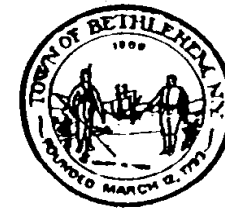


# RESOURCES FOR HELP AT HOME



9/08

*compiled by :*  
Town of Bethlehem Senior Services  
Department Staff and Volunteers  
445 Delaware Ave., Delmar, NY 12054  
Room 110  
518-439-4955 x 1176  
E-mail: [jbecker@townofbethlehem.org](mailto:jbecker@townofbethlehem.org)





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## **Adaptive Equipment and Clothing**

<u>American Home Patient</u>	452-7017
23 Walker Way, Albany, NY 12205	
Direct billing	
Set-up and delivery available	
Items available:	
Durable medical equipment - Sales and rentals	
Oxygen plus equipment	
 <u>Apria Healthcare</u>	 452-4951
12 Petra Lane, Albany, NY 12205	
www.apria.com	
Set-up and delivery available	
Items available:	
Durable medical supplies	
Sales and rentals	
I.V. Infusion	
 <u>Upstate Rehabilitation Products</u>	 869-9372
2050 Western Ave., Suite 101 Guilderland, NY 12084	
Items available to <u>purchase</u> :	
Adaptive equipment such as customized wheelchair, seating equipment, scooters, hospital beds, canes walkers, adaptive bathroom equipment and compression stockings.	
<u>Rentals available</u>	
 <u>Crestwood Pharmacy</u>	 435-2315
Crestwood Plaza, 26A Picotte Dr., Albany, NY 12208	
Variety of health care supplies and equipment available, including:	
Surgical stockings, walkers, canes, bath bars, lift chairs, elevated toilet seats, crutches, walkers and compression stockings. Will bill Medicare on-line to determine coverage	
Free delivery	
 <u>Four Corners Pharmacy</u>	 439-8200
340 Delaware Ave., Delmar, NY 12054	
Variety of health care supplies and equipment available, including:	
Surgical stockings, walkers, canes, elevated toilet seats, crutches, walkers.	
Customized orthopedic shoes. Wheelchairs for sale. All major insurance accepted. Free delivery	
 <u>Lincare</u>	 782-7770
4 Airport Pk. Blvd., Latham, NY 12110	
Items available: Durable medical supplies, infusion equipment, oxygen plus equipment and management services and respiratory equipment	

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**Home Therapy Equipment, Inc.** 664-6654  
 4 Enterprise Ave, Clifton Park, NY 12065  
 Direct billing  
 Set-up and delivery available  
 Items available:  
     Durable medical equipment rentals  
     Oxygen equipment and Full Service  
     Rehab equipment—Lifts, wheelchairs

**Marra’s Pharmacy** 237-2110  
 217 Remsen St. , Cohoes, NY 12047  
 Direct billing; Delivery and set up  
 Durable medical supplies

**To Life** 439-5975  
 410 Kenwood Ave., Delmar, NY 12054  
*Community-based non-profit breast cancer education and support organization. Services include Awareness, Connection and Education support groups, mentoring, community education programs, breast self-examination instruction, lending library, newsletter, wellness programs and volunteer opportunities. Items available in the Abracadabra Boutique: Breast prostheses, mastectomy bras, hats, caps and scarves, camisoles, swim forms and prostheses. The Boutique is handicap accessible and To Life is a provider for many major health insurances. Please call for an appointment to assure receiving the attention you deserve.*

**Wheelcare** 456-6719  
 2555 Western Ave., Guilderland, NY 12084  
 Wheel chairs, scooters sales and service

## **Adaptive Clothing Through Mail and Telephone Orders**

**Sammons & Preston Roylan** 1-800-323-5547  
 Ask for Enrichments Catalog or ADL catalog  
 www.sammonspreston.com

**Shoppers Service** 1-800-537-3811  
 Industrial Park  
 P.O. Box 4430  
 Rome, NY 13440  
 Adaptive clothing catering to the physically challenged

**Buck & Buck** 1-800-458-0600  
 www.buckandbuck.com

## **Bereavement Counseling**

H.A.V.E.N. Grief Counseling Center 370-1666  
703 Union St., Schenectady, NY 12305  
All types of counseling including grief, life transitions and divorce.  
Widowed persons support group.

Jewish Family Services of Northeast New York 482-8856  
877 Madison Ave., Albany, NY 12208  
Miriam Adler  
Provides counseling to seniors regarding issues of grief, stress, family conflict, new home adjustments, etc.

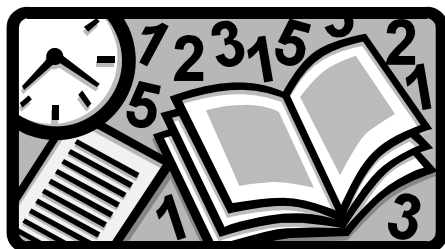
Community Hospice of Albany County 724-0200  
445 New Karner Rd., Colonie, NY 12205  
Provides symptom-directed, supportive care and addresses the physical, emotional, social and spiritual needs of patients, families, and caregivers

St. Thomas Church 439-4951  
35 Adams Place, Delmar, NY 12054  
Provides bereavement support for recent widows and widowers.  
Group meets monthly at St. Thomas Church rectory. Call  
Facilitator Maureen Moran at 439-5439 for more information.

