for seniors aged 60 or older who reside in Saratoga County. Appointment times must be between 10:00 a.m. – 2:30 p.m. The RSVP transportation is a first come first serve program and registration is required. For more information, call (518) 884-4100.

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 a.m-1:00 p.m.)	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 (Captain 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 Retired Senior Volunteer Program helps you find a service opportunity that fits your passion. We empower Americans age 55 or 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.

TELECARE -The Telecare program connects volunteers with Saratoga County Seniors by telephone. This program helps home bound seniors to lessen the feeling of being lonely or isolated by a friendly conversation. The calls support the seniors to remain independent while also staying connected with their community. For more information, call (518) 884-4110.

YOUTH DEVELOPMENT

Saratoga County Department of Aging and Youth Services is responsible to assist with youth development; planning, coordination and supplementing the activities of the public, private and religious agencies devoted to the welfare and protection of youth. Our office provides services to local municipalities and youth serving agencies, and offer a clearinghouse of information and referrals regarding youth programs. For more information, call (518) 884-4101.

Youth Recreation Programs

Clifton Park	(518) 371-6667
Burnt Hills-Ballston Lake	(518) 339-3031
Corinth	(518) 654-9232
Day	(518) 696-3789
Edinburg	(518) 863-2034
Galway	(518) 882-6070
Greenfield	(518) 893-7432
Hadley-Luzerne	(518) 696-4797
Halfmoon	(518) 371-7410
Malta	(518) 899-2552
Mechanicville	(518) 664-9884
Milton	(518) 885-9220
Moreau	(518) 793-0196
Northumberland	(518) 792-9179
Saratoga Springs Rec. Dept.	(518) 587-3550
Schuylerville Swim	(518) 695-3881
Waterford	(518) 371-7410
Wilton	(518) 587-1939

Community Centers

Ballston Area Rec Commission	(518) 885-1634
Ballston Area Community Center	(518) 885-3261
Franklin Community Center	(518) 587-9826
Malta Community Center	(518) 899-4411
Mechanicville Area Community Service Center	(518) 664-8322
Moreau Community Center	(518) 792-6007
Stillwater Community Center	(518) 664-2515
Greater Schuylerville Youth Center	(518) 695-6100

Youth Serving Agencies

Cornell Cooperative	(518) 885-8995
CAPTAIN	(518) 371-1185
Prevention Council	(518) 581-1230
Catholic Charities	(518) 587-5000
Southern Adirondack Library System (SALS)	(518) 584-7300
Big Brothers, Big Sisters of Capital Region	(518) 862-1250
Saratoga Center for the Family	(518) 587-8008

ADDITIONAL RESOURCES

Department of Health

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

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

Medicare

www.medicare.gov

1-800-633-4227

Medicare Rights Center

www.medicarights.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

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

1-800-950-NAMI (6264)

NIMH

National Institute of Mental Health

www.nimh.nih.gov

1-866-615-NIMH (6464)

New York State Partnership for Long-Term Care

www.nyspltc.org

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

NY StateWide Action Council

www.nysenior.org

1-800-333-4374

The toll-free Patient's Rights Helpline is in operation between 9:00 a.m. – 5:00 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

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 7:00 a.m. – 7:00 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 7:00 a.m. – 7:00 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 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/>