

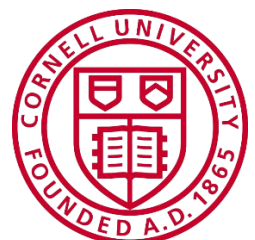
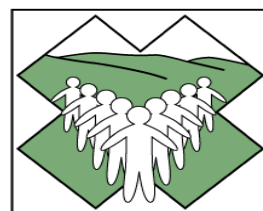


Delaware County RESOURCE DIRECTORY

January 2021



Delaware county Rural
Healthcare Alliance
Cornell Cooperative Extension
Delaware County



Please call or email to check availability of services.

The COVID-19 pandemic has caused many programs to change their location, temporarily cease or even continue in some new and creative ways.

Please contact the organization to see if the program you are interested in has been impacted. Also, when contacting them, please be patient as many staff are continuing to work from their homes.

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Disclaimer: While this directory makes every attempt to provide the most accurate information possible, the organizations herein at any time may have to change the quantity, type and/or accessibility of any services or supplies that they provide. To ensure that an organization continues to provide the assistance or services that you seek, please contact the organization directly to ensure that the specific services you require remain available.

Furthermore, the agency or agencies publishing, printing, posting or distributing this directory neither endorse nor recommend any particular organization or service listed in the directory, including any private companies. As with any product or service, it is recommended that consumers thoroughly review and determine which product, service, or provider meets their needs best.

BASIC NEEDS / EMERGENCY ASSISTANCE

American Red Cross

Albany.....Phone: (518) 458-8111

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782Phone: (607) 746-1665

www.delawareopportunities.org/emergency-food-shelter

The Emergency Services program provides assistance to families and individuals faced with emergencies. The advocate can advise clients and assist in obtaining services such as emergency food and shelter.

Delaware County Emergency Services

280 Phoebe Lane, Ste 3, Delhi, NY 13753Phone: (607) 832-5600

www.delcoemo.com

In the event of an emergency (flood, severe winter storm, etc.), the DCES web page will contain up-to-date information regarding the location of the emergency, state of emergency, road closures, shelter locations, school closures, and any other news that is important for residents to know. Information is also available to help with emergency preparedness.

Delaware County Department of Social Services

99 Main Street, Delhi, NY 13753.....Phone: (607) 832-5300

www.co.delaware.ny.us/departments/dss/dss.htm

Through the Emergency Assistance for Adults program, the Department may be able to financially assist with utility disconnects and other emergency needs.

Domestic Violence Resources.....See Domestic Violence

Salvation Army

www.empire.salvationarmy.org.....Phone: (607) 432-5960 or (315) 877-6079

Through a voucher system, the Salvation Army offers temporary assistance for emergency needs such as lodging, food, clothing, utilities and medical co-pays. Several service units are located within the County.

CAREGIVER SUPPORT

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753.....Phone: (607) 832-5750

www.co.delaware.ny.us/departments/ofa/CGSupport.htm..... Email: ofa@co.delaware.ny.us

Delaware County Legacy Corps is a community-based volunteer program offering a range of support and services to caregivers throughout the county.

Alzheimer's Association

140 Highway 33 West, Suite 2, Cooperstown, NY 13326.....Phone: (607) 547-1650

www.alz.org/northeasternny.....: (800) 272-3900

Provides programs for people with Alzheimer's disease, their families, caregivers, & professional care providers. Offers a Helpline, care consultations, support groups, education, training, and safety services.

Helios Care (formally Catskill Area Hospice and Palliative Care)

297 River Street Service Road, Oneonta, NY 13820.....Phone: (607) 432-5525

<http://helioscare.org/>

Helios Care –strives to meet all of a patient's needs. Helios Care provides guidance regarding the physical aspects of an illness, as well as the emotional, social and spiritual impact on the patient and the patient's family and friends.

Eddy Alzheimer's Services

421 Columbia Street, Bldg 300, Cohoes, NY 12047.....Phone: (518) 238-4164

Delaware County.....Phone: (518) 390-0341

www.sphp.com/alzcare

Through Alzheimer's Caregiver Initiative, EAS offers wide range of free services over 10 county region including Care Consultations, Support Groups, Respite, Alzheimer's Care Teams, Mind, Body Skills Group, Memory Mixers, and special events

Respite

Broome Developmental Disabilities Regional Offices (DDRO) Front Door

229-231 State Street, Binghamton, NY 13901.....Phone: (607) 771-7784 press 0

<https://opwdd.ny.gov/get-started/front-door>

OPWDD Care At Home Waiver

The Care at Home Waiver program allows Medicaid to pay for some services not provided through "regular" Medicaid, such as case management, respite, home adaptations and vehicle modification. These services can make home care an option for children and their families. Although this Medicaid funding applies only to the child, it can be used to help cover the costs of caring for the child at home.

Home and Community Based (HCBS) Waiver

The HCBS Waiver is a program of supports 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.

HCBS Waiver for Children with Severe Emotional Disturbances (SED)

Delaware County Office of Mental Health / Single Point of Access (SPOA)

56 Shepard Street, Walton, NY 13856Phone: (607) 832-5889

Web: www.co.delaware.ny.us/departments/mhc/mhc.htmEmail: mhc@co.delaware.ny.us

Hours: 9:00am – 5:00pm, Mon/Tue/Thu/Fri, 9:00am – 7:00pm, Wed

The HCBS Waiver allows Medicaid to pay for services not normally provided through Medicaid, including care coordination, respite, family support services, intensive in-home services, and skill building. Services are available to children between the ages of 5 and 17 years old.

Delaware County Office for the Aging- Legacy Corps

97 Main Street, Suite 2, Delhi, NY 13753.....Phone: (607) 832-5750

www.co.delaware.ny.us/departments/ofa/CGSupport.htm..... Email: delctylegacycorps@gmail.com

The Legacy Corps' Caregiver Respite Program provides unpaid family caregivers a personal break. Volunteers can provide friendly visiting or transportation for the family member to get to appointments, or to run errands.

Our Place Social Adult Enrichment Center

55 Lake Delaware Drive, Lake Delaware, NY 13753.....Phone: (607) 832-4401
58 East Street Walton, NY 13856.....Phone: (607) 865-2253 or (607) 865-4311
www.saintjamesld.org.....Email: saintjames@delhitel.net

Hours: 12:00pm – 3:00pm, Wednesdays- Lake Delaware

Hours: 10:00am – 2:00pm, Wednesdays- Walton

Our Place offers a range of enriching, thought-provoking and entertaining programs for adults, including musical performances, cooking classes, exercise classes, lectures, art demonstrations, and historical programs. The center activities help to keep members active, promote friendship and socialization, while also providing caregivers the opportunity for respite.

Delaware Opportunities, Inc.

Developmental Disabilities Services

35430 State Highway 10, Hamden, NY 13782.....Phone: (607) 746-1665

www.delawareopportunities.org

Respite Care is available for a disabled family member to permit the primary care giver time for work or social/recreational activities, alleviating the stress of continually caring for the family member.

Springbrook

105 Campus Drive, Oneonta, NY 13820Phone: (607) 286-7171

5588 State Hwy 7, Oneonta, NY 13820.....Phone: (607) 353-7272

www.springbrookny.org.....Email: news@springbrookny.org

Hours: 8:00am – 4:00pm, 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.

Robinson Terrace Rehabilitation and Nursing Center

28652 New York 23, Stamford, NY 12167.....Phone: (607) 652-7521

www./robinsonterrace.org.....Email: ppotter@thegrandhealthcare.com

Respite care is designed to give families temporary relief of caregiving responsibilities, whether for a couple of days or a few weeks. Patients in the program receive 24-hour nursing care and are under the supervision of the attending physician.

Margaretville Hospital

42084 State Highway 28, Margaretville, NY 12455.....Phone: (845) 586-2631

www.margaretvillehosp.org

The Respite Care program is offered through Hospice and provides a break for caregivers for a minimum of 30 days, while assuring quality healthcare for the patients. Patients in the program receive 24-hour nursing care and are placed under the supervision of the attending physician at the hospital. Respite care is offered through Hospice for a specified number of days.

Roscoe Nursing & Rehabilitation Center

420 Rockland Road, Roscoe, NY 12776.....Phone: (607) 498-4121

www.roscoerehab.com/

Hours for Adult Day Program: 7:00am – 3:00pm, Mon – Sat

A supervised, medical adult day program is provided including assistance with personal care, medication management and administration, nursing services, care assessments, recreational activities, nutritious meals, rehabilitative therapies, and transportation. In addition, respite services are available from 1 to 30 days to provide a break to caregivers.

Hampshire House

1846 County Hwy 48, Oneonta, NY 13820Phone: (607) 432-6171
www.pslgroupllc.com/hampshire-house/

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

HCBS Waiver for Children with Severe Emotional Disturbances (SED)

Delaware County Office of Mental Health / Single Point of Access (SPOA)

56 Shepard Street, Walton, NY 13856.....Phone: (607) 832-5889

www.co.delaware.ny.us/departments/mhc/mhc.htmEmail: mhc@co.delaware.ny.us

Hours: 9:00am – 5:00pm, Mon/Tue/Thu/Fri, 9:00am – 7:00pm, Wed.

The HCBS Waiver allows Medicaid to pay for services not normally provided through Medicaid, including care coordination, respite, family support services, intensive in-home services, and skill building. Services are available to children between the ages of 5 and 17 years old.

Robynwood Home Care Service Agency

43 Walnut Street, Oneonta, NY 13820.....Phone: (607) 432-6387
www.robynwood.com

Hours: 8:00am – 4:00pm, Mon – Fri, 24/7 on-call staff

The Respite Care program provides a break for caregivers while assuring quality healthcare for their family member. Respite is provided to private pay individuals, or through Traumatic Brain Injury (TBI) or Nursing Home Transition and Diversion (NHTD) Medicaid Waiver programs.

US Care Systems, Inc.

396 Chestnut Street, Oneonta, NY 13820Phone: (607) 432-9355
www.uscaresystems.com

Hours: 7:30am – 4:00pm, Mon – Fri

Respite services are available in the home.

Catholic Charities

Catholic Charities Senior & Caregiver Support Services

Catholic Charities of Delaware, Otsego, and Schoharie Counties

21 Liberty Street, Sidney, NY 13838Phone: (518) 390-0341

Hours: 8:30am – 4:30pm, Mon - Fri

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

Together Catholic Charities Senior & Caregiver support services and its grant partners, Eddy Alzheimer's Services and the Alzheimer's Association of Northeastern New York, provide a wide range of free support and respite services for caregivers across a 10-county region, including: Care consultation, family consultation, Education, support groups, Respite care, Alzheimer's care teams.

CHILDCARE

NYS Office of Children and Family Services

52 Washington Street, Rensselaer, NY 12144.....Hotline: (518) 473-7793.Phone: (518) 402-3038
www.ocfs.state.ny.us/main/childcare/ccfs_template.asp

The Division of Child Care Services provides a database of regulated childcare providers in New York State. This search engine will allow you to look up a specific provider by name, or all the providers in a particular county or even zip code.

NYS Prevent Child Abuse NY - Parent Helpline

33 Elk Street, 2nd Floor, Albany, NY 12207.....Phone: 1-800-CHILDREN (1-800-244-5373)
info@preventchildabuse.ny.org

Parent Helpline is an information and referral service for parents, professionals, and others who want to find help and support for families. It is a free, confidential, and multilingual line, available for anyone in New York State. Services are available 7 days a week from 9 a.m. to 10 p.m. After 10 p.m., you can leave a message with our live answering service and a Helpline Specialist will return your call the following morning.

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782.....Phone: (607) 746-1620

www.delawareopportunities.org/content/child-care-resource-referral

Child Care Resource and Referral (CCR&R) provides services to childcare providers, businesses, community and families. The CCR&R is dedicated to serving the childcare community through information and referrals, training, advocacy, and education.

DCMO BOCES

270 BOCES Drive, Sidney Center, NY 13839.....Phone: (607) 335-1296

www.dcmoboces.com

The DCMO BOCES offers daycare to the public which is available Monday through Friday from 7:00am-5:00pm, serving children 3 to 5 years of age.

Tri-Town Nursery School

12 Liberty Street, Sidney, NY 13838.....Phone: (607) 643-7379

Pre-School education offering programs for 2-year old, 3-year old and 4-year old, pre-K students

The Cullman Child Development Center

90 West Rd, Sidney, NY 13838.....Phone: (607) 563-7529

www.cullmancenter.org

The Center provides services to children between the ages of 6 weeks and 12 years including before and after school care, an in-house summer program for children ages 5-8, and a summer camp program for children ages 8-12.

SUNY Delhi Child Care Center

1104 Arbor Hill Rd, Delhi, NY 13753.....Phone: (607) 746-4710

<https://childcare.delhi.edu/>

The Delhi Campus Child Care Center, Inc. (DC-4) offers year-round childcare services for infants, toddlers, preschoolers, and school-age children of SUNY Delhi students, State employees, faculty, staff, and community residents. Tuition is based on a sliding fee scale according to income.

Kids Unlimited Preschool at Springbrook

5588 State Hwy 7, Oneonta, NY 13820.....Phone: (607) 353-7272

<https://www.springbrookny.org/our-programs/kids-unlimited-preschool/>

At Kids Unlimited Preschool, children of all abilities, with and without special needs, learn from each other, the world around them, and their teachers. Tuition is all-inclusive, meaning children aged 3 to 5 have access to the 9am – 2:30pm program and before and after school daycare if needed. Tuition rates vary for children entering the program through their school district (special needs) or private pay. They offer Springbrook employees a 20% tuition discount with the establishment of payroll deduction payment.

DENTAL RESOURCES

Aspen Dental

Oneonta, NY (across from Southside Mall)Phone: (607) 376-5082
Free exams and x-rays to new patients without insurance, payment plans

Rural Health Network of South-Central NY

455 Court Street, Binghamton, NY 13904.....Phone: (607) 692-7669
www.rhnsncy.org
RHNSCNY provides information about discounted dental providers in the area to anyone needing to access dental and oral health services.

Bassett Healthcare Delhi - Dental Office

460 Andes Road, Delhi, NY 13753.....Phone: (607) 746-0540
<https://www.bassett.org/medical/services/dental-services/dental-services-delhi>
The Bassett Healthcare Delhi - Dental Office offers general dentistry services for both children and adults. The practice serves patients with and without insurance, including Medicaid.

Delaware Dental Office

210 Delaware Street, Walton, NY 13856.....Phone: (607) 865-9330

Walton Dental

38 West Street, Walton, NY 13856.....Phone: (607) 865-4000

Stamford Dental Associates

32-34 Main Street # 1, Stamford, NY 12167.....Phone: (607) 652-7342

Fox Care Dental

1 Foxcare Drive # 304, Oneonta, NY 13820.....Phone: (607) 433-1778

Michael Freedus, DDS

53 Chestnut Street, Oneonta, NY 13820.....Phone: (607) 432-3564

UHS Dental Center

32 Conkey Ave, Eaton Center, Norwich, NY 13815Phone: (607) 337-4174
10-42 Mitchell Ave, Binghamton, NY 13903.....Phone: (607) 762-2005
www.nyuhs.net/care-treatment/dental/

DISABILITY SERVICES

Social Security Administration

31 Main Street, Suite 1, Oneonta, NY 13820.....Phone: (877) 628-6581
www.ssa.gov.....TTY: (607) 433-6607

Hours: 9:00 – 4:00, Mon, Tues, Thurs, Fri; 9:00 – 12:00, Weds

Social Security pays disability benefits to an individual and certain member 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) pays benefits to disabled adults and children who have limited income and resources.

The Arc of Delaware County

34570 State Highway 10, Walton, NY 13856.....Phone: (607) 865-7126
www.delarc.orgEmail: delarc@delarc.org

Hours: 8:00am – 4:30 pm, Mon-Fri

Arc of Delaware County helps children and adults with disabilities live personally fulfilling lives through a variety of innovative supports and services.

The Carousel Children's Services program provides a variety of individualized services to children, birth to age 5. Special Education Teachers and Certified Therapists work individually with each child and his or her parents in our integrated nursery school, the child's home, or other natural settings.

Project Independence, Inc.

342 River Street, Hobart, NY 13788Phone: (607) 865-7126
www.delarc.org

Hours: 8:00am – 4:00pm, Monday – Fri

Services include residential services (IRA, SAP) for persons 18 and older, recreation, family support and Medicaid Service Coordination.

Catskill Center for Independence

6104 State Highway 23, Oneonta, NY 13820.....Phone: (607) 432-8000
www.ccfi.us.....Email: ccfi@ccfi.us

CCFI is a disability advocacy agency providing non-residential services to individuals with disabilities and their families, as well as education to businesses, government, and non-profit agencies. Services include architectural barrier removal, employment assistance, benefits information and assistance, service coordination, and more.

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782.....Phone: (607) 746-1680
http://www.delawareopportunities.org/services-coordinationEmail: ABurdick@delop.org

Delaware Opportunities Inc. Family Support Programs are Office For People With Developmental Disabilities (OPWDD) grant funded programs to those who meet the State agencies eligibility requirements. Delaware Opportunities Home & Community Based Medicaid Waiver Programs are funded through Medicaid after eligibility requirements for OPWDD and Medicaid services has been determined. Respite Care is available for a disabled family member to permit the primary care giver time for work or social/recreational activities, alleviating the stress of continually caring for the family member.

Rehabilitation Support Services, Inc.

132 Delaware Street, Walton, NY 13856Phone: (607) 865-3158
www.rehab.org

RSS strives to enrich and empower the lives of individuals with psychiatric and substance abuse disorders by providing services and opportunities for meaningful emotional, social, vocational and educational growth. Through housing, employment, care coordination, treatment, socialization and wellness programs, individuals are provided with experiences that will equip them to lead productive and fulfilling lives in their communities.

Southern Tier Independence Center (STIC)

135 E. Frederick Street, Binghamton, NY 13904.....Phone: (607) 724-2111
.....VP/Deaf: (607) 238-2694 Toll Free: (877) 722-9150
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.

Springbrook

105 Campus Drive, Oneonta, NY 13820.....Phone: (607) 286-7171
5588 State Hwy 7, Oneonta, NY 13820Phone: (607) 353-7272
www.springbrookny.orgEmail: news@springbrookny.org

Hours: 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.

Delaware County Public Health

99 Main Street, Delhi, NY 13753.....Phone: (607) 832-5200
www.co.delaware.ny.us/departments/phn/phn.htm or www.delawarecountypublichealth.com

Early intervention provides developmental monitoring/screening and early intervention services as needed for infants and toddlers under the age of three who are at risk for or who are suspected to have developmental delays or have confirmed developmental delays.