## **Bill Paying, Help with Paperwork**

Community Caregivers, Inc. 456-2898  
2113 Western Ave., Suite 4, Guilderland, NY 12084  
Volunteer based organization that provides services to persons in the community who are in need. Services provided by volunteers, including assistance with paperwork (insurance, applications, medical bills, etc.)

Sandra Histed Miller, CFP 439-6630  
PO Box 12, Delmar, NY 12054  
E-mail: [slmiller@verizon.net](mailto:slmiller@verizon.net)  
Licensed and Bonded.. Help paying bills, banking, check book balancing, working with insurance companies, income tax preparation.



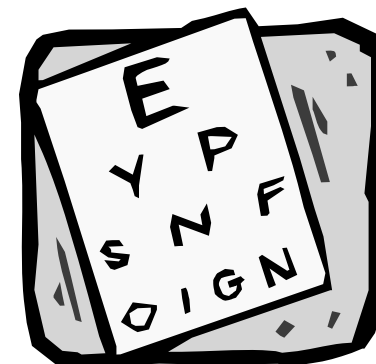
## **Visual Impairment**

Northeastern Association of the Blind - NABA  
301 Washington Ave., Albany, NY 12206  
463-1211  
[www.naba-vision.org](http://www.naba-vision.org)  
Provides social casework, psychological counseling, recreation, mobility instruction, vocational training and sheltered workshops.  
Assistive technology services. Monthly support group for Seniors with Vision Impairments.

RISE (Radio Information Service Enterprise)  
880-3436  
[www.wmht.org](http://www.wmht.org)  
WMHT's 24-hour radio information service for the blind and print disabled, serving New York's Capital Region and Hudson Valley.

## **The New York State Library for the Blind and Visually Handicapped**

Cultural Education Center  
Empire State Plaza, Albany, NY 12230  
474-5935  
Provides free library service to eligible residents of New York State and makes available recorded and Braille materials provided by the Library of Congress. Serves all of upstate NY. Services are free.



## **Veteran's Benefits, continued**

### **Medical Services for Veterans**

Veterans may be eligible to receive medical care through the United States Department of Veterans Affairs health care system, which maintains a network of medical facilities and community clinics across New York State. Non-service connected veterans may be subjected to a test of financial means and co-payment. In the Albany area, call 626-5000

- Care line for Dementia Care. 626-6651, Lucy Phelps, RN, Dementia Care Manager
- Long term health care is offered wartime veterans and certain eligible spouses at New York State Veterans Homes. Call 607-843-3121

### **Counseling**

Vet Center 626-5130  
17 Computer Dr., West, Albany, NY 12205  
A safe place for you to come and talk about your problems and concerns. A part of the national outreach program designed to help you, free of charge, if you are a veteran living in Northeastern New York State, in particular in the Capital District.

### **Veteran's Burial Information**

Financial assistance for burial and plot expenses is available for certain eligible veterans. Headstones and grave markers are provided for veterans gravesites. Burial in National Cemeteries is available for eligible veterans and spouses.

Call 1-888-838-7697  
518-447-7710 or 518-447-7713

Burial in Gerald B. H. Solomon Saratoga National Cemetery  
(518) 581-9128

Burial in a national cemetery is open to all members of the Armed Forces and veterans discharged under conditions other than dishonorable. Their spouse, un-remarried widow or widower, minor children and, under certain circumstances, unmarried adult children are also eligible for burial.

## **Books To People**

*Delivery of books, magazines, newspapers, cassettes, CD's, large print books on tape. Must be unable to visit the library because of a physical disability or temporary or permanent medical condition. To set up call and speak to Reference Librarian..*

Bethlehem Public Library 439-9314  
451 Delaware Ave., Delmar, NY 12054  
"Books to People" delivered every other Thursday to residents within the Bethlehem School District

Guilderland Public Library 456-2400 x 7  
Homebound Delivery Service  
2228 Western Ave., Guilderland, NY 12084  
Delivered to homebound every 28 days

## **Cleaners/Laundry**

*Pick up and delivery of Laundry and Dry Cleaning*

Best Cleaners 439-2367  
156 Delaware Ave., Delmar, NY 12054  
Pick up/delivery Monday/Thursday

Colonial Cleaners 482-7647  
177 N. Allen St., Albany, NY, 12206  
Pick up/delivery Tues./Thurs.

Paul's Cleaners 462-0656  
21 New Scotland Ave., Albany, NY 12208  
Pickup - Tuesdays and Fridays



## **Consumer Advocacy**

County of Albany Crime Victims and Sexual Violence, Ctr. 447-5500

112 State St., Room 1100, Albany, NY 12207

Crisis intervention, counseling, assistance in filing compensation claims with NYS Crime Victims Board, referrals for financial assistance, psychotherapy, advocacy with criminal justice agencies.

