

Otsego County Resource Directory



NY Connects
Your Link to Long Term
Services and Supports

WHAT IS NY CONNECTS

What is NY Connects?

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

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

What are Long Term Services and Supports?

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

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

Who does NY Connects serve?

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

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

Options Counseling

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

Help with Linking to Care

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

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

140 County Highway 33W, Suite 5

Cooperstown, NY 13326

Phone: (607) 547- 4390 Fax: (607) 547 - 7574

Email: nyconnects@otsegocountyny.gov or visit our webpage at: www.otsegocountyny.gov

Otsego County NY Connects Resource Directory

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

ADULT ABUSE AND NEGLECT

Adult Protective Services

Otsego County Department of Social Services

140 County Highway 33W, Cooperstown, NY 13326

Phone: (607) 547 - 4355 NYS Report Line 1 (844) 697 - 3505 Fax: (607) 547 - 6449

Web: <https://www.otsegocountyny.gov>

Hours: 8:30am – 4:30pm, Mon - Fri

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

Long Term Care Ombudsman Program

Resource Center for Independent Living, Inc.

1607 Genesee Street, Utica, NY 13503

Phone: (315) 272 - 1872 Fax: (315) 624 - 2579 Web: <https://www.rcil.com>

Hours: 8:00am – 4:00pm, Mon – Fri

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

New York State Domestic Violence 24 Hour Hotline

Phone: (800) 942 - 6906

Safe Against Violence

Opportunities for Otsego

3 West Broadway Street, Oneonta, NY 13820

Phone: (607) 433 - 8038 24 Hr Hotline: (607) 432 - 4855 Fax: (607) 746 - 1619

Web: <https://www.ofoinc.org>

Hours: 8:00am – 5:00pm, Mon – Fri

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

ADVANCE DIRECTIVES

Medical Orders for Life-Sustaining Treatment (MOLST)

NYS Department of Health

Web: www.health.ny.gov/

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

Non-Hospital DNR

NYS Department of Health

Web: www.health.ny.gov/

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

Power of Attorney

New York State Bar Association

Web: www.nysba.org/

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

State Health Care Proxy

NYS Department of Health

Web: www.health.ny.gov/

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



BEHAVIORAL HEALTH

Mental Health Services

Bassett Medical Center

Department of Psychiatry

1 Atwell Road, Cooperstown, NY 13326

Phone: (607) 547 - 3500 Alternate Phone: (800) 227 - 7388 Fax: (607) 547 - 6550

Web: <https://www.bassett.org/services/behavioral-health>

Hours: 8:00am – 5:00pm, Mon – Fri

Provides inpatient and outpatient psychiatric care including an Inpatient Psychiatry Unit that offers psychiatric assessment, evaluation, and treatment to adults 18 and over who require acute care hospitalization.

Outpatient services include assessment and treatment planning, individual psychotherapy for children and adults, marital therapy, and medication management.

Geriatric Mobile Team

Greater Binghamton Health Center

114 Clinton Street, Binghamton, NY 13905

Phone: (607) 763 - 2770 Fax: (607) 763 - 2792

Web: <https://omh.ny.gov/omhweb/facilities/bipbc/>

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

Helios Care

Grief Counseling & Bereavement Services

297 River Street Service Road, Suite 1, Oneonta, NY 13820

Phone: (607) 432 - 5525 Toll Free: (800) 306 - 3870 Fax: (607) 432-2519

Web: www.helioscare.org Email: bereavement@helioscare.org

Hours: 8:00am – 5:00pm, Mon – Fri

Provides in-person adult grief support groups in Otsego County, as well as monthly virtual support group options. There is no charge for support groups and they are open to the public.

Individual grief counseling is provided for all ages on a sliding scale basis and can be conducted in-person or via telehealth. Coping kits for kids are available for school aged children and teens at no charge. Inquire about Camp Forget Me Not, a camp geared toward grieving children and teens.

Neighborhood Center

Mobile Crisis Assessment Team (MCAT)

Address: 624 Elizabeth St, Utica, NY 13501

Phone: 24 hour crisis hotline (844) 732 - 6228 or (315) 732 - 6228

Web: <https://www.neighborhoodctr.org> Email: info@neighborhoodctr.org

MCAT provides help during a crisis to children and adults in Otsego County. MCAT seeks to de-escalate a crisis situation, preventing possible harm, keeping the problem outside of the legal system and avoiding a hospitalization where appropriate. MCAT has the ability to respond to a crisis where it is occurring. MCAT works with the individual, family and community agencies.

Otsego County Mental Health

242 Main Street, Oneonta, NY 13820

Phone: (607) 433 - 2343 Fax: (607) 433 - 6229

Web: <https://www.otsegocountyny.gov>

Hours: 8:30am - 5:00pm, Mon - Fri

Provides comprehensive mental health services including evaluation, diagnosis and treatment, access to psychiatry, case management and advocacy. to adults, families, adolescents and children in Otsego County.

Otsego County Mental Health

Single Point of Access (SPOA)

Liza Butts, SPOA Clinical Coordinator

140 County Highway 33W, Cooperstown, NY 13326

Phone: (607) 547 - 1621 Fax: (607) 547 - 1618

Website: <https://www.otsegocountyny.gov> Email: buttsl@otsegocountyny.gov

Hours: 8:30am – 4:30pm, Mon - Fri

SPOA is designed to assist individuals with a mental disability and their family residing in the community to navigate the complex human service system. SPOA Coordinator is able to connect individuals of any age with a mental health diagnosis to treatment, care coordination, housing assistance, supported housing, assisted work experience and wellness center.



Rehabilitation Support Services, Inc.

9 River Street, Oneonta, NY 13820

Phone: (607) 433 - 0661 or (800) 377 - 3281 Fax: (607) 433 - 2788 Hours: 12:00pm – 10:30pm, Tues, Wed, Thur 7 days a week

- **Warm Line** offers a confidential peer-support phone line for people seeking non-judgmental support from an individual, who can empathize with them from a personal experience perspective.
- **The Family Stabilization Program (FSP)**- Provides intensive clinical services to youth and families for youth ages 4 to 18 who have been receiving community mental health services and are still at risk for out of home placement; psychiatric hospitalization, community residence placements, foster care or the criminal justice system. FSP Clinical Social Workers provide crisis stabilization, intensive, in the home and out in the community counseling services to youth and family.
- **Behavioral Health Resource Center (BHRC)** is provided under the Systems of Care Grant to connect a Clinical Social Worker to each of the 13 partnered schools in Otsego County. Referrals to the BHRC come directly from the school district. BHRC social workers meet regularly with schools to identify students and families in need of Mental Health counseling services and connections to community supports.
- **Mountainview Wellness Center** provides individuals a safe location to go and search for housing or jobs while having staff available to assist if needed. It also provides individuals with job support and job skills for those with mental health conditions who are looking to re-enter or enter the workforce for the first time.

Southern Tier Independence Center (STIC)

135 East Frederick Street, Binghamton, NY 13904

Phone: (607) 724 - 2111 Alternate Phone: (877) 722 - 9150 Fax: (607) 772 - 3600 Web: www.stic-cil.org

Hours: 9:00am – 5:00pm, Mon – Fri

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

Suicide Prevention Lifeline

Web: www.suicidepreventionlifeline.org Phone: (800) 273 - 8255 *The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Since its inception, the Lifeline has engaged in a variety of initiatives to improve crisis services and advance suicide prevention.*

The Brain Injury Association of New York State

10 Colvin Avenue, Albany, NY 12206

Phone: (800) 444 - 6443 or (607) 432 - 6364

Web: www.bianys.org

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

Drug and Alcohol Services

Addiction Recovery Services (ARS) for Otsego County

242 Main St, 2nd Floor, Oneonta, NY 13820

Phone: (607) 431 - 1030 Fax: (607) 431 - 1033 Web: <https://www.otsegocountyny.gov>

Hours: 8:30am - 6:00pm, Mon - Wed; 8:30am - 4:30pm, Thu - Fri

An outpatient substance use clinic offering treatment through individual, group, and family sessions. Also provides referrals for higher levels of care when appropriate, and evaluation and treatment for individuals with co-occurring mental health and substance use diagnoses.

Addiction Treatment Center

Beacon Center

1508 Genesee St #1, Utica, NY 13502

Phone: (315) 366 - 4100 Fax: (315) 735 -1504 Web: <https://beaconcenter.net>

Hours: 9:00am - 8:00pm, Mon - Fri

Outpatient treatment service for individuals struggling with substance abuse.

Friends of Recovery Delaware and Otsego, Inc.

22 Elm Street, Oneonta, NY 13820

Phone: (607) 267 - 4435 Fax: (607) 267 - 4534 Web: www.friendsofrecoverydo.org

Hours: 9:00am - 5:00pm, Mon., Tue., and Fri. 9:00am - 7:00pm, Wed., and Thur.

FOR-DO is a grassroots addiction recovery organization by, about, and for individuals and families in recovery from addictive disorders. Specific services include peer-led support groups, peer-led Recovery Coaching, telephone recovery support services, referrals, life skills classes, health and wellness classes, education and career planning.

LEAF (Leatherstocking Education on Alcoholism Foundation and Council on Alcoholism, Inc.)

189 Main Street, Suite 101, Oneonta, NY 13820

Phone: (607) 432 - 0090 Fax: (607) 432 - 3195 Web: www.leafinc.org

Information, referral and education services for Alcoholism, Gambling, Drug and Tobacco Addictions

New Horizons Alcohol & Chemical Dependency Treatment Center

UHS Binghamton General Hospital

10-42 Mitchell Avenue, Binghamton, NY 13903

Phone: (607) 762 - 2200 or (607) 762 - 2901 24 Hour Crisis Line: (607) 762 - 2257

Web: <https://www.nyuhs.org>

Hours: 7:00am – 4:00pm Daily

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

Inpatient Psychiatric Units- Adolescent

Four Winds Katona

800 Cross River Road, Katonah, NY 10536

Phone: (914) 763 - 8151

Web: <https://www.fourwindshospital.com>

Provides comprehensive inpatient mental health treatment for children between the ages of 5 and 17. Treatment includes a psychiatric assessment, evaluation, and treatment including educational services.

Four Winds Saratoga

30 Crescent Avenue, Saratoga Springs, NY 12866,

Phone: (518) 854 - 3600

Web: <https://www.fourwindshospital.com>

Provides comprehensive inpatient mental health treatment for children between the ages of 5 and 17. Treatment includes a psychiatric assessment, evaluation, and treatment including educational services.

Greater Binghamton Health Center

425 Robinson Street, Binghamton, NY 13904

Phone: (607) 724 - 1394

Web: <https://omh.ny.gov/omhweb/facilities/bipc/>

Provides comprehensive inpatient mental health treatment for children between the ages of 5 and 17. Treatment includes a psychiatric assessment, evaluation, and treatment including educational services.

Hutchings Psychiatric Center

620 Madison Street, Syracuse, NY 13210

Phone: (315) 426 - 3600

Web: <https://omh.ny.gov/omhweb/facilities/hupc/index.htm>

Provides comprehensive inpatient mental health treatment for children between the ages of 5 and 17. Treatment includes a psychiatric assessment, evaluation, and treatment including educational services.

Mohawk Valley Psychiatric Center- Pinefield

1400 Noyes Street, Utica, NY 13502

Phone: (315) 738 - 3800

Web: <https://omh.ny.gov/omhweb/facilities/mvpc/>

Provides comprehensive inpatient mental health treatment for children between the ages of 5 and 17. Treatment includes a psychiatric assessment, evaluation, and treatment including educational services.

Inpatient Psychiatric Units- Adults

Bassett Medical Center

1 Atwell Road, Cooperstown, NY 13326

Phone: (607) 547 - 3525

Web: <https://www.bassett.org>

Bassett's Department of Psychiatry provides inpatient care at Bassett Medical Center, Cooperstown. Their Inpatient Psychiatry Unit offers psychiatric assessment, evaluation and treatment to adults who require acute care hospitalization.

Ellis Hospital in Schenectady

216 LaFayette St., Schenectady, NY 12305

Phone: (518) 243 - 3300

Web: <http://www.ellishospital.org/>

Ellis Medicine's inpatient mental health units serve patients age 18 and above. Therapy includes individual and group treatment using psychotherapy, arts therapies and social/psychological education. Peer Support Counselors are available to provide each patient with guidance and advocacy from the perspective of a person successfully living and coping well with mental illness.

Greater Binghamton Health Center

425 Robinson St., Binghamton, NY 13901

Phone: (607) 762 - 2202

Website: <https://omh.ny.gov>

The Greater Binghamton Health Center (GBHC) provides comprehensive outpatient and inpatient services for adults and children who are mentally ill. The Center provides Adults with a wide range of treatment services based on a holistic care model, including an Admission/Intensive Treatment Service, Intermediate Treatment Service, Geropsychiatric Service, and three inpatient treatment malls.

Mohawk Valley Health System

Faxton St. Luke's Health Center St Elizabeth's Medical Center in Utica 1656 Champlin Ave, Utica, NY 13502 2209 Genesee St., Utica, NY 13502 Phone: (315) 798 - 6000 ext. 6332 Phone: (315) 798 - 8100

Website: <https://www.mvhealthsystem.org>

Mohawk Valley Health System (MVHS) has inpatient units at two main campuses – St. Elizabeth and St. Luke's that serve patients 18 years and older who require acute psychiatric inpatient care. Treatments available include psychiatric assessment, medical assessment, treatment planning, group therapy, nursing, social services, activities therapy, nutritional services, spiritual services and psychiatric consult service.

Mohawk Valley Psychiatric Center

1400 Noyes St, Utica, NY 13502

Phone: (315) 738 - 3800 Fax: (315) 738 - 4414

Web: <https://omh.ny.gov>

Hours: Open 24hrs 7 days a week

Mohawk Valley Psychiatric Center (MVPC) provides quality, individualized psychiatric treatment and rehabilitation services that promote recovery. Treatments available include psychiatric assessment, medical assessment, treatment planning, group therapy, nursing, social services, spiritual services and psychiatric consult service.

UHS Binghamton General Hospital

10-42 Mitchell Avenue, Binghamton, NY 13903

Phone: (607) 762 - 2200 CPEP Hotline: (607) 762 - 2302 or (800) 451 - 0560

Web: <https://www.nyuhs.org/>

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

Mental Health Services Respite Services for Youth**Elmwood Residence****Rehabilitation Support Services**

9 River St, Oneonta, NY 13820

Phone: (607) 267-4302 Fax: (607) 267-4303

Web: <https://rehab.org/>

Children's Community Residence is an OMH-licensed 8-bed group home. Residence is staffed 24 hours a day – 7 days a week, where male and female residents (12-18 years of age) receive a comprehensive array of age-appropriate services. Families of children in crisis can utilize this bed for respite for up to 21 days at a time. The goal of the residence is family reunification or movement to independent living.