Children and Youth with Special Health Care Needs Program (birth-21) is an information and referral service designed to assist the families of physically challenged or chronically ill children from birth through age 21 years

Physically Handicapped Children's Program (Birth-21) The PHCP assists families in paying medical bills for children with severe chronic illnesses and/or physical disabilities, between birth and 21 years of age, who live in Delaware County and meet medical and financial eligibility criteria.

Preschool Special Education Program (3-5 years) helps children with developmental delays and disabilities achieve the best outcomes later in life. Evaluations and specially planned individual or group instructional services or programs are provided to eligible children who have a disability that affects their learning. Funding for these special education programs and services is provided by municipalities and the State.

New York State Office for People with Developmental Disabilities

44 Holland Avenue, Albany, NY 12229.....Phone: (866) 946-9733
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.

Broome DDSO Delaware County State Operations Office

15598 State Hwy 8, Masonville, NY 13804.....Phone: (607) 265-3322
Provides evaluations, in home visits, and individualized service plans to assist with residential placement and/or day program placement, as well as other information and referrals.

Family Resource Network, Inc.

46 Oneida Street, Oneonta, NY 13820.....Phone: (607) 432-0001
www.familyrn.org

Offers the following services: Advocacy Program, Autism Conferences, Information and Referral, Service Access, Social Skills Program for Youth with Autism Spectrum Disorders, Trainings/Support Groups.

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

44 Hawley Street, Binghamton, NY 13901.....Phone: (607) 721-8400
www.access.nysed.govEmail: 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.

Deaf and Hard of Hearing

CapTel

Ultratec, Inc.

450 Science Drive, Madison, WI 53711.....Phone: (800) 233-9130
www.captel.com.....Email: captel@captel.com

CapTel® is short for captioned telephone. A person with hearing loss places a call in the same way as dialing a traditional phone. CapTel uses voice recognition technology to display verbatim captions of the other party's conversation on the telephone's screen, allowing the person with hearing loss to hear and read all comments.

Hear Now / Starkey Hearing Foundation

6801 Washington Ave S., /suite 200, Minneapolis MN 55439.....Phone: (800) 328-8602
www.starkeyhearingfoundation.org.....Phone: (866) 354-3254

Hear Now is an application-based program that provides hearing help to low-income Americans. Each person assisted is fit with new, top-of-the-line digital hearing aids that are customized to their hearing loss.

New York Relay Service 7-1-1

www.nyrelay.com

New York Relay Service is a statewide service that connects standard (voice) telephone users with deaf, hard-of-hearing, deaf-blind, speech-disabled, or late-deafened people who use text telephones (TTYs) or voice carry-over (VCO) phones. Just dial 7-1-1 to reach a Relay Operator. CapTel users dial the 10-digit number directly.

NOTE: If the phone from which you are calling does not accept 7-1-1, just call 1-800-421-1220 for the same great results.

Vision

Association for Vision Rehabilitation and Employment, Inc.

174 Court Street, Binghamton, NY 13901.....Phone: (607) 724-2428
www.avreus.orgEmail: avreinfo@avreus.org

AVRE offers a range of learning, living, and working options for people of all ages with sustained and severe vision loss.

Rural Health Network of South-Central NY

455 Court Street, Binghamton, NY 13904.....Phone: (607) 692-7669

www.rhnsctny.org

Hours: 8:00am -4:30pm, Mon – Fri

Provides vouchers for eye exams and/or glasses for eligible individuals.

Lions Club Eye Care

Location	Contact	Phone
Deposit Lions Club	Contact: Frances Wright	Phone: (607) 727-3266
Walton Lions Club	Contact: Ed Snow	Phone: (607) 434-5813
Oneonta Lions Club	Contact: Rosanne Aikens	Phone: (607) 746-0574

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

www.nysl.nysed.gov/tbblEmail: tbbl@mail.nysed.gov

The New York State Talking Book and Braille Library (TBBL) lends audio and braille books and magazines, and the necessary playback equipment, to residents of the 55 upstate counties of New York State who are unable to use standard printed materials due to a visual or physical disability.

DISASTER RELIEF

Delaware County Emergency Services

280 Phoebe Lane, Suite 3, Delhi, NY 13753Phone:(607) 832-5600

www.delcoemo.com

In the event of an emergency (flood, severe winter storm, etc.), the DCES web page will contain up-to-date information regarding the location of the emergency, state of emergency, road closures, shelter locations, school closures, and any other news that is important for residents to know. Information is also available to help with emergency preparedness.

Functional Needs Registry

www.totalvisibilitysolution.com

Delaware County has developed the Functional Needs Registry for residents with limited mobility or special needs, in order to provide individual notification during in an evacuation, and to alert and enable emergency personnel to assist such individuals in the event of an emergency.

American Red Cross

125 Business Park Drive, Suite 200, Utica, NY 13502.....Phone: (315) 733-4666

www.redcross.org/eny/about-us/locations/mohawk-valley

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.

Salvation Army

www.empire.salvationarmy.org.....Phone: (607) 432-5960 or (315) 877-6079

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.

The New York Extension Disaster Education Network (NY EDEN)

A collaborative educational network based at Cornell University, dedicated to educating New York residents about preventing, preparing for and recovering from emergencies and disasters that could affect their families and communities. NY EDEN is affiliated with both the national USDA Extension Disaster Education Network (EDEN) and with Cornell University Cooperative Extension.

http://eden.cce.cornell.edu/about-ny-eden/.....disaster@cornell.edu

NY EDEN Director.....Phone: (607)-254-5479

DOMESTIC VIOLENCE

New York State Domestic and Sexual Violence 24 Hour Hotline:.....Phone: (800) 942-6906

National Domestic Violence 24 Hour Hotline:.....Phone:(800) 799-7233

NYS Coalition Against Sexual Assault..... Phone: (518) 482-4222

National Runaway Hotline.....Phone: (800) 621-4000

RAINN (Rape, Abuse & Incest National Network)Phone: (800) 656-4673

Delaware Opportunities, Inc. Safe Against Violence

35430 State Highway 10, Hamden, NY 13782.....Phone: (607) 746-1720

https://delawareopportunities.org/safe-against-violence.....24/7 Hotline: (866) 457-7233 or (607) 746-6278

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.

Delaware County Department of Social Services

99 Main Street, Delhi, NY 13753.....Phone: (607) 832-5300

Emergency after hours.....Phone: (607) 832-5555

Child Protective Services (CPS) Hotline.....Phone: (800) 342-3720

www.co.delaware.ny.us/departments/dss/dss.htm

Child Protective Services is mandated to investigate all reports of alleged child abuse and maltreatment of children under the age of 18.

Adult Protective Services are services provided 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.

New York State Office for the Prevention of Domestic Violence (OPDV)

80 S. Swan Street, 11th Floor, Room 1157, Albany, NY 12210.....Phone: (518) 457-5800

www.opdv.ny.gov

OPDV has three primary areas of focus: 1) advise the governor and legislature on policies and practices for the State; 2) train NYS professionals from all areas about the intersection of domestic violence in their daily practice; and 3) serve as a resource regarding the issue of domestic violence.

EDUCATION

Alternative Education Options

DCMO BOCES

270 BOCES Drive, Sidney Center, NY 13839.....Phone: (607) 865-2500
www.dcmoboces.com

DCMO BOCES partners with local school districts to provide a broad range of educational programs and services that help meet the evolving educational needs of students.

ONC BOCES Adult Education

31 Center Street, Oneonta, NY 13820.....Phone: (607) 433-3645
www.oncboces.org/AdultEducation.aspx

Classes are offered in Adult Basic Education, High School Equivalency, and English as a Second Language, and many free programs are available for students over age 21 who are also enrolled in High School Equivalency classes.

ONC BOCES – Northern Catskills Occupational Center

2020 Jump Brook Road, Grand Gorge, NY 12434.....Phone: (607) 588-6291
http://www.oncboces.org/northerncatskillsoccupationalcenter_home.aspx

The Career and Technical Education Center provides workforce preparation training in career specific areas for high school students and adults.

Early Childhood Education

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782.....Phone: (607) 746-1640
www.delawareopportunities.org/HeadStart.htm

Head Start promotes the school readiness of young children aged 3 to 5 by supporting the mental, social, and emotional development of children. Families must be income eligible.

Head Start Program Locations:

City	Address	Phone
Arkville	6 Franks Street, Arkville, NY 12406	(845) 586-4002
Davenport	15696 State Route 23, Davenport, NY 15696	(607) 278-6020
Delhi	2 Sheldon Drive. Delhi, NY 13753	(607) 746-6591
Deposit	47 Main Street, Deposit, NY 13754	(607) 467-3505
Fish's Eddy	Old Schoolhouse Rd, Fish's Eddy, NY 13774	(607) 637-4256
Franklin	293 Main Street, Franklin, NY 13775	(607) 829-3312
Grand Gorge	2020 Jump Brook, Grand Gorge, NY	(607) 588-8151
Hamden	35430 State Hwy 10, Hamden, NY 13782	(607) 746-1640

Sidney	21 Pleasant Street, Sidney, NY 13838	(607) 561-2341
Walton	150 Industrial Park, Walton, NY 13856	(607) 865-6319

Literacy

Literacy Volunteers of Otsego and Delaware Counties

155 Main Street, Ste E, Oneonta, NY 13820.....Phone: (607) 441-3093

www.lvodc.org

Provides confidential, free tutoring to adults over the age of 16 in either Basic Literacy or ESL.

EMPLOYMENT

Delaware County Employment and Training- CDO Workforce Career Center

1 Courthouse Square, Suite 3, Delhi, NY 13753.....Phone: (607) 832-5777

21 Liberty Street, Sidney, NY 13838.....Phone: (607) 832-5776

<http://www.co.delaware.ny.us/departments/oet/oet.htm>

The Workforce Career Centers provide a variety of services for job seekers, workers, and businesses in the Chenango, Delaware, and Otsego Area. Services include assessment, case management, on-the-job training, classroom training, re-employment services, and youth employment.

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782.....Phone: (607) 746-1630

www.delawareopportunities.org/employment-training

Delaware Opportunities provides a variety of services to help low income people obtain and retain employment. The Better Employment & Skills Training (BEST) Program is a month-long training program assisting in developing resumes, gaining computer skills and otherwise preparing for employment.

NYS Department of Labor

12 Dietz Street, Oneonta, NY, 13820.....Phone: (607)-432-4800

Building 12, W.A. Harriman Campus, Albany, NY 12240.....Phone: (518) 457-9000

www.labor.ny.gov

Unemployment BenefitsPhone: (888) 209-8124

Provides information and resources to job seekers, workers, and the unemployed.

EXERCISE / FITNESS

Alma Yoga

67 Pennsylvania Avenue, Hancock, NY 13783.....Phone: (607) 637-4444 or (917) 697-2776

www.almayoga.comEmail: almayoga@yahoo.com

Hours: 10:00 – 11:30am, Sat. & Sunday

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753.....Phone: (607) 832-5750

www.co.delaware.ny.us/departments/ofa/wellness.htm..... Email: ofa@co.delaware.ny.us

Hours: 8:00am – 4:00pm, Mon - Fri

Tai-Chi for Arthritis is an 8-week evidence-based exercise program, involving 16 one-hour sessions for a group of seniors interested in a safe, low-impact exercise that works on the core muscles and breathing. Due to the

fluid movements of the exercise, it is a safe form of exercise for individuals with arthritis, but of great benefit to all. Call to inquire about OFA's Senior Fitness Directory.

Prescription Trails

www.getoutandwalk.org

The Prescription Trails, or 'Script Trails' initiative focuses on increasing the number of steps a person takes, to prevent chronic disease, increase physical activity in youth and adults, promote healthy lifestyles and reduce illness. The website provides a variety of walking routes and hiking trails within the area, based on individual ability level.

Delaware County Fitness

119 Delaware Street, Walton.....Phone:(315) 558-4118
<https://www.facebook.com/delawarecountyfitness/>

Delaware County Rural Healthcare Alliance

Cornell Cooperative Extension

34570 State Highway 10, Hamden, NY 13782.....Phone: (607) 865-6531
<https://ccedelaware.org/alliance/>

The Delaware County Rural Healthcare Alliance funds Girls on the Run, fitness trails development and senior Tai Chi/ Matter of Balance programs offered through the Office of the Aging in Delaware County.

Girls on the Run Central NY

Heather Morse/Council Director

5001 State Highway 23, Suite 3 #147, Oneonta, NY 13820. Email: girlsontherunny.org... Phone(607) 287-1741
Girls on the Run inspires girls to be joyful, healthy and confident using a fun experience-based curriculum which creatively integrates running. Our program pairs girls in grades 3-8 with highly trained coaches that deliver programming in an after-school setting for 10 weeks each Spring. Any girl in grades 3-8 may participate. Scholarships are available.

Catskill Recreation Center

651 County Route 38, Arkville, NY 12406.....Phone: (845) 586-6250
www.catskillrecreationcenter.org.....Email: info@catskillrecreationcenter.org

Hours: 6:00am – 8:00pm, Mon – Fri; 8:30am – 7:00pm, Sat - Sun

The Catskill Recreation Center offers a six-lane Olympic-sized pool, a "family pool", locker rooms, and a separate 4,000-square-foot room offering a variety of exercise and workout equipment and classes.

Catskill Mountain Club

www.catskillmountainclub.orgEmail: info@catskillmountainclub.org

The Catskill Mountain Club is an all-volunteer organization dedicated to providing a wide range of non-motorized outdoor activities throughout the larger Catskill Mountain region. These activities include hiking, camping, cycling, climbing, snowshoeing, kayaking and canoeing for all ages and activity levels.

Andes Rail Trail

266 Depot Street, Andes, NY 13731

www.andesworks.com/rail-trail/

The Andes Rail Trail is an easily accessible hiking trail in an idyllic setting, suitable for individuals and families of all ages.

SUNY Delhi Aquatics Center

236 Kunslea Hall, 2 Main Street, Delhi, NY 13753.....Phone: (607) 746-4263
www.delhi.edu/athletics/aquatics/index.php.....Email: kolodze@delhi.edu
Various water exercise is available for all levels, including water aerobics, swimming lessons, lap swim, and open swim. A Hydro Lift is also available for entry into the water.

The Cardio Club and Delhi Dance Studio

17 Elm Street, Delhi, NY 13753.....Phone: (607) 746-7050
www.thecardioclub.com.....Email: raegan@raegan.com
Provides a large array of fitness opportunities, for all levels, including cardio and strength training equipment, fitness and dance classes, and personal training.

Head to Toe Fitness

Virtual classes, Online accountability support and coachingPhone: (607)435-1586
Hours: Vary according to classesEmail: sarahhood09@gmail.com
Offers fitness coaching and classes such as outdoor yoga, aquafit, and fit stations.

Delhi First Presbyterian Church

Senior Fitness Class.....Phone: (607) 746-2155
4 Clinton Street, Delhi, NY 13753
Hours: 9:00am – 9:45am, Monday & Wed.

Walton Fitness

194 Delaware Street, Walton, NY 13856.....Phone: (607) 510-4177

Sidney Fitness

17 Steiner Rd, Sidney, NY 13838.....Phone: (607) 563-2747

Stamford Gym

32 Main Street, Stamford, NY 12167.....Phone: (607) 214-4075
Hours: 10am – 1pm and 2pm – 6pm, Mon – Fri; 10am – 2pm, Sat

Tai Chi

Delaware County Office for the Aging
97 Main Street, Suite 2, Delhi, NY 13753Phone: (607) 832-5750
Call for Availability

Walking at Local Schools

Some local schools allow residents to walk within designated facility areas during the school year. Below is a list of schools and specific hours available for walking.

Call in advance to make sure the schools are open for walking

School	Location	Phone	Contact	Hours
Andes Central School	Halls & a marked two-mile trail in the village of Andes from the school parking lot; also, two motorized treadmills located in the technology building across from the school.	(845) 676-3166	Call school office	Monday-Friday; 3:30pm-9:00pm
Bainbridge-Guilford Central School	Halls of high school building	(607) 967-6300	Must sign in at main office each time	Monday-Friday 6:30am-7:15am
Charlotte Valley Central School	Athletic track	(607) 278-5511	Call school principal	Monday-Friday: Track only; before and after school 7:00am-8:00pm
Delaware Academy Central School	Halls of middle school, upstairs and down	(607) 746-1300	Walkers must sign release of liability in order to participate – available at the door	Monday-Friday: 6:30am-7:30am
Deposit Central School	Elementary school building	(607) 467-2197	Agreement form completed (user pays any additional costs incurred)	Monday-Friday: 3:00pm-4:00pm
Downsville Central School	Halls	(607) 363-2100	Request use at main office during school hours	Monday-Friday: 7:00am-7:50am, 5:30pm-7:00pm
Franklin Central School	Halls & gym (sneakers required)	(607) 829-3551	Sign in	Monday-Friday: 6:30am-7:30am, 4:00pm-5:30pm
Hancock Central School	High school halls (Nov. 1- May 1)	(607) 637-2511	Use 2nd floor entrance	Monday-Friday: 7:00am-7:30am, 4:00pm-8:00pm
Jefferson Central School	Gym and halls	(607) 652-7821	Must fill out building use form; call athletic director	Monday-Friday; evenings; times vary
Margaretville Central School	Halls of main school building	(845) 586-2647	Contact the superintendent office; walkers must sign release of liability.	Monday-Thursday: 5:00pm-9:00pm
Roxbury Central School	Halls	(607) 326-4151	Sign in	Monday-Friday: 3:30pm-5:00pm
Sidney Central School	High school hallways	(607) 563-2135	Enter building by district office and sign in	Monday-Friday: 6:00am-7:30am, 5:30pm-8:00pm
South Kortright Central School	Terrazzo section, 1st floor only; clean walking shoes or sneakers required	(607) 538-9111	Contact school superintendent and sign in at the main office	Monday-Friday: 6:30am-7:30am, 7:00pm-8:00pm Summer hours:

School	Location	Phone	Contact	Hours
				Monday-Friday: 7:30am-3:00pm
Unatego Central School	Junior & senior high school (only when school in session), track (when not in use)	(607) 988-5020	Call Julie Lambiaso	Monday-Friday: 7:00am-7:30am; track: daylight hours
Walton Central School	Any building; track (when not in use)	(607) 865-4116	Call office	Monday-Friday: 3:00pm-9:00pm; track: daylight hours

Zumba Offered at:

Delhi

The Cardio Club.....Phone: (607) 746-7050
17 Elm Street, Delhi, NY 13753

Sidney

ABC Center for Performing ArtsPhone: (607) 563-8667
5-7 Division Street, Sidney, NY 13838

Davenport

Davenport Fire DeptPhone: (607) 278-5523
15838 NY -23 Davenport, NY 13750

Deposit

First United Methodist ChurchPhone: (607) 467-2290
109 2nd Street, Deposit NY 13754

Oneonta

Southside ChiropracticPhone: (607) 433-9661
531 S. Side Drive, Oneonta, NY 13820

Catskill Dance Moves

137 Delaware Street, Walton, NY 13856.....Phone: (607) 865-7341
www.catskilldancemoves.comEmail: catskilldancemoves@gmail.com
Hours: 4:00 – 7:00pm, Mon – Fri
Offers ballet, jazz, tap, and Zumba classes.