Albany County Consumer Affairs Department 447-7581

112 State St., Albany, NY 12207

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

Assist with consumer complaints and advocacy for residents in Albany County only.

Attorney General, State of New York 474-5481

Office of Attorney General

Consumer Frauds and Protection Bureau

The Capital, Albany, NY 12224-0341

Call for complaint forms and filing a complaint. The form is beneficial in presenting your complaint.

New York State Consumer Protection Board 474-8583

5 Empire State Plaza, Suite 2101, Albany, NY 12223-1556

[www.consumer.state.ny.us](http://www.consumer.state.ny.us)

Process consumer complaints, inquiries, mediate complaints on behalf of consumer or refer them to appropriate resource for further assistance

New York State Crime Victims Board 457-8727

1 Columbia Circle., Albany, NY 12203

Serves as advocate for crime victims and ensures that victims maintain equity in the criminal justice system. Compensation to victims for certain un-reimbursed expenses related to victimization.

NYS Public Service Commission 1-800-342-3377

Special Protection Forms for protection against utilities shut-off.

Forms available in the Senior Services Office

Third Party Designations for Property and School Tax Bills

Contact your Town Assessor's Office

at the Bethlehem Town Hall, call 439-4955 ext. 1103

## **Veteran's Benefits**

Men and women who served in America's Armed Forces may be eligible for a variety of veteran's benefits and services provided by the federal, state and local government. Entitlement often is determined by the period of military service, service-connected disabilities and financial need. Your local state veteran counselor or veterans service agency can advise you of eligibility and assist you in the preparation and presentation of claims for entitled benefits.

New York State Division of Veteran's Affairs 626-5680

State Veteran Counselors

113 Holland Ave., Albany, NY 12208

Can help with lost DD214 Honorable Discharge Papers, lost medals, assistance with applications for benefits and claims.

[www.veterans.state.ny.us](http://www.veterans.state.ny.us)

Blind Annuity. New York State offers a Blind Annuity benefit paid monthly to visually impaired wartime veterans who reside in the state. This benefit is extended to the un-remarried surviving spouse who remains a resident of the state. For information, call 486-3602

Veterans Service Center 626-6710

at the Stratton V.A. Hospital

113 Holland Ave., Albany, NY 12208

General questions, regarding services and benefits, information and referrals for veterans and their families.

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

US Department of Veterans Affairs

Federal Counselor—Outreach 518-626-5686

Veterans Benefit Administration

113 Holland Ave., Albany, NY 12208

For questions on compensation, pensions, vocational rehabilitation, education, loans and insurance.

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

## Care For Pets

Vet On Wheels (518) 456-2397  
*Veterinarian who makes house calls:*  
 Dr. Robinson  
 Size Restriction: Dogs or Cats  
 Area: 25 Mile Radius  
 Notice: 24 Hours

Veterinary Concerns—Safe Placement of Pets  
*When you're no longer able to care for your pets, the following organizations may be able to find them new homes.*

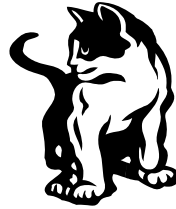
### Cats

Animal Lovers  
 448-5468

Noah's Kingdom  
 869-6266

Capital District Humane Assoc.  
 664-1237

Whiskers  
 448-9565



### Dogs

Peppertree Rescue, Inc. 435-7425  
 www.peppertree.org

Animal Lovers 448-5468  
 www.animallovers.org

Emergency Pet Boarding Options  
*Check in the Yellow pages of the Telephone Book under "Kennels"*

Winston Norek Memorial Fund  
 Contact Bethlehem Senior Services, 439-4955 x 174.  
 A fund for older pet owners who need financial assistance with veterinary care; not ongoing

## Crisis and Emergency Phone Numbers

Alcohol and Substance Abuse Treatment Center Helpline 446-1971  
 Colonie, NY 12205  
 24-hour assistance for individuals addicted to alcohol or drugs.

Albany County Adult Protective Services 447-7177  
 162 Washington Ave., Albany, NY 12214  
 Protective and preventative services for vulnerable adults ages 18+

Albany County Mobile Crisis Team 447-9650  
 75 New Scotland Ave., Albany, NY 12208  
 24 hour emergency assistance for people at risk of harming themselves and/or others in the community.