Alcoholics Anonymous

Web: <https://aahmbny.org>

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Cooperstown

Sun at 4:00 pm	Cooperstown Group First Baptist Church, 19 Elm St (Online)
Mon at Noon	Cooperstown Group Christ Episcopal Church Parish Hall, 69 Fair St (Online)
Mon at 8:00pm	Cooperstown Group First Baptist Church, 19 Elm St (Online)
Tue at 8:00pm	Cooperstown Group Christ Episcopal Church Parish Hall, 69 Fair St (Online)
Wed at Noon	Cooperstown Group Christ Episcopal Church Parish Hall, 69 Fair St (Online)
Thu at 8:00pm	Cooperstown Group Christ Episcopal Church Parish Hall, 69 Fair St (Online)
Fri at 7:00pm	Main Purpose Group Presbyterian Church House, 25 Church St. (Online)
Sat at 7:30am	Cooperstown Group Christ Episcopal Church Parish Hall, 69 Fair St (Online)

Oneonta

Sun at 4:30pm	Pride & Allies Group St. James Episcopal Church, 305 Main St
Sun at 7:00pm	Sunday Night Group Elm Park Methodist Church, 401 Chestnut St
Mon at 7:30am	Morning Reflections St. James Episcopal Church, 305 Main St
Mon at Noon	449 Group Turning Point, 22 Elm St
Mon at 5:30pm	Cornerstone Group First United Presbyterian Church, 2 Walling Ave.
Tue at 7:30am	Morning Reflections St. James Episcopal Church, 305 Main St
Tue at Noon	449 Group Turning Point, 22 Elm St
Tue at 5:30pm	Big Book Step Group Turning Point, 22 Elm St
Tue at 7:00pm	Beginner's Group First United Presbyterian Church, 2 Walling Ave.
Wed at 7:30am	Morning Reflections St. James Episcopal Church, 305 Main St
Wed at 1:00pm	Lunch Bunch Group St. Mary's School Annex, 26 Elm St
Wed at 7:00pm	As Bill Sees It St. James Episcopal Church, 305 Main St
Thu at 7:30am	Morning Reflections St. James Episcopal Church, 305 Main St
Thu at Noon	449 Group Turning Point, 22 Elm St
Fri at 7:30am	Morning Reflections St. James Episcopal Church, 305 Main St
Fri at 11:45am	Big Book Turning Point, 22 Elm St
Fri at 1:00pm	Lunch Bunch Group St. Mary's School Annex, 26 Elm St
Fri at 6:30pm	Serenity Sisters St. James Episcopal Church, 305 Main St
Fri at 6:30pm	Oneonta Men's Group First United Presbyterian Church, 2 Walling Ave.
Sat at 7:30am	Morning Reflections St. James Episcopal Church, 305 Main St
Sat at Noon	Seeking Serenity Turning Point, 22 Elm St
Sat at 6:30pm	Saturday Night Live Group St. James Episcopal Church, 305 Main St

Otego

Mon at 7:30 pm Back to Basics Group United Methodist Church, 10 Church St
Thu at 7:30pm Back to Basics Group United Methodist Church, 10 Church St

Richfield Springs

Sun at 7:30pm Gratitude Group St. Joseph's Church, 35 Canadarago St
Fri at 8:00pm Gratitude Group St. Joseph's Church, 35 Canadarago St

South Edmeston

Thu at 7:00pm Early Sunset Group Community Church, 4259 County Hwy 18

Unadilla

Tue at 7:00pm Unadilla Group Methodist Church, 73 Main St

Worcester

Sat at 7:00pm Worcester Group Brooker Hall, 201 Main St

Al-Anon/Al-Ateen

Web: www.adaconline.org

Al-Anon provides information on the effects of alcohol abuse and refers friends and families of alcohol abusers to nearby Al-Anon and Al-Ateen support groups.

Oneonta

Sun at 7:00pm Elm Park United Methodist Church, 401 Chestnut St (Zoom Meeting) Tue at
5:30pm Turning Point, 22 Elm Street
Thu at 6:00pm Elm Park United Methodist Church, 401 Chestnut St (Al-Ateen)

Narcotics Anonymous (NA)

Web: www.adaonline.org/

***Narcotics Anonymous** is a twelve-step program of recovery from drug addiction, modeled after Alcoholics Anonymous. It is a fellowship of men and women for whom drugs have become a major problem. Oneonta*

Sun at 7pm Turning Point, 22 Elm Street (607) 267 - 4435

Mon at 7pm First United Methodist Church, 66 Chestnut St (607) 432 - 4102

Tue at 7pm Turning Point, 22 Elm Street (607) 267 - 4435

Thu at 7pm Turning Point, 22 Elm Street (607) 267 - 4435

Fri at 7pm First United Methodist Church, 66 Chestnut St (607) 432 - 4102

Co-Dependents Anonymous

Web: <https://www.adaonline.org/>

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

Oneonta

Mon at 7pm Turning Point, 22 Elm Street

CAREGIVER RESOURCES

Alzheimer's Association

Ann Thayer, Program Manager for Leatherstocking Region

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

Phone: (607) 206 - 4514 EXT. 9880 24 Hour Helpline: (800) 272 - 3900

Web: www.alz.org/northeasternny Email: athayer@alz.org

Hours: 8:30am – 5:00pm, Mon – Fri

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

Catholic Charities

Aging Life Services Program

176 Main Street, Oneonta, NY 13820

Phone: (607) 432 - 0061 ext 122

Web: <https://www.ccseniorservices.org>

Hours: 8:30am - 4:00pm, Mon - Fri

Aging Life Services Program provides knowledgeable staff to help the caregiver connect to services available based on needs of the family. They will help you to know what is available, who is eligible, and how to sign up. Program staff will work with older adults to identify service needs as well as to improve access to services with the goal of enhancing the quality of life of those who participate.

Helios Care

297 River Street Service Road, Suite 1, Oneonta, NY 13820

Phone: (607) 432 - 5525 Toll Free: (800) 306 - 3870 Fax: (607) 432-2519

Web: <http://helioscare.org> Email: info@helioscare.org

Hours: 8:00am – 5:00pm, Mon – Fri

Helios Care provides assistance to individuals caring for someone with a serious, life limiting illness that is enrolled in Helios Care's hospice or palliative care programs. Helios Care Social Workers are available to support the families/caregivers of all patients receiving these services. In addition to providing ongoing caregiver support for enrolled patients, Helios Care also routinely offers a series of caregiver support groups that are open to the public and are free of charge.

Parkinson Foundation

1359 Broadway, Suite 1509, New York, NY 10018

Phone: (800) 476-4636

Web: <https://www.parkinson.org>

The Parkinson's Foundation offers programs for the person living with the disease as well as the caregiver. Their website also offers information on research, volunteer opportunities, fundraising and more.

Otsego County Department of Social Services

140 County Highway 33W, Suite 1, Cooperstown, NY 13326

Phone: (607) 547 - 1700

Fax: (607) 547 - 1721

Web: <https://www.otsegocountyny.gov>

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

The Department of Social Services offers a kinship grant through Public Assistance (PA) that can assist related family members caring for non-biological youth under the age of 18.

Otsego County Office for the Aging

140 County Hwy 33W, Suite 5, Cooperstown, NY 13326

Phone: (607) 547 - 4232

Fax: (607) 547 - 6492

Web: <https://www.otsegocountyny.gov>

Email: aginginfo@otsegocountyny.gov

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

The Office for the Aging provides information, education and services to assist individuals and their caregivers. Respite can provide caregivers a break from everyday care. It can be provided in the home, through Adult Day Center programs or short-term facility respite. NY Connects is available to provide information and assistance to people of any age with a disability, their caregivers and professionals to navigate long term services and support.

The Neighborhood Center, Inc.

628 Mary Street, Utica, NY 13501

Phone: (315) 272 - 2698

Web: <https://www.neighborhoodctr.org>

Hours: 8:30am - 4:00pm, Mon - Fri

Provides services to families living in Otsego County who have adopted or have guardianship of a child. Funded through the NYS Office of Children and Family Services. This program can work with your family to find the resources to meet the needs of the family and link to resources appropriate for families.



DISABILITY SERVICES

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

44 Hawley Street, Binghamton, NY 13901

Phone: (607) 721 - 8400 Fax: (607) 721 - 8390

Web: www.acces.nysed.gov Email: accesadm@mail.nysed.gov

Hours: 8:00am – 5:00pm, Mon – Fri

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

ARC Otsego

35 Academy Street, Oneonta, NY 13820

Mail to: PO Box 490, Oneonta, NY 13820

Phone: (607) 432 - 8595 Fax: (607) 433 - 8430

Website: <https://www.arcotsego.org/> Email: info@arcotsego.org

Hours: 8:00am – 4:00pm, Mon – Fri

The Arc Otsego helps adults with intellectual and other developmental disabilities fulfill their personal dreams and ambitions. At Arc Otsego, each person meets with a team of dedicated and caring staff to develop a unique life plan. Each plan is designed to reflect the individual's talents, interests, and desired outcomes. Services include: community employment, adult day services, quality life planning services, intake process, and residential services.

Catskill Center for Independence, Inc. (CCFI)

6104 State Hwy 23, Oneonta, NY 13820

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

Web: www.ccfi.us Email: ccfi@ccfi.us

Hours: 8:00am – 4:00pm, Mon – Fri, appointments encouraged

Independent Living Center providing an array of services to individuals of any age, with any disabilities and their family. Services include information & referral, advocacy, benefits advisement, peer counseling, and employment assistance. We are a non-residential, not-for-profit community-based disability advocacy agency, with the goal of assisting and supporting individuals with disabilities in our community. All services are free of charge.

Early Intervention Services

Otsego County Department of Health

140 County Highway 33W, Suite 3, Cooperstown, NY 13326

Phone: (607) 547 - 6474 Fax: (607) 547 - 6402 Web: <https://www.otsegocountyny.gov>

Early Intervention Services assists children in the first two years of life who are experiencing developmental delays, disability or other conditions which affect their development. To find out if your child qualifies, contact Early Intervention Services. For children older than age two, they would be eligible for the Preschool Special Education Program also managed by Early Intervention Services through age five.

Family Resource Network, Inc.

46 Oneida Street, Oneonta, NY 13820

Phone: (607) 432 - 0001 Fax: (607) 432 - 5516 Web: www.familyrn.org

Assists families with children of developmental disabilities and mental disabilities with, advocacy, education programs, information and referral, family peer support and support groups for families and youth.

Health Home Care Management Services (OPWDD)

Health Home Care Management services are provided by Care Coordination Organizations (CCOs) to assist people with developmental disabilities and their families in gaining access to services and support appropriate to their needs. Health Home Care Management services are designed to provide comprehensive, person-centered care planning using a network of care managers and providers (team approach). Care Management services are provided by qualified Care Managers who use a person-centered planning process in developing, implementing and maintaining a person’s Life Plan. Otsego County has three agencies providing this service:

● **LifePlan CCO NY, Care Coordination Agency OPWDD Service**

258 Genesee Street, Mezzanine, Utica, NY 13502
Phone: (315) 565 - 2612 Emergency Hotline: (800) 232 - 7145
Web: <https://lifeplancony.com>
Hours: 8:00am - 5:00pm, Mon - Fri

● **Prime Care Coordination, Care Coordination Agency OPWDD Services**

153 Court Street, Binghamton, NY 13901
Phone: (607) 427 - 4242 After Hours On Call Number: (607) 222 - 9156
Web: <https://primecareny.org/> Email: info@primecareny.org
Hours: 8:00am - 5:00pm, Mon - Fri

● **Southern Tier Connect, Care Coordination Agency OPWDD Services**

438 Main St, Oneonta, NY 13820
Phone: (607) 376 - 7526
Web: <https://southerntierconnect.org> Email: info@southerntierconnect.org
Hours: 8:00am - 4:00pm, Mon - Fri

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

44 Holland Avenue, Albany, NY 12229

Phone: (866) 946 - 9733

Web: www.opwdd.ny.gov

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

Southern Tier Independence Center (STIC)

135 East Frederick Street, Binghamton, NY 13904

Phone: (607) 724 - 2111 Toll Free: (877) 722 - 9150 Fax: (607) 772 - 3600

VP/Deaf: (607) 238 - 2694 Web: www.stic-cil.org

Hours: 9:00am – 5:00pm, Mon – Fri

STIC provides services designed to promote independence for persons with disabilities. Services include waiver programs to keep individuals in their homes as long as possible and assistance to those with hearing impairments.

Parkinson Foundation

1359 Broadway, Suite 1509, New York, NY 10018

Phone: (800) 476-4636

Web: <https://www.parkinson.org>

The Parkinson's Foundation offers programs for the person living with the disease as well as the caregiver. Their website also offers information on research, volunteer opportunities, fundraising and more.

Pathfinder Village

3 Chenango Road, Edmeston, NY 13335

Phone: (607) 965 - 8377

Fax: (607) 965 - 8655

Web: <https://pathfindervillage.org/>

Email: info@pathfindervillage.org

Pathfinder Village provides residential and educational services to individuals with Down Syndrome.

Social Security Administration

31 Main Street, Suite 1, Oneonta, NY 13820

Phone: (877) 628 - 6581

Web: www.ssa.gov

Hours: 9:00am - 4:00pm, Mon - Fri

Social Security pays disability benefits to an individual and certain members of the family if the individual has worked long enough and has a medical condition that has prevented work, or is expected to prevent working for at least 12 months or end in death. Supplemental Security Income (SSI) are benefits paid to disabled adults and children who have limited income and resources.

Springbrook

105 Campus Drive, Oneonta, NY 13820

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

Web: www.springbrookny.org

5588 State Hwy 7, Oneonta, NY 13820

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

Hours at both locations: 8:00am – 5:00pm, Mon – Fri

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

Blind and Visually Impaired

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

174 Court Street, Binghamton, NY 13901

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

Web: www.avreus.org Email: avreinfo@avreus.org

Hours: 8:00am -4:00pm, Mon - Fri

AVRE offers a range of learning, living, and working options for people experiencing vision loss. Services to Otsego County include low vision exams, functional vision assessments, low vision adaptive aids, vision rehabilitation therapy and orientation mobility training.

Lions Club

Lions Club Vision Program

PO Box 2, Cooperstown, NY 13326

Website: <https://www.cooperstownlionsclub.org/>

Email: cooperstownlionsclub@gmail.com

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

New York State Talking Book and Braille Library

Cultural Education Center

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

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

Web: <https://www.nysl.nysed.gov/tbbl> Email: tbbl@nysed.gov

Hours: 9:00am - 4:30pm, Mon - Fri

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



DISASTER PREPARATION AND RELIEF

American Red Cross

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

Phone: (315) 733 - 4666 Fax: (315) 735 - 7149 Web: www.redcross.org

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

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

HYPER REACH

Otsego County Emergency Services

140 County Highway 33W, Cooperstown, NY 13326

Phone: (607) 547 - 4328 Fax: (607) 547 - 4377 Web: <https://secure.hyper-reach.com>

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

In the event of a local emergency or natural disaster Hyper-Reach, allows local officials to send out automated calls to those who sign up with information on the emergency as well as any special instructions if there are any. The system allows you to register a main phone or landline as well as subsequent numbers for cell phones or additional people living in your home. Registration on the website takes approximately 2 minutes.

Otsego County Department of Health

140 County Highway 33W, Suite 3, Cooperstown, NY 13326

Phone: (607) 547 - 4230 Fax: (607) 547 - 4385 Web: <https://www.otsegocountyny.gov>

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

Being prepared for all types of emergencies is crucial and the best way to protect you and your family is to plan for the unexpected before it happens. The best way to make you and your family safer is to be aware and prepare. The Otsego County Department of Health encourages you to make a kit, make a plan and be informed

*Copies of **Are You Ready?** are available through the FEMA publications warehouse at 1.800.480.2520*

Salvation Army

25 River Street, Oneonta, NY 13820

Phone: (607) 432 - 5960

Web: <https://empire.salvationarmy.org/>

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

EMERGENCY ASSISTANCE

Angel Network, Inc. of Cooperstown

PO Box 1186, Cooperstown, NY 13326

Web: <https://www.angelnetworkofcooperstown.org/>

Angel Network provides families of students in **Cooperstown Central School District** with emergency assistance. Assistance with utility bills, school supplies, Christmas assistance, gas cards, food assistance, tutoring, etc. Student needs for success in education is always the driving factor in assistance. Please contact the school guidance counselor or visit the website for contact forms and more information.

Caring Connections

Catholic Charities of Delaware, Otsego, and Schoharie Counties

176 Main Street, Oneonta, NY 13820

Phone: (607) 432 - 0061

Fax: (607) 431 - 9303

Web: www.charitiesccdcs.org

Hours: 8:30am – 4:30pm, Mon - Fri

Caring Connections is a financial benefit through grant funds offered to individuals and families who are struggling to meet their basic needs. Financial assistance can include: assistance with utilities including electric shut-offs and heating unit repairs or replacements if all other funding has been exhausted.

Family Service Association

277 Chestnut Street, Oneonta, NY 13820

Phone: (607) 432 - 2870

Fax: (607) 436 - 9687

Web: <https://fsaoneontany.org/>

Hours: 9:00am - 4:00pm Mon - Thur, and by appointment only on Friday

Family Service Association agency assists with essential medications, furniture recycling and hygiene/cleaning supplies. They also offer an Emergency Services Program which helps with housing search assistance. The use of phones and newspapers are available-some transportation may be provided for home viewings.