FALL PREVENTION

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753.....Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/wellness.htm.....Email: ofa@co.delaware.ny.us

The Office for the Aging works closely with other county organizations to develop and operate a variety of health and wellness activities such as Matter of Balance and water exercise. Older adults are encouraged to participate in these programs. Call to inquire about OFA's Senior Fitness Directory.

Tai-Chi for Arthritis

Tai-Chi for Arthritis is an 8-week evidence-based exercise program, involving 16 one-hour sessions for a group of seniors interested in a safe, low-impact exercise that works on the core muscles and breathing. Due to the

fluid movements of the exercise, it is a safe form of exercise for individuals with arthritis, but of great benefit to all.

UHS Delaware Valley Hospital

Community Relations Department

1 Titus Place, Walton, NY 13856.....Phone: (607) 865-2409

www.nyuhs.org/location-search/uhs-delaware-valley-hospital

Seated Tai Chi classes will be sponsored by the hospital in conjunction with the Office for the Aging. Seated Tai Chi is beneficial especially for those who are uncertain of the ability to stand and do Tai Chi. Chair Yoga is another program sponsored by the hospital and is beneficial for all people with all abilities. Call for further information.

FOOD

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782.....Phone: (607) 746-1685

www.delawareopportunities.org/homeless-assistance

The Emergency Food Pantry Network provides a 3-4-day supply of food to Delaware County residents who are temporarily without food or money. The food pantries are supported by contributions from individuals and community organizations as well as the NYS Department of Health.

Local Food Pantries

City	Organization	Address	Hours	Phone
Andes	CitiHope Building	143 Main Street, Andes, NY 13731	Fridays 4pm – 6pm	(845) 676-3344
Bloomville	St. Paul's Episcopal Church	464 River Street 13739	Wednesday, 1:00 – 4:00 p.m	
Colchester	Methodist Church	15151 State Highway 30, Downsville, NY 13755	Wednesdays 10m – 12pm	(summer: Wed. 4-6) (607) 363-7363
Davenport	West Davenport Free Baptist Church	15696 State Route 23, Davenport, NY 13750	3 rd Friday 4-6pm; 3 rd Saturday 10am–12pm	(607) 432-7840
Delhi	United Ministry Church	1 Church St , Delhi, NY 13753	Monday on 1-3pm; Thursday 3:30pm – 5:30pm	(607) 746-6528
Deposit	Council of Churches, Sanford Town Hall	91 Second Street, Deposit, NY 13754	Thursdays 3pm – 6pm	(607) 727-3266
East Branch	Earl Pomeroy Memorial Center	25 Church Street	Thursday, 1:00 – 2:30 p.m. or as needed	
Franklin		574 Main St	Thursday 1pm – 2:30 pm or as needed	
Grand Gorge	United Methodist Church	37270 State Highway 23, Grand Gorge, NY 12434	2nd and 4th Wedmesdays 10am-12, 5pm – 7pm	(607) 588-0038
Hamden	Delaware Opportunities	35430 State Highway 10, Hamden, NY 13782	Monday – Friday 8am – 12pm and 1pm – 4pm	(607) 746-1685

City	Organization	Address	Hours	Phone
Hancock	Father Rausch Memorial Hall	346 West Main Street, Hancock, NY 13783	Tuesdays 1pm – 3pm	(607) 637-2571 or (570) 635-5917
Hancock	Readburn Our Daily Bread Food Pantry	6288 Old County Highway 17, Hancock, NY	Sundays 1:30 pm to 3:00 pm	(607) 637-4832
Kortright	North Kortright Presbyterian Church		As needed/will deliver	(607) 652-4006 or (607) 435-0604
Margaretville	42838 State Hwy 28, Suite 2	Margaretville, NY 12455	Monday 10am-12pm, Friday 4pm-6pm	(845) 586-3992 or (845) 417-5672
Masonville	Federated Church	Corner of Rte 8 & 206, Masonville, NY 13804	3 rd Wednesday 1pm – 3pm; or as needed	(607) 265-9265 or (607) 265-3793
Roxbury	United Methodist Church	53765 State Rte 30, Roxbury NY 12474	Hours: Tuesday 4pm – 6pm	(607) 326-7174 or (607) 326-7774
Sidney	United Methodist Church	12 Liberty Street, Sidney, NY 13838	Mondays & Thursdays 9:30am-11:30am,	Last Thur. 5:30pm-6:30pm
Sidney Center	United Methodist Church	10593 County Hwy 23, Sidney Center, NY 13839	As needed	(607) 369-7597
Walton	United Presbyterian Church	58 East Street, Walton, NY 13856		Hours: Tues 11am – 1pm

Delaware County Department of Social Services

111 Main Street, Suite 4, Delhi, NY 13753.....Phone: (607) 832-5300
www.co.delaware.ny.us/departments/dss/snap.html

The New York State Supplemental Nutrition Assistance Program (SNAP), the new name for the food stamp program, issues monthly electronic benefits that can be used like cash at authorized retail food stores. Eligibility and benefit levels are based on household size, income, assets and other factors.

Cornell Cooperative Extension

34570 State Highway 10, Hamden, NY 13782.....Phone: (607) 865-6531
<https://ccedelaware.org/he/farmers-markets/>

Farmers' markets have been established for the convenience of local residents, and participants in the Farmers' Market Nutrition Program (FMNP) with FMNP coupons available through Delaware County Office for the Aging. In addition to cash sales, WIC clients and income eligible senior citizens may redeem their farmers' market nutrition program coupons at the following local markets: (*Note: Generally available June through October)

City	Location	Address	Times	Additional Info
Walton Farmers' Market	Veterans Plaza	181 Delaware Street, Walton, NY 13856	Every Friday, 10am -2pm, July - September	
Deposit Farmers' Market	First United Methodist Church	107 Second Street, Deposit, NY 13754	3rd Thursday of August & September	Accepts FMP/WIC J. Darling (607) 865-6531
Additional Farmers' Markets				
Sidney Farmers' Market	46 Main Street, corner of Main & Division	Saturdays 9ma to 1pm		Terry Heath (607) 643-2806

Franklin Farmers' Market	Chapel Hall	25 Institute Street, Franklin, NY 13775	Sundays 10am- 2pm	Memorial Day to Columbus Weekend
Delhi Farmers' Market	Courthouse Square	Main Street, Delhi, NY 13753	Wednesdays, 9am to 2pm, June – Sept.	
Koo Koose Farmers' Market (Deposit)	Memorial Park, across from State Theatre	148 Front Street, Deposit, NY	Saturdays 9am- 1pm June – September	Dorothy Crantz (607) 467-2956
Andes Farmers' Market	Next door to The Tin Horn	72 Main Street, Andes, NY 13731	Saturdays, 10am- 3pm	Memorial Day to Columbus Weekend
Pakatakan Farmers' Market	Round Barn of Halcottville	46676 State Hwy 30 (btwn Margaretville & Roxbury)	Saturdays, 9am to 2 pm, May – October	Extended Season 10am–1 pm, Oct - Nov
Stamford Farmers' Market	Stamford Farmers Coop, 6 South Street, Stamford		Thursdays 2-6pm, July - October	
Hobart Community Farmers' Market	Stamford Town Hall Green	101 Maple Ave, Hobart, NY 13788	Fridays, 4pm to 7pm, June - Sept	
Downsville Farmers' Market	Town Shed Parking Lot	Near Paige Cemetery, Downsville, NY 13755	2nd & 4th Saturdays, 10am- 2pm	Memorial Day to Columbus Weekend

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782..... Phone: (607) 746-1600
Women, Infants, and Children (WIC) provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five.

www.delawareopportunities.org/wic.....Email: AByren@delop.org..... Phone: (607) 746-1700
Food Stamp Advocacy is available to help people apply for Food Stamps (SNAP), WIC and other nutrition assistance programs through application assistance and advocacy.

Tammy Clark, Nutrition AdvocateEmail: TClark@delop.org.....,Phone: (607) 746-1670
Senior Meals -The Office for the Aging contracts with Delaware Opportunities, Inc to provide nutrition services for Delaware County residents age 60 and older, and their spouses. Nutritious meals are available at the Senior Dining sites, and Home Delivered Meals are provided to seniors who are unable to get to the dining centers.....Phone: (607) 746-1600

www.delawareopportunities.org/senior-dining.....Email: PWarfield@delop.org or RAngerer@delop.org

Senior Dining Centers

DINING CENTER	SERVINGTIME	LOCATION	MANAGER
Delhi	Monday-Friday, 11:45 AM- 12:30 PM	97 Main Street, Ste 3	Nakota Lane 607-746-2250
Deposit	Tuesdays &Thursdays, 12:30:00 PM	Christ Episcopal Church, Monument Street.	Susan Moranda, 607-467-3953
Grand Gorge	Monday-Friday, 11:45 AM- 12:30 PM	Civic Center	Cheryl Hinkley, 607-588-6166

Hancock	Monday-Friday, 11:45 AM-12:30 PM	Baptist Church	Lisa Drake, 607-637-2219
Middletown	Monday-Friday, 11:45 AM-12:30 PM	Methodist Church, Church Street	845-586-4764
Sidney	Monday-Friday, 11:45 AM-12:30 PM	Civic Center, Room #102	Jennifer Anderson, 607-563-2212
Walton	Monday-Friday, 11:45 AM-12:30 PM	Saint John's Roman Catholic Church	Morgan Beers, 607-865-6739

Deposit Senior Center

Christ Episcopal Church

14 Monument Street, Deposit, NY 13754Phone: (607) 467-3953

www.gobroomecounty.com/senior/deposit

Hours: Tue & Thu, 9:00am to 2:30pm; Lunch Served: 12:30 pm

Community Meal Sites

Event	Address	Phone	Time
Fleischmanns Soup Kitchen	904 Main Street, Fleischmanns	(845) 254-5261	Every other Tuesday 5:00 – 7:00pm
Walton- Free Community Supper	Christ Church 41 Gardner Place, Walton	(607) 865-4698	Last Wednesday of month 4:30 – 6:00pm
Deposit- Friendship Table Deposit Foundation	First United Methodist Church 119 Front Street, Deposit	(607) 467-4000	1st & 2nd Wednesday 4:30 – 6:00pm
Walton -Saturday Meal	United Congregational Church 4 Mead Street, Walton	(607) 865-4066	Saturdays 11:00am – 1:00pm
Sidney- Share the Bounty	United Methodist Church 12 Liberty Street, Sidney	(607) 563-1921	Last Thursday of month 4:30 – 6:30pm
Walton- Soup-It-Up Night	New Hope Community Church 45 Stockton Avenue, Walton	(607) 865-5436	Tuesdays 5:00 – 6:00pm
Delhi- Souper Bowl	Saint. John's Episcopal Church 134 ½ Main Street, Delhi	(607) 746-2826	Tuesdays 11:30am – 12:30pm
Sidney- Saint Paul Free Lunch	Saint Paul Episcopal Church 25 River Street, Sidney	(607) 759-6560	Wednesdays 9:30 – 11:30am
Walton- Community Meal	United Methodist Church 101 North Street, Walton	(607) 865-5765	Thursdays 4:30 – 5:30pm

HEALTH EDUCATION, INFORMATION AND SUPPORT

Delaware County Public Health

99 Main Street, Delhi, NY 13753.....Phone: (607) 832-5200

www.delawarecountypublichealth.com

Public Health partners with community agencies and individuals to provide programs to improve the health of Delaware County residents through health fairs & community events.

Cornell Cooperative Extension

34570 State Hwy 10 - Suite 2, Hamden, NY 13782.....Phone: (607) 865-6531

<https://ccedelaware.org/alliance/>.....Email: delaware@cornell.edu
The Delaware County Rural Healthcare Alliance brings together healthcare and healthcare related organizations to share information, conduct assessments, develop plans and fund projects to address health education and awareness. The Alliance promotes improved access to quality health and wellness services for Delaware County, NY residents. Example programs funded through the Delaware County Rural Healthcare Alliance include: Sources of Strength, Above the Influence, Safe Talk, Recovery Coach program, ACEs task force, champion collaborative for ACEs, age friendly communities, Tai Chi, , HPV vaccination, Workforce Health Careers, Health Resource Directory, Nutrition Education/Gardening lessons, Smarter Lunchroom, Growing Resilience webinars and professional development training.

UHS Nurse Direct

601-635 Harry L Drive, Oakdale Mall, Johnson City, NY 13790.....Phone: (607) 763-5555
www.nyuhs.org/wellness/nurse-direct

Have a health question or need a referral to a physician? You can talk directly to a registered nurse by calling Nurse Direct, 8:00 am to 8:00 pm, seven days a week. UHS Delaware Valley Hospital, Inc.

1 Titus Place, Walton, NY 13856.....Phone: (607) 865-2159
www.nyuhs.org/locations/uhs-delaware-valley-hospital/

- The **Lifesteps® Weight Management** is for people who are ready to change behaviors that prevent weight loss. It recognizes that people are unique, with different eating and exercise habits, weight loss goals and daily schedules. Other health education programs are offered throughout the year.
- **Happy Healthy and Wise Workshops** are for people who are dealing with one or more chronic conditions or for those caring for someone with chronic condition(s). These evidence-based, interactive sessions offer tools for dealing with the multiple issues that can arise when a chronic condition exists. Past participants highly rate the sessions. Some comments: "I got to communicate with others...and got ideas from them which I have applied to my own situation;" "I am more patient with myself and others;" "It is a very useful class and you learn a lot of new things that can help you with your health;" "...the class was presented in a very friendly and positive way."
- **Lung Matters Support Group** meets every month on the second Friday of the month. Education through guest speakers, sharing of ideas and the benefits that come from playing harmonica are all encompassed in this group. Group is open to anyone in the public with a lung condition or breathing problems or those who care for someone with a lung condition and/or breathing problems.
- **Stay Healthy! Programming** from the Stay Healthy! Center in the Oakdale Mall in Johnson City, NY Programming, including seminars and support groups that are offered at the Stay Healthy site can now be shared through videoconferencing. Participants can attend in real-time and interact with the speaker and participants in Johnson City by coming to the UHS Delaware Valley Hospital Wellness Room in the hospital's Finance Building, 20 West Street, Walton.
- **Smoking Cessation** classes are available either through UHS Delaware Valley or through videoconferencing with UHS staff

American Cancer Society

13 Beech Street, Johnson City, NY 13737.....Phone: (607) 766-6900
www.cancer.org.....Toll Free: (800) 227-2345
Provides information and resources related to all forms of cancer.

American Diabetes Association

5 Pine West Plaza, Ste 505, Washington Avenue Ext, Albany, NY 12205.....Phone: (518) 218-1755
www.diabetes.org

The American Diabetes Association provides information and resources about diabetes.

American Heart Association

59 Court Street, Binghamton, NY 13901.....Phone: (800) 242-8721
www.heart.org Phone: (607) 723-0208
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
www.lung.org
The American Lung Association provides health education, information & resources related to lung disease.

Community Health Services –a division of Rural Health Network of South Central

455 Court Street, Binghamton, NY 13904.....Phone: (607) 692-7669
Health education programs which include classes and workshops.

Smoking Cessation

UHS Nurse Direct

601-635 Harry L Drive, Oakdale Mall, Johnson City, NY 13790.....Phone: (607) 763-5555 or (607) 763-5092
www.nyuhs.org/wellness/nurse-direct/
The UHS Stay Healthy Center has many available opportunities for individuals who wish to quit tobacco use and to stop smoking. Services are available via telephone, or at the UHS Stay Healthy Center or through videoconferencing at UHS Delaware Valley Hospital's Wellness Room, 20 West Street Walton, NY 13856. Call 607-865-2409 for more details

Friends of Recovery of Delaware and Otsego Counties, Inc.

22 Elm Street, Oneonta, NY 13820.....Phone: (607) 267-4435
84 Main Street, Delhi, NY 13753.....Phone: (607) 746-3570
www.friendsofrecoverydo.org.....Delhi .Email: kayliegh@friendsofrecoverydo.org
Hours: Mon-Fri, 9am – 5pm.....Oneonta Email: sarah@friendsofrecoverydo.org
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(866) NY QUITs / (866) 697-8487

www.nysmokefree.com.....Deaf, hard of hearing & speech disabled: 7-1-1
Call Hours: Mon-Thurs, 9am-9pm, Fri-Sun, 9am-5pm
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.

O'Connor Hospital

460 Andes Road, Delhi, NY 13753.....Phone: (607) 746-0528
www.bassett.org/oconnor-hospital
Offers 5-week smoking cessation course.

HEARING

see Disability Services/ Deaf /Hard of Hearing

HOSPICE

Helios (formally Catskill Area Hospice & Palliative Care)

297 River Street Service Road, Oneonta, NY 13820.....Phone: (607) 432-5525
<http://helioscare.org/>.....Toll Free: (800) 306-3870
Helios Care strives to meet all a patient's needs. Helios Care provides guidance regarding the physical aspects of an illness, as well as the emotional, social and spiritual impact on the patient and the patient's family and friends.

HOUSING

Certified Residential Opportunities

Broome Developmental Disabilities Regional Offices (DDRO) Front Door

229-231 State Street, Binghamton, NY 13901.....Phone: (607) 771-7784 press 0
<https://opwdd.ny.gov/get-started/front-door>

Community Residence (CR) is a residential program that 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, provided by the Office for People with Developmental Disabilities' (OPWDD), 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 supports 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) serves 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 supports for individuals with specific adaptive, medical and/or behavioral needs and includes intensive clinical and direct-care services

Woodside Hall, LLC

One Main Street, Cooperstown, NY 13326 Phone: (607) 5470600 Fax: (607) 547-0601
Web: www.woodsidehall.net Email: karen@woodsidehall.net

Woodside hall, LLC, is a New York State Certified Adult Home, Respite Care, and Social Day Program located in historic Cooperstown within minutes to a world-class hospital and many cultural institutions. It is owned and operated by a local Cooperstown family who has an investment in creating a nurturing and meaningful environment that is helping to improve the emotional and physical states of those served. Respite is available weekdays, weekends and holidays. The Social Day Program provide cognitive activities based around mental and intellectual stimulation, and group exercise. Personalized assistance and lunch is provided. Open Monday-Friday from 9am-3pm.