Alcoholic Anonymous  
 www.newyork-aa.org  
 PO Box 6042, Albany, NY 12206  
 Provides support contact, information for individuals addicted to alcohol and a listing of Alcoholics Anonymous meetings

NYS Senior Hotline 1-800-342-9871  
 Empire State Plaza, Agency Bldg. 2, Albany, NY 12223  
 Information and referral regarding domestic violence and elder abuse issues

County of Albany Crime Victim and Sexual Violence Center 447-7716 hotline  
 112 State St. Room 1100, Albany, NY 12207 447-5500 crime & advocacy  
 447-7100 rape crisis  
 Provides assistance, advocacy, and therapy for victims of violent crime. 24 hour hotline for sexual assault

Samaritan Hospital Crisis Line 271-3540  
 2215 Burdett Ave., Troy, NY 12180  
 Crisis evaluation done adjacent to emergency room to determine if hospitalization or linkages to outpatient programs are needed. Gero-psych inpatient unit to stabilize both medical and psychiatric conditions of older adults

Senior Hope 489-7777  
 523 Western Ave., Albany, NY 12203  
 Compassionate care for seniors age 50 and over with chemical dependence and their families

Samaritan Crisis Helpline 689-4673  
 Samaritans of the Capital District, PO Box 5228  
 Albany, NY 12205  
 Suicide crisis prevention, confidential information and post-intervention suicide/crisis hotline. Open to talk to you from 11:00 am to 11:00 pm everyday. For immediate attention outside of these hours call 1-800-273-8255.

## Directory of Senior Passes and Cards

**National Parks and Federal Recreational Lands Annual Pass - Senior Pall** Location: Any Federal or National Park  
Cost: \$10-One Time Fee.  
Age: 62 + with i.d. showing age  
Phone: 518-664-9821  
Location: obtained in person from a participation Federal recreation site or office

**GOLDEN PARK PASS (State)** Location: State Parks & Recreation  
Cost: Free-pick up at State Pks.  
Age: 62, NYS Drivers License; I.D.  
Phone: 518-474-0456  
Date/Time: M-F, No Wknd/Holiday

**ACCESS PASS** Location: State Parks. & Recreation  
Access for the disabled to State Parks and Recreational facilities  
Cost: Free  
Phone: 518-474-2324

**CDTA HALF-FARE CARD** Public Transportation (Picture Pass) Location: Albany County Dept of Aging  
162 Washington Ave., Albany, M,W,Th 10 a.m.-12 noon  
447-7177 to get picture card, or use Medicare card;

**Reduced Fare Swiper Card** CDTA at 110 Watervliet Ave., Albany M-F  
8:00 a.m.—5:00 p.m. with picture pass to get Half Price card  
Cost: Card good for 5 days = \$18; 7 days \$22.00  
Age: 65+, or receiving SSDI, SSI or VA Disability or certified by physician to have mobility impairment  
Phone: 437-8300 x 0

**ELM AVE PARK PASS (Local)** Location: Elm Avenue Park  
Cost: Free, Replacement \$5.00  
Picture Pass, obtained At Elm Ave. Pk.) Age: 62+ for Senior Pass  
Phone: 439-4955 option 3  
Date/Time: May-July, call for hours

**BETHLEHEM CENTRAL SCHOOL DISTRICT** (Adult Ed. Classes) Location: Bethlehem High School  
Pass obtained at Administration Office 700 Delaware Ave, Delmar  
90 Adams St. Cost: Varies per class, check bulletin  
Delmar, NY Age: 62+ Must bring proof of age and address  
free admission to Dress Rehearsals  
Phone: 518-439-4921 ext 285

**NEW YORK STATE DEPARTMENT OF MOTOR VEHICLES NON-DRIVER ID** Information on requirements and application available in Senior Service office  
*Transportation available via Senior Van*

## Telephone Reassurance Programs

Telephone Reassurance Program 458-8111 ext 3006  
American Red Cross of Northeastern New York  
www.RedCrossNeNy.org

A program sponsored through the American Red Cross, provides the opportunity to socialize by telephone with someone who cares. It allows individuals to remain in contact with their community and help to decrease the feeling of loneliness and isolation.

Community Caregivers 456-2898  
2113 Western Ave., Suite 4, Guilderland, NY 12084

Provides free short-term assistance by trained volunteers for acute and chronically ill people of all ages. The program can provide short term assistance with such services as shopping, assistance to family caregivers, meal preparation and delivery, light housekeeping, minor home repairs, yard work and visits to the homebound.

The Caregiver Connection 465-1398.  
Laurie Milward, Eldercare Counselor, Senior Services of Albany, 25 Delaware Ave., Albany, NY

A program sponsored by Senior Services of Albany with funding from the Albany County Department of Aging which offers free counseling and information and referral services to anyone who resides in Albany County and is caring for an older relative, or who does not reside in Albany County but is caring for someone who resides in Albany County. The program includes an initial consultation, either by phone or in person, followed by a personalized packet of pertinent information and then a follow-up call within two weeks. If the person cared for qualifies, financial assistance is available for respite services such as Adult Day Care, Telephone Caregivers Support Group and Personal Emergency Response System.