Otsego County Department of Social Services

140 County Highway 33W, Suite 1, Cooperstown, NY 13326

Phone: (607) 547 - 1700

Fax: (607) 547 - 1721

Web: <https://www.otsegocountyny.gov>

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

- **Temporary Assistance (TA)** is temporary help for needy families who are unable to work, can't find a job, or your job doesn't pay enough, TA may be able to help you pay for your necessary expenses.
- **Emergency Assistance to Adults (EAA)** - provides assistance for individuals and couples who have been determined eligible or are receiving SSI (Supplemental Security Income) or State Supplementation Program (SSP) payments.
- **Emergency Assistance to Needy Families (EAF)** - provides assistance to meet the emergency needs of pregnant women and families with at least one child under age 18, or under age 19 and regularly attending full time secondary school.

ENERGY AND UTILITIES

EmPower New York

PO Box 2489, Syracuse, NY 13220

Phone: (800) 263 - 0960 Fax: (315) 463 - 7393 Web: www.nyserda.ny.gov

Hours: 8:30am – 5:00pm, Mon – Fri

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

NYSEG - Energy Assistance Program (EAP)

P.O. Box 5220, Binghamton, NY 13902

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

Web: <https://www.nyseg.com> Email: energyassistanceprogram@nyseg.com

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

New York State Lifeline Discount Telephone Program

Phone: (888) 275 - 7721

Web: www.askpsc.com

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

Otsego County Department of Social Services

140 County Highway 33W, Suite 1, Cooperstown, NY 13326

Phone: (607) 547 - 1700 Fax: (607) 547 - 1721 Web: <https://www.otsegocountyny.gov>

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

The Home Energy Assistance Program (HEAP) helps low-income individuals/families pay the cost of heating their homes. You can apply through Otsego County Department of Social Services for the following programs: Regular HEAP (November through March), Emergency HEAP (January through March), Electric shutoff, Heating Equipment Repair and Replacement (HERR) program, Clean and Tune program and Cooling Assistant program.

Otsego County Office for the Aging

140 County Highway 33W, Suite 5, Cooperstown, NY 13326

Phone: (607) 547 - 4232 Fax: (607) 547 - 6492

Web: <https://www.otsegocountyny.gov> Email: aginginfo@otsegocountyny.gov

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

The Office for the Aging is an alternate certifier to assist individuals age 60+ who are not in receipt of public assistance or SNAP benefits with their Home Energy Assistance Program (HEAP). HEAP helps low-income individuals/families pay the cost of heating their homes.

Weatherization

Opportunities for Otsego

182 Roundhouse Road, Oneonta, NY 13820

Phone: (607) 433 - 0444; press option 1

Web: <https://www.ofo.dev002.vibrantcompany.com>

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

Weatherization is a home energy conservation program that makes homes more energy efficient, affordable, comfortable and safe. Weatherization can help with insulation, energy efficient appliances, external doors and windows, mobile home skirting, thermostats etc.



EXERCISE AND FALL PREVENTION

Bassett Healthcare Network Trauma and Injury Prevention

One Atwell Road, Cooperstown, NY 13326

Phone: (607) 547 - 3097

Web: <https://www.bassett.org/services/trauma-center/injury-prevention>

Hours: 8:00am - 4:30pm, Mon - Fri

Provides education about fall prevention. Offers education on Matter of Balance to local organizations wishing to implement the program into their own training programs.

Foxcare Fitness

1 Foxcare Drive, Oneonta, NY 13820

Phone: (607) 431 - 5454

Web: <http://www.foxcarefit.com/>

Hours: 6:00am to 6:30pm Mon - Fri and 7:00am to 2:00pm Saturday

FoxCare Fitness offers aquatics, group fitness classes, personal fitness trainers, nutrition counseling, and cardiovascular & strength training equipment.

Otsego County Office for the Aging

140 County Hwy 33 W # 5, Cooperstown, NY 13326

Phone: (607) 547- 4232 Fax: (607) 547 - 6492

Web: <https://www.otsegocountyny.gov>

Email: aginginfo@otsegocountyny.gov

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

Offers Tai Chi for Arthritis classes and volunteer-based exercise programs throughout the county.

Otsego Outdoors

Web: <http://otsegooutdoors.org/about/>

Otsego Outdoors is a collaborative effort of three leading environmental organizations in Otsego County, New York. Our goal is to provide residents and visitors with comprehensive information on Otsego County's publicly accessible, year-round opportunities to experience the outdoors and connect with nature

The Clark Sports Center

124 County Highway 52, Cooperstown, NY 13326

Phone: (607) 547 - 2800 Fax: (607) 547 - 4100

Web: <http://www.clarksportscenter.com/>

Hours: 5:30am to 9:00pm Mon - Fri and 8:00am to 5:00pm weekends

The Clark Sports Center is a full service sports center providing individualized and group lessons for exercise. They also offer an Olympic size swimming pool, racquetball courts, indoor walking track, bowling alley, and gymnasium. Visit their website for a complete schedule of classes and events.

YMCA

20-26 Ford Ave, Oneonta, NY 13820

Phone: (607) 432 - 0010

Web: <https://www.oneontaymca.org/>

Hours: 6:00am to 8:00pm Mon to Friday, 8:00am to 3:00pm Saturday

The YMCA is a full service sports center providing individualized and group lessons for exercise. They offer programs for all ages including youth and seniors. Programs include aquatics, gymnastics, fitness and wellness classes. Visit their website for a complete schedule of classes and events.

Three major resources to address hunger

For those struggling with food insecurities, they often have to make trade-offs between food and utilities, or food and rent.



Food pantries



SNAP
1/3 to 2/3 of a person's food supply



Income

Catholic Charities of Delaware, Otsego, and Schoharie Counties

176 Main Street, Oneonta, NY 13820

Phone: (607) 432 - 0061

Fax: (607) 431 - 9303

Web: www.charitiesccdoss.org

Hours: 8:30am – 4:30pm, Mon - Fri

Catholic Charities has dedicated staff who can assist income eligible households with completing and submitting SNAP applications. Application assistance can be done in the home, in the office or in a neutral location in the community.

Farmers Market Nutrition Program (FMNP)

Phone: 1 (800) 522 - 5006

Website: <https://www.health.ny.gov/prevention/nutrition/fmnp/>

The Farmers' Market Nutrition Program (FMNP) provides checks to women, infants and children through the Women, Infants and Children Program (WIC) and to seniors through the Commodity Supplemental Food Program (CSFP) for the purchase of locally grown, fresh fruits and vegetables. Fresh fruits and vegetables can be purchased with checks at farmers' markets during the summer and fall. The program runs from June - November 30.

Hunger Coalition

Phone: (607) 432 -7520

Web: <http://otsegohunger.com/>

Email: otsegohunger@gmail.com

The Hunger Coalition is a nonprofit group located in Otsego County, NY that was created to help local individual feeding programs unite together in a network that shares information and resources throughout the county. The HCOC Network is a diverse group of people representing food pantries, feeding programs, farmer's markets, religious, educational, and nonprofit organizations and agencies and individuals.

Opportunities for Otsego

Women, Infant and Children (WIC) Program

3 West Broadway, Oneonta, NY 13820

Phone: (607) 433 - 8071

Web: https://www.ofo.women_infants_children.com

WIC provides supplemental food, health care referrals, and nutrition education for income-eligible pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five.

Otsego County Office for the Aging

140 County Highway 33W, Suite 5, Cooperstown, NY 13326

Phone: (607) 547 - 4232 Fax: (607) 547 - 6492

Web: <https://www.otsegocountyny.gov> Email: aginginfo@otsegocountyny.gov

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

Otsego County Office for the Aging assists residents age 60 and older and their caregivers by providing senior meals. Meals are provided in the home through Home Delivered Meals, in a social setting through our Congregate Dining Sites. In addition OFA provides a registered dietitian to provide Nutrition Education and Counseling. NY Connects staff can assist clients with completing applications for SNAP assistance and looking for other food related programs to help individuals and families in need.

Otsego County Department of Social Services

140 County Highway 33W, Suite 1, Cooperstown, NY 13326

Phone: (607) 547 - 1700 Fax: (607) 547 - 1721

Web: <https://www.otsegocountyny.gov>

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

Otsego County Department of Social Services provides income eligible households with Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency.

You can also check for eligibility for SNAP benefits and apply online at <https://mybenefits.ny.gov>

Regional Food Bank of Northeastern New York

965 Albany-Shaker Road, Latham, NY 12110

Phone: (518) 786 - 3691 Fax: (518) 786 - 3004

Web: <https://regionalfoodbank.net/> Email: info@regionalfoodbank.net

Drive-Thru Pantry Schedule: <https://regionalfoodbank.net/drive-thru-pantry-schedule/>

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

The Regional Food Bank supplies local food pantries with supplies for the community. Their website offers information to community members on other food related programs and connections including local food pick-up locations across the state. To see if there is one coming up in your community please take a moment to check the website.

Community Meal Sites

Site Name	Address	Contact Information	Hours
Meal with a Message	Salvation Army Church 25 River Street Onoenta, NY 13820	Phone: (607) 432-5960	Sun 4pm - 5pm
The Lord's Table	St. James' Episcopal Church 18 Elm Street Oneonta, NY 13820	Church Phone: (607) 432- 1458 Lord's Table Phone: (607) 432-3558	Mon - Fri 4:30pm - 5:30pm
Saturday's Bread	First United Methodist Church 66 Chestnut Street Oneonta, NY 13820	David Jurasinski Phone: (607) 267-1859 Laurie Zimniewicz Phone: (607) 432-9273 Robert McClenon Phone: (607) 441-0475	Sat 11am - 1pm

Food Pantries

Site Name	Address	Contact Information	Hours
Butternut Valley Food Pantry	Christ Church Episcopal 166 Marion Ave. Gilbertsville	Phone: (607) 783-2267	Thur 3pm - 5pm Sat 10am - Noon
Church of Christ Uniting Food Pantry	22 Church Street Richfield Springs	Jim & Polly Rennekens Phone: (315) 858-7017 Email: pollyretired@gmail.com Pam Diliberto Email: pjdiliberto@gmail.com	Tue & Thur 10am-Noon 2nd & 4th Sat 11am-Noon
Cooperstown Food Pantry	First Presbyterian Church 25 Church Street Cooperstown	Phone: (607) 547-8902 Website: www.cooperstownfoodpantry.org	Mon - Wed & Fri 10am - 4pm Thur 1pm-5pm Sat 10am-12pm
Community Cupboard	9 West Street Edmeston	Phone: (607) 965-0153 Email: communitycupboard2019@gmail.com	Tue, Wed, Thur, Fri Noon-6pm Sat 9am- Noon
Daily Bread Food Pantry	Cherry Valley Community Center 2 Genesee Street Cherry Valley	Phone: (607) 435-6064	Tue 9am-Noon Sat 10am-1pm Or by Appointment
Hartwick Food Pantry	Community Center 3146 County HWY 11 Hartwick	Knock on Door Non Handicapped Accessible	Mon, Wed, Thur 10am-12pm
St. Matthew Lutheran Food Pantry	125 Main Street Laurens	Phone: (607) 432-9120	3rd Thur 4pm - until gone
FDT's Food Pantry	7575 State Hwy 7 Maryland	Phone: (607) 434-4311	Last Sat Noon - 2pm
Milford Food Pantry	113 N. Main Street Milford	Phone: (607) 242-5796	Sat 9:30am -11:30am
United Methodist Church Food Pantry	1739 State Hwy 8 Mount Upton	Phone: (607) 764-8365	Sat 11am - 1pm

Unadilla Valley Food Pantry	First United Methodist Church 51 South Main Street New Berlin	Phone: (607) 334-8803 Or (607) 847- 6350	Mon 3pm-5pm
Southtown Food Pantry	3294 State Route 8 S New Berlin	Phone: (607) 859-2240	By appointment
Helping Hands Food Pantry	7 th Day Adventist Church, 634 NYS 205 Oneonta	Phone: (607) 432-2193 Email: oneontasdachurch@gmail.com	By appointment
Loaves & Fishes Food Pantry	St. James' Episcopal Church 305 Main St. Oneonta	Loaves & Fishes Phone: (607) 432-3558 Church Phone: (607) 432-1458 Website: feedingministries@stjamesoneonta.org	Mon, Tue, Thur 11:15am -1:45pm
St. Mary's Food Pantry	38 Walnut Street Oneonta	Phone: (607) 386-2623	Mon, Wed, Fri 11am - 3pm
The Salvation Army Food Pantry	25 River Street, Oneonta	Phone: (607) 432-5960	By appointment Only Mon, Fri 9am-Noon 1pm-4pm
Otego Community Food Pantry	290 Main Street, Otego	Phone: (607) 353-0388	Place Orders Only Thur 3:15pm-5:15pm Sat 11am-1pm
Richfield Springs Food Pantry	22 Church Street Richfield Springs	Phone: (315) 858-1553 Email: richfieldfoodbank@gmail.com Deliveries Available	Tue, Thur 10am - Noon 2nd & 4th Sat 11am - Noon
Tri-Valley Food Pantry <i>Must live in immediate area</i>	United Methodist Church 66 Main Street, Schenevus	Judy Staruck Phone: (607) 638-5509 Email: jjstaruck@gmail.com Pat Hawver Phone: (607) 638-5631 Email: edpathawver@yahoo.com	By appointment only
Schuyler Lake Food Cupboard	128 Church St Schuyler Lake	Phone: (315) 858-2038	3rd Sat 11am - 1pm

Unadilla Community Food Pantry <i>Must live in Unadilla School District</i>	172 Main Street Unadilla	Phone: (607) 563-7713 Website: https://unadillacommunityfoodpantry.com	Mon, Fri, Sat 11am-12:30pm
Worcester Food Pantry <i>Must live in Worcester Area</i>	178 Main Street Worcester	Phone: (607) 267-9180	By appointment only

Grocery Stores

Grocery Store	Address/Phone #	Delivery (how it works)	Curbside pick-up (how it works)
Grand Union	5 Commons Drive, Cooperstown (607) 547-5956	Yes- Go to instacart.com and sign up for an online account Order groceries on a computer,smartphone or other device. Schedule a delivery. Fees vary and are listed online for the use of this service.	NO
Price Chopper	113 Chestnut St Cooperstown (607) 547-2527 5626 State HWY 7 Oneonta (607) 432-8905 1 Main Street Richfield Springs (315) 858-1171 165 Delaware Ave Sidney (607) 563-2733	Yes- Go to instacart.com and sign up for an online account Order groceries on a computer,smartphone or other device. Schedule a delivery. Fees vary and are listed online for the use of this service.	NO

<p>Hannaford Supermarket</p>	<p>705 State HWY 28 Oneonta (607) 432-0012</p>	<p>Yes- Go to instacart.com and sign up for an online account</p> <p>Order groceries on a computer,smartphone or other device.</p> <p>Schedule a delivery. Fees vary and are listed online for the use of this service.</p>	<p>Yes - Go to hannaford.com/togo and sign up for an online account.</p> <p>Order your groceries on your computer, smartphone or other device.</p> <p>Schedule a delivery. Times and dates vary based on availability.</p> <p>Fees vary and are listed online for the use of this service.</p>
<p>Wal-Mart</p>	<p>5054 State HWY 23 Oneonta (607) 431-9557</p>	<p>Yes- Go to instacart.com and sign up for an online account</p> <p>Order groceries on a computer,smartphone or other device.</p> <p>Schedule a delivery. Fees vary and are listed online for the use of this service.</p>	<p>Yes- Go to walmart.com and sign up for Wal-Mart Pick up,</p> <p>order your groceries online and select a pick up time.</p> <p>At that time, park in the parking lot under the orange awning in the middle of the parking lot and follow the directions in your order confirmation.</p>
<p>Aldi's Grocery</p>	<p>763 State HWY 28 Oneonta (855) 955-2534</p>	<p>Yes- Go to instacart.com and sign up for an online account</p> <p>Order groceries on a computer,smartphone or other device.</p> <p>Schedule a delivery. Fees vary and are listed online for the use of this service.</p>	<p>Yes- Go to aldis.com and sign up.</p> <p>Order your groceries online and select a pick up time.</p> <p>At that time, park in the parking lot and follow the directions in your order confirmation.</p>

HEALTH EDUCATION

Alzheimer's Association

Ann Thayer, Program Manager for Leatherstocking Region

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

Phone: (607) 206 - 4514 EXT. 9880

24 Hour Helpline: (800) 272 - 3900

Web: www.alz.org/northeasternny

Email: athayer@alz.org

Hours: 8:30am – 5:00pm, Mon – Fri

The Alzheimer's Association provides health education, information and resources related to brain health.