Habitat for Humanity

P.O. Box 226, Delhi, NY 13753.....Phone: (607) 746-9987

www.habitatdelawarecounty.org

Habitat for Humanity in Delaware County builds and repairs simple, decent, affordable houses with those who lack adequate shelter.

Affordable Housing Online

<https://affordablehousingonline.com/housing-search/New-York/Delaware-County>

Affordable Housing Online has the most complete and up-to-date info on low income housing, affordable housing, affordable apartments, subsidized housing, Public Housing and Section 8 Housing Choice Voucher (HCV) waiting list information. We also provide detailed information about 4,058 local Public Housing Authorities (PHA) with housing authority contact, program, and current waiting list information - including instructions on how to apply for waiting lists and complete housing applications.

Catholic Charities of Delaware, Otsego, and Schoharie Counties

176 Main Street, Oneonta, NY 13820.....Phone: (607) 432-0061

Hours: 8:30am – 4:30pm, Monday - Fri

21 Liberty Street, Sidney, NY 1383.....Phone: (607) 604-4071

Hours: 8:30am - 4:30pm, Monday, Wed. & Fri

www.charitiesccdos.org

Caring Connections is offered to individuals and families who are struggling to meet their basic needs.

Financial assistance can include assistance with utilities including electric shut-offs, housing assistance, transportation assistance, and assistance with paying for essential medical costs.

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782.....Phone: (607) 746-1650

www.delawareopportunities.org/housing-assistance-community-development.....Email: _info@delop.org

Section 8 and Family Self Sufficiency (FSS) are rental subsidy programs designed to help low income individuals and families pay rent, thus allowing them to live in safe, sanitary and healthy conditions.

Access to Home is a program designed to permit persons with disabilities to maintain residence or achieve residence either in their own homes or in rental units where other assistance is not available.

The *Home Ownership Program* provides assistance to first time homeowners to provide home ownership counseling to individuals interested in purchasing homes in Delaware County. Funding is available to assist with down payments, closing costs, prepaid expenses, and reduction in mortgage.

The Emergency Services Program.....Phone: (607) 746-1665

Provides assistance to families and individuals faced with emergencies. An advocate can advise clients and assist in obtaining services such as emergency food and shelter.

Solutions to End Homelessness Program (STEHP).....Phone: (607) 746-1667

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782

STEHP is an emergency assistance program to provide short term assistance to help stabilize housing.

Homeless Prevention assistance is available to prevent an eviction, and Rapid Re-housing can assist homeless individuals in obtaining permanent housing.

Rehabilitation Support Services, Inc.

132 Delaware Street, Walton, NY 13856.....Phone: (607) 865-3158
www.rehab.org

Rehabilitation Support Services, Inc. (RSS), provides housing services to individuals with a mental health diagnosis including community residences, licensed apartment programs, and MICA residential services.

Delaware County Department of Social Services

99 Main Street, Delhi, NY 13753.....Phone: (607) 832-5300

Adult Protective Services

Emergency After Hours Phone: (800) 342-3720

www.co.delaware.ny.us/departments/dss/dss.htm

Individuals who are homeless and have no other resources may be able to receive emergency shelter and assistance through the Department of Social Services.

Children's Waiver (I/II)

The Children's Waiver I/II program provides community-based services to physically disabled children who require hospital or skilled nursing home level of care and allows the child to be at home instead of in an institutional setting.

Salvation Army

www.empire.salvationarmy.org.....Phone: (315) 877-6079

Through a voucher system, the Salvation Army offers temporary assistance for emergency needs such as lodging, food, clothing, utilities and medical co-pays. Several service units are located within the County.

Home Owner Assistance

Mark Project

10 Church Street, Arkville, NY 12406.....Phone:(845) 586-3500

Email: Katie@markproject.org.....Phone:(845)-586-3500

The Homeownership Assistance Program provides assistance with down payment and partial closing costs for the purchase of single-family homes to those at or below 112% of the HUD Median Income Limits for Delaware County. The program will also provide assistance with mandatory rehabilitation costs to bring the homes up to NY State Building Code and will incorporate energy efficiency measures when possible.

Home Repair

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782.....Phone:(607) 746-1605

www.delawareopportunities.org/housing-assistance-community-development

The CDBG Housing Rehabilitation Program, and the HOME Program are available to assist low to moderate income homeowners in making necessary repairs to their home. Different eligibility guidelines apply to each program.

Western Catskills Community Revitalization Council, Inc.

125 Main Street, Suite A, Stamford, NY 12167.....Phone: (607) 652-2823

www.westerncatskills.org

Funding to assist owner-occupied housing rehabilitation is available to eligible residents living in Harpersfield, Kortright, Middletown, Roxbury, and Stamford.

USDA Section 504 Repair Program

USDA Rural Development

108 Holiday Way, Schoharie, NY 12157.....Phone: (518) 295-8600

www.rd.usda.gov/programs-services/single-family-housing-repair-loans-grants

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.

Mark Project

10 Church Street, Arkville, NY 12406.....Phone: (845) 586-3500

Grants for home repairs in the Town of Roxbury & Middletown

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782.....Phone: (607) 746-1650

www.delawareopportunities.orgEmail: info@delop.org

The purpose of this rehabilitation program is to assist property owners, who meet program guidelines, in making repairs to their home. Grants are available for low-to-moderate income Owner Occupants. Owner Occupants of multi-family homes are eligible to receive a grant for their property if the owners as well as the tenants are income eligible for the program.

Habitat for Humanity- A Brush with Kindness

P.O. Box 226, Delhi, NY 13753.....Phone: (607) 746-9987

www.habitatdelawarecounty.org.....Email: habitatdelawarecounty@gmail.com

A Brush with Kindness assists low-income homeowners who struggle to maintain the exterior of their homes by providing home repair services such as painting, minor exterior repairs, landscaping, and exterior clean-up.

The program uses volunteers, donated materials and no-interest loans to make repairs affordable, helping low-income homeowners continue to live independently and securely in their homes.

Low-Income and Senior Housing

Circle Drive Apartments

232 Circle Drive, Sidney, NY 13838Phone: (607) 563-8333

Dean's Landing

4 Graham Drive, Stamford, NY 12167.....Phone: (607) 652-7892

Deer Park Apartments

213 Fox Street, Sidney, NY 13838..... Phone: (607) 563-1859

Delhi Manor Apartments

306 Phoebe Lane, Delhi, NY 13753Phone: (607) 746-6452

Delhi Senior Community

7 Main Street, Delhi, NY 13753.....Phone: (607) 746-8142

Grand Gorge Apartments

60991 State Hwy 30, Grand Gorge, NY 12434.....Phone:(607) 652-2823 x104

M-Ark Apartments

10 Church Street, Arkville, NY 12406.....Phone: (845) 586-3500

Meadow Park Apartments
85 Fair Street, Deposit, NY 13754Phone:(607) 235-0722

Mountain Laurel Gardens
55 Lamphere Lane, Arkville, NY 12406.....Phone: (845) 586-5116

Mountain View Estates
16 Munn Street, Walton, NY 13856Phone: (607) 865-4278

Read Memorial Senior Housing Apartments
266 Yendes Street, Hancock, NY 13783Phone: (607) 637-4600

Sherwood Landing Apartments
3 Landing Drive, Sidney, NY 13838.....Phone: (607) 604-4455

Sidney Community Apartments
500 Circle Drive, Sidney, NY 13838Phone: (607) 563-8208

Sidney Senior Village
200 Fox Street, Sidney, NY 13838Phone: (607) 563-8000

Stamford Village Apartments
125 Main Street, Stamford, NY 12167..... Phone: (607) 652-2823

Unadilla Neighbors
71 Clifton Road, Unadilla, NY 13849Phone: (607) 369-2787

Sidney Municipal Apartments
21 Liberty Street, Sidney, NY 13838Phone: 607) 563-7979

West Brook Apartments
141 East Street, Walton, NY 13856Phone: (607) 865-8762

Move Managers & Consultants

Never Move Alone –

Terry Field
Delhi, NY.....Phone: 607-746-6692
www.nevermovealone.com.....Email: nevermovealone@gmail.com

Supported Apartments

Del Cty Supported Housing -Comm. Svcs

132 Delaware Street, PO Box 240, Walton, NY 13856Phone: (607) 865-3158
www.rehab.org

Supported Apartments are Non-licensed apartment living with rental assistance and case management housing support services provided to help individuals secure and maintain successful community living.

Utilities

Caring Connections

Catholic Charities of Delaware, Otsego, and Schoharie Counties

176 Main Street, Oneonta, NY 13820.....Phone: (607) 432-0061

Hours: 8:30am – 4:30pm, Monday - Fri

21 Liberty Street, Sidney, NY 13838Phone: (607) 604-4071

Hours: 8:30am - 4:30pm, Monday, Wed. & Fri

www.charitiesccdoh.org

Caring Connections is offered to individuals and families who are struggling to meet their basic needs.

Financial assistance can include assistance with utilities including electric shutoffs, housing assistance, transportation assistance, and assistance with paying for essential medical costs.

CEEP Community Energy Engagement Program

Cornell Cooperative Extension. <http://www.ccedelaware.org/he/smart-energy/>

34570 State Hwy 10, Ste 2, Hamden, NY 13782.....Phone: (607) 865-6531

There is support available to help residents and businesses reduce their energy consumption and energy costs and make informed energy decisions. Community Energy Advisor can connect you to resources and networks that provide cost-saving opportunities in your community.

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782.....Phone: (607) 746-1615

www.delawareopportunities.org.....Email: indo@delop.org

Hours: 8:00am – 4:00pm, Mon – Fri

The Home Energy Assistance Program (HEAP) is a federally funded program that assists eligible households in meeting their home energy needs.

The Project SHARE Heating Fund is a utility assistance program for NYSEG customers. Although initially designed to help elderly or disabled persons with heating emergencies, it recently expanded eligibility to include military veterans and active service members.Phone: (607) 746-1665

.....Email: DEisenberg@delop.org

The Weatherization Program Typical weatherization measures might include: caulking, window repair, and insulation in sidewalls and attic to stop the infiltration of cold to the home. The furnace in each home is tested for efficiency, and minor repairs are made to achieve at least a 75% efficiency rating. Furnaces which cannot be made efficient, or which are not operating are repaired or replaced. The heat distribution system is also analyzed. In addition to heating measures, the program reduces energy use through such measures as replacing inefficient light bulbs, installing low flow shower heads, replacing hot water heaters and other measures.Phone: (607) 746-1690

.....Email: LNeidig@delop.org

Emergency Services - This program offers assistance with financial emergencies, homelessness, evictions, and utility shut-offs.Phone: (607) 746-1665

.....Email: DEisenberg@delop.org

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753.....Phone: (607) 832-5750

www.co.delaware.ny.us/departments/ofa/ofa.htmEmail: ofa@co.delaware.ny.us

Hours: 8:00am – 4:00pm, Mon – Fri

The Home Energy Assistance Program (HEAP) is a federally funded program that assists eligible households in meeting their home energy needs. The Office for the Aging provides HEAP assistance to those ages 60 and older.

Delaware County Department of Social Services

111 Main Street, Delhi, NY 13753Phone: (607) 832-5300
www.co.delaware.ny.us/departments/dss/heap.htmlEmail: heap@delawareopportunities.org
Hours: 8:00am – 4:00pm, Mon – Fri
Assists with the purchase and installation of a “medically necessary” air conditioner or fan to eligible households. May be able to assist households with utility disconnects when all other resources have been exhausted.

Delhi Fuel Bank

Delhi Community Fund
P.O. Box 191, Delhi, NY 13753
The Delhi Fuel Bank is a heating fuel assistance fund available to help community members who are experiencing unexpected financial difficulties and require assistance purchasing home heating fuel. Applications for assistance are available through Office for the Aging, Department of Social Services, the Delhi Diner, the Law Offices of Bishop and Hill, the Delhi Telephone Company, the Delaware County Electric Cooperative, or Delaware Opportunities.

EmPower New York

http://www.nyserda.ny.gov/All-Programs/Programs/EmPower-New-York.....Phone: (800) 697-6278
..... Email: application.residential@nyserda.ny.gov
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.

New York State Lifeline Discounted Telephone Program

www.askpsc.comPhone: (888) 275-7721
New York State Lifeline Discounted 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.

NYSEG

Energy Assistance Program (EAP)
P.O. Box 5240, Binghamton, NY 13902.....Phone: (800) 572-1111
www.nyseg.comEmail: 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.

IN-HOME SERVICES

Catskill Center for Independence, Inc.

6104 State Hwy 23, Oneonta, NY 13820Phone: (607) 432-8000
www.ccfi.us.....Email: ccfi@ccfi.us
Hours: 8:00am – 4:00pm, Monday – Fri
The Traumatic Brain Injury Medicaid Waiver -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 Nursing Home Transition and Division Waiver- 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.

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753.....Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/EISEP.htm..... Email: ofa@co.delaware.ny.us
The Expanded In-home Services for the Elderly (EISEP) program is designed to provide non-medical in-home services to individuals. It assists with activities such as housekeeping, dishwashing, shopping, meal preparation, running errands, or assistance with bathing, shampooing, shaving, and walking.

Delaware County Department of Social Services Office of Long-Term Care

99 Main Street, Delhi, NY 13753 Hours: 8:00am – 5:00pm, Monday – FriPhone: (607) 832-5300
Emergency After Hours:(607) 746-2336
www.co.delaware.ny.us/departments/dss/oltc.html
Level I homemaking services are available to individuals receiving Medicaid who have medical needs in the home.

Consumer Directed Personal Assistance Program (CDPAP)

Concepts of Independent Choices, Capital District Center for Independence
50 Samsondale Plaza, Suite 207, West Haverstraw, NY 10993Phone: (845) 241-5222
www.coiny.org Email: jtaveras@coiny.org
CDPAP is a Medicaid program that provides services to chronically ill or physically disabled individuals who have a medical need for help with activities of daily living (ADLs) or skilled nursing services, and choose to self-direct their own services, including full responsibility for hiring, training, supervising, and, if need be, terminating the employment of persons providing the services.

Consumer Directed Personal Assistance Program (CDPAP)

Resource Center for Independent Living (RCIL)
409 Columbia Street, Utica, NY 13503Phone: (315) 797-4642
www.rcil.comEmail: growe@rcil.com
A Consumer Directed Personal Assistance Program in which the Medicaid consumer selects, hires and supervises their own staff. CDPAP services are intended to permit chronically ill or physically disabled individuals receiving home care services greater flexibility and freedom of choice in obtaining such services.

Hospital Social Workers/Discharge Planners

Check with your local hospital social work or discharge planning department. They generally have lists of people who do home care. They DO NOT recommend any one person; they just provide a list of names. It is up to each patient, family, care partner to get references etc. Go to Medical Hospitals for phone numbers

Companion Services

Kaatskill Eldercare

2000 County Highway 41, Roxbury, NY 12474.....Phone: (607) 373-9811
<https://kaatskilleldercare.com/>.....Email: kaatskilleldercare@gmail.com
Provides respite, companion and overnight care, daily living assistance, comfort care, transportation, meal preparation, housekeeping, and healthcare navigation services.

Home Health Agencies

UHS Home Care

26 Conkey Ave, Eaton Center, Norwich, NY 13815.....Phone: (607) 336-5130
601 Riverside Drive, Johnson City, NY 13790.....Phone: (607) 763-5600
www.nyuhs.org/care-treatment/home care.....Alternate Phone:(800) 637-6561
UHS Home Care offers a wide array of services, including highly skilled, specialized nursing care, monitors and nutritional supplies, durable medical equipment and many therapies.

AM/PM Home Care

4219 County Hwy 10, East Meredith, NY 13757.....Phone: (607) 434-5344
Provides home care services including skilled nursing, grocery shopping, meal prep, transportation, light housekeeping, laundry, respite care, and pet care.

At Home Care

25 Elm Street, Oneonta, NY 13820.....Phone: (607) 432-7924
www.bassett.org/at-home-care/
Provides in home professional and para-professional services including nursing care, telehealth, rehabilitation therapy, personal care, and lifeline services.

HCR Home Care

297 Main Street, Oneonta, NY 13820.....Phone: (518) 254-7092
www.hcrhealth.comToll Free: (800) 270-4904
Provides home health services including nursing care, rehabilitation services, bathing and hygiene, meal planning and preparation, and laundry and light housekeeping.

New York Medicaid Choice (Maximus)

www.nymedicaidchoice.com.....Phone: (855) 222-8350
Hours: 8:30am – 8:00pm, Monday – Fri; 10:00am – 6:00pm, Sat.
New York Medicaid Choice is New York State’s managed care enrollment program. This number should be contacted for Medicaid clients to access Level 2 in-home personal care services in Delaware County.

Robynwood Home Care Service Agency

43 Walnut Street, Oneonta, NY 13820.....Phone: (607) 432-6387
www.robynwood.com.....Email: ashley@robynwoodalp.com
Provides in-home services including light housekeeping, meal preparation, personal care assistance, medication assistance, shopping and errands. Robynwood also provides Traumatic Brain Injury (TBI) Medicaid Waiver Services, and Nursing Home Transition and Diversion (NHTD) Medicaid Waiver Services.

U.S. Care Systems

396 Chestnut Street, Oneonta, NY 13820.....Phone: (607) 432-9355
www.uscaresystems.com
Home care services are provided including homemaker and companion care, personal care, respite, nursing services, consumer directed care, and medication set-up. Traumatic Brain Injury (TBI) Medicaid Waiver Services, and Nursing Home Transition and Diversion (NHTD) Medicaid Waiver Services available.

Visiting Nurses Home Care of Cobleskill

173 South Grand Street, Ste 4, Cobleskill, NY 12043.....Phone: (518) 234-4516
www.vnhc.com.....Email: vnhc@vnhc.com
Home care services are available including personal care, homemaking, hospital and nursing home-based care, as well as live-in services.

Around the Clock In-Home Care Referrals

5 ½ Main Street, Delhi, NY 13753.....Phone: (607) 746-7455
www.atcinhomecare.orgEmail: atcinhomecarereferrals@gmail.com
Around the Clock In Home Care refers in home personal and/or nursing care to those in need, including medication and treatment administration, personal care, meal preparation, and accompaniment to medical and non-medical destinations. Short term care is also available for patients following a surgery.

Home Modification

Catskill Center for Independence

6104 State Highway 23, Oneonta, NY 13820.....Phone: (607) 432-8000
www.ccfi.usEmail: 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.

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782.....Phone: (607) 746-1650
www.delawareopportunities.org/housing-assistance-community-development
Access to Home is designed to permit persons with disabilities to maintain residence or achieve residence, either in their own homes or in rental units where other assistance is not available. Repairs are limited to accessibility issues only.