To Life! 439-5975  
410 Kenwood Ave.  
Delmar, New York 12054

Breast cancer survivors telephone reassurance from other survivors to lend moral support and share their experiences. (see page 7 for more information)

Bethlehem Senior Services 439-4955 x 173,174  
Monthly calls to independently living homebound senior citizens by senior volunteers

## **Recycling Needles and Syringes**

*Programs for collecting home generated needles, syringes and lancets.*

### Albany Medical Center Sharps Program 262-8000

Saturdays between 9-11 a.m.  
@ AMC Waste Handling Facility. Myrtle Ave. entrance to Building E  
In sharps container or detergent or bleach container. This is a free community service program.

### St. Peters Hospital 525-1163

Off New Scotland Ave., Ambulance Entrance. Road to the right to docks past pre-fab shed to sidewalk to hospital to the Drop slot. Available 24 hrs. a day, 7 days a week. Sharps must be in puncture-proof container with screw top, such as liquid laundry detergent bottle. No glass, milk jugs or coffee cans. (10/06)

### Albany County Nursing Home 869-2231x240

780 Albany-Shaker Road  
Albany, NY Thursdays from 8:00-noon. Approved containers only, including bleach or laundry bottles or approved sharps container. (10/06)

## **Stamps By Mail**

1-800-782-6724

Telephone to order or ask your mail carrier for the form  
[www.usps.com](http://www.usps.com)



## **Emergency Management Listings**

*Listings for persons who would be at risk during extended power outages or evacuations.*

### National Grid Company's

1-800-642-4272

### Life Support/Critical Care Program

Available only for customers who submit written medical documentation from their physician confirming that they or another household member require electrically operated "life sustaining" medical equipment to live. Life Support equipment is generally limited to the following devices:

1. Apnea monitors
2. Kidney Dialysis Units
3. Continuous Ventilation Devices
4. Suction/aspiration equipment

Oxygen concentrators, nebulizers and other commonly reported equipment are not eligible for Life Support/Critical Care status.

Once medical certification from the physician is received, National Grid conducts a home visit to verify medical status, contact information and the meter is "tagged" with a special brightly colored notification easily identified by all of the company personnel. (This is done for safety reasons.) Brightly colored notations are also made on National Grid's Customer Service System database, so all users of the software can immediately spot a Life Support customer when they or a family member call. In addition, the information is entered into the Storm board/operations, and Regional Control operations database, called NewLife. All Life Support customers are contacted every 6 months to verify and update customer information and to verify Life Support status is still required. All Life Support customers are notified before a planned outage, as well as at the beginning, middle and end of unplanned emergency outages.

### Albany County Sheriff's Department Registry of Persons In Need

This program is designed to assist the special needs community during an emergency that may require an evacuation within Albany County. The Registry is voluntary; information obtained is utilized for emergency purposes only and is strictly confidential. Applicant information will be entered into the County's E-911 system for use during an emergency.

Applications are available throughout Albany County and locally at the Senior Services offices at the Bethlehem Town Hall. The forms should be completed and returned to the Albany County Sheriff's Dept., Office of Community and Emergency Services, 75 Remsen St., Cohoes, NY 12047. For additional information, call Linda Nash at 233-7560 x 522 or access the form on line at: [www.albanycountysheriff.com/index.php](http://www.albanycountysheriff.com/index.php) then click on Home page, then forms. You can register on line or download the form to fill out and send in.

## **File of Life**

### Bethlehem Senior Services Department

439-4955 ext. 1176

A file is stored on the refrigerator door with a listing of vital medical information about its owner. Contains facts that might be required in an emergency.

Sponsored by:

Bethlehem Senior Projects, Inc., the Bethlehem Lion's Club and the Town of Bethlehem Senior Services Department

### 911 Beacon

1-800-805-9911

A bulb that screws into a regular socket, on your porch or post light. Flip it on and off three times in a row, and it starts flashing, giving 911 workers something to home in on. \$29.95

www.911beacon.com

## **Financial Assistance**

### Bethlehem Senior Services Department

439-4955 x 1176

445 Delaware Ave., Delmar, NY 12054 12054 may be helpful in filing for the following exemptions:

### Home Energy Assistance Program (HEAP)

An energy assistance program that provides income eligible individuals with assistance towards payment of utility bills

### Section 8 Housing Rental Assistance Program 372-8846

242 Union St., Schenectady, NY 12305

Pays a portion of the monthly rent according to families income and composition. Income restrictions apply.

### Weatherization Assistance Program (WRAP)

Provides free home energy repairs and services that can lower energy bills for participants. Must be income eligible.

### Telephone Lifeline Savings Program

Program provides discounted rate for telephone service for income eligible persons.

To qualify for the savings on your telephone charges, you must be enrolled in or income eligible for one of the following entitlement programs: Aid To Families with Dependent Children, Food Stamps, Medicaid, Home Relief, SSI, HEAP, Veteran's Disability Pension (non-service related), Veteran's Surviving Spouse Pension or Income Eligible for but not receiving benefits.