American Diabetes Association

Pine West Plaza Building 2, Suite 204, Albany, New York 12205

Phone: (518) 218 - 1755

Web: www.diabetes.org

Hours: 9:00am – 5:00pm, Mon - Fri

The American Diabetes Association provides information and resources about diabetes.

American Heart Association

125 Business Park Dr #106, Utica, NY 13502

Phone: (315) 580 - 3950

Web: <https://www.heart.org/>

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

American Lung Association

418 Broadway 1st Floor, Albany, NY 12207

Phone: (518) 465 - 2013

Web: www.lung.org

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

Bassett Healthcare Network

Cancer Services Program

One Atwell Road, Cooperstown, NY 13326

Phone: 1 (888) 345 - 0225 Fax: (607) 433 - 4038

Web: <https://www.bassett.org/Cancer.Services>

Hours: 8:00am - 4:30pm, Mon - Fri.

The Cancer Services Program (CSP) provides education about the importance of breast, cervical, and colon cancer screenings. This education can be offered to groups, one-on-one, at events, and via Zoom. The CSP offers free cancer screening to those who are uninsured or underinsured.

Friends of Recovery of Delaware and Otsego Counties, Inc. (FORDO)

22 Elm Street, Oneonta, NY 13820

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

Web: www.friendsofrecoverydo.org

Hours: 9:00am - 5:00pm, Mon - Fri

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

New York State Smokers' Quitline

Web: www.nysmokefree.com

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

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

Otsego County Department of Health

140 County Highway 33W, Suite 3, Cooperstown, NY 13326

Phone: (607) 547 - 4230 Fax: (607) 547- 4385 Web: <https://www.otsegocountyny.gov>

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

The Department of Health offers education on many topics including, the dangers and social costs of tobacco, recreational drugs, tick borne illness' including Lyme Disease, sexual transmitted diseases, healthy heart education, etc.

Otsego County Emergency Services

140 County Highway 33W, Cooperstown, NY 13326

Phone: (607) 547 - 4328 Fax: (607) 547 - 4377 Web: <https://www.otsegocountyny.gov>

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

Offers classes on CPR, First Aid and Fire Prevention

Rural Health Education Network of Schoharie, Otsego & Montgomery Counties (RHENSOM)

One Atwell Road, Cooperstown, NY 13337

Phone: (607) 547 - 7639

Hours: 8:00am to 4:30pm Mon - Fri

Web: <https://www.rhensom.org>

RHENSOM is focused on improving the health of our rural communities through implementing and facilitating innovative, evidence-based programs and interventions. The underserved community health needs in our area, which have been identified through research, are addressed by promoting excellence and innovation in health education.

*RHENSOM also sponsors **Living Well classes** for chronic disease. To learn more, call the Living Well program at (607) 547 - 3948*

Rural Three for Tobacco Free Communities

Phone: (866) 3RURAL3 / (866) 378-7253

The purpose of Rural Three is to educate community leaders and the public about the dangers and social costs of tobacco. The program aims to engage local businesses and organizations to adopt policies and resolutions that restrict tobacco industry presence, eliminate secondhand smoke and address tobacco industry advertising and sponsorship. Rural Three serves Delaware, Otsego and Schoharie Counties.



Health Education Programs help empower individuals and communities to live healthier lives by improving their physical, mental, emotional and social health by increasing their knowledge and influencing their attitudes about caring for their well-being. Health Education focuses on prevention, increasing health equality and decreasing negative health outcomes such as availability and accessibility of health services, benefiting all.

HEALTH INSURANCE

Bassett Healthcare Network Health Insurance Assistance

Diana Wulforst, Health Insurance Navigator
One Atwell Road, Cooperstown, NY 13326

Phone: (607) 547 - 6642

Web: <https://www.bassett.org>

Email: diana.wulforst@bassett.org

Hours: 8:00am - 4:30pm, Mon - Fri

Bassett Healthcare has several Certified Application Counselors who are able to assist with obtaining insurance through the NY State of Health Marketplace as well as obtaining Medicaid for those in need of long term care or those who are under insured.

Bassett Healthcare Network- IPA Group Community Health Navigation

320 North Prospect Street, Herkimer, NY 13350

Phone: (315) 867-2480

Web: <https://www.bassett.org>

Hours: 8:00am - 4:30pm, Mon - Fri

Bassett Healthcare has several Navigators who are able to assist with obtaining insurance through the NY State of Health Marketplace as well as obtaining Medicaid for those in need of long term care or those who are under insured. Navigators can also assist businesses in obtaining insurance plans for their employees.

Maximus

Health Insurance Assistance

140 County Highway 33W, Cooperstown, NY 13326

Phone: (607) 547 - 1757

Web: <https://maximus.com/>

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

Maximus is a state contracted agency who provides staff to assist individuals who are in need of health insurance. They provide a local representative to assist clients with navigating the NY State of Health Marketplace and choosing an insurance plan that is right for them. This can include Medicaid, however, they are able to assist those who do not qualify for Medicaid choose a plan that is affordable and meets their health needs.

Medicare

7500 Security Blvd, Baltimore, MD 21244

Phone: (800) 633 - 4227

Web: www.medicare.gov

Medicare is health insurance for individuals age 60 and over, individuals with disabilities, or people with end-stage renal disease. Medicare Part A helps cover inpatient hospital care, skilled nursing care, Hospice, and home health care; Part B helps cover doctor's services, hospital outpatient care, home health care, and some preventative services; and Part D helps cover prescription drugs.

Mothers and Babies Perinatal Network

Health Insurance Assistance

457 State St., Binghamton, NY 13901

Phone: (607) 772 - 0517

Fax: (607) 772 - 0468

Web: <https://mothersandbabies.org/>

Hours: 8:30am - 5:00pm Mon - Fri

Offers health insurance assistance to help individuals sign up for health insurance including Medicaid and plans on the NY State of Health Marketplace.

New York Statewide Senior Action Council, Inc.

Healthcare & Patient Rights Helpline

275 State Street, Albany, NY 12210

Phone: (518) 436 -1006

Fax: (518) 436 - 7642

Web: www.nysenior.org

Email: info@nysenior.org

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

NY State of Health

Phone: (855) 355 - 5777

Web: www.nystateofhealth.ny.gov

Hours: 8:00am – 8:00pm, Mon – Fri; 9:00am – 1:00m, Sat

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

Otsego County Office for the Aging

HIICAP (Health Insurance Information, Counseling, and Assistance Program) 140 County Hwy 33W, Suite 5, Cooperstown, NY 13326

Phone: (607) 547- 4232 Fax: (607) 547 - 6492

Web:<https://www.otsegocountyny.gov>

Email: aginginfo@otsegocountyny.gov

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

HIICAP provides accurate and objective information, counseling, assistance and advocacy on Medicare and related health coverage plans. Certified HIICAP counselors assist Medicare beneficiaries and those who are new to Medicare navigate the Medicare system.

Medicaid Specific

Otsego County Department of Social Services

197 Main St #1, Cooperstown, NY 13326

Phone: (607) 547 -1700 Fax: (607) 547 - 1721

Web:<https://www.otsegocountyny.gov>

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

Medicaid is a federal and state program that helps with medical costs for people with limited income and resources. Medicaid also offers benefits not normally covered by Medicare, including nursing home care and personal care services. Medicare Savings Programs are available to assist income eligible individuals to receive back the Medicare Part B Premiums they pay each month.

Southern Tier Independent Living Center (STIC)

Facilitated Enroller (Medicaid)

189 Main Street, Suite 5, Oneonta, NY 13820

Phone: (607) 222 - 6670 Fax: (607) 772 - 3608

Email: enroller2@stic-cil.org

Hours: 9:00am - 5:00pm, Mon - Fri

Assists with applying for Medicaid (community coverage, long term care coverage, residential coverage for assisted living or nursing home), Medicaid buy in program and the Medicare Savings Program.

Managed Long Term Care Medicaid Plans for Otsego County

All four of the programs listed below provides care for the chronically ill who wish to remain home, but need assistance with daily ADL and IADL needs.

- **Fidelis Care at Home**

5010 Campus wood Drive, East Syracuse, NY 13057

Phone: (800) 688 - 7422 Web: www.fideliscare.org Hours: 8:30am - 5:00pm, Mon – Fri

- **iCircle**

860 Hard Road, Webster, NY 14580

Phone: (844) 424 - 7253 Web: <https://www.icirclecny.org> Hours: 8:30am - 5:00pm, Mon – Fri

- **Nascentia Health**

1050 West Genesee Street, Syracuse, NY 13204

Phone: (888) 477- 4663 Web: <https://nascentiahealthoptions.org> Hours: 8:30am - 5:00pm, Mon – Fri

- **VNSNY CHOICE**

220 East 42nd Street, 3rd Floor New York, NY 10017

Phone: (855) 282 - 4642 Web: www.vnsnychoice.org Hours: 9:00am – 5:00pm, Mon – Fri

HOME REPAIR & MODIFICATIONS

Catskill Center for Independence, Inc.

Architectural Barrier Consultation

6104 State Hwy 23, Oneonta, NY 13820

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

Web: www.ccfi.us Email: ccfi@ccfi.us

Hours: 8:00am – 4:00pm, Mon – Fri

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

Environmental Modifications

Access to Independence

26 North Main Street, Cortland, NY 13045

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

Web: www.aticortland.org Email: info@aticortland.org

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

Home Accessibility & Safety Program (HASP)

403B Chestnut St., Oneonta, NY 13820

Phone: (607) 432 - 7874

Web: <https://habitatotsego.org/> Email: habitatotsego@gmail.com *HASP is available to income eligible applicants who are in need of home accessibility such as ramps, stair lifts, bathroom accessibility, enlarged doorways etc.*

Otsego Rural Housing Assistance, Inc.

709 County Highway 33, Cooperstown, NY 13326

PO Box 189, Milford, NY 13807

Phone: (607) 286 - 7244 Fax: (607) 286 - 7244

Web: <http://otsegoruralhousing.org/> Email: ORHA@stny.rr.com

Hours: 9:00am - 5:00pm, Mon - Fri

Otsego Rural Housing Assistance, Inc. (ORHA) serves rural, low-income residents, the elderly, and residents with disabilities in Otsego County needing assistance with support, resources and funding to improve living conditions and provide an enhanced quality of life.

USDA Section 504 Repair Program

USDA Rural Development

108 Holiday Way, Schoharie, NY 12157

Phone: (518) 295 - 8600 ext. 4 Fax: (855) 889 -1634 Web: www.rd.usda.gov/ny

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

PALLIATIVE CARE

Helios Care

297 River Street Service Road, Suite 1, Oneonta, NY 13820

Phone: (607) 432 - 5525 Toll Free: (800) 306 - 3870 Fax: (607) 431 - 2351

Web: <http://helioscare.org> Email: Bereavement@helioscare.org

Hours: 8:00am – 5:00pm, Mon – Fri

Helios Care provides assistance to individuals who are faced with life-limiting illness remain comfortable in their homes under their Palliative Care Program, in addition, Helios Care provides Hospice services in Otsego County to support the client and their families care for loved ones through their end of life journey. Hospice puts the emphasis on optimum comfort measures that allow the patient to live as fully and comfortably as possible, with services in the home, in a hospital, or nursing home. 24-hour on-call support is also available.

Hospice Care for Veterans - Albany Stratton VA Medical Center

113 Holland Avenue, Albany, NY 12208

Phone: (518) 626 - 6090 or (518) 626 - 6008

Web: <https://www.va.gov/>

Hours: 8:00am – 4:30pm, Mon – Fri

Hospice is a benefit that the VA offers to qualified Veterans who are in the final phase of their lives, typically six months or less. This multidisciplinary team approach helps Veterans live fully until they die. The VA also works very closely with community and home hospice agencies to provide care in the home.

Although many people are familiar with Hospice, few are as knowledgeable or aware of what Palliative Care provides. .

What is Palliative Care?

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

How does Palliative Care work?

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

What is the difference between Hospice Care and Palliative Care?

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

Overview provided courtesy of Helios Care

HOUSING SUPPORTS

Caring Connections

Catholic Charities of Delaware, Otsego, and Schoharie Counties

176 Main Street, Oneonta, NY 13820

Phone: (607) 432 - 0061 Fax: (607) 431 - 9303 Web: www.charitiesccdoss.org

Hours: 8:30am – 4:30pm, Mon - Fri

Caring Connections is a grant funded financial assistance that is offered to individuals and families who are struggling to meet their basic needs. Financial assistance can include: assistance with utilities, security deposits for housing needs, housing repairs if there is no other services available and the need meets certain requirements. This program is available only while funds last.

Habitat For Humanity of Otsego County

403-B Chestnut St, Oneonta, NY 13820

Phone: (607) 432 - 7874

Web: <https://habitatotsego.org/> Email: habitatotsego@gmail.com

Habitat partners with individuals, businesses and families to build simple, safe houses, and assists with the purchasing process.

Opportunities for Otsego

3 West Broadway, Oneonta, NY 13820

Phone: (607) 433 - 8025 or (607) 433 - 8000

Web: <https://www.ofo.dev002.vibrantcompany.com>

Housing Service Program is intended to increase successful homeownership and tenancy experience throughout our community, focusing on low-to moderate-income residents. Through housing counseling for renters, homeowners and potential homeowners, we strive to bring the comfort of home to everyone.

Otsego County Department of Social Services

197 Main St #1, Cooperstown, NY 13326

Phone: (607) 547 -1700

Web: <https://www.otsegocountyny.gov>

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

Otsego County Department of Social Services can provide assistance to individuals or families who have an open Public Assistance(PA) Case to provide shelter allowance to a landlord on the client's behalf. The standard of need (income allowance) for PA is very low, for a single individual the standard PA grant allowance is \$383/mo.

For homeless clients the agency can provide Temporary Housing Assistance by paying for all or a portion of the shelter expense at temporary housing facilities (OFO shelter, Crossroads or certain motels in the County).

Otsego Rural Housing Assistance, Inc.

709 County Highway 33, Cooperstown, NY 13326

PO Box 189, Milford, NY 13807

Phone: (607) 547 - 8839

Web: <http://otsegoruralhousing.org>

Hours: 9:00am - 5:00pm, Mon - Fri

Otsego Rural Housing Assistance, Inc. (ORHA) provides Section 8 Rental Assistance to income eligible individuals.

Application for Section 8 Rental Assistance can be found [here](#) (or by visiting the ORHA website)

Salvation Army

25 River St, Oneonta, NY 13820

Phone: (607) 432 - 5960

Web: <https://empire.salvationarmy.org/>

Through a voucher system, the Salvation Army offers temporary assistance for emergency needs such as lodging, food, clothing, utilities and medical co-pays.

Subsidized, Low Income and Senior Housing

Academy Arms

33 Academy Street, Oneonta, NY 13820

Phone: (607) 432 - 8873

Subsidized, 62 years or older, disabled any age, 28 apts. Elderly and handicapped equipped.

Bronner Manor

24 Park Street, Richfield Springs, NY 13439

Phone: (315) 858 - 0297

Subsidized, senior age 62+, disabled any age. Bi-level, w/chair lift

Chase Housing

2 Terrace Heights, New Berlin, NY 13411

Phone: (607) 334 - 3867

Subsidized, senior 62+, disabled any age.

Dietz Street Lofts

22-40 Dietz Street, Oneonta, NY 13820

Phone: (845) 306-7705

Low income housing for artists and older adults. Handicapped equipped.

General Winfield Scott House And Talbot Apartments

54-56 South Street, West Winfield, NY 13491

Phone: (315) 894 - 0171

Subsidized, senior age 62+ disabled any age, bi-level w/stair chair lift.

Lettis Apartments

30 Fairview Street, Oneonta, NY 13820

Phone: (607) 432 - 8873

Subsidized, low-income family housing. Townhouses, 2 handicapped equipped apts.