Children's Waiver (I/II) Delaware County Department of Social Services

111 Main Street, Delhi, NY 13753Phone: (607) 832-5300
Hours: 8:00am – 5:00pm
The Care at Home (CAH) I/II program provides community-based services to physically disabled children who require hospital or skilled nursing home level of care and allows the child to be at home instead of in an institutional setting. I

Children's Waiver (III/IV/VI)

Broome Developmental Disabilities Regional Offices (DDRO) Front Door
229-231 State Street, Binghamton, NY 13901Phone: (607) 771-7784 press 0
The Office for People with Development Disabilities (OPWDD) Care at Home (CAH) waivers provide services to children with severe developmental disabilities and complex medical conditions living at home with their families. The program allows Medicaid to pay for some services not provided through "regular" Medicaid, such as case management, respite, home adaptations and vehicle modification

Environmental Modifications Access to Independence

26 North Main Street, Cortland, NY 13045Phone: (607) 753-7363
www.atcortland.orgEmail: info@atcortland.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. I

The Arc of Delaware County

34570 State Highway 10, Walton, NY 13856 Phone: (607) 865-7126 Fax: (607) 865-7129

Web: www.delarc.org Email: delarc@delarc.org

Hours: 8:00am – 4:30pm, Mon - Fri

The Arc is able to assist with acquiring adaptive equipment and applying for home modifications.

Personal Emergency Response Systems (also known as Lifeline services)

At Home Care

25 Elm Street, Oneonta, NY 13820.....Phone: (607) 432-7924

www.bassett.org/at-home-care/

Lifeline is an easy-to-use personal response service that ensures that older adults living at home get quick assistance whenever it is needed 24 hours a day, 365 day a year.

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753.....Phone: (607) 832-5750

www.co.delaware.ny.us/departments/ofa/Emergency.htm..... Email: ofa@co.delaware.ny.us

Link to Life provides emergency help 24 hours a day by simply pushing a help button. The Office for the Aging can assist individuals in obtaining and installing a unit.

Margaretville Hospital

42084 State Highway 28, Margaretville, NY 12455.....Phone: (845) 586-2631

www.margaretvillehosp.org

Lifeline is an easy-to-use personal response service that ensures that older adults living at home get quick assistance whenever it is needed 24 hours a day, 365 days a year. Assistance is available for those unable to pay the full cost. Lifeline is offered from the Kingston Facility.

Note: Several other private pay options are available for Emergency Response Systems. Contact NY Connects at (607) 832-5750 for a full list of local providers.

LEGAL SERVICES

Rural Law Center of New York, Inc.

22 U.S. Oval, Suite 203, Plattsburgh, NY 12903.....Phone: (518) 561-5460

www.rurallawcenter.org.....Toll Free: (866) 324-1183

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, Oneonta, NY 13820.....Phone: (607) 433-2220

www.lasmny.org

Hours: 9am-5pm, Mon-Fri

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

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753.....Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/LegalAid.htm..... Email: ofa@co.delaware.ny.us
Contracts with the Legal Aid Society of Mid-New York to assist older persons with legal counseling in several areas of law, such as Medicare, Medicaid, landlord/tenant disputes, wills, and Health Care Proxy.

Catholic Charities of Delaware, Otsego, and Schoharie Counties

Catholic Charities of Delaware, Otsego, and Schoharie Counties
176 Main Street, Oneonta, NY 13820 Phone: (607) 432-0061 Fax: (607) 431-9303
Hours: 8:30am – 4:30pm, Mon - Fri
21 Liberty Street, Sidney, NY 13838 Phone: (607) 604-4071 Fax: (607) 604-4274
Hours: 8:30am - 4:30pm, Mon, Wed & Fri
www.charitiesccd.org

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.

Consumer Fraud and Protection Bureau

State Office Building, 17th Floor, 44 Hawley Street, Binghamton, NY 13901.....Phone: (607) 721-8771
www.ag.ny.gov/bureau/consumer-frauds-bureau.....Consumer Hotline: (800) 771-7755
Helps consumers with various complaints such as landlord/tenant disputes, housing discrimination, automobile, and fraud.

Delaware Opportunities, Inc

35430 State Highway 10, Hamden, NY 13782.....Phone: (607) 746-1665
www.delawareopportunities.org
Delaware Opportunities partners with Legal Services of Central New York to provide a free legal clinic two days a month for issues related to housing, education, public benefits, consumer debt, or access to healthcare. Income guidelines apply.

New York Statewide Senior Action Council, Inc.

275 State Street, Albany, NY 12210Phone: (800) 333-4374
www.nysenior.org/wordpress/?page_id=122.....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 effecting older persons.

Disability Rights New York

725 Broadway, Suite 450, Albany, NY 12207Phone: (518) 432-7861
www.disabilityrightsny.orgEmail: mail@DisabilityRightsNY.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.

Advanced Directives

New York State Health Care Proxy

NYS Department of Health
www.health.ny.gov/professionals/patients/health_care_proxy

Non-Hospital DNR

NYS Department of Health

www.health.ny.gov/forms/doh-3474.pdf

Medical Orders for Life-Sustaining Treatment (MOLST)

NYS Department of Health

www.health.ny.gov/professionals/patients/patient_rights/molst

Power of Attorney

NYS Bar association

www.nysba.org/WorkArea/DownloadAsset.aspx?id=22346

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

LONG-TERM CARE

Delaware County Department of Social Services

99 Main Street, Delhi, NY 13753.....Phone: (607) 832-5300

www.co.delaware.ny.us/departments/dss/oltc.html

The Office of Long-Term Care provides long-term care services such as adult residential placement and personal care services.

Delaware County Office for the Aging

97 Main Street, Delhi, NY 13753.....Phone: (607) 832-5750

www.co.delaware.ny.us/departments/ofa/NYConn.htm..... Email: ofa@co.delaware.ny.us

NY Connects provides free information and assistance exploring long-term care resources, including many services that help people of all ages remain in the community and independent.

Action for Older Persons, Inc.

200 Plaza /drive, Ste B, Vestal, NY 13850.....Phone: (607) 722-1251

www.actionforolderpersons.org.....Email: nwhite@actionforolderpsesons.org

The Long-Term Care Nursing Home Ombudsman Program advocates for persons in nursing and adult homes in Broome and Delaware Counties. NYS certified volunteers visit homes regularly to help with questions or concerns on behalf of residents, family, and staff.

Adult Day Centers

Our Place Social Adult Enrichment Center

55 Lake Delaware Drive, Lake Delaware, NY 13753.....Phone: (607) 832-4401

58 East Street Walton, NY 13856.....Phone: (607) 865-2253 or (607) 865-4311

www.saintjamesld.org.....Email: saintjames@delhitel.net

Hours: 12:00pm – 3:00pm, Wed.- Lake Delaware, 10:00am – 2:00pm, Wednesdays- Walton

Our Place offers a range of enriching, thought-provoking and entertaining programs for adults, including performances, cooking classes, exercise classes, lectures, art demonstrations, and historical programs. The center activities help to keep members active, promote friendship and socialization, while also providing caregivers the opportunity for respite.

Hampshire House

1846 County Hwy 48, Oneonta, NY 13820.....Phone: (800) 380-8908
www.pslgrouppllc.com/locations/hampshire-house/
Hampshire House is an assisted-living facility which also provides flexible adult day care services.

Fox Adult Day Center

21 Ford Ave, Oneonta, NY 13820.....Phone: (607) 431-5736
www.bassett.org/ao-fox-hospital/services/for-seniors/adult-day-center/
The Adult Day Center provides complete care for anyone with a chronic health condition. As a medical-model program, the program serves the whole person through a range of services.

Adult Homes (Level II)

The Pavilion at Robinson Terrace

One Buntline Drive, Stamford, NY 12167.....Phone: (607) 652-2960
http://facilities.thegrandhealthcare.com/robinson_terrace_pavilion
Robinson Terrace Senior/Assisted Living offers private studios, as well as one- and two-bedroom apartment style rooms with private baths. Many rooms have kitchenettes, in addition to private living areas.

Family Type Adult Homes (Level I)

Wright's Adult Home

Operator: Wanda Wright
389 County Highway 3, Margaretville, NY.....Phone: (845) 586-2308
Private Pay only

LaValley's Loving Home for Adults

Operator: Lori LaMica-Nelson
259 Main Street, East Branch, NY.....Phone: (607) 363-2703
Private Pay and SSI accepted

Skywold Manor

19 Sawmill Rd, Delhi, NY 13753.....Phone: (607) 746-6141
A family type adult home for up to four residents. Private pay accepted.

Long-Term Care Facilities

Hampshire House

1846 County Hwy 48, Oneonta, NY 13820.....Phone: (800) 380-8908
www.pslgrouppllc.com/locations/hampshire-house/
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. A memory care unit is also available for individuals with Alzheimer's and other dementias.

Mountainside Residential Care Center

42158 NY-28, Margaretville, NY 12455.....Phone: (845) 586-1800
www.hahv.org/mountainside-residential-care-center.....Email info@hahv.org

Mountainside is a five-star quality rated 82-bed Medicare and Medicaid-certified nursing home providing comprehensive skilled nursing 24 hours a day. Mountainside is among the top 10% of nursing homes nationwide.

The Pavilion at Robinson Terrace

One Buntline Drive, Stamford, NY 12167.....Phone: (607) 652-2960

http://facilities.thegrandhealthcare.com/robinson_terrace_pavilion

Robinson Terrace Senior/Assisted Living offers private studios, as well as one- and two-bedroom apartment style rooms with private baths. Many rooms have kitchenettes, in addition to private living areas.

Robinson Terrace Rehabilitation and Nursing Center

28652 New York 23, Stamford, NY 12167.....Phone: (607) 652-7521

http://facilities.thegrandhealthcare.com/robinson_terrace

The facility is a 120-bed facility separated into three different units, Courtyard, Mountainview and Bathgate, and each unit offers clean and comfortable semi-private and private rooms.

Robynwood

43 Walnut Street, Oneonta, NY 13820.....Phone: (607) 432-6387

www.robynwood.com.....Email: Elaine.sobey@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.

Roscoe Nursing & Rehabilitation Center

420 Rockland Road, Roscoe, NY 12776.....Phone: (607) 498-4121

www.roscoerehab.com/

Roscoe Community Nursing Home is an 85-bed skilled nursing facility with rooms that are private and semi-private with full baths.

The Plains at Parish Homestead

163 Heritage Circle, Oneonta, New York 13820.....Phone: (607) 267-4013

www.heritagetheplains.com

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

Fox Nursing Home

One Norton Ave, Oneonta, NY 13820.....Phone: (607) 431-5980

<https://www.bassett.org/medical/locations/long-term-care-services/fox-nursing-home>

Provides rehabilitation and nursing care.

Chestnut Park Rehabilitation & Nursing Center

330 Chestnut Street, Oneonta, NY 13820.....Phone: (607) 432-8500

www.chestnutparkrehab.com

Chestnut Park is an 80 bed sub-acute rehabilitation and nursing facility provide 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

4207 NY-220, Oxford, NY 13830.....Phone: (607) 843-3100
www.nysvets.org

The New York State Veterans' Home at Oxford is a 242-bed facility that provides state of the art medical, nursing, psychosocial, and rehabilitative services to residents.

Delhi Rehabilitation & Nursing Center

41861 Street Hwy 10, Delhi, NY 13753.....Phone: (607) 464-4444
www.delhirehab.com

Delhi Rehabilitation & Nursing Center is a brand new state-of-the-art, 176 bed skilled nursing and rehabilitation. The center will offer both short-term and long-term quality care and services to the surrounding community.

Managed Long Term Care Plans

Fidelis Care at Home

5010 Campuswood Drive, East Syracuse, NY 13057 -8:30am - 5:00pm, Mon – FriPhone: (800) 688-7422
www.fideliscare.org

Fidelis Care at Home is a managed long-term care (MLTC) product for people who need long-term care services and have or are eligible for New York State Medicaid.

Nascenstia Health Options

1050 West Genesee Street, Syracuse, NY 13204Phone: (888) 477-4663
www.nascentiahealthoptions.org

Nascenstia Health Options (formerly known as VNA Homecare Options) is a managed long-term care (MLTC) Medicaid plan that provides care for people who wish to remain in their homes.

VNSNY CHOICE

1250 Broadway, 16th Floor, New York, NY 10001.....Phone: (866) 867-0047
www.vnsnychoice.org/mltc

Hours: 9:00am – 5:00pm, Mon – Fri

VNSNY CHOICE MLTC, a health plan from the Visiting Nurse Service of New York, provides Medicaid-covered home care and long-term care services.

MEDICAL

HIV Hotline

.....NY State: (800) 541-2437
.....Syracuse: (800) 562-9423

Hospitals

UHS Delaware Valley Hospital

1 Titus Place, Walton, NY 13856.....Phone: (607) 865-2100
www.nyuhs.org/location-search/uhs-delaware-valley-hospital

O'Connor Hospital

460 Andes Road, Delhi, NY 13753.....Phone: (607) 746-0300
www.bassett.org/oconnor-hospital

Margaretville Hospital

42084 State Highway 28, Margaretville, NY 12455.....Phone: (845) 586-2631
www.margaretvillehosp.org

WMC HealthAlliance Hospital Broadway Campus

10 Barbarossa Lane, Kingston, NY 12401.....Phone: (866) 745-0823
www.hahv.org

A.O. Fox Tri-Town Campus

43 Pearl Street W, Sidney, NY 13838.....Phone: (607) 563-7080
www.bassett.org/locations/ao-fox-hospital-tri-town-campus

A.O. Fox Hospital

1 Norton Avenue, Oneonta, NY 13820.....Phone: (607) 432-2000
www.bassett.org/locations/ao-fox-hospital

Bassett Medical Center

1 Atwell Road, Cooperstown, NY 13326Phone: (607) 547-3456 or (800) 227-7388
www.bassett.org/locations/bassett-medical-center

UHS Binghamton General Hospital

10-42 Mitchell Avenue, Binghamton, NY 13903.....Phone (607) 762-2200
<https://www.nyuhs.org/location-search/uhs-binghamton-general-hospital>

UHS Wilson Medical Center

33-57 Harrison Street, Johnson City, NY 13790.....Phone (607) 763-6000
www.nyuhs.org/location-search/uhs-wilson-medical-center

UHS Chenango Memorial Hospital

179 N. Broad Street, Norwich, NY 13815.....Phone (607) 337-4111
www.nyuhs.org/location-search/uhs-chenango-memorial-hospital

Insurance Programs / Medical Assistance / Health Insurance Navigators**Delaware County Office for the Aging**

HIICAP (Health Insurance Information, Counseling, and Assistance Program)
97 Main Street, Suite 2, Delhi, NY 13753Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/ofa.htmyvonne.brock@co.delaware.ny.us
Hours: 8:00am – 4:00pm, Mon - Fri

HIICAP provides Medicare eligible people with assistance in enrolling in Medicare, selecting and enrolling in secondary insurance, Part D plans, application for EPIC, Medicare Savings Programs/Extra Help and billing and complaint assistance. Presentations and educational materials on the above topics are also available.

Chenango Health Network

Health Insurance Assistance

24 Conkey Avenue, Norwich, NY 13815Phone: (607) 337-4128

www.chenangohealth.orginfo@chenangohealth.org

The Health Insurance Assistance Program helps area residents to obtain health insurance through the NY State of Health Insurance Marketplace. Navigators guide individuals through the enrollment process, help them find the right health insurance based on their needs, and work with them to determine if they can get financial assistance to reduce the cost of coverage. As of 8/1/2019, there will no longer be a site in Delaware County. Individuals requesting assistance must go to the Norwich location.

Mothers and Babies Perinatal Network

457 State Street Binghamton, NY 13901.....Phone: (607) 772-0517

www.mothersandbabies.org

The Health Insurance Assistance Program helps area residents to obtain health insurance through the NY State of Health Insurance Marketplace. Navigators guide individuals through the enrollment process, help them find the right health insurance based on their needs, and work with them to determine if they can get financial assistance to reduce the cost of coverage.

Family Planning of South-Central New York

www.fpscny.org

37 Pleasant Street, Sidney, NY 13838.....Phone: (607) 432-2250

130 Norwich Street, Walton, NY 13856Phone: (607) 432-2250

37 Dietz Street, Oneonta, NY 13820 Phone: (607) 432-2250

Hospitals' Financial Assistance Departments

Hospitals generally have financial assistance programs to help patients without insurance or have limited insurance coverage. Call the hospital directly. See individual hospital contact information the next section.

NY State of Health – Healthy NY

www.nystateofhealth.ny.govPhone: (855) 355-5777

Hours: 8:00am – 8:00pm, Mon – Fri; 9:00am – 1:00pm, Sat.....TTY: (800) 662-1220

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.

New York Statewide Senior Action Council, Inc.

Healthcare & Patient Rights Helpline

275 State Street, Albany, NY 12210Phone: (800) 333-4374

www.nysenior.orgEmail: 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.

Cancer Services Program.....Phone: (866) 442-2262

The Cancer Services Program (CSP) 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 by health care providers participating in the CSP.

Article 16 Clinics Broome Developmental Disabilities Regional Offices (DDRO) Front Door

229-231 State Street, Binghamton, NY 13901Phone: (607) 771-7784 press 0

The Office for People with Development Disabilities (OPWDD)-certified treatment facilities that provide clinical services to individuals with developmental disabilities. Services may include rehabilitation/habilitation, medical/dental service, and health care services.

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753.....Phone: (607) 832-5750

www.co.delaware.ny.us/departments/ofa/Insurance.htm..... Email: ofa@co.delaware.ny.us

The Health Insurance Information, Counseling, and Assistance Program (HIICAP) provides information, education and counseling about Medicare and other health insurances, including Part D prescription plans, and assistance programs such as Extra Help and EPIC.

Medicare

7500 Security Blvd, Baltimore, MD 2124.....Phone: (800) 633-4227

www.medicare.gov

Medicare is health insurance for individuals age 65 and over, people under age 65 with disabilities, or people with end-stage renal disease. Medicare Part A helps cover inpatient hospital care, skilled nursing care, Helios Care, 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.

Delaware County Department of Social Services- Medicaid

111 Main Street, Delhi, NY 13753.....Phone: (607) 832-5300

www.co.delaware.ny.us/departments/dss/ma.html

Hours: 8:00am – 5:00pm, Mon - Fri

Medicaid

Medical Assistance is the term used in NYS for Medicaid Programs. The traditional, very comprehensive programs are fee-for-service Medicaid, and Managed Care Medicaid. Both these programs are for individuals and families who meet income and resource guidelines. Chronic Care Medicaid is also available for nursing homes and long-term home health care services.