## **Prescription Drugs**

Contact Bethlehem Senior Services Outreach Workers for more information on prescription plans at 439-4955 x 173 or 174

### EPIC

P.O. Box 15018

Albany, NY 12212-5018

1-800-332-3742

Applications also available in the Bethlehem Senior Services Office

www.health.state.ny.us/nyspoh/epic/faq.htm

## **Area Drug Stores That Deliver**

### CVS Stores

Delmar

439-9356

Glenmont

462-5547

Free delivery, Monday thru Friday within the Town of Bethlehem between 1 p.m. and 5 p.m. for orders called in by 10:00 a.m.

General store merchandise delivered free with prescription or \$10.00 delivery charge for general merchandise with no prescription. Check or charge cards only, no cash

### Crestwood Pharmacy

435-2315

26A Picotte Dr., Albany, NY 12208

Free delivery

### Four Corners Pharmacy

439-8200

340 Delaware Ave.

Delmar, New York 12054

Free local delivery, Monday thru Friday

All major insurances accepted.

## **Disposal of Expired or Unused Medications**

### Price Chopper Pharmacy

New Scotland Road

478-0597 ext 1

Glenmont

433-4711 ext 1

No controlled substances. Bring medication in a container or sealed envelope with name of medication.

## **Nutritional Services, continued**

### Persico's Market

1391 Indian Fields Rd., Rt 32  
Feura Bush , NY 12067  
439-0028

Deli meats and cheeses, produce, hot foods or homemade microwavable dishes. Will deliver from 7 a.m. to 7 p.m. weekdays, and 9 a.m. to 5 p.m. on Saturdays.

No delivery charge, but a minimum order of \$25.00 is required.

### **Chef Prepared Meals**

#### Home Bistro

1-800-628-5588

Chef-Prepared Meals delivered to your door frozen and sealed in insulated "weatherproof cooler" on dry ice.

*Many area restaurants have "take out services" and/or will deliver a meal. Consult the telephone book under "Restaurants" for further information.*



## **Financial Assistance, continued**

The Town of Bethlehem Assessors Office  
439-4955 x 1103  
445 Delaware Ave., Delmar, New York 12054

may be helpful in filing for the following exemptions:

### Senior Citizens Exemption

Partial Exemption from Property Taxes in New York State  
Local governments and public school districts have the option of granting a reduction on the amount of property taxes paid by qualifying senior citizens up to a 50% exemption depending on income.

### Exemption for Persons With Disabilities and Limited Incomes

Local governments and public school districts have the option of granting a reduction in the amount of property taxes paid by qualifying persons with disabilities. See the Assessors office for further information. Assessor information also is available on the internet website of the State Office of Real Property Services at: [www.orps.state.ny.us](http://www.orps.state.ny.us)

### Veterans Exemptions

Provides a partial exemption from Property Taxes for veterans. See the Town of Bethlehem's Assessors office for types of exemptions.

### Clergy Exemption

A small partial exemption applied against the assessed value of the property of a member of the clergy or the unmarried surviving spouse of such member of the clergy meeting statutory qualifications.

### STAR Exemptions

439-4955 x 1103

Town of Bethlehem Assessors Office  
445 Delaware Ave., Delmar, NY 12054

Provides partial exemption from school tax for property which is your primary residence. You may be eligible for a larger school property tax savings if you meet age and income requirements.

### Third Party Designations for Property and School Tax Bills

Contact your Town Tax Office  
at the Bethlehem Town Hall, call

439-4955 ext. 1177

## **Friendly Visitor Programs**

Community Caregivers Program 456-2898  
Volunteer visitors provide social visits or telephone assurance, limited transportation, assistance with shopping, assistance to family caregivers, meal preparation and delivery, light housekeeping

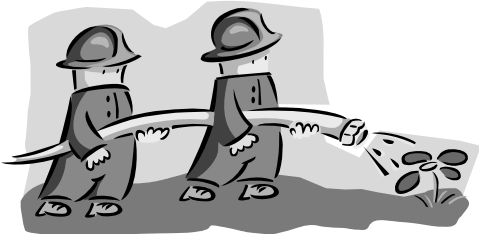
Senior Services of Albany 432-0813  
Visitors to the homebound.

## **Gardening Assistance**

Town of Bethlehem Youth Employment 439-4955  
Susan Lackner, Director ext 1608  
Office hours: Monday and Thurs. 2:00 p.m. —5:30 p.m.  
Elm Ave. Park, Delmar, NY 12054  
A community service that matches youths ages 14 to 21 with residents or businesses. Residents needing assistance with yard work and other tasks.

Umbrella of the Capital District 346-5249  
509A Union St., Schenectady, NY 12305  
A non-profit agency dedicated to helping senior citizens and persons with disabilities live comfortably, safely and in their own homes. Enrolling in Umbrella is necessary. Lawn and garden care is \$12.00 per hr. (see brochure in Senior Services office)

Horticulture Unlimited 767-2004  
Assistance with planting and care of gardens by licensed, insured professionals. Landscape, design and installation firm.