Mayrose Apartments

9 Lewis Avenue, Oneonta, NY 13820

Phone: (800) 848 - 8569

Subsidize all ages, some handicapped units

Milford Commons

50 West Main Street, Milford, NY 13807

Phone: (607) 286 - 7330

Low income, all ages, 3 handicapped equipped units, multi-level w/elevator.

Nader Towers

2 Mitchell Street, Oneonta, NY 13820

Phone: (607) 432 - 0170

Subsidized, senior citizen, high-rise apartment building.

Oneonta Heights

1 Silver Ave, Oneonta, NY 13820

Phone: (607) 267 - 4446 or (315) 472 - 3820

Subsidized, 62 years or older, disabled any age, 28 apts. Elderly and handicapped equipped.

Talbot House

54 South Street, West Winfield, NY 13491

Phone: (315) 822 - 3033

Subsidized, Low-income senior citizen 62 +. Disabled any age.

Unadilla Neighborhood Apartments

71 Clifton Street, Unadilla, NY 13849

Phone: (607) 369 - 2787

Low-income senior citizen 62 +. Disabled any age, rental assistance may be available, elevator.

West Hill Terrace Apartments

26 West Street, Edmeston, NY 13335

Phone: (607) 965 - 8227 (office) (315) 894 - 0171 management firm

Subsidized, senior age 62+, disabled any age. Bi-level w/stair chair lift, 2 handicapped equipped units.

Wilber Park Apartments

20 Gardner Pl #1, Oneonta, NY 13820

Phone: (607) 432 - 5635 Fax: (607) 431 - 9605 Hours: 9:00am - 5:00pm, Mon - Fri

Low income rental units

Adult Homes

Clara Welch Thanksgiving Home

48 Grove St, Cooperstown, NY 13326

Phone: (607) 547 - 8844 Fax: (607) 547 - 9306

Web: <http://www.clarawelchthanksgivinghome.org>

Email: melissa.vilacky@clarawelchthanksgivinghome.org

As a registered EDEN Alternative Home, The Thanksgiving Home provides a nurturing environment where the importance of companionship with children, family and community are valued.

Hampshire House Adult Home

1846 County Hwy 48, Oneonta, NY 13820

Phone: (607) 432 - 6171 Toll Free: (800) 380 - 8908 Fax: (607) 432 - 5045

Web: <https://www.pslgroupplc.com/>

Hampshire House is an assisted-living facility which provides long-term residential care, room, board, housekeeping, 24-hour personal care, a varied activity schedule, and 24-hour supervision.

Robynwood AH, LLC.

43 Walnut Street, Oneonta, NY 13820

Phone: (607) 432 - 6387 Fax: (607) 432 - 1049

Web: www.robynwood.com

Robynwood is an assisted living facility offering companionship, housekeeping, nutritional meal preparation, assistance with personal needs, shopping, errands, and medication assistance and monitoring. Robynwood accepts Medicaid as a payor to those who qualify.

The Plains at Parish Homestead

163 Heritage Circle, Oneonta, New York 13820

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

Web: <https://www.capitalsenior.com/>

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

Woodside Hall

1 Main St, Cooperstown, NY 13326

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

Web: <http://woodsidehall.net>

Woodside Hall provides seniors with a long-term home-like environment that encourages and nurtures a sense of community while emphasizing the social and emotional well being of each individual.

Family Type Home for Adults

The Ross Family Type Home for Adults

6804 State Highway 7, Maryland, NY 12116-2310

Phone: (607) 432 - 6069 Fax: (607) 432 - 7603

Web: <https://rossfamilytypehome.com>

Contact: Alberta Ross, Owner

A Family-Type Home for Adults (FTHA) is an adult care facility in which an operator provides residential care, personal care and/or supervision services, in the operator's own home, to four or fewer adults who are not related to the operator.

Supported Housing

Broome DDRO Front Door (OPWDD)

249 Glenwood Rd Binghamton, NY 13905 Phone: (607) 771 - 7784 • **Community Residence (CR)** - provides both supervised and supportive living environments. Individuals living in a Supervised CR have staff immediately available on site 24/7 and include supplies for daily living, like food and toiletries. Supervised In a Supportive CR, staff is on site only during certain times of the day and up to 20 hours per week.

- **Family Care program** provides community-based residential housing in certified private homes to provide residential services to individuals of all ages who are developmentally disabled and unable to live independently.
- **Individualized Residential Alternative (IRA)** is a type of community residence that provides room, board and individualized service options. Supervised IRAs provide 24-hour staff support and supervision for up to 14 residents, whereas Supportive IRAs are limited to 3 or fewer individuals and provide need-based support and services for those who are living in their own homes or apartments, but do not require 24-hour staff supervision.
- **Intermediate Care Facility (ICF)**- serve individuals who are unable to care for their own basic needs, and require heightened supervision and structure, support and resources that define this program type. ICFs provide 24-hour staffing support for individuals with specific adaptive, medical and/or behavioral needs and includes intensive clinical and direct-care services, professionally developed and supervised activities (day services) and a variety of therapies.

Catholic Charities Single Room Occupancy (SRO)

52 Maple Street, Oneonta, NY 13820

Phone: (607) 436 - 9250

Web: <http://www.cchoalbany.org/>

Catholic Charities SRO's offer a small, private room for one individual. The average room is 140 square feet and it is furnished with a bed, chair, dresser and a closet. Shared living spaces include the bathroom, living room, kitchen, laundry facilities and meeting room.

Rehabilitation Support Services, Inc.

9 River St, Oneonta, NY 13820

Phone: (607) 433 - 0002

Fax: (607) 433 - 2867

Web: <https://rehab.org/>

Rehabilitation Support Services, Inc. (RSS) strives to enrich and empower the lives of individuals by providing services and opportunities for meaningful emotional, social, vocational and educational growth. RSS offers multiple options for housing support including Treatment Apartments, Community Residents, Youth residential living facilities. Referrals for housing go through Otsego County SPOA Coordinator (See Mental Health for contact)

Skilled Nursing Facilities

A.O. Fox Nursing Home

One Norton Avenue, Oneonta, NY 13820

Phone: (607) 431 - 5980

Fax: (607) 431 - 5278

Web: <https://www.bassett.org/>

Visiting Hours: 8:30am - 8:00pm, Mon - Sun

Provides full-service rehabilitation and nursing care through a comprehensive range of services. Accepts Medicare, Medicaid, and other private insurances.

Chestnut Park Rehabilitation & Nursing Center

330 Chestnut Street, Oneonta, NY 13820

Phone: (607) 432 - 8500

Fax: (607) 431 - 9027

Web: www.chestnutparkrehab.com Email: admissions@chestnutparkrehab.com

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

Cooperstown Center For Rehabilitation And Nursing

128 Phoenix Mills Rd, Cooperstown, NY 13326

Phone: (607) 544 - 2600

Patient Advocacy 24 hour hotline (855) 930 - 9700

Web: <https://cooperstown-center.facilities.centershealthcare.org/>

Hours: Open 24/7, Visiting Hours are 9:00am - 9:00pm, Daily

Cooperstown Center is a 176 bed sub-acute rehabilitation and nursing facility providing short term rehabilitation therapy, Alzheimer's/dementia care, and long-term care through a comprehensive range of services. Accepts Medicare, Medicaid, and other private insurances.

New York State Veterans' Home at Oxford

4207 State Highway 220, Oxford, NY 13830

Phone: (607) 843 - 3100

Fax: (607) 843 - 3174

Web: www.nysvets.org/

Email: nysvets@norwich.net

The The New York State Veterans' Home is a skilled nursing facility owned and operated by the NY State Department of Health for Veterans and their dependents. They provide care to all eligible Veterans and their eligible dependents in need of skilled nursing care and rehabilitative services.

What is the process for moving into a nursing home?

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

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

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

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

More information is also available at the New York State Department of Health website:

www.health.ny.gov/facilities/nursing/select_nh/

IN-HOME SERVICES

Personal Care Service Authorization

Catskill Center for Independence, Inc.

6104 State Hwy 23, Oneonta, NY 13820

Phone: (607) 432 - 8000 Toll Free: (866) 724 - 8666 Fax: (607) 432 - 6907

Web: www.ccfi.us Email: ccfi@ccfi.us

Hours: 8:00am – 4:00pm, Mon – Fri

- **Nursing Home Transition Diversion Waiver (NHTD)** program is available to individuals with disabilities and seniors, in order to receive supportive services in the community, rather than be placed in a nursing home.
- **Traumatic Brain Injury Waiver (TBI)** program provides specialized services to individuals with a traumatic brain injury (between the ages of 18-64), in their home, to prevent or circumvent nursing home placement.
- **Money Follows the Person (MFP)** helps eligible individuals who wish to transition from long-term care institutions, like nursing facilities and intermediate care facilities, into qualified community-based settings, including their own home.

Otsego County Department of Social Services

Medicaid Personal Care Program

140 County Highway 33W, Cooperstown, NY 13326

Phone (607) 547 - 4255 Fax (607) 547 - 7574

Web: <https://www.otsegocountyny.gov> Email: nyconnects@otsegocountyny.gov

Hours 8:30am - 4:30pm Mon - Fri

The Department of Social Services contracts with the Office for the Aging to offer this service. Caseworker and RN complete an assessment of client situations and evaluate for appropriate programs to meet the needs in the home. This DOH program requires physician orders (DOH-4359) to initiate a Universal Assessment (UAS) of the home situation and the client needs. Program is available to individuals of any age with a disability who are in receipt of Medicaid with the Long Term Care Service Benefit. Program is intended to assist individuals who have no other informal or formal support available to assist them in remaining independent and in their homes.

Otsego County Office for the Aging

140 County Highway 33W, Cooperstown, NY 13326

Phone (607) 547 - 4232 Fax (607) 547 - 6492

Web: <https://www.otsegocountyny.gov> Email: aginginfo@otsegocountyny.gov

Hours 8:30am - 4:30pm Mon - Fri

Offers assessment of client situations and evaluates for appropriate programs to meet the needs in the home. Offers assessment of the home situation, client needs and evaluates supports including informal and formal supports and supplements personal care services for individuals age 60+ to meet their needs to remain in their home for as long as possible.

Southern Tier Independence Center (STIC)

135 East Frederick Street, Binghamton, NY 13904

Phone: (607) 724 - 2111 Toll Free: (877) 722 - 9150 Fax: (607) 772 - 3600

VP/Deaf: (607) 238 - 2694 Web: www.stic-cil.org

Hours: 9:00am – 5:00pm, Mon – Fri

STIC provides many services that are designed to promote independence for persons with disabilities.

Services include Deaf Services, Consumer Directed Personal Assistance, TBI waiver program and NHTD waiver program.

Certified Home Health Agencies (CHHA)

Certified Home Health Agencies provide in-home care to individuals with a skilled need for nursing, physical therapy, occupational therapy, speech therapy. The service is intended to be short term and is covered by health insurance. This service requires the order of a physician for the program. Services can include skilled need, telehealth, rehabilitation therapy and personal care. There are only two agencies in Otsego County that provide this service.

At Home Care

25 Elm Street, Oneonta, NY 13820

Phone: (607) 432 - 7924 Fax: (607) 432 - 7927

Web: <https://www.bassett.org/> Email: info@ahcnys.org

Hours: 7:30am-5:00pm, Sun-Wed 7:30am-7:00pm, Thu-Sat

Homecare of Rochester (HCR)

297 Main Street, Lower Level, Oneonta, NY 13820

Phone: (518) 254 - 7092 Fax: (888) 705 - 4843

Web: <https://hcrhealth.com/>

Hours: 8:30am - 5:00pm Mon - Fri

Home Care Referral Agencies

Home Care Referral Agencies maintain resumes of individuals who are interested in assisting clients and families in the home to ensure the needs are met. These needs can be medical and non-medical services. They are not covered by insurance and would be private pay. Services could include nursing care, meal preparation, shopping, errands, transportation, light housekeeping, laundry, medication management, personal care, bathing, dressing, respite care, etc.

Around the Clock Home Care

5 ½ Main Street, Suite 8, Delhi, NY 13753

Phone: (607) 746 - 7455

Web: <http://www.atcinhomecare.org/>

Email: atcinhomecarereferrals@gmail.com

AM/PM Home Care

4219 County Highway 10, East Meredith, NY, 13757

Phone: (607) 434 - 5344

Licensed Home Care Service Agencies (LHCSA)

Licensed Home Care Agencies provide assistance in the home by certified nursing assistants (CNA) or home health aides (HHA) on staff with the agencies. These staff are supervised by a registered nurse who comes periodically to oversee their efforts in the homes. Services can include, light housekeeping, meal preparation, personal care assistance, help setting up medication, shopping, and errands.

At Home Care Partners, Inc.

25 Elm Street, Oneonta, NY 13820

Phone: (607) 432 - 1005 Fax: (607) 432 - 0507

Web: <https://www.bassett.org/>

Hours: 7:30am-5:00pm, Sun-Wed 7:30am-7:00pm, Thu-Sat

U.S. Care Systems, Inc.

392 Chestnut Street, Oneonta, NY 13820

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

Web: www.uscaresystems.com

Hours: 7:30am – 4:00pm, Mon – Fri

Visiting Nurses Home Care

116 Aker Drive, Cobleskill, NY 12043

Phone: (518) 234 - 4516 Toll Free (866) 516 - 1389

Fax: (518) 234 - 1065

Web: www.vnhc.com

Hours: 8:30am – 5:00pm, Mon – Fri

LEGAL SERVICES

Consumer Fraud and Protection Bureau

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

Phone: (607) 251 - 2770 Consumer Hotline: (800) 771 - 7755 Fax: (607) 338 - 1021

Web: www.ag.ny.gov/

Hours: 8:30am – 5:00pm, Mon - Fri

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

Disability Rights New York

725 Broadway, Suite 450, Albany, NY 12207

Phone: (518) 432 - 7861 Toll Free: (800) 993 - 8982 Fax: (518) 427 - 6561

Web: www.disabilityrightsny.org Email: mail@DRNY.org

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

Dispute Resolution Center

Catholic Charities of Delaware, Otsego, and Schoharie Counties

176 Main Street, Oneonta, NY 13820

Phone: (607) 432 - 0061 Fax: (607) 431 - 9303 Web: www.charitiesccdcs.org

Hours: 8:30am – 4:30pm, Mon - Fri

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

Legal Services of Central New York

120 Bleecker Street Utica, NY 13501

Phone: (315) 703 - 7108 Legal HelpLine: (877) 777 - 6152

Hours: 9:00am - 5:00pm, Mon - Fri

Legal Services of Central New York fights for Economic Justice, Housing Justice, Health Justice, and Cultural & Community Justice. We represent people in civil cases, not criminal related matters. We do not typically handle personal injury or family law.

Otsego County Office for the Aging

140 County Highway 33W, Suite 5, Cooperstown, NY 13326

Phone: (607) 547 - 4232 Fax (607) 547 - 6492

Web: <https://www.otsegocountyny.gov> Email: aginginfo@otsegocountyny.gov

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

The Office for the Aging can provide individuals age 60+ with referrals to the the Legal Aid Society of Mid-New York matters. The Office for the Aging also contracts with the Legal Aid Society of Mid-New York, Inc. to provide legal assistance with advanced directives and simple non-criminal matters to individuals age 60+ who are unable to afford legal representation elsewhere.

New York StateWide Senior Action Council, Inc.

275 State Street, Albany, NY 12210

Phone: (518) 436 - 1006 Toll Free: (800) 333 - 4374 Fax: (518) 436 - 7642

Web: <https://www.nysenior.org/> Email: info@nysenior.org

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

Rural Law Center of New York, Inc.

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

Phone: (518) 561 - 5460 Toll Free: (866) 324 - 1183 Fax: (518) 561 - 5468

Web: www.rurallawcenter.org

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

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

189 Main Street, Suite 301, P.O. Box 887, Oneonta, NY 13820 *(appointment required, call ahead)*

Phone: (315) 433 - 2220 Legal Helpline: (800) 777 - 6152 Fax: (607) 433 -1433

Hours: 9:00am – 5:00pm, Mon - Fri

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

MEDICATION DISPOSAL

Bassett Medical Center

Bassett Medical Center Outpatient Pharmacy

One Atwell Road, Cooperstown, NY 13326

Phone: (607) 547 - 6681

Hours: 8:30am - 5:00pm, Mon - Fri and 9:00am - Noon, Sat

Bassett Outpatient Pharmacy provides kiosks to dispose of medicines or they provide mail-back envelopes which are also at the location.