Child Health Plus / Family Health Plus

Child Health Plus is available for children under 19 who meet income guidelines. Family Health Plus is a Medical Assistance Program for adults 19-64 with higher income and resource guidelines. Participants receive coverage through a managed care organization.

Loan Closets

Offer various medical equipment for loan, including walkers, wheelchairs, canes, crutches, commodes, etc.

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753.....Phone: (607) 832-5750

www.co.delaware.ny.us/departments/ofa/OtherServices.htm.....Email: ofa@co.delaware.ny.us

American Legion Auxiliary

41 Page Ave, Delhi, NY 13753Phone: (607) 746-3036

American Legion Downsville

Back River Road, Downsville, NY 13755.....Phone: (607) 363-2808

Catskill Center for Independence

6104 State Hwy 23, Oneonta, NY 13820.....Phone: (607) 432-8000
www.ccfi.us

Deposit's Closet

175 Front Street, Deposit, NY 13754.....Phone: (607) 467-3850
www.depositchamber.com/deposit-closet

Elijah's Closet

First Congregational Church, 4 Mead Street, Walton, NY 13856.....Phone: (607) 865-7935

First Congregational Church

4 Mead Street, Walton, NY 13856Phone: (607) 865-4066

Veterans of Foreign Wars

133 W. Main Street, Sidney, NY 13838Phone: (607) 563-7711

Medical Equipment**American Home Patient**

12 Wade Road, Latham, NY 12110.....Phone: (518) 452-7017
www.ahom.comAlternate Phone: (800) 273-9117
American Home Patient provides medical supplies related to sleep apnea, respiratory, nebulizer treatment, nutrition, mobility equipment, and infusion therapy.

Symphony Medical Supply

5626 State Hwy 7, Oneonta, NY 13820Phone: (607) 643-0257
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.

Sunshine PRN

420 Chestnut Street, Oneonta, NY 13820Phone: (607) 432-6864
Hours: 9:30am – 5:00pm, Mon – Fri; 9:30am – 12:00pm, Sat.
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.

UHS Home Care

26 Conkey Avenue, Eaton Center, Norwich, NY 13815.....Phone: (607)336-5130
601 Riverside Drive, Johnson City, NY 13790.....Phone: (800) 637-6561
www.nyuhs.org/care-treatment/home-care/.....Alternate Phone: (607)763-5600
UHS Home Care provides a wide array of services and products that support home health needs such as nursing and intravenous therapy, respiratory services, and medical equipment and supplies.

First Community Care of Bassett

12 Commons Drive, Cooperstown, NY 13326.....Phone: (607) 547-2173
www.bassett.org/fcc-medical-equipment/
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 for oxygen patients; and 24/7 on call services.

Lincare, Inc.

440 Main Street, Oneonta, NY 13820.....Phone: (607) 432-8280
www.lincare.com
Lincare provides oxygen, respiratory and home infusion products and services to patients who suffer from respiratory diseases and seek an improved quality of life.

Medical Providers

UHS Primary Care

Deposit, NY 53 Pine Street, 13754.....Phone: (607) 467-4195
Downsville, NY 28315 State Highway 206, 13755.....Phone: (607) 363-2517
Roscoe, NY 1982 Old Route 17, 12776.....Phone: (607) 498-4800
Sidney, NY 44 Pearl Street, 13838.....Phone: (607) 561-2200
Walton, NY 2 Titus Place, 13856.....Phone: (607) 865-2400
www.nyuhs.org
The Primary Care Centers provide first rate primary and preventive care to area residents of all ages.

Bassett Health Centers

Andes, NY 245 Lower Main Street, 13731.....Phone: (845) 676-3663
Delhi, NY 460 Andes Road, 13753.....Phone: (607) 746-0550
Sidney, NY 39 Pearl Street, 13838.....Phone: (607) 561-2021
Stamford, NY 28650 Highway 23, 12167.....Phone: (607) 652-2537
Walton, NY 130 North Street, 13856.....Phone: (607) 865-6541
www.bassett.org/community-health-centers/
Comprehensive, high-quality adult and pediatric primary care services are provided at each Health Center.

Lourdes Primary Care

Hancock, NY 39 East Main Street, 13783.....Phone: (607) 637-5700
www.lourdes.com/primary-care/locations/hancock/
Offers primary and preventative health care services for the entire family.

Family Planning of South Central New York, Inc.

www.fpscny.org

Sidney, NY 37 Pleasant Street, 13838.....Phone: (607) 432-2250

Walton, NY 130 North Street, 13856.....Phone: (607) 432-2250

37 Dietz Street, Oneonta, NY 13820 Phone: (607) 432-2250

Urgent and non-urgent gynecological and reproductive medical care regardless of income or insurance. Serving Delaware, Otsego, Broome and Chenango counties. Comprehensive sexuality education.

Gelder Medical Group

44 Pearl Street West, Sidney, NY 13838 Phone: (607) 563-9961 Fax: (607) 563-8804

Offers services in general medicine.

Immunizations

Delaware County Public Health

99 Main Street, Delhi, NY 13753Phone: (607) 832-5200

www.delawarecountypublichealth.com

Hours: 8:00am – 4:00pm, Mon – Fri

Childhood immunization clinics and information on adult immunizations.

Cancer Services Program.....Phone: (866) 442-2262

The Cancer Services Program (CSP) 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 by health care providers participating in the CSP.

Broome DDRO Front Door Article 16 Clinics

229-231 State Street, Binghamton, NY 13901.....Phone: (607) 771-7784 press 0

OPWDD-certified treatment facilities that provide clinical services to individuals with developmental disabilities.

Services may include rehabilitation/habilitation, medical/dental service; and health care services.

Medication Disposal

Delaware County Sheriff's Office

280 Phoebe Lane, Delhi, NY 13753.....Phone: (607) 746-2336

www.co.delaware.ny.us/departments/shrf/shrf.htm

The Delaware County Sheriff's Office provides a drop box for county residents to drop off their unused and unwanted bottled prescription medications. The box is located in the lobby of the Public Safety building and is accessible 24 hours a day.

Delaware Valley Hospital Community Pharmacy

121 Stockton Ave, Walton, NY 13856.....Phone: (607) 865-2781

www.nyuhs.org/care-treatment/pharmacy

Deposit Police Department

146 Front Street, Deposit, NY 13754.....Phone: (607) 467-2115

www.villageofdeposit.org

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

New York State Police Troop C

823 State Route 7, Unadilla, NY 13839.....Phone: (607) 561-7400
www.troopers.ny.gov

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

Margaretville Hospital Pharmacy

42084 State Highway 28, Margaretville, NY 12455.....Phone: (845) 586-2631
www.margaretvillehosp.org

Hours are Monday – Friday, 9 a.m. - 5 p.m.; Saturday & Sunday 9 a.m. - 1 p.m.

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

O'Connor Hospital Pharmacy

460 Andes Road, Delhi, NY 13753.....Phone: (607) 746-0300
www.bassett.org/oconnor-hospital

Hours are 8-5:30 Monday – Friday, 8-2 Saturday

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

Prescription Assistance

NeedyMeds, Inc.

P.O. Box 219, Gloucester, MA 01931.....Phone: (800) 503-6897
www.needy meds.org.....Email: info@needy meds.org

NeedyMeds is an information resource dedicated to helping people locate assistance programs to help them afford their medications and other healthcare costs.

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753.....Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/Insurance.htm..... Email: ofa@co.delaware.ny.us

The Health Insurance Information, Counseling, and Assistance Program (HIICAP) provides information, education and counseling about Medicare and other health insurances, including Part D prescription plans, and assistance programs such as Extra Help and EPIC.

Delaware Valley Hospital Community Pharmacy

121 Stockton Ave, Walton, NY 13856.....Phone: (607) 865-2781
www.nyuhs.org/care-treatment/pharmacy

Hours are Monday through Friday 8 am to 8 pm and Saturday and Sunday 8 am to Noon

Provides friendly service, and affordable prescriptions for uninsured individuals, as well as those with private insurance, Medicaid and Medicare.

Social Security Administration - Extra Help

31 Main Street, Suite 1, Oneonta, NY 13820.....Phone: (800) 633-4227
www.socialsecurity.gov/extrahelp.....Phone: (877) 486-2048

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.

EPIC (Elderly Pharmaceutical Insurance Coverage)

P.O. Box 15018, Albany, NY 12212.....Phone: (800) 332-3742

www.health.ny.gov/health_care/epic/index.htm

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.

Rural Health Network of South Central NY

455 Court Street, Binghamton, NY 13904.....Phone: (607) 692-7669

www.rhnscny.org

The Prescription Assistance Program (PAP) serves uninsured and under-insured residents who require prescription medication to manage chronic health conditions. The program works with primary health care providers and individuals to access free and low-cost prescription medication. Assistance may also be available for residents who have Medicare Part D.

Partnership for Prescription Assistance

www.pparx.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.

Margaretville Hospital Pharmacy

42084 State Highway 28, Margaretville, NY 12455.....Phone: (845) 586-2631

www.margaretvillehosp.org

Hours are Monday – Friday, 9 a.m. - 5 p.m.; Saturday & Sunday 9 a.m. - 1 p.m.

O'Connor Hospital Pharmacy

460 Andes Road, Delhi, NY 13753.....Phone: (607) 746-0300

www.bassett.org/oconnor-hospital

Hours are 8-5:30 Monday – Friday, 8-2 Saturday

MENTAL / BEHAVIORAL HEALTH

Eating Disorders Awareness/ Prevention Hotline.....Phone: (800) 931-2237

Comprehensive Psychiatric Emergency Program

UHS Binghamton General HospitalAccess by phone (607) 762-2302

www.nyuhs.net/care-treatment/psychiatric-services/.....Or (800) 451-0560

UHS Delaware Valley Hospital Emergency Department(607) 865-2188

Videoconference with UHS Binghamton General staff -(Emergency room charges will apply)

Psychiatric Services

UHS Binghamton General Hospital

10-42 Mitchell Avenue, Binghamton, NY 13903.....Phone: (607) 762-2200

Web: www.nyuhs.org/care-treatment/psychiatric-services/ CPEPHotline: (607) 762-2302

UHS provides Behavioral Health programs to Binghamton and surrounding communities. Behavioral Health includes 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).

Bassett Medical Center Inpatient Psychiatry Unit

1 Atwell Road, Cooperstown, NY 13326Phone: (607) 547-3525
www.bassett.org/bassett-medical-center.....Alternate Phone: (800) 227-7388

Hours: 8:00am – 5:00pm, Mon – Fri

Bassett's Department of Psychiatry provides inpatient and outpatient psychiatric care. Bassett Medical Center has an Inpatient Psychiatry Unit that offers psychiatric assessment, evaluation and treatment to adults who require acute care hospitalization. Outpatient services include assessment and treatment planning, individual psychotherapy for children and adults, marital therapy and medication management.

Cornell Cooperative Extension

34570 State Highway 10, Hamden, NY 13782.....Phone: (607) 865-6531
www.ccedelaware.org/Human-Ecology/

ACEs -Adverse Childhood Experiences-Creating a collaborative effort to educate and engage Delaware County organizations about ACEs science and to implement trauma-informed and resilience-building practices and policies.

Rehabilitation Support Services, Inc.

132 Delaware Street, Walton, NY 13856.....Phone: (607) 865-3158
Rehabilitation Support Services, Inc. (RSS), strives to enrich and empower the lives of individuals with a mental health diagnosis by providing services and opportunities for meaningful emotional, social, vocational and educational growth.

Delaware County Mental Health Clinic

1 Hospital Road, Walton, NY 13856 (Adult Services).....Phone: (607) 832-5888
56 Shepard Street, Walton, NY 13856 (Family & Children).....Phone: (607) 832-5889
www.co.delaware.ny.us/departments/mhc/mhc.htm.....Email: mhc@co.delaware.ny.us
Hours: 9am – 5pm, Mon/Tue/Thu/Fri, 9am-7pm Wed

The Delaware County Mental Health Clinic offers professional outpatient mental health services including assessment, diagnosis, individual, group, and family psychotherapy, community and agency consultation and referral to inpatient psychiatric facilities.

Mobile Crisis Assessment Team (MCAT)

56 Shepard Street, Walton, NY 13856.....Phone: (844) 732-6228
www.neighborhoodctr.org/services/mobile-crisis-assessment-team.....Phone: (315) 732-6228

MCAT is available to anyone seeking crisis intervention services for children and adults in Delaware County.

Services are available 24/7 by phone and in person Monday – Friday 9am to 5pm. and provide mental health assessments, crisis de-escalation, debriefing, linkage and follow up to services. Services are coordinated with schools, medical/mental health providers, and other agencies to provide crisis intervention and help monitor clients who are at risk.

Mental Health Assoc. in Ulster County.....Phone: (877) 369-6699

The Trevor Project (LGBTQ suicide prevention hotline).....Phone: (866) 488-7386

Delaware County Warm Line (in Partnership with Otsego & Tioga Counties)

Rehabilitation Support Services, Inc

132 Delaware Street, Walton, NY 13856

www.rehab.org/services/warm-line

Available Tuesdays, Wednesdays, and Thursdays, 5pm – 8pm.....Phone: (607) 865-3156

Available 12 noon until 10:30 PM seven days a week.....Toll free: (844) 865-3156

Saturday and Sunday evenings from 4 PM to 9 PMPhone: Toll free: (844) 976-5463

The 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 Warm Line provides an ear to listen, information useful to the caller concerning services available in the community, and outreach services via prearranged calls to individuals.

Greater Binghamton Health Center

Geriatric Mobile Team

114 Clinton Street, Binghamton, NY 13905.....Phone: (607) 763-2741

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.

Southern Tier Independence Center (STIC)

Professional Counseling

135 East Frederick Street, Binghamton, NY 13904Phone: (607) 724-2111

www.stic-cil.org/pro.htmlAlternate Phone: (877) 722-9150

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.

The Southern Tier Mobile Integration Team (MIT)

Delaware County Crisis Line Phone: (844) 732-6228

MIT is designed to provide the clinical intervention and support necessary for adults with serious mental illness and youth with serious emotional disturbances to not only remain in the community, but also continue moving forward on their recovery journey

Suicide Prevention Lifeline.....Phone: (800) 273-8255

www.suicidepreventionlifeline.org

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.

Alzheimer's Association

140 Highway 33 West, Suite 2, Cooperstown, NY 13326.....Phone: (607) 282-3035

www.alz.org/northeasternny.....Helpline: (800) 272-3900

Hours: 8:30 am – 5:00 pm, Mon – Fri.....Email: athayer@alz.org

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, educational and training, and the Safe Return Program.

UHS Primary Care, Walton

2 Titus Place, Walton, NY 13856.....Phone: (607) 865-2400
www.nyuhs.org/
Provides mental health care with clinical social workers and nurse practitioner using videoconferencing.

Helios Care (formally Catskill Area Hospice and Palliative Care)

Grief Counseling & Bereavement Services
297 River Street, Service Rd., Oneonta, NY 13820.....Phone: (607) 432-5525
.http://helioscare.org/grief-supportToll Free: (800) 306-3870
Hours: 8:00am- 5:00pm, Mon - FriEmail: info@helioscare.org
Helios Care provides care and support to patients with a life-limiting illness and supports families so they can care for their loved one. Emphasis is 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.

The Brain Injury Association of New York State

Pine West Plaza, Suite 402 Albany NY 12205Phone: (518) 459-7911 or (518) 482-5285
www.bianys.orgFamily Helpline: (800) 444-6443
.....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.

Private Providers

A full list of private mental health providers may be obtained by contacting the Department of Social Services atPhone: (607) 832-5300

NURSING MOTHERS

see Women's Health

NUTRITION EDUCATION

American Cancer Society

5 Oak Avenue, Sidney, NY 13838Phone: (607) 563-8462
www.cancer.org
Hours: 8:30am – 4:30pm, Mon – Fri
Provides program to educate adults on proper nutrition to prevent cancer.

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782.....Phone: (607) 746-1700
www.delawareopportunities.org/wic
Women, Infants, and Children (WIC) provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five.

UHS Delaware Valley Hospital, Inc.

1 Titus Place, Walton, NY 13856.....Phone: (607) 865-2159
www.nyuhs.org/location-search/uhs-delaware-valley-hospital
A registered dietician is available to provide nutrition education, counseling and support.

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753.....Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/Nutrition.htm..... Email: ofa@co.delaware.ny.us
The Office for the Aging contracts with registered dietitians to counsel clients on specific nutritional concerns and special diets. If your doctor has advised you to follow a special diet or you feel you require some help meeting your nutritional needs, personal sessions can be scheduled (home visits are available).

Cornell Cooperative Extension

34570 State Highway 10, Hamden, NY 13782.....Phone: (607) 865-6531
<https://ccedelaware.org/he/>Email: delaware@cornell.edu
Programs are being offered virtually.

Finding a Balance- A series focused on healthy eating for those with family history, diagnosed with, or in the early stages of type 2 diabetes.

Healthy Children Healthy Families- A nutrition series for parents and caregivers of children 3-11 years old.

Healthy Cents- a series on how to save money at the grocery store while still buying nutritious food.

Breastfeeding – A series on healthy eating and how to breastfeed. Overcome breastfeeding challenges and learn about starting your baby on solid food.

Sisters in Health- A series on how to increase fruit and vegetables in daily family snacks and meals with food preparation hands on learning.

Expanded Food and Nutrition Education Program (EFNEP) allows families with children and day care providers who are income eligible to participate in free home-based nutrition education lessons intended to help parents, children and caregivers develop healthy eating and fitness choices for life. School and community gardening engage students and adults by providing a dynamic environment to observe, discover, experiment, nurture and learn gardening and food preparation skills.

SNAP ED – The SNAP-Ed Nutrition and obesity prevention program. It aims to improve health and reduce chronic disease for low-income adults and youth through after school youth CATCH lessons, community workshops, parent/child cooking programs, senior nutrition lessons, and farmer market pop up lessons and environmental training.

Smarter Lunchroom – promotes healthy foods and environmental changes in Delaware County school cafeterias based on Cornell University research.

Family Nutrition Education Curriculum- Learn common sense nutrition and smart strategies for your budget and navigating the grocery store.

Eat Smart, Being Active – A series focused on healthy eating. Learn quick, easy recipes and ideas for making physical activities a more regular part of your family's life.

O'Connor Hospital

460 Andes Rd, Delhi, NY 13753.....Phone: (607) 746-0326
www.bassett.org/oconnor-hospital
Provides dietetic and nutritional counseling to both inpatients and outpatients.

PARENTING SUPPORT

Hancock Community Education Center

316 W. Main Street, Hancock, NY 13783.....Phone: (607) 637-5261
www.hancockeducationfoundation.com

The mission of The Hancock Community Education Foundation is to provide educational support from birth to post graduation and to encourage a greater percentage of students to go on to higher education.