## **Nutritional Services, continued**

Grocery Shopping Assistance Program 432-0813  
Sponsored by Senior Services of Albany. Will provide a volunteer to grocery shop for homebound persons 60 years of age or older. No charge or tipping allowed. Shopping is done on a mutually agreed upon regular schedule.

Community Caregivers 456-2898  
2113 Western Ave., Suite 4, Guilderland, NY 12084  
Short term volunteer based services including assistance with shopping, meal preparation and delivery

Food Stamps Satellite Locations 439-4955 x 1176  
The second Monday of each month a representative from Food Stamps comes to the Bethlehem Town Hall to assist in applying for benefits. Appointments are required.

Extra Helpings  
A cooperative buying program providing a pre-selected menu of groceries to individuals through a host site. Food is purchased at wholesale prices. The monthly menu will cost \$20.00, two monthly specials ranging in cost from \$11.00 to \$20.00 +/- each and a \$30.00 meat box. Contact Bethlehem Senior Services at 439-4955, ext. 1173, 1174 for more information.

## **Grocery Orders Delivered To Your Home**

Cardona's Market 434-4838  
340 Delaware Ave.  
Albany, NY 12205  
Minimum \$25 Order = \$8.50 delivery charge to Delmar  
Homemade foods, meats and groceries. Order 1 day in advance.

Schwan's Meal Time Catalog 356-3820  
1-888-724-9267 for catalog and to set up orders  
or e-mail at [www.schwans.com](http://www.schwans.com)  
Will deliver frozen meals, as illustrated in the catalog.  
Two week 1st time route set up, then will deliver every two weeks, or once a month, as you choose. Order within 48 hours of delivery date.  
Delivery fee of \$1.00.

## **Motor Vehicle Related Concerns**

New York State Office for the Aging publication: 474-5731  
*When You Are Concerned, A Guide for Families Concerned  
About the Safety of An Older Driver*

Eddy Cohoes Rehabilitation Center 237-5630  
421 W. Columbia, Cohoes, New York 12047  
Contact person: Libby Kesner  
Telephone contact person for program criteria

Sunnyview Rehabilitation Hospital: Driver Retraining 382-4513  
Adaptive Driver Rehabilitation  
Sunnyview Hospital, 1270 Belmont Ave., Schenectady, NY 12308

New York State Department of Motor Vehicles 1-800-ALLDMV  
Driver Safety, Room 221, Empire State Plaza 1-800-225-5368  
Albany, NY 12228-0220  
Contact: Julie Johnston

## **Home Notary Service**

Town of Bethlehem 439-4955  
Receiver of Taxes' Office, ext. 1177  
Town Clerk's Office, ext. 1183

## **Nutritional Services**

### **Home Delivered Meals**

Meals On Wheels 447-4600  
Contact the Albany County Department of Health and ask for an  
"intake" in order to access the program. Meals to those aged 60  
and over are based strictly on a suggested contribution of :  
\$3.25 - per day, hot meal only  
\$4.50 - per day, hot and cold meal

## **Haircare at Home (local)**

Yolanda's Petite Maison 439-7108  
(formerly Cut and Curl)  
A professional beautician who will take care of your hair dressing  
needs in the privacy of your own home, male and female, in the  
Delmar, Albany, Slingerlands and Glenmont areas.

## **Handicapped Parking Permits**

Town of Bethlehem 439-4955  
Town Clerks Office ext. 1183

## **Health Insurance Information and Counseling (HICAP)**

Albany County Department for Aging 447-7177  
The HICAP Program provides information, education, and coun-  
seling regarding Medicare (including Part D), New York State  
EPIC, Long Term Care Insurance, and other Insurance issues.

## **Hospice**

Central Intake Referral Number 1-800-678-0711  
The Community Hospice is a network of committed professionals and  
volunteers who bring dignity, comfort and compassion to people in the  
later stage of life's journey. No one is refused due to lack of insurance.



## **Housing Assistance and Home Repairs**

Albany County Rural Housing Alliance, Inc 765-2425  
PO Box 407, 24 Martin Rd., Voorheesville, NY 12186  
Residential repair program to correct housing conditions that threaten the health and safety of income eligible homeowners. Counseling assistance and information on grant and loan programs to low and moderate income households. Information on and assistance in applying for reverse mortgages. Pre-purchasing counseling for homeowners.

Community Caregivers 456-2895  
Short term services including light housekeeping, minor home repairs, yard work, home safety inspections and hazard repairs

Home Energy Assistance Program (HEAP)  
Senior Services Office 439-4955 x 1176  
An energy assistance program that provides income eligible individuals with assistance towards payment of utility bills

Section 8 Housing Rental Assistance Program 372-8846  
242 Union St., Schenectady, NY 12305  
Pays a portion of the monthly rent according to families income and composition. Income restrictions apply. In addition there is a home ownership program and family self-sufficiency program offered.