Bassett Medical Center

FoxCare Pharmacy

1 FoxCare Drive, Suite 215, Oneonta, NY 13820

Phone: (607) 431 - 5959

Hours: 9:00am - 5:00pm, Mon - Fri and 9:00am - 1:00pm, Sat

FoxCare Pharmacy provides kiosks to dispose of medicines or they provide mail-back envelopes which are also at the location.

City of Oneonta Police Department

81 Main St #2, Oneonta, NY 13820

Phone: (607) 432 - 1113

Provides a drop box for residents to drop off unused and unwanted bottled prescription medications. NO liquid medications or needles

Otsego County Sheriff's Department

172 County Highway 33W, Cooperstown, NY 13326

Phone: (607) 547 - 4271

Provides a drop box for residents to drop off unused and unwanted bottled prescription medications. NO liquid medications or needles

New York State Police Troop C

823 State Route 7, Unadilla, NY 13839

Phone: (607) 561 - 7400

Web: www.troopers.ny.gov

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

Village of Cooperstown Police Department

22 Main St, Cooperstown, NY 13326 Phone: (607) 547 - 2500 *Accepts medications, including narcotics (no radioactive medications) without any questions asked. Block out name of person and name of drug before delivering. Some tags on medications do peel off quite easily, peeling from the corner.*

MEDICAL EQUIPMENT AND SUPPLIES

First Community Care of Bassett

12 Commons Drive, Cooperstown, NY 13326

Phone: (607) 547 - 2173 Toll Free: (800) 390 - 4395 Fax: (607) 547 - 2534

Web: <https://www.bassett.org/> Email: info@fccofbassett.com

Hours: 8:30am – 5:00pm, Mon - Fri

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

Lincare, Inc.

440 Main Street, Oneonta, NY 13820

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

Web: www.lincare.com

Hours: 9:00am – 5:00pm, Mon - Sat

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

Mohawk Medical Supply

101 W. Main Street, Mohawk, NY 13407

Phone: (315) 866 - 3700

Hours: 9:00am - 5:00pm, Mon-Fri 9:00am -1:00pm, Sat

Web: <https://mohawkmedicalsupply.com>

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

Sunshine PRN

420 Chestnut Street, Oneonta, NY 13820

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

Hours: 9:30am – 5:00pm, Mon – Fri

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

Symphony Medical Supply

5626 State Hwy 7, Price Chopper Plaza, PO Box 615 Oneonta, NY 13820

Phone: (607) 643 - 0257 Toll Free: (800) 278 - 8595 Fax: (607) 643 - 0292

Web: www.symphonymedicalsupply.com Email: customerhelp@symphonymedicalsupply.com

Symphony Medical Supply provides quality medical supplies such as compression hosiery, incontinent care, bathroom safety equipment, wheelchairs, respiratory and ostomy supplies. You can order on-line, e-mail, fax, phone, or mail.

UHS Home Care

26 Conkey Ave, Eaton Center, Norwich, NY 13815

Phone: (607) 336 - 5130 Fax: (607) 336 - 5131 Web: <https://www.nyuhs.org/>

Hours: 8:30am – 5:00pm, Mon – Fri

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

Loan Closets for Medical Equipment and Supplies**American Legion Post 259**

279 Chestnut St. Oneonta, NY 13820

Phone: (607) 432 - 0494

Hours: by appointment

American Legion Post 1567

3088 Co.Hwy 11, Hartwick, NY 13348

Phone: (607) 293 - 7511

Hours: by appointment

Catskill Center for Independence

6104 State Hwy 23, Oneonta, NY 13820

Phone: (607) 432 - 8000

Hours: 8:00am - 4:00pm, Mon - Fri or by appointment

Cooperstown Veterans Club

60 Main St. Cooperstown, NY 13326

Phone: (607) 547 - 8282

Hours: by appointment

Richfield Springs Veterans Club

13 Lake St. Richfield Springs, NY 13439

Phone: (315) 858 - 9924

Hours: by appointment

MEDICAL PROVIDER FACILITIES

Hospitals

A.O. Fox Hospital

1 Norton Avenue, Oneonta, NY 13820

Phone: (607) 432 - 2000

Web: www.bassett.org/ao-fox-hospital

A.O Fox Hospital - Tri-Town Campus

43 Pearl Street West, Sidney, New York 13838

Phone: (607) 563 - 7080

Hours: 7:00am to 11:00pm

Web: <https://www.bassett.org/>

Bassett Medical Center

1 Atwell Road, Cooperstown, NY 13326

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

Web: <https://www.bassett.org/>

Binghamton General Hospital

10-42 Mitchell Avenue, Binghamton, NY 13903

Phone: (607) 762 - 2200

Web: <https://www.nyuhs.org/>

Cobleskill Regional Hospital

178 Grandview Drive, Cobleskill, New York 12043

Phone: (518) 254 - 3456

Web: <https://www.nyuhs.org/>

Chenango Memorial Hospital

179 N. Broad Street, Norwich, NY 13815

Phone: (607) 337 - 4111

Web: <https://www.nyuhs.org/>

Convenient Care

Bassett Convenient Care Herkimer

321 East Albany Street, Herkimer, New York 13350

Phone: (315) 867 - 2884

Web: <https://www.bassett.org/>

Hours: 8:00am - 7:00pm, Mon - Fri / 9:00am - 4:00pm Sat & Sun

Bassett Convenient Care Oneonta

One Associates Drive, Convenient Care Suite, Oneonta, New York 13820

Phone: (607) 433 - 6400

Web: <https://www.bassett.org/>

Hours: 8:00am - 7:00pm, Mon - Fri / 9:00am - 4:00pm Sat & Sun

WellNow Urgent Care

5001 NY Highway 23, Oneonta, NY 13820

Phone: (607) 376 - 5346

Web: <https://wellnow.com>

Hours: 8:00am to 8:00pm

Pediatric Care

Bassett Health Center

125 Main Street, Oneonta, NY 13829

Phone: (607) 433 - 1790 Fax: (607) 433 - 6519 Web: <https://www.bassett.org/>

Hours: 7:00am - 7:00pm, Mon / 7:00am - 5:00pm, Tue - Fri / Pediatrics: 8:00am - Noon, Sat

The internists and pediatricians at Oneonta Internal Medicine & Pediatrics offer primary care services to pediatric patients.

Bassett Medical Clinic

1 Atwell Road, Cooperstown, NY 13326

Phone: (607) 547 - 3290 Fax: (607) 547 - 6782 Web: <https://www.bassett.org/>

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

Bassett Healthcare Network's Department of Pediatrics is made up of healthcare providers dedicated to the care of infants, children, adolescents, and young adults

Oneonta Fox Pediatrics

1 FoxCare Drive, Suite 213, Oneonta, NY 13820

Phone: (607) 432 - 5600 Web: <https://www.bassett.org/>

Hours: 7:00am - 5:00pm, Mon - Fri

The pediatricians at Fox Pediatrics have been offering pediatric primary care services for over 25 years within the FoxCare Center. They offer convenient appointments in Oneonta, and when sick, offer the same day appointments.

Primary and Preventative Care

Bassett Medical Center

1 Atwell Road, Cooperstown, NY 13326

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

Web: <https://www.bassett.org/>

Bassett Family Medicine

739 State Route 28, Suite 9, Oneonta, NY 13820

Phone: (607)431 - 1015 Fax:(607) 431 - 1050 Web: <https://www.bassett.org/>

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

Bassett Health Center Oneonta

125 Main St, Oneonta, NY 13820

Phone: (607) 433 - 1790 Fax: (607) 433 - 6519 Web: <https://www.bassett.org/>

Hours: 7:00am - 7:00pm, Mon / 7:00am - 5:00pm, Tue-Fri / Pediatrics: 8:00am - Noon, Sat

Bassett Healthcare Network Oneonta Specialty Services

1 Associate Dr, Oneonta, NY 13820

Phone: (607) 433 - 6300 Fax: (607) 433 - 6331 Web: <https://www.bassett.org/>

Hours: 8:30am – 4:30pm, Mon - Fri

Oneonta Specialty Services (OSS) provides eye care, physical therapy, a 12-bed dialysis unit, & other specialty services to referred patients in Oneonta, NY. OSS also houses Bassett Convenient Care Oneonta and Oneonta Women's Health.

Bassett Health Center Cherry Valley

2 Main Street, Cherry Valley, New York 13320

Phone: (607) 264 - 3036 Fax: (607) 264 - 9326 Web: <https://www.bassett.org/>

Hours: 8:30am – 5:00pm, Mon, Tue, Fri / 12:30pm - 9:00pm Wed

Bassett Health Center Cobleskill

136 Parkway Drive, Cobleskill, New York 12043

Phone: (518) 234 - 2555 Fax: (518) 234 - 3415 Web: <https://www.bassett.org/>

Hours: 8:30am – 8:00pm, Mon - Thur / 7:45am - 5:00pm, Fri / 8:00am - Noon, Sat

Bassett Health Center Edmeston-Burlington

15 Turner Lane, Edmeston, New York 13335

Phone: (607) 965 - 8900

Web: <https://www.bassett.org/>

Hours: 7:00am – 5:00pm, Mon - Fri

Bassett Health Center Herkimer

321 East Albany Street, Herkimer, New York 13350

Phone: (315) 867 - 2700 Fax: (607) 547 - 6906 Web: <https://www.bassett.org/>

Hours: 7:00am – 5:00pm, Mon, Wed, Thur / 8:00am - 5:00pm Tue & Fri

Bassett Health Center Morris

93 Main Street, Morris, New York 13808

Phone: (607) 263 - 5111 Fax: (607) 263 - 2272 Web: <https://www.bassett.org/>

Hours: 8:00am – 5:00pm, Mon, Wed - Fri / 8:00am – 6:30pm, Tue

Bassett Health Center Norwich

55 Calvary Drive, Norwich, New York 13815

Phone: (315) 231 - 5400 Fax: (607) 336 - 2028 Web: <https://www.bassett.org/>

Hours: 7:00am – 5:00pm, Mon - Fri

Bassett Health Center Richfield Springs

8550 State Route 28, Richfield Springs, New York 13439

Phone: (315) 858 - 0040 Fax: (315) 858 - 0075 Web: <https://www.bassett.org/>

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

Bassett Health Center Sharon Springs

591-1 State Route 20, Sharon Springs, New York 13459

Phone: (518) 284 - 2223

Fax: (518) 284 - 2245

Web: <https://www.bassett.org/>

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

Bassett Health Center Susquehanna Family Practice

1 Foxcare Dr #103, Oneonta, NY 13820

Phone: (607) 431 - 5757

Web: <https://www.bassett.org/>

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

The primary care physicians and practitioners at Susquehanna Family Practice offer family medicine services to patients of all ages within the FoxCare Center. Their Gender Wellness center offers Transgender Health Services. Their mission is to bring trans-affirming health care from the margins to the mainstream by offering transgender health care from within a primary care practice.

Bassett Health Center West Winfield

544 East Main Street, West Winfield, New York 13491

Phone: (315) 822 - 6348

Fax: (315) 822 - 5600

Web: <https://www.bassett.org/>

Hours: 8:00am - 5:00pm, Mon- Fri / 7:00am - 5:00pm, 1st & 3rd Wed, 2nd & 4th Thur

Oneonta Family Practice at FoxCare

1 Foxcare Dr #308, Oneonta, NY 13820

Phone: (607) 432 - 1163

After hours, please call (607) 432 - 2000

Web: <https://www.bassett.org/>

Hours: 7:30am - 5:00pm, Mon- Fri

Oneonta Internal Medicine at FoxCare

1 FoxCare Drive, Suite 302, Oneonta, NY 13820

Phone: (607) 431 - 5290

Web: <https://www.bassett.org/>

Hours: 8:00am- 5:00pm, Mon, Wed, Thurs, Fri Open till 6pm on Tue's

UHS Primary Care - Oneonta

179 River St, Oneonta, NY 13820

Phone: (607) 432 - 8477

Fax: (607) 432 - 3150

Web: <https://www.nyuhs.org/>

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

UHS Primary Care - Sidney

44 Pearl Street, Sidney, NY 13838

Phone: 607-561-2200

Web: <https://www.nyuhs.org/>

Hours: 7:30am - 2:00pm, Mon - Fri

Other Health Clinics/Programs

Article 16 Clinics

Broome DDRO Front Door

229-231 State Street, Binghamton, NY 13901 Phone: (607) 771 - 7784 *Article 16 Clinics are OPWDD-certified treatment facilities that provide clinical services to individuals with developmental disabilities as well as to those caregivers and other support staff whose participation in the service is deemed necessary to maintain the effectiveness of the treatment, enable the individual to remain in his/her current residential setting and enhance the individual's quality of life. Services may include rehabilitation/habilitation services (e.g., physical therapy, occupational therapy, psychology, speech and language pathology, social work); medical/dental services; and health care services (e.g., nursing, dietetics and nutrition, audiology, podiatry).*

Cancer Services Program

Bassett Healthcare Network

Phone: (888) 345 - 0225

Web: <https://www.bassett.org/>

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

Family Planning of South Central New York, Inc.

37 Dietz Street, Oneonta, NY 13820

Phone: (607) 432 - 2250

Fax: (607) 432 - 2984

Web: www.fpscny.org

Hours: 9:00am - 5:00pm, Mon, Tue, Wed, and Fri / 9:00am - 6:00pm, Thur

Medical centers are open by appointment for urgent gyn care, UTIs, STD testing and treatment, birth control, annual exams, well visits, and more

Oneonta Community Health Center -- Free Primary Care

31 Main Street, Suite 2 A, Oneonta, NY 133820

Phone: (607) 433 - 0300

Web: <https://oneontahealthcenter.org/>

Hours: 5:30pm - 8:00pm, Tue

Appointments are required. To schedule an appointment. Through its volunteer licensed medical professionals, OCHC provides primary and preventive care to eligible patients. OCHC also helps eligible patients enroll in county, state or federal health insurance programs and obtain needed medications and advanced care.

NUTRITION EDUCATION

Bassett Healthcare Network

Nutrition Education

One Atwell Road, Cooperstown, NY 13326

Phone: (607) 547 - 3063

Web: <https://www.bassett.org/nutrition.education>

Hours: 8:00am - 4:30pm, Mon - Fri.

Good nutrition is a key ingredient to looking and feeling your best. When you eat right, you not only fuel your body with energy and boost your immune system, you may also reduce your risk for diseases such as stroke, heart disease, diabetes, osteoporosis, and certain cancer. Nutrition Education is available in Cooperstown, Hartwick Seminary and Oneonta. Call to schedule an appointment

Catholic Charities: Nutrition Outreach and Education Program

176 Main Street, Oneonta, NY 13820

Phone: (607) 432 - 0061 Cell: (607) 386 - 3562

Hours: 8:30am – 4:30pm, Mon - Fri

Web: <http://www.charitiesccd.org/NOEP.html>

The main focus of the program is to provide outreach to the lower income community and food insecure families and individuals and connect them to food and nutrition resources in their area within the county (food pantries, meal programs, etc.). NOEP Coordinators also network with other services and programs within the county in order to be able to refer clients for other needs and assistance.

Cornell Cooperative Extension Schoharie and Otsego Counties

123 Lake Street, Cooperstown, NY 13326

Phone: (607) 547 - 2536 Fax: (607) 547 - 5180

Web: <http://cceschoharie-otsego.org/> Email: otsego@cornell.edu

- **Healthy Connections Program** is a new nutrition education program for residents of Otsego County. has no income eligibility requirements and focuses on seniors, individuals and youth. CCE offers this program either as a one- time education or a series of lessons either virtually or in person.
- **Expanded Food and Nutrition Education Program (EFNEP)** is a free hands-on nutrition program that targets income eligible families with children and youth We offer a series of 6-8 lessons that includes learning about; my plate, meal planning, incorporating more whole grains, fruits/vegetables, physical activity etc. We also focus on ways to decrease sugary drinks, fat, and sodium. We offer group or one-on-one education either virtually or in-person and offer several “Parent and Child Cooking” series throughout the year.