Delaware County Department of Social Services

111 Main Street, Delhi, NY 13753.....Phone: (607) 832-5300
www.co.delaware.ny.us/departments/dss/npCaregivers.html

Temporary Assistance (TA) provides financial assistance to low-income households for basic living expenses. Family Assistance provides money to families with children, and Safety Net Assistance provides money for basic living expenses for single adults and childless couples.

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782.....Phone: (607) 746-1730
www.delawareopportunities.org/content/healthy-families

Healthy Families is a voluntary program that initiates services with families who are either expecting a child or have a child under three months old.

The Parent Aide service offers home visitors who provide parent education and support to strengthen families and improve parent/child interaction.

The Car Seat Safety Program provides child car seat awareness, education and installation. Free car seats may also be available for those who are eligible.

Non-parent Caregivers

New York State Kinship Navigator

87 N. Clinton Avenue, Rochester, NY 14604.....Phone: (877) 454-6463
www.nysnavigator.org

The NYS Kinship Navigator is an information, referral and advocacy program for kinship caregivers in New York State. 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.

Delaware County Department of Social Services

111 Main Street, Delhi, NY 13753.....Phone: (607) 832-5300
www.co.delaware.ny.us/departments/dss/npCaregivers.html

Non-parent caregivers, who are caring for children without a parent living in their home, may be eligible for Temporary Assistance. If the non-parent caregiver wants assistance only for the children, the non-parent caregiver's income is not used to determine eligibility.

PET SITTING

Woods' Critter Sitter

3870 Finch Hollow Road, Walton, NY 13856.....Phone: (607) 865-7650
Provides pet sitting in your home while you are away.

Delhi Critter Sitter

Delhi, NY 13753.....Phone: (607) 746-3289
Home visits for pets while the family is away. Cats, ferrets, birds, bunnies, horses, livestock, dogs, plants and mail. Customized, affordable service.

Ostrander Kennels

16 Ostrander Blvd, Hancock, NY 13783Phone: (607) 637-5720
Provides pet boarding and grooming.

Hannalore Kennels

15673 County Hwy 23, Unadilla, NY 13849.....Phone: (607) 563-7505
www.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.

Valley Veterinary Associates

647 State Highway 7, Unadilla, NY 13849.....Phone: (607) 563-1345
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 boarders and separate housing for cats and dogs.

Round Notch Kennels

83 Maggie Hoag Rd, Delancey, NY 13752.....Phone: (607) 746-3645
Provides pet boarding and sitting.

PET THERAPY & CARE

Rescue Dogs Rescue Soldiers

P.O. Box 326, Cherry Valley, NY 13320.....Phone: (917) 553-0591
www.rescuedogsrescuesoldiers.comEmail: 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.

PREGNANCY / OBSTETRICAL CARE see Women's Health

REHABILITATION (PHYSICAL)

Robinson Terrace Rehabilitation and Nursing Center

28652 New York 23, Stamford, NY 12167.....Phone: (607) 652-7521

www.facilities.thegrandhealthcare.com/robinson_terrace

The Rehabilitation Program is available to members of the community who are seeking short-term placement for rehab services following a fracture, surgery, etc., and are not able to be cared for at home until they are stronger or more independent.

O'Connor Hospital

460 Andes Rd, Delhi, NY 13753.....Phone: (607) 746-0416

www.bassett.org/oconnor-hospital

Provides outpatient Physical, Occupational, and Speech Therapy, as well as a Swing Bed Program providing in-patient rehabilitation and skilled nursing services for patients in between transitioning from hospital to home.

UHS Delaware Valley Hospital

1 Titus Place, Walton, NY 13856.....Phone:(607) 865-2141

www.nyuhs.org/care-treatment/physical-therapy-rehabilitation

The Inpatient Physical Rehabilitation (Swing Bed) program is for those patients who have recovered from an acute care hospital stay but need additional recovery time before going home. It allows patients to stay in the hospital and receive therapy services as they gain strength following surgery or a debilitating illness or injury. The hospital also offers an outpatient physical rehabilitation program, along with occupational and speech therapy.

Margaretville Hospital

42084 State Highway 28, Margaretville, NY 12455.....Phone: (845) 586-2631

www.margaretvillehosp.org/swing-bed-program-palliative-care

The Rehabilitation Program provides short term care in a hospital setting for a variety of patients who need care after hospitalization for an acute problem.

Mountainside Residential Care Center

42158 NY-28, Margaretville, NY 12455.....Phone: (845) 586-1800

www.hahv.org/mountainside-residential-care-center

Mountainside Residential Care Center is an award-winning 82-bed skilled nursing facility, providing semi-private and private rooms for people requiring short-term (sub-acute) rehabilitation or long-term care.

Roscoe Nursing & Rehabilitation Center

420 Rockland Road, Roscoe, NY 12776.....Phone: (607) 498-4121

<http://www.roscoerehab.com/>

Roscoe Nursing & Rehabilitation provides comprehensive care for conditions such as Congestive Heart Failure, cardiac surgery recovery, orthopedic surgery rehab, stroke recovery therapy including occupational, speech & cognitive rehabilitative support with goal of reaching highest independence. Our team also specializes in skin & wound care treatment.

Chestnut Park Rehabilitation & Nursing Center

330 Chestnut Street, Oneonta, NY 13820.....Phone: (607) 432-8500

www.chestnutparkrehab.comEmail: 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.

Delhi Rehabilitation & Nursing Center

State Hwy 10, Delhi, NY 13753Phone: (607) 464-4444
www.delhirehab.com

Delhi Rehab is a 176-bed skilled nursing facility specializing in both short- and long-term care to residents of Delhi and its surrounding communities. Their in-house Rehabilitation department provides individually customized rehabilitation plans with measurable outcomes.

SERVICE COORDINATION / SYSTEM NAVIGATION

Delaware County Office for the Aging - NY Connects

97 Main Street, Suite 2, Delhi, NY 13753Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/NYConn.htmEmail: ofa@co.delaware.ny.us

Hours: 8:00am – 4:00pm, Mon – Fri

The Delaware County NY Connects 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 services and support options.

Community Health Navigation Bassett Healthcare Network

460 Andes Road (Annex House), Delhi, NY 13753Phone: (607) 547-4887
www.bassett.orgPhone: (877) 547-1753

Specifically, for Medicaid recipients with at least one chronic illness, Community Health Navigation assists patients by coordinating all primary, acute, behavioral health, and long-term services and supports to treat the whole person.

NYS Kinship Navigator Catholic Family Center

87 N. Clinton Avenue, Rochester, NY 14604Phone: (877) 454-6463
www.nysnavigator.orgEmail: 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 Developmental Disabilities Regional Offices (DDRO) Front Door

229-231 State Street, Binghamton, NY 13901Phone: (607) 771-7784 press 0

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

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

Delaware County Office of Mental Health / Single Point of Access (SPOA)

HCBS Waiver for Children with Severe Emotional Disturbances (SED)

1 Hospital Road, Walton, NY 13856Phone: (607) 832-5889
www.co.delaware.ny.us/departments/mhc/mhc.htmEmail: mhc@co.delaware.ny.us

Hours: 9:00am – 5:00pm, Mon/Tue/Thu/Fri, 9:00am – 7:00pm, Wednesday

The HCBS Waiver allows Medicaid to pay for services not normally provided through Medicaid, including care coordination, respite, family support services, intensive in-home services, and skill building.

The Brain Injury Association of New York State

4 Pine West Plaza, Suite 402, Albany, NY 12206Phone: (800) 444-6443 or (518) 459-7911

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.

Rehabilitation Support Services- Care Coordination

132 Delaware Street, Walton, NY 13856Phone: (607) 865-3158

www.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.

At RSS, we address the needs of individuals with psychiatric and substance abuse disorders. Through housing, employment, crisis/respite services, treatment, care coordination, socialization and wellness programs, our rehabilitation and recovery services provide individuals with experiences that will equip them to lead productive and fulfilling lives in their communities.

Catskill Center for Independence, Inc.

6104 State Hwy 23, Oneonta, NY 13820Phone: (607) 432-8000

www.ccfi.usEmail: ccfi@ccfi.us

Hours: 8:00am – 4:00pm, Mon – Fri

The Traumatic Brain Injury Medicaid Waiver (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 Nursing Home Transition and Diversion Waiver (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.

Open Doors Program - 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.

SOCIAL SECURITY

Social Security Administration

31 Main Street, Suite 1, Oneonta, NY 13820Phone: (607) 433-6607

www.ssa.govAlternate Phone: (877) 628-6581

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

SUBSTANCE ABUSE

Fairview Recovery Services.....Phone: (607) 722-8987

Southern Tier Drug Abuse Treatment Center.....Phone: (607) 762-2800

New Horizon- UHS Binghamton.....Phone: (607) 762-3232

Delaware County Alcohol and Drug Abuse Services

34570 State Highway 10, Suite 5, Hamden, NY 13782.....Phone: (607) 832-5890

www.co.delaware.ny.us/departments/mhc/ada.htm.....Email: ada@co.delaware.ny.us

Hours: 9:00 am – 5:00pm, Mon - Fri

A medically supervised addictions outpatient treatment program serving those whose lives have been affected by the abuse of alcohol and/or drugs. Services provided include consultation, assessment, referrals, addiction education, individual and family treatment, after care services, and specialized groups.

Friends of Recovery of Delaware and Otsego Counties, Inc.

22 Elm Street, Oneonta, NY 13820.....Phone: (607) 267-4435

84 Main Street, Delhi, NY 13753.....Phone: (607) 746-3570

www.friendsofrecoverydo.org.....Delhi .Email: kayliegh@friendsofrecoverydo.org

Hours: Mon-Fri, 9am – 5pm.....Oneonta Email: sarah@friendsofrecoverydo.org

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.

Alcohol and Drug Abuse Council of Delaware County, Inc.

116 Main Street, Delhi, NY 13753.....Phone: (607) 746-8300

www.adaonline.org.....Email: mrosenthal@stny.twcbc.com

ADAC is dedicated to the prevention of alcohol and other drug abuse in Delaware County. ADAC's responsibilities include prevention, education, information, intervention, referral, and advocacy.

Rehabilitation Support Services, Inc.

132 Delaware Street, Walton, NY 13856Phone: (607) 865-3158

www.rehab.org

RSS strives to enrich and empower the lives of individuals with psychiatric and substance abuse disorders by providing services and opportunities for meaningful emotional, social, vocational and educational growth.

Through housing, employment, care coordination, treatment, socialization and wellness programs, individuals are provided with experiences that will equip them to lead productive and fulfilling lives in their communities.

UHS Delaware Valley Hospital, Inc.

Addiction Treatment Programs.....www.nyuhs.org/care-treatment/addiction-medicine

Inpatient

1 Titus Place, Walton, NY 13856.....Phone: (607) 865-2115

.....Confidential Hotline: (607) 865-2613

The Addiction Treatment Program provides intensive inpatient treatment with a focus on assisting patients in the development of internal motivation to sustain their recovery through involvement in outpatient treatment and community self-help programs after discharge.

Outpatient Suboxone Clinic

2 Titus Place, Walton, NY 13856.....Phone: (607) 865-2139

The Outpatient Suboxone Clinic is designed to help patients struggling with opioid addiction

UHS Primary Care, Roscoe

1982 Old Rt. 17, Roscoe, NY 12776.....Phone: (607) 498-4800

The Outpatient Suboxone Clinics are designed to help patients struggling to overcome opioid addiction through outpatient treatment and medication assistance.

Delaware County Drug Treatment Court

3 Court Street, Delhi, NY 13753.....Phone: (607) 376-5417

www.nycourts.gov/courts/6jd/delaware/drug.shtml

The goal of Drug Treatment Court is to significantly reduce criminal activity in Delaware County by empowering treatment court participants to achieve life-long recovery and become responsible, productive members of the community.

United Health Services (UHS) - Binghamton General Hospital

10-42 Mitchell Avenue, Binghamton, NY 13903.....Phone: (607) 762-2901

www.nyuhs.org/care-treatment/addiction-medicine/

UHS' New Horizons Alcohol and Chemical Dependency Treatment Center provides inpatient and outpatient services, including confidential assessment services, 24-hour emergency crisis intervention, a detoxification unit, and family programming.

SUPPORT GROUPS

Alcoholics Anonymous (AA)

<https://www.adaconline.org/>.....Hotline: (888) 227-6237.Phone: (607) 746-8300

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. Locally, the Alcohol and Drug Abuse Council (607) 832-5890 can provide a booklet listing the AA meetings in Delaware and surrounding counties. Below is a list of AA meetings in Delaware County (subject to change).

City	Time	Address	Phone
Andes	Sunday at 7pm	Presbyterian Church, 71 Delaware Ave	(845) 676-4493
Bovina	Mon at 7pm	United Presbyterian Church, Main Street	(607) 832-4340
Delhi	Tues at 5:30pm	United Ministry of Delhi, 1 Church Street	(607) 746-2191
Delhi	Tue at 7pm	Saint John's Episcopal Church, Main Street	(607) 746-3437
Delhi	Thu at 7pm	Saint John's Episcopal Church, Main Street	(607) 746-3437
Delhi	Fri at 7pm	Saint John's Episcopal Church, Main Street	(607) 746-3437
Delhi	Sat at 6pm	St. James Church, 55 Lake Delaware	(607) 832-4401
Delhi	Mon at 5:30	Turning Point (FORDO) 167 Main Street	(607) 746-3570
Delancey	Tues at 7:30pm	United Presbyterian Church, 444 County Rte. 2	(607) 746-2454
Delancey	Thu at 7:30pm	United Presbyterian Church, 444 County Rte. 2	(607) 746-2454
Deposit	Mon at 8pm	Christ Episcopal Church, 14 Monument Street	(607) 467-3031
Deposit	Thu at 8pm	Christ Episcopal Church, 14 Monument Street	(607) 467-3031
Downsville	Sunday at 7pm	Colchester Community Church, 15151 State. Hwy 30	(607) 363-2362
Downsville	Tue at 7pm Women only	Colchester Community Church, 15151 State Hwy 30	(607) 363-2362
Fleischmanns	Mon at 7pm	Cornerstone Bible Baptist Church, 985 Old Rt. 28	(845) 254-5322
Hamden	Sat. at 9am	First Presbyterian Church, 35806 State Hwy. 10	(607) 746-6765
Hancock	Fri at 7pm	Father Rausch Memorial Hall, 346 W. Main Street	(607) 637-3636

Hobart	Tues at 12pm	Presbyterian Church, 78 Maple Ave	(607) 538-1677
Hobart	Wed. at 12pm	Presbyterian Church, 78 Maple Ave.	(607) 538-1677
Hobart	Sun at 11am	65 Maple Ave	(607) 538-1677
Jefferson	Sunday at 6pm	Buckhill Farms, 185 Fuller Road	(607) 652-7980
Jefferson	Wed. at 7pm	Buckhill Farms, 185 Fuller Road	(607) 652-7980
Jefferson	Sat. at 8pm	United Methodist Church, 158 Main Street	(607) 214-4123
Margaretville	Thu at 12pm	Advent Christian Church, 109 Maple Street	(845) 586-4601
Margaretville	Fri at 7pm	Advent Christian Church, 109 Maple Street	(845) 586-4601
Meridale	Wed. at 7pm	Community Christian Church, 55 County Rt. 10	(607) 263-5539
Roxbury	Tue at 7pm	Jay Gould Memorial Church, 53837 State Hwy. 30	(607) 326-7655
Sidney	Mon at 7pm	United Methodist Church, 12 Liberty Street.	(607) 563-1921
Sidney	Wed. at 7pm	Sacred Heart Parish Hall, 15 Liberty Street	(607) 563-1591
Stamford	Mon at 7pm	United Methodist Church, 88 Main Street	(607) 652-7350
Stamford	Fri at 7pm	United Methodist Church, 88 Main Street	(607) 652-7350
Walton	Sunday at 8pm	New Direction, 2942 County Rt. 23	(607) 865-4511
Walton	Mon at 8pm	Saint John's Baptist Church, 25 Benton Ave.	(607) 865-7394
Walton	Wed. at 8pm	New Direction, 2942 County Rt. 23	(607) 865-4511
Walton	Thu at 8pm	Christ Episcopal Church, 41 Gardiner Place	(607) 865-4698
Walton	Sat. at 8pm	New Direction, 2942 County Rt. 23	(607) 865-4511

Al-Anon/Al-Ateen

www.adaconline.org/meetings/naranon-alanon.htm.....Hotline: (800) 344-2666

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. Below is a list of Al-Anon meetings in the local region (subject to change).

City	Time	Address	Phone
Delhi	Thu at 6pm	United Ministries, 1 Church Street (includes Al-Ateen)	(607) 746-2191
Oneonta	Sun at 8pm	Elm Park United Methodist Church, 401 Chestnut Street	(607) 432-6552
Oneonta	Tue at 5:30pm 12pm	Turning Point, 22 Elm Street Turning Point, 22 Elm Street (Adult Children of Alcoholics)	(607) 267-4435
Sidney	Wed at 8pm	Sacred Heart Church, 15 Liberty St	(607) 563-1591
Walton	Mon at 7pm	New Hope Community Church, 45 Stockton Ave	(607) 865-5436

Co-Dependents Anonymous

Web: www.dadconline.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 co-dependent behaviors.

Alzheimer's Support Group Provided by the Alzheimer's Association-

Email: athayer@alz.org Phone: (607) 282-3035

City	Time	Organization	Address
Delhi	2nd Monday at 2pm	The United Ministry of Delhi	46 Church Street, Delhi, NY 13753
Sidney	4th Tuesday at 1:30pm	Tri-County Senior Center	21 Liberty Street, Sidney, NY 13838
Oneonta	1st Thursday at 12pm	The Plains of Parish Homestead	163 Heritage Circle, Oneonta, NY 13820
Oneonta	3rd Wednesday at 5:30pm	Elm Park United Methodist Church	401 Chestnut Street, Oneonta, NY 13820
Oneonta	3rd Wednesday at 1:30pm	Saint James Church (does not meet in July or Sept)	305 Main Street, Oneonta, NY 13820
Cobleskill	2nd Friday at 1:00pm	Cobleskill Regional Hospital	178 Grandview Drive, Cobleskill, NY 12043
Middleburgh	Last Tuesday of each month	Middleburgh Library	323 Main Street, Middleburgh, NY 12122

Narcotics Anonymous (NA)

<https://www.adaconline.org/meetings/narcotics-anonymous>.....Phone: (607) 762-9116

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. Below is a list of meetings in the local region (subject to change).).