Opportunities for Otsego

Women, Infant and Children (WIC) Program

3 West Broadway, Oneonta, NY 13820

Phone: (607) 433 - 8071

Web: https://www.ofo.women_infants_children.com

WIC provides supplemental food, health care referrals, and nutrition education for income-eligible pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five.

Otsego County Office for the Aging

140 County Highway 33W, Suite 5, Cooperstown, NY 13326

Phone: (607) 547 - 4232 Fax: (607) 547 - 6492

Web: <https://www.otsegocountyny.gov> Email: aginginfo@otsegocountyny.gov

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

Nutrition Education and Counseling are provided by a Registered Dietitian for individualized nutrition assessment and counseling. The RD can work with individuals to create a plan based on specific needs and is accessible to residents age 60 and older.



What Does "Healthy" Eating Mean?

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

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

Here are some tips to help you meet the guidelines:

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



PERSONAL EMERGENCY RESPONSE UNITS

Agency	Contact Website
Aloe Care Health	Phone: (844) 490 - 0480 https://get.aloecare.com/
Amazon	PERS Units can be purchased online through Amazon www.amazon.com
American Medical Alert	Phone: (800) 815 - 5809 https://www.connectamerica.com/
Bay Alarm Medical	Phone: (877) 522 - 9633 https://www.bayalarmmedical.com/
Critical Signal Technologies (CST)	Phone: (800) 557 - 4462 https://www.cstltd.com/
GetSafe	Phone: (888) 799 - 6255 https://www.getsafe.com/
LifeFone	Phone: (855) 202 - 0393 https://www.lifefone.com/
Link to Life	Phone: (800) 338 - 4176 https://www.lifefone.com/
LogicMArk	Phone: (800) 519 - 2419 https://www.logicmark.com/
Medical Care Alert	Phone: (855) 272 - 1010 https://www.medicalcarealert.com/
Medical Guardian MobileHelp	Phone: (800) 517 - 7867 https://medicalguardian.com/ Phone: (800) 908 - 7616 https://buy.mobilehelp.com/
Office for the Aging	Phone: (607) 547 - 4232 https://www.otsegocountyny.gov
Philips Lifeline Sales	Phone: (855) 332 - 7799 https://www.lifeline.philips.com/
QMedic	Phone: (877) 241 - 2244 https://www.qmedichealth.com/
Wal-Mart	Medical Alert Systems can be ordered online or are available in the pharmacy near the cashier. https://www.walmart.com/

PET THERAPY

Athelas Therapeutic Riding, Inc.

1179 County Highway 5, Otego, NY 13825

Phone: (607) 783-2321

Web: [Athelas Therapeutic Riding, Inc.](http://AthelasTherapeuticRiding.com)

Athelas Therapeutic Riding, Inc. is committed to providing therapeutic and recreational horsemanship to enrich the lives of individuals with various physical, cognitive, and emotional disabilities as well as those from other vulnerable groups.

Bassett Medical Center

One Atwell Road, Cooperstown, NY 13326

Phone: (607) 547 - 3456

Web: <https://www.bassett.org/>

Pet therapy dogs are widely used in nursing homes and hospitals to visit inpatients and outpatients. Interaction with pets can help reduce a patient's emotional pain and improve his or her well-being, as well as lower blood pressure, promote relaxation, relieve agitation, anxiety, and stress, and improve communication.

Rescue Dogs Rescue Soldiers

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

Phone: (917) 553 - 0591

Web: www.rescuedogsrescuesoldiers.com Email: liznewyorker@gmail.com

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



PET SITTING AND PET CARE

CVC Community Veterinary Center

4109 State Hwy 7, Oneonta, New York, 13820

Phone: (607) 432 - 0050 Fax: (607) 432 - 5322

Web: <https://cvcvet.net/> Email: cvc@cvcvet.com

Community Veterinary Center offers boarding services to their clients. The kennel staff will do their best to make your pet feel at home and the medical staff is available to assist with any special needs your pet may have.

Dog Wild Pet Supply and Resort

4785 NY-28, Cooperstown, NY 13326

Phone: (607) 547 - 5261

Web: <http://dogwildresort.com/> Email: info@dogwildresort.com

Hours: 10:00am - 6:00pm, Mon-Sat

Dog Wild is an owner-operated retail store and wellness center specializing in a wide range of unique and everyday supplies for dogs, cats and small animals. They are your one stop for quality toys, treats, health products, grooming and doggie day care services.

Hannalore Kennels

15673 County Hwy 23, Unadilla, NY 13849

Phone: (607) 563 - 7505 Web: www.hannalorekennels.net Email: cheryl@hannalorekennels.net

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

Hillside Kennels

3746 St. Hwy 23, Oneonta, NY 13820

Phone: (607) 432 - 2400 Toll Free: (866) 432 - 2400

Web: <http://hillsidekennels.com/> Email: info@hillsidekennels.com

Nestled in the hills of Oneonta, NY, Hillside Kennels is the largest and most professional pet grooming, boarding, and breeding facility in the area. Located on 5+ acres of land off Rte 23. Just 5 miles outside Oneonta and 2 miles from the new Soccer Hall of Fame. The owner's home is just 75ft away from the kennel.

Misty Ridge Cat Lodge

43 Spoor Hill Rd, Laurens, NY 13796

Phone: (607) 431 - 9990

Web: <https://www.mistyridgecatlodge.com/> Email: mistyridgecatlodge@gmail.com

Misty Ridge Cat Lodge is a state-of-the-art facility nestled in the peaceful rural setting of Otsego County NY. Misty Ridge was conceived and designed to cater to cats only. Our specially constructed facility provides an optimum environment for all our resident's needs.

Silver Streak Kennels

129 Bourne Rd, Morris NY 13808

Phone: (607) 263 - 2007

Web: <https://www.dogretirement.com/>

Email: silverstreak@frontiernet.net

Silver Streak Kennels is a long-term dog sitting and retirement home for dogs located in Upstate New York. Providing a safe haven for senior dogs, allowing them to comfortably live out their golden years on 150 acres of green pasture. Their mission is to treat each visiting dog like their own, and they strive to create the caring, loving environment that each loyal pet deserves.

Valley Veterinary Associates

647 State Highway 7, Unadilla, NY 13849

Phone: (607) 563 -1345

Web: www.valleyveterinaryassociates.com

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

Planning For Your Pet

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

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

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

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

PRESCRIPTION ASSISTANCE

Pharmacy Services

Pharmacy	Address Phone	Mail Cost to mail	Deliver	Cost to deliver
Bassett	1 Atwell Rd, Cooperstown 607-547-6681	No	No	
Browns	225 Main Street, Unadilla 607-369-2131	\$4.00 - \$10.00 If insurance plan allows. Cost depends on weight	No	
Church and Scott	5396 St. Hwy 28, Cooperstown 607-547-1228	\$3.50-\$5.00; if First Class, cost will be more than the \$5.00	Yes; village of Cooperstown	Free
CVS	726 East Main Street, Cobleskill 518-234-8150	Yes \$5.00 flat rate	No	
CVS	95 Beaver Street, Cooperstown 607-547-8791	Yes \$5.99 flat rate	No	
FoxCare	1 Fox Care Dr, Suite 215, Oneonta 607-431-5959	Possible \$10.00	No	
Hannaford	705 State Highway 28, Oneonta 607-432-0681	No	No	
Kinney Drugs	10 Main Street, Richfield Springs 315-858-3229	\$7.90 Priority Mail	Yes; in village of Richfield Springs and 5 mi. out	Free
Price Chopper	5626 State Highway 7, Suite 7, Oneonta 607-432-9315	No	No	
Rite Aid	735 East Main Street, Cobleskill 518-234-4096	No	No	
Rite Aid	94 Chestnut Street, Oneonta 607-432-7640	No	No	
Rite Aid	400 Chestnut Street, Oneonta 607-432-3200	No	No	
Service Pharmacy	12 South Main Street, New Berlin 607-847-8100	No	Yes; in village of New Berlin only	\$2.00
Walgreens	5626 State Highway 7, Suite 4, Oneonta 607-432-8636	No	No	
Walgreens	99 Chestnut Street, Oneonta 607-433-5101	Yes, through Walgreens app only. Average cost \$5.00	No	

WalMart	139 Merchant Place, Cobleskill 518-234-1186	No	No	
WalMart	5054 State Highway 23, Oneonta 607-431-9833	Yes; through mail service	No	
Note: Narcotics and Syringes are not shipped through the mail by pharmacies				

EPIC (Elderly Pharmaceutical Insurance Coverage)

New York State Department of Health

P.O. Box 15018, Albany, NY 12212

Phone: (800) 332 - 3742 Web: www.health.ny.gov/ Email: epic@health.ny.gov

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

Medicine Assistance Tool (MAT)

Web: <https://medicineassistancetool.org/>

PhRMA’s Medicine Assistance Tool (MAT) is a search engine designed to help patients, caregivers and health care providers learn more about the resources available through the various biopharmaceutical industry programs. MAT is not its own patient assistance program, but rather a search engine for many of the patient assistance resources that the biopharmaceutical industry offers.

Needy Meds, Inc.

P.O. Box 219, Gloucester, MA 01931

Phone: (800) 503 - 6897 Fax: (206) 260 - 8850

Web: www.needymeds.org Email: info@needymeds.org

Hours: 8:00am – 5:00pm, Mon - Fri

NeedyMeds is an information resource dedicated to helping people locate assistance programs to help them afford their medications and other healthcare costs. Prescription assistance can be offered in the way of Patient Assistance Programs (PAPs), which are created by pharmaceutical companies to provide free or discounted medicines to people who are unable to afford them. Each program has its own qualifying criteria.

Otsego County Office for the Aging

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

140 County Hwy 33 W # 5, Cooperstown, NY 13326

Phone: (607) 547 - 4232 Fax: (607) 547 - 6492

Web: <https://www.otsegocountyny.gov> Email: aginginfo@otsegocountyny.gov

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

HIICAP provides accurate and objective information, counseling, assistance and advocacy on Medicare, including Part D plans. Certified HIICAP counselors assist Medicare beneficiaries and those who are new to Medicare navigate the Medicare system and access programs such as EPIC to assist with prescription costs.

Social Security Administration

Extra Help with Medicare Prescription Drug Plan Costs

31 Main Street, Suite 1, Oneonta, NY 13820

Phone: (800) 772 - 1213 Local Phone: (877) 628 - 6581

Web: www.socialsecurity.gov/

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

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

RESPIRE SERVICES

Chestnut Park Rehabilitation & Nursing Center

330 Chestnut Street, Oneonta, NY 13820

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

Web: www.chestnutparkrehab.com Email: admissions@chestnutparkrehab.com

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

Cooperstown Center For Rehabilitation And Nursing

128 Phoenix Mills Rd, Cooperstown, NY 13326

Phone: (607) 544.2600 Fax: (607) 544-2716 Web: <https://cooperstown-center.facilities>.

Cooperstown Center for Rehabilitation and Nursing, offers personalized help with the activities of daily living from professionally trained caregivers. In this subacute and complex medical care setting clients receive furnished semi private/private rooms with televisions, Wi-Fi services and the premises are secure for residents' safety.

Hampshire House

1846 County Hwy 48, Oneonta, NY 13820

Phone: (607) 432-6171 Toll Free: (800) 380-8908 Fax: (607) 432-5045

Web: www.pslgroupplc.com/

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

Otsego County Office for the Aging

140 County Hwy 33W, Suite 5, Cooperstown, NY 13326

Phone: (607) 547-4232 Fax: (607) 547-6492

Web: <https://www.otsegocountyny.gov>

Email: aginginfo@otsegocountyny.gov

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

Otsego County Office for the Aging assists residents age 60+ and their caregivers by providing respite care, information and education to assist caregivers (spouses, adult children, other family members, friends and neighbors) in their efforts to care for older persons who need help with everyday tasks. Respite can be provided in the home, through Adult Day Center programs or short-term facility respite.

The Plains at Parish Homestead

163 Heritage Circle, Oneonta, New York 13820

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

Web: <https://www.capitalsenior.com/>

Respite stay or temporary care is available for anyone who needs some extra support for a short period—while recovering from a surgery or injury, while a caregiver is away or just to try us out. You'll stay in a spacious, private apartment and have access to all our community's amenities and services throughout your stay.

U.S. Care Systems, Inc.

392 Chestnut Street, Oneonta, NY 13820

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

Web: www.uscaresystems.com

Hours: 7:30am – 4:00pm, Mon – Fri

Respite services are available in the home, providing a break for caregivers while assuring quality healthcare for their family members. Respite is provided to private pay individuals, or through Home and Community Support Services (HCSS), Traumatic Brain Injury (TBI) or Nursing Home Transition and Diversion (NHTD) Medicaid Waiver programs.

Woodside Hall

1 Main St, Cooperstown, NY 13326

Phone: (607) 547-0600 ext. 101

Web: <http://woodsidehall.net/>

From time to time, the elderly and their caregivers need respite from the responsibilities of living at home. Woodside Hall offers short-term stays in a caring community for rest and recovery.

Mental Health Services Respite Services for Youth**Elmwood Residence****Rehabilitation Support Services**

9 River St, Oneonta, NY 13820

Phone: (607) 267-4302

Fax: (607) 267-4303

Web: <https://rehab.org/>

Children's Community Residence is an OMH-licensed 8-bed group home. Residence is staffed 24 hours a day – 7 days a week, where male and female residents (12-18 years of age) receive a comprehensive array of age-appropriate services. Families of children in crisis can utilize this bed for respite for up to 21 days at a time. The goal of the residence is family reunification or movement to independent living.

OPWDD Respite Providers

Broome DDRO Front Door (OPWDD)

249 Glenwood Rd Binghamton, NY 13905

Phone: (607) 771-7784

The OPWDD 1915C waivers provide services to children with severe developmental disabilities and complex medical conditions living at home with their families. Families caring for disabled individuals can request respite as a service in their life plans. Respite can be provided under any of the following programs:

- 1915C. Waiver
- Home and Community Based (HCBS) Waiver

Springbrook

105 Campus Drive, Oneonta, NY 13820

Phone: (607) 286-7171

Fax: (607) 286-7166

Web: www.springbrookny.org

Hours: 8:00am – 5:00pm, Mon – Fri

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

SERVICE COORDINATION AND SYSTEM NAVIGATION

NY Connects, Otsego County

140 County Hwy 33 W # 5, Cooperstown, NY 13326

Phone: (607) 547-4390

Fax: (607) 547-7574

Web: <https://www.otsegocountyny.gov>

Email: nyconnects@otsegocountyny.gov

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

NY Connects is a locally based No Wrong Door (NWD) system that provides one stop access to free, objective, comprehensive information and assistance on long term services and supports for people of all ages or with any type of disability.

Medicaid Health Homes

New York State's Health Home program was created to help Medicaid eligible members find providers and services to help them get well and stay healthy by reducing emergency room visits, getting regular care and services from doctors and providers, finding a safe place to live, and finding a way to get to medical appointments.

★ **Bassett Community Health Navigation**

Member Referral Number: (877) 547-1753

Web: <https://www.bassett.org/>

★ **Children's Health Home of Upstate New York, LLC (CHHUNY)**

Phone: (855) 209-1142 or (585) 867-4833

Web: <http://www.childrenshealthhome.com/>

★ **Encompass Health Home, LLC**

Catholic Charities of Broome County

290 Front Street, Binghamton, NY 13905

Help Desk Number: (844)-884-4999 or (607) 723-991 ext 0

Web: <https://encompasshealthhome.org>

**NYS Kinship Navigator
Catholic Family Center**

87 N. Clinton Avenue, Rochester, NY 14604

Phone: (877) 454-6463

Fax: (585) 456-1676

Web: www.nysnavigator.org

Email: navigator@nysnavigator.org

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

Broome DDRO Front Door

249 Glenwood Road, Binghamton, NY 13905

Phone: (607) 771-7784

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

**Home and Community Based (HCBS)
Waiver Broome DDRO Front Door**

249 Glenwood Road, Binghamton, NY 13905

Phone: (607) 771-7784

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

Catskill Center for Independence, Inc.

Traumatic Brain Injury Medicaid Waiver/ Nursing Home Transition & Diversion Waiver

6104 State Hwy 23, Oneonta, NY 13820

Phone: (607) 432-8000

Fax: (607) 432-6907

Web: www.ccfi.us

Email: ccfi@ccfi.us

Hours: 8:00am – 4:00pm, Mon – Fri

The TBI Waiver program provides specialized services to individuals with a traumatic brain injury (between the ages of 18-64), in their home, to prevent or circumvent nursing home placement. The NHTD Waiver program is available to individuals with disabilities and seniors, in order to receive supportive services in the community, rather than be placed in a nursing home

The Brain Injury (TBI) Association of New York State

4 Pine West Plaza, Suite 402 Albany, NY 12205

Phone: (518) 459-7911 Family Helpline 1-800-444-6443

Fax: (518) 482-5285

Web: www.bianys.org

Email: info@bianys.org

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

SHORT TERM REHABILITATION

A.O. Fox Nursing Home

1 Norton Ave, Oneonta, NY 13820

Phone: (607) 431-5980

Web: <https://www.bassett.org/>

Hours: Nursing Care: Available 24/7 Visiting Hours: Monday - Sunday: 8:30am - 8:00pm

A.O. Fox Nursing Home offers 24-hour nursing care, rehabilitation, nutritional services, social services, and pastoral care to residents and patients undergoing rehabilitative care.

Chestnut Park Rehabilitation & Nursing Center

330 Chestnut Street, Oneonta, NY 13820

Phone: (607) 432-8500

Fax: (607) 431-9027

Web: www.chestnutparkrehab.com

Email: admissions@chestnutparkrehab.com

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

Cooperstown Center for Nursing and Rehabilitation

128 Phoenix Mills Rd, Cooperstown, NY 13326

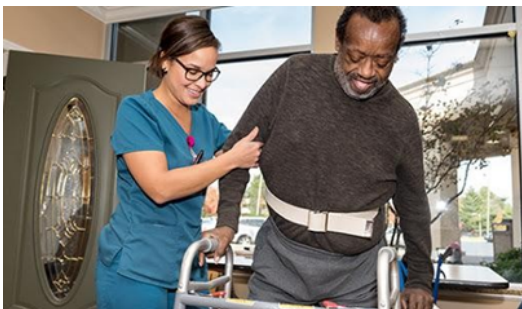
Phone: (607) 544-2600

Patient Advocacy 24 hour hotline (855) 930-9700

Web: <https://cooperstown-center.facilities.centershealthcare.org/>

Hours: Open 24/7

Cooperstown Center for Rehabilitation and Nursing, offers personalized short-term and long-term care.



SOCIAL SECURITY

Social Security Administration

31 Main Street, Suite 1, Oneonta, NY 13820

Phone: (607) 433-6607

Alternate Phone: (877) 628-6581

Web: www.ssa.gov

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

Understanding Social Security

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

Retirement

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

Survivors

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

Disability

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

Supplemental Security Income (SSI)

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

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

SUPPORT GROUPS

Compassionate Friends Parental Grief Support

First Methodist Church

66 Chestnut Street, Oneonta, NY 13820

Phone: (607) 433 - 2492 or (607) 746 - 7396

Meets the third Thursday of each month at 7:00pm via ZOOM . Compassionate Friends is a self-help support group composed entirely of parents who have lost a son or daughter of any age.

Helios Care

Grief Support Group

297 River Street Service Road, Suite 1, Oneonta, NY 13829

Phone: (607) 432 - 5525

Email: info@helioscare.org

Website: <http://helioscare.org/>

When someone we love dies, often there is a huge gap, a chasm that appears. This gap, this chasm, is called "grief." We are here to help be "your bridge," gently leading you in your time of need.

Brain Injury Support Group

Opportunities for Otsego

3 West Broadway, Oneonta, NY 13820

Phone: (607) 283 - 2163

Web: www.bianys.org

Support Groups are facilitated by Cuca Roberts of the Brain Injury Association of New York State and held at the OFO office. Meetings are held on the 4th Monday of the month from 1:00 – 3:00pm and are open to all brain injury survivors, family members, friends and caregivers in Delaware, Otsego, Chenango and Schoharie Counties.



Alzheimer Support Group

24 Hour Helpline: (800) 272 - 3900

Web:<https://www.alz.org/>

Offers support groups for caregivers, individuals living with Alzheimer's and others dealing with the disease. All support groups are facilitated by trained individuals.

★ **Regular Site: The Plains at Parish Homestead**

1st Thursday of the month at noon

This group is being offered virtually and/or via phone.

Registration is REQUIRED – call (518) 675 - 7214 or email: ssnoddy@alz.org

★ **Regular Site: Elm Park Church**

3rd Thursday of the month 5:30

Dial (312) 874 - 7636

Enter Conference ID: 60612#

TAX ASSISTANCE

Income Tax Preparation

AARP Tax Preparation

Toll-Free Nationwide: 1 - 888 - OUR - AARP (1 - 888 - 687 - 2277)

Web: <https://www.aarp.org>

AARP Foundation Tax-Aide provides in-person and remote tax assistance free of charge to anyone, with a special focus on taxpayers who are 50 or older or who have low to moderate income.

IRS's Volunteer Income Tax Assistance (VITA)

Hartwick College and SUNY Oneonta have trained volunteers to prepare state and federal income tax returns. Appointments required and are available in Otsego County from February through April.

Hartwick College VITA Sites

Hartwick College Golisano, 2nd Floor, Oneonta

1 Hartwick Dr, Oneonta, NY 13820

Hours: Mondays & Tuesdays, 6:00-8:00pm

Phone: (607) 431-4338

Email: vita@hartwick.edu

Huntington Memorial Library, Oneonta

62 Chestnut St, Oneonta, NY 13820

Hours: Saturdays, 10:00am - 3:00pm

Phone: (607) 432-1980

Laurens Central School

55 Main St, Laurens, NY 13796

Hours: Friday, March 28th, 4:30pm - 6:30pm

Phone: (607) 432-2050 ext. 1120

SUNY Oneonta VITA Sites

SUNY Oneonta Alumni Hall, Room 145

108 Ravine Parkway Oneonta, NY 13820

Hours: Wednesday evenings and Saturday Mornings

Phone: (607) 436-2171

Email: vita@oneonta.edu

Property and School Tax Assistance

Otsego County Real Property List of Local Tax Assessors

Web: <https://www.otsegocountyny.gov>

New York State School Tax Relief (STAR) Exemption

New York State Department of Taxation and Finance

Web: <https://www.tax.ny.gov/star/>

Individuals can qualify for either the Basic or Enhanced STAR Exemption depending upon age and income. Individuals who own property which is their primary residence, with income under \$500,000, can qualify for the Basic STAR Exemption. However, individuals 65 years of age or older, who own property which is their primary residence, and with an adjusted gross income of \$81,900 or less, qualify for the larger Enhanced STAR exemption. To apply, submit Form RP-425 Application for School Tax Relief (STAR) Exemption to your local assessor.

Real Property Tax Credit (IT-214)

New York State Department of Taxation and Finance

Web: <https://www.tax.ny.gov/star/>

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

Veterans' Tax Exemption

New York State Department of Taxation and Finance

Web: <https://www.tax.ny.gov/star/>

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

THRIFT STORES

Store Name	Address	Phone Number	Website	Hours
A&E	4853 St. Hwy 28, Cooperstown	(607) 434-8689	https://www.facebook.com/AEThriftStore/	10am-5pm Tue-Thur
Angel Network of Cooperstown, Inc. My Neighbor's Closet	3097 Cty Hwy 11, Hartwick	(607) 431-8920	https://angelnetworkofcoopertown.org/	9am-noon, Tue 9am-2pm, Wed 9am-1pm, Sat
Cornucopia	5366 Main St, Oneonta	(607) 267-6447	https://cornucopia.commentsold.com/	10am-6pm, Tue-Sat
Helios Care	269 Main Street, Oneonta	(607) 432-5335	https://www.helioscare.org/thrift-shop/	10am-4pm Tue-Sat
Otsego ReUse Center	23 Duane St, Oneonta	(607) 353-7831	https://www.facebook.com/OtsegoReUseCenter/	9am-5pm Tue-Sat
The Salvation Army	105 Main St, Oneonta	(607) 432-0952	https://satruck.org/	10am-5pm Tue-Sat
Silks and Treasures	11 Elm St, Oneonta	(607) 432-0587	https://silksandtreasuresoneonta.com/	10am-5pm Tue- Sat
Susquehanna SPCA- New Leash on Life	5082-5088 NY-28, Cooperstown	(607) 547-8111	https://www.sqspca.org/thrift-store/	10am- 4pm Tue- Sat

TRANSPORTATION

Aging Life Services Program; Catholic Charities

176 Main Street, Oneonta, NY 13820

Phone: 607-432-0061 ext 122 Alternate phone: (518) 410 - 3742

Hours: 8:30am – 4:00pm, Mon - Fri

Web: <https://www.ccseniorservices.org>

The Aging Life Services Program offers transportation assistance through a volunteer program that may be able to assist older adults if all other available programs and services have been exhausted. Services are available for shopping assistance or transportation to the grocery store, prescription pick up and transportation to/from medical appointments.

Family Service Association

277 Chestnut Street, Oneonta, NY 13820

Phone: (607) 432 - 2870

Fax: (607) 436 - 9687

Hours: 9:30am - 12:30pm and 1:30pm - 4:30pm Mon - Wed / 1:30pm- 4:30pm Thur / By appointment on Fri

Web: <https://fsaoneontany.org/>

Family Service Association assists income eligible clients with vouchers for public transportation for necessary appointments that are not otherwise covered by their insurance plans (i.e. Medicaid transport).

GetThere Call Center

Rural Health Network of South Central NY

455 Court Street, Binghamton, NY 13904

Phone: (855) 373 - 4040

Hours: 7:00am - 7:00pm, Mon - Fri

Web: <https://gettherescny.org/>

Email: getthere@rhnscny.org

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

Medicaid Transportation: Medical Answering Services, LLC (MAS)

P.O. Box 12000, Syracuse, NY 13218

Phone: (866) 333 - 1030

Fax: (315) 299 - 2786

Web: www.medanswering.com

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

Oneonta Paratransit

104 Main Street, Oneonta, NY, 13820

Phone: (607) 432 - 7100

Fax: (607) 432 - 7482

Web: <http://www.optrides.com/>

Hours: 6:00am - 6:00pm Mon - Fri

*Paratransit Service for individuals who cannot access the regular fixed route buses within a ¼ mile radius of the fixed route services within the City and Town of Oneonta. Paratransit Service is a subscription service available to qualified individuals through an application process.***Otsego County Office for the Aging**

140 County Highway 33W, Suite 5, Cooperstown, NY 13326

Phone: (607) 547 - 4232

Fax: (607) 547 - 6492

Web: <https://www.otsegocountyny.gov/>Email: aginginfo@otsegocountyny.gov

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

*Non-emergency medical transportation is available to and from pre-scheduled medical appointments. Transportation is also available for prescription pick up***Otsego County Veterans Services**

140 County Highway 33W, Cooperstown, NY 13326

Phone: (607) 547 - 4224

Fax: (607) 547 - 7519

Web: <https://www.otsegocountyny.gov/>

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

Stretcher Ambulette Providers in Otsego County

All Go Transportation	(855) 255 - 4603
Circle of Life Transport	(607) 538 - 1734
Mobile Life Transport	(607) 674 - 9600

Taxi Providers in Otsego County

ABC Taxi & Airport Transportation	(607) 888 - 6449
Absolute Taxi & Airport Transportation	(607) 287 - 4256
A&D Transport Services, Inc.	(607) 433 - 1726
All Go Transportation	(855) 255 - 4603
AllStar Medi Trans LLC	(607) 267 - 1834
Cookie Cab	(607) 563 - 3505
1-2-3 Taxi	(607) 376 - 3857
S&G Transport	(518) 900 - 7433

Wheelchair Ambulette Providers in Otsego County

A&D Transport Services, Inc	(607) 433 - 1726
All Go Transportation	(855) 255 - 4603
Circle of Life Transport	(607) 538 - 1734
Mobile Life Transport	(607) 674 - 9600

Veteran Services

Department of Veterans Affairs Medical Center

Albany

113 Holland Avenue, Albany, NY 12208
13501 Phone: (518) 626 - 5000

Web: www.albany.va.gov

Hours: 8:00am – 5:00pm, Mon – Fri (Administrative)

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

Utica

800 Park Avenue 6th Floor, Utica, NY
Phone: (315) 798 - 5828

HealthNet Federal Services; TRICARE Service Center

125 Brookley Road, Building 510, Rome, NY 13441

Phone: (315) 334 - 7100 Alternate Phone: (877) 874 - 2273

Fax: (315) 334 - 7121

Web: <https://www.va.gov/>

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

New York State Veterans' Home, Oxford

4207 State Hwy. 220 Oxford, New York 13830

Phone:(607) 843 - 3100 or 1-800-NYS-VETS

The New York State Veterans' Homes are skilled nursing facilities owned and operated by the New York State Department of Health for veterans and their dependents. We provide quality care to all eligible veterans and their eligible dependents in need of skilled nursing care and rehabilitative services.

NYS Division of Veterans' Affairs

242 Main Street #101, Oneonta, NY 13820

Phone: (607) 432 - 4190

Web: www.veterans.ny.gov

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

Otsego County Office for the Aging

140 County Highway 33W, Cooperstown, NY 13326

Phone (607) 547 - 4232

Fax (607) 547 - 6492

Web: <https://www.otsegocountyny.gov/>

Email: aginginfo@otsegocountyny.gov

Hours 8:30am - 4:30pm Mon - Fri

Offers Veterans of all ages and with all types of disabilities, who are at risk of nursing home placement the opportunity to receive home and community based services that allow them to live independently in their homes. Veterans are able to manage their own monthly budget and directly hire workers and/or purchase goods and services to meet their needs in their home and community.

Otsego County Veterans Services

140 County Highway 33W, Cooperstown, NY 13326

Phone: (607) 547 - 4224

Fax: (607) 547 - 7519

Web: <https://www.otsegocountyny.gov/>

Hours 8:30am - 4:30pm Mon - Fri

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

Rescue Dogs Rescue Soldiers

Liz Keller, Founder

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

Phone: (917) 553 - 0591

Web: www.rescuedogsrescuesoldiers.com

Email: liznewyorker@gmail.com

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

Soldier On

421 North Main Street, Building 6, Leeds, MA 01053

Phone: (413) 281 - 4870

Fax: (413) 582 - 3075

Web: www.wesoldieron.org

Email: info@wesoldieron.org

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

Veterans Crisis Line

Web: www.veteranscrisisline.net

Phone: (800) 273 - 8255 / 988 Press 1

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

Veterans' Outpatient Clinic - Bainbridge

109 North Main Street, Bainbridge, NY 13733

Phone: (607) 967 - 8590

Fax: (607) 967 - 8599

Web: www.va.gov/

National Veterans Crisis Line at 1-800-273-8255 press 1

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

Veterans' Outpatient Clinic – Binghamton

203 Court Street Binghamton, NY 13901-3601

Phone: (607) 772 - 9100

Fax: (607) 772 - 3081

Web: www.syracuse.va.gov/

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

Veterans' Outpatient Clinic – Rome

Griffiss Park, 125 Brookley Road, Building 510, Rome, NY 13441

Phone: (315) 334 - 7100

Fax: (315) 334 - 7121

Web: www.syracuse.va.gov/

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

A wellness wheel helps us keep focus on the very important pieces of Aging Well at Home. What do you need to age well at home?



This document was updated November 5th, 2024:

The NY Connects Resource Directory can be accessed:

Online at: https://www.otsegocountyny.gov/departments/ny_connects_of_otsego_county/index.php

Printed Version (Limited supply) by contacting the NY Connects Coordinator at:

Office for the Aging
Attn: NY Connects Coordinator
140 County Highway 33W,
Suite 5
Cooperstown, NY 13326
Phone: (607) 547-4390
Fax: (607) 547-7574

Email: nyconnects@otsegocountyny.gov

If you would like additional information about any of the resources or services in this NY Connects Resource Directory, or to make corrections and provide updated information please contact NY Connects.

We would like to *send a special thank you to the Otsego County Council of Senior Citizens for providing printed versions of this directory.*