City	Time	Location	Phone
Bainbridge	Wed. at 7pm	Saint Peter Episcopal Church, 1 Church Street.	(607) 967-3441
Delhi	Tue at 12pm Thur at 12pm	Saint John Episcopal Church, 134 Main Street.	(518) 234-3617
Oneonta	Mon at 7pm	First United Methodist Church, 66 Chestnut Street	(607) 432-4102
Oneonta	Sun at 7pm	Turning Point, 22 Elm Street	(607) 267-4435
Oneonta	Tue at 7pm	Turning Point, 22 Elm Street	(607) 267-4435
Oneonta	Thu at 7pm	Turning Point, 22 Elm Street	(607) 267-4435
Oneonta	Fri at 7pm	First United Methodist Church, 66 Chestnut Street	(607) 432-4102
Walton	Mon at 7pm	UHS Delaware Valley Hospital, 1 Titus Place	(607) 865-2115
Walton	Fri at 7:15pm	New Hope Community Church, Stockton Avenue	(607) 865-5436

Self-Mutilators Anonymous (SMA)

SMA 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 self-harm/self-injury. Self-mutilation refers to the act of deliberately causing injury without the intent of ending one's life. Below is a list of meetings in the local region (subject to change).

Oneonta – Mondays at 5:30 – Turning Point, 22 Elm St.....Phone: (607)-376-3300

Diabetic Support Group

O'Connor Hospital, 460 Andes Road, Delhi, NY 13753.....Phone: (607) 746-0300

www.bassett.org/oconnor-hospital

Provided the third Monday of each month, 10 am to 11am from September through May.

Parkinson's Support Group

Available on the second Thursday of each month, 12:30 pm to 1:30 pm.

O'Connor Hospital, 460 Andes Road, Delhi, NY 13753.....Phone: (607) 746-0300
Meets in the O'Connor Hospital Board Room on the second Thursday of each month from 12:30pm to 1:30pm.
Contact Pat Cleary or Kathy Scribani for more information.

Helios Care- (formally Catskill Area Hospice and Palliative Care)

297 River Street Service Road, Oneonta, NY 13820.....Phone: (607) 432-5525
www.helioscare.org/grief-support.....Phone: (800) 306-3780
Helios provides monthly **bereavement support** groups for all ages (children, teens, and adults) with individual bereavement counseling available. In addition, Camp Forget-Me-Not offers a two-day camp for grieving children and teens.

The Suicide Prevention Network of Delaware County

Survivor of Suicide Support Group
SUNY Delhi, 111 Foreman Hall, Delhi, NY 13753Phone: (607) 832-5200 (Public Health)
Led by a certified Social Worker, this is a support group for suicide attempt survivors and those who have lost a loved one to suicide. Meets monthly at SUNY Delhi Foreman Hall (use side door).

Survivors of Suicide Loss

Lutheran Atonement Church, 1 Center Street, Oneonta, NY 13820Phone: (607) 432-6852
Meet Saturdays from 9am-Noon.

Lung Matters Support Group

UHS Delaware Valley Hospital, Physical and Occupational Rehabilitation Department
(Next to Community Pharmacy on the main campus of the hospital)
1 Titus Place, Walton, NY 13856.....Phone: (607) 865-2155
www.nyuhs.org/location-search/uhs-delaware-valley-hospital
Lung Matters Support Group meets every month on the second Friday of the month. Education through guest speakers, sharing of ideas and the benefits that come from playing harmonica are all encompassed in this group. Group is open to anyone in the public with a lung condition or breathing problems or those who care for someone with a lung condition and/or breathing problems.

Cornell Cooperative Extension

34570 State Highway 10, Hamden, NY 13782.....Phone: (607) 865-6531
www.ccedelaware.org/Human-Ecology/
Sources of Strength - Peer leader training program for high school youth to spread hope, help and strength. When someone is struggling with suicide issues, peer leaders connect them to the help they need and deserve.
Above the Influence (ATI) - A substance-use prevention program led by peer youth leaders in Delaware County middle schools.

Compassionate Friends Parental Grief Support

First Methodist Church, 66 Chestnut Street, Oneonta, NY, 13820.....Phone: (607) 746-7396
.....Email: tcfoneonta@gmail.com
Meets the third Thursday of each month at 7:00pm in the Dauley Room at the First Methodist Church. Contact Al and Kathryn Davino. Compassionate Friends is a self-help support group composed entirely of parents who have lost a son or daughter of any age.

NAMI Family Support Group

FoxCare Center, 1 Foxcare Drive, Oneonta, NY 13820Phone: (607) 326-4797 or (607) 437-6736

www.nami.orgEmail: ribarw@gmail.com

Meets the second Wednesday and fourth Tuesday of each month at 6:00pm at the Fox Care Center. Contact Rina. This is a peer-led support group for the family members, friends, and caregivers of people with a psychiatric illness

Brain Injury Support Group

Opportunities for Otsego, 3 West Broadway, Oneonta, NY 13820.....Phone: (518) 459-7911

www.bianys.orgEmail: info@bianys.org

Support Groups are facilitated by community leaders of the Brain Injury Association of New York State and held at the OFO office. Meetings are held on the last Monday of the month from 1:00 – 3:30pm and are open to all brain injury survivors, family members, friends and caregivers in Delaware, Otsego, Chenango and Schoharie Counties.

TAX ASSISTANCE

United Way of Delaware and Otsego Counties

31 Maple Street, Oneonta, NY 13820.....Phone: (607) 432-8006

<http://www.unitedwaydo.org/cashcoalition>

The Cash Coalition offers trained volunteers to prepare state and federal income tax returns. Appointments available in Otsego County from February through April.

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753.....Phone: (607) 832-5750

www.unitedwaydo@stny.twcbc.com.....Email: ofa@co.delaware.ny.us

The AARP Tax-Aide Program offers specially trained volunteer Tax Counselors to assist seniors in completing **federal and state** income tax returns. The program is available February through April 15th.

New York State School Tax Relief (STAR) Exemption

New York State Department of Taxation and Finance

www.tax.ny.gov/pit/property/star/ivp.htmPhone: (518) 457-2036

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 \$250,000, 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 \$90,550 or less, qualify for the larger Enhanced STAR exemption. You can register 24 hours a day, 7 days a week at www.tax.ny.gov/star. Property owners without access to a computer can register by phone weekdays from 8:30 a.m. to 4:30 p.m.

Real Property Tax Credit (IT-214)

New York State Department of Taxation and Finance

www.tax.ny.gov/pit/credits/real_property_tax_credit.htm

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

www.tax.ny.gov/pit/property/exemption/vetexempt.htm

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.

TRANSPORTATION

Medical Answering Services, LLC

P.O. Box 11998, Syracuse, NY 13218.....Phone: (866) 753-4434

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.

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753.....Phone: (607) 832-5750

www.co.delaware.ny.us/departments/ofa/Transportation.htm..... Email: ofa@co.delaware.ny.us

The Office for the Aging operates a coach-type bus with handicapped accessibility which serves most of Delaware County. Different fixed routes, operating three days a week have been established to help riders meet their shopping, medical and social needs. Volunteers are also available to provide door-to-door transportation for medical appointments.

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782.....Phone: (607) 746-1610

www.delawareopportunities.org/transportation

Transportation is provided to individuals on Medicaid for health-related appointments and to senior citizens for medical appointments. Limited transportation is available for low income people without vehicles to apply for services, secure employment or in emergency situations. All requests for Medicaid transportation must be made by calling (866) 753-4434.

Delaware County Veterans Service Agency

1 Gallant Ave, Highway Annex, Suite A, Delhi, NY 13753.....Phone: (607) 832-5345

www.co.delaware.ny.us/departments/vet/vet.htm.....Email: vet@co.delaware.ny.us

The Delaware County Veterans Service Agency is responsible for administering and coordinating a broad spectrum of federal, state, local and private benefits and services affecting Veterans and their families. Services include medical transportation, advocacy, information and referral, and benefit assistance.

Deposit Foundation

119 Front Street, Deposit, NY 13754.....Phone: (607) 467-4000

www.depositfoundation.com

Volunteers provide transportation for non-emergency medical appointments and shopping trips. Available to Deposit residents only.

GetThere Call Center

United Way of Broome County

101 Jensen Road, Vestal, NY 13850.....Phone: (855) 373-4040

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

AARP Driver Safety Course

Delaware County Office for the Aging

97 Main Street, Suite 2, Delhi, NY 13753.....Phone: (607) 832-5750

www.co.delaware.ny.us/departments/ofa/OtherServices.htm..... Email: ofa@co.delaware.ny.us

AARP driving courses are available for people 50 years of age and older to help improve driver safety. Most insurance companies offer a premium discount for drivers who have successfully completed this course.

Catskill Neighbors

P.O. Box 353, Fleischmanns, NY 12430Phone: (845) 280-0459

.....Email: info@catskillneighbors.org

Catskill Neighbors is a group of volunteers serving the areas of Fleischmanns, Arkville, and Margaretville, with the goal of helping elders live comfortably at home. Volunteers can assist with such needs as local transportation, accompanying someone on a shopping excursion, running errands, friendly visiting, respite, or caring for a pet.

Catholic Charities of Delaware, Otsego, and Schoharie Counties

176 Main Street, Oneonta, NY 13820Phone: (607) 432-0061

Hours: 8:30am – 4:30pm, Mon - Fri

21 Liberty Street, Sidney, NY 13838Phone: (607) 604-4071

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

www.charitiesccd.org

Caring Connections is offered to individuals and families who are struggling to meet their basic needs.

Transportation assistance may be provided if all other available programs and services have been exhausted.

Private Pay Options

A Cookie Cab

426 State Highway 7, Sidney, NY 13838Phone: (607) 563-3505

A&D Transportation

83 Lower River Street, Oneonta, NY 13820.....Phone: (607) 433-1726

www.adtransportservices.co

Provides taxi, medical, ambulette, airport & currier service to area residents.

Circle of Life Ambulette

255 Maple Ave, Hobart, NY 13788.....Phone: (607) 538-1734

www.circleoflifeny.com

Provides non-emergency medical transportation from home, doctors, hospitals, and nursing homes, including wheelchair, stretcher, and ambulatory transport.

Rolling V Bus Corp

177 Industrial Park Rd, Walton, NY 13856.....Phone: (607) 865-5287
www.rolllingv.com

Provides all forms of transportation including taxi service and medical transportation to area residents.

Tri Town Taxi

53 River Street, Sidney, NY 13838Phone: (607) 563-9393

VETERANS

Veterans Crisis Line

www.veteranscrisisline.net.....Phone:(800) 273-8255 – Press 1

The Veterans Crisis Line is a free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances 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.

Delaware County Veterans Service Agency

1 Gallant Ave, Highway Annex, Suite A, Delhi, NY 13753.....Phone: (607) 832-5345

www.co.delaware.ny.us/departments/vet/vet.htm.....Emial: vet@co.delaware.ny.us

The Delaware County Veterans Service Agency is responsible for administrating and coordinating a broad spectrum of federal, state, local and private benefits and services affecting Veterans and their families in Delaware County. Services include medical transportation, advocacy, information and referral, and benefit assistance.

NYS Division of Veterans' Affairs

242 Main Street, #101, Oneonta, NY 13820.....Phone: (607) 432-4190

44 Grand Street, Sidney, NY 13838.....Phone: (607) 563-2002

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.

Department of Veterans Affairs Medical Center

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

www.albany.va.gov

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

Veterans Service Center

Department of Veterans Affairs Medical Center

113 Holland Avenue, Albany, NY 12208.....Phone: (518) 626-6711

Web: www.albany.va.govToll-Free Call Center: (888) 823-9656 Hours: 8:00am – 6:00pm

The VSC provides information about how to access VA health care, eligibility, and health benefits. Staff also assist Veterans with DoD/TRICARE, MCCF Billing, Veterans identification cards and general questions.

Veterans' Outpatient Clinic

109 North Main Street, Bainbridge, NY 13733..... Phone: (607) 967-8590
www.va.gov/directory/Guide/facility.asp?id=453

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

Veterans' Outpatient Clinic – Binghamton

203 Court Street, Binghamton, NY 13904Phone: (607) 772-9100
www.syracuse.va.gov/locations/Binghamton_Community_Based_Outpatient_Clinic.asp

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.

Wilkes-Barre VA Medical Center

1111 East End Blvd, Wilkes-Barre, PA 18711.....Phone: (570) 824-3521
www.wilkes-barre.va.govAlternate Phone: (877) 928-2621

Hours: 8:00am – 4:30pm Administrative; 24 hours for Emergencies

Wilkes-Barre VA Medical Center offers a variety of health services to meet the needs of Veterans. Some services include care coordination, dental, geriatrics, mental health, palliative care, specialty care, and trauma recovery.

HealthNet Federal Services TRICARE Service Center

125 Brookley Road, Building 510, Rome, NY 13441.....Phone: (315) 334-7960
www.healthnetfederalservices.comAlternate Phone: (877) 874-2273

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

Soldier On

421 North Main Street, Building 6, Leeds, MA 01053Phone: (413) 822-7277
www.wesoldieron.org.....Email: tbyrd@wesoldieron.org

Soldier On is a nonprofit organization committed to ending veteran homelessness by providing homeless veterans with emergency and transitional housing. As resident 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.

Rescue Dogs Rescue Soldiers

Liz Keller, Founder

P.O. Box 326, Cherry Valley, NY 13320.....Phone: (917) 553-0591
www.rescuedogsrescuesoldiers.comEmail: 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.

New York/New Jersey VA Health Care Network.....Phone: (888) 838-7890

A toll-free medical advice line for veterans. It is a program of qualified professionals who will speak to you directly to answer your health care questions 24 hours per day, 7 days per week (including weekends and holidays) throughout the VA Healthcare System Upstate New York

VISION – see Disability Services – Vision

WOMEN’S HEALTH

Bassett Healthcare Network

<https://www.bassett.org/medical/services/womens-health>.....Phone: 607-547-3160 or 1-800-B(800-227-7388)
At Bassett Healthcare Network, taking care of women's health needs means more than just an annual exam; total care is provided for mind and body. Professionals from almost all medical and surgical disciplines including gynecologists, obstetricians and certified nurse midwives are available.
Patients have access to experienced professionals who offer care in every aspect of a woman's life. Bassett Healthcare Network offers breast cancer treatment, bone density scans, mammograms, well visits, family planning, nutritional counseling and much more. The care team can provide the total care needed at convenient locations.
Bassett Healthcare Network also offers comprehensive care and support for transgender health.

UHS

<https://www.nyuhs.org/care-treatment/womens/>.....Phone: (607)-865-2100
Women have unique health care needs at every stage of their lives— from their childbearing years through menopause and into their senior years. The dedicated team of physicians, nurses and other health care professionals is experienced in dealing with women’s issues and is committed to providing patients with high-quality care using the most advanced technology. UHS offers a broad range of women's health services.

Family Planning of South Central NY

www.fpscny.org
37 Dietz Street, Oneonta, NY 13820Phone: (607) 432-2250
37 Pleasant Street, Sidney, NY 13838Phone: (607) 432-2250
130 Norwich Street, Walton, NY 13856Phone: (607) 432-2250
Urgent and non-urgent gynecological and reproductive medical care regardless of income or insurance. Serving Delaware, Otsego, Broome and Chenango counties. Comprehensive sexuality education.

Delaware County Public Health

<http://delawarecountypublichealth.com/programs/community-health/>..... Phone: (607)-832-5200
Nurses in the Maternal Child Health Program provide home visits to pregnant women, new mothers and newborn infants. Referrals are accepted from hospitals, health care providers, community agencies and clients or their families. Education on pregnancy, nutrition, labor and delivery, family planning, infant care, breast-feeding and parenting is provided. The nurses can make a home visit to weigh your baby and discuss any concerns you might have.

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782.....Phone: (607) 746-1700
www.delawareopportunities.org/wic
Women, Infants, and Children (WIC) provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five.

Pregnancy/Obstetrical Care

Bassett Medical Center

1 Atwell Road, Cooperstown, NY 13326Phone: (607) 547-3456 or (800) 227-7388
www.bassett.org/bassett-medical-center

UHS Binghamton General Hospital

10-42 Mitchell Avenue, Binghamton, NY 13903..... Phone (607) 762-2200
www.nyuhs.org

UHS Wilson Medical Center

33-57 Harrison Street, Johnson City, NY 13790..... Phone (607) 763-6000
www.nyuhs.org

UHS Chenango Memorial Hospital

179 N. Broad Street, Norwich, NY 13815..... Phone (607) 337-4111
www.nyuhs.org

Cornell Cooperative Extension

34570 State Highway 10, Hamden, NY 13782.....Phone: (607) 865-6531
Through the EFNEP and SNAP Ed programs, women can be involved in nutrition education lessons to help them make healthy eating and lifestyle choices, prepare them to successfully breastfeed, enjoy gardening and preserve their own food supply.

Northern Dutchess Hospital

Neugarten Family Birth Center
6511 Springbrook Avenue, Rhinebeck, NY 12572.....Phone: (845) 871-3355 or (800) 421-1220

Health Quest Medical Practice, P.C.

Obstetrics & Gynecology
334 Plaza Road, Kingston, NY 12401.....Phone: (845) 338-5575 or (800)-421-1220

Health Alliance HospitalPhone: (845) 331-3131
396 Broadway, Kingston, NY 12401

Mid-Hudson Regional Hospital of WMC

241 North Rd, Poughkeepsie, NY 12601.....Phone: (845) 483-5000

Vassar Brothers Medical Center/ Health Quest

45 Reade Place, Poughkeepsie, NY 12601.....Phone: (845) 454-8500

YOUTH SUPPORT

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782.....Phone: (607) 746-1746
www.delawareopportunities.org/big_buddy.htm

Big Buddy is a mentoring program for at risk youth. The program offers the opportunity for a child to have a one-on-one relationship with a big buddy volunteer. Little buddies are children between the ages of 5 and 14.

Delaware County Department of Social Services

99 Main Street, Delhi, NY 13753.....Phone: (607) 832-5300
www.co.delaware.ny.us/departments/dss/fosterCare.html

Foster Care provides children with a temporary home when it is necessary to remove a child from his or her present home due to the inability of a parent to ensure the health and safety of a child, neglect or abuse of a child by a caretaker, or placement by Delaware County Family Court for a Persons In Need of Supervision (PINS) or Juvenile Delinquency case.

Adoption Services are available to assist families interested in adopting children in need of safe, nurturing and permanent homes.

www.co.delaware.ny.us/departments/dss/adoption.html

Cornell Cooperative Extension

34570 State Highway 10, Hamden, NY 13782.....Phone: (607) 865-6531

4-H programs are available to youth from 5 to 19 years old.- www.ccedelaware.org/4h/

4-H Camp Shankitunk has day and residential camping programs. www.campshankitunk.org.