Umbrella of the Capital District, Inc. 346-5249  
A non-profit agency dedicated to helping senior citizens and persons with disabilities live comfortably, safely and in their own homes. Enrolling in Umbrella is necessary. Lawn and garden care is \$12.00 per hr. (see brochure in Senior Services office)  
Home maintenance and services with 17 point home inspection report. Membership costs between \$125 - \$275 per year plus hourly fee for services.  
(see brochure in Senior Services office)

Weatherization Assistance Program (WRAP) 439-4955 x 1176  
Provides free home energy repairs and services that can lower energy bills for participants. Must be HEAP eligible.



## **Medical Alert Bracelets**

MedicAlert 1-800-432-5378  
*Applications also available at Senior Services Office*  
An identification bracelet which is custom engraved with critical medical facts and 24 hour hot line number.

Alzheimer's Association Safe Return Bracelet 1-800-272-3900  
The Alzheimer's Association Safe Return program assists in the safe return of individuals with Alzheimer's or a related dementia who wander and become lost. When missing, Safe Return faxes the registrants's information and photo to local law enforcement. When found, a citizen or law official calls the 800 number and Safe Return notifies listed contacts. This nationwide identification, support and registration program working at the community level can provide assistance 24 hours, 7 days a week, whenever a person is lost or found.

Applications are available through the Alzheimer's Association and in the Bethlehem Senior Services Office, 439-4955 x 1176

## **Medical Emergency Alert Systems**

### *Personal Emergency Response Systems*

Lifeline 525-1004  
301 Hackett Blvd  
Albany, NY 12208

Eddy Visiting Nurse Association Lifeline 274-6200  
433 River St., Suite 3000  
Troy, NY 12180  
1-800-606-1436

Ellis Hospital Lifeline 243-4681  
A talking model (announces date, time, phone # dialed) is available for the same cost of \$36.50 a month, with a one time installation fee of \$50.00. Serves all of Schenectady, Saratoga and Schoharie Counties and parts of Albany and Montgomery Counties.

Link To Life—Emergency Medical Response  
www.link-to-life.com  
297 North St. 1-800-338-4176  
Pittsfield, MA 01201

## **Loan Closets**

*Short-term loans of items such as commodes, tub seats, canes, wheelchairs and walkers*

**Bethlehem Senior Services** 439-4955 Ext. 1176  
Bethlehem Town Hall  
445 Delaware Avenue Delmar, NY 12054  
Short term loan of walkers, canes, tub seats, commodes and wheelchairs to older residents of the community

**American Cancer Society** 438-7841 ext 4005  
260 Osborne Rd., Loudonville, NY 12211  
Contact: Patient Services  
Equipment available for loan to Cancer patients only

**Arthritis Foundation** 456-1203  
1717 Central Ave., Albany, NY 12205  
Equipment available for loan. The mission of the Arthritis Foundation is to improve lives thru leadership and the prevention, control and cure of arthritis and related diseases.

**Multiple Sclerosis Capital District Chapter** 464-0630 press 2  
421 New Karner Rd., Suite 6, Albany, NY 12203  
Equipment available for loan to Multiple Sclerosis patients

## **Mediation**

**Mediation Matters** 446-0356  
10 North Russell Rd, 2nd Floor, Albany, NY 12206  
www.mediationmatters.org  
Mediation is a voluntary, private and confidential process in which a trained, impartial and neutral person helps others negotiate a dispute and develop their own mutually acceptable solutions. Mediators are highly skilled volunteers who have been trained under the supervision of the NYS Unified Court System. This service is free of charge.

## **Information and Referral Resources**

**Albany County NY Connects** 447-7177  
Collaboration of the Dept. of Aging and Dept. of Social Services  
162 Washington Ave., Albany, NY 12210-2304  
Provides information and referral sources regarding services for senior citizens. Also provides long term care referral program.

**Bethlehem Senior Services** 439-4955  
445 Delaware Ave ext 1176  
Delmar, New York 12054  
Provides information and referrals and direct programming for older residents and low income families in the Town of Bethlehem

**Caregivers (a program of Catholic Charities)** 449-2001  
100 Slingerland Street, Albany, NY 12202  
www.ccaregivers.org  
An agency of Catholic Charities of the Diocese of Albany, with one simple mission—to make life better for those who care for friends and relatives in need by providing respite services, information and assistance, social work services and support groups. *The Elder Caregiving Program* supports caregivers as they care for their older spouses, parents and friends. Annual grants are available to help fund home care, adult day care and facility based services to help caregivers cope with the physical, emotional and financial strains of their responsibility. A registered nurse and social worker are available to provide wellness and prevention information. *The Kinship Care Program* focuses on supporting grandparents and relatives raising children.

**New York State Office for the Aging - Senior Citizen Hotline** 1-800-342-9871  
Agency Building 2, Empire State Plaza, Albany, NY 12223  
A 24-hour telephone answering service regarding concerns of the elderly

**Jewish Family Services** 482-8856  
877 Madison Ave., Albany, NY  
Information and referrals given. Supportive home visits for seniors. Transitions program that provides counsel for people who have been given a devastating medical diagnosis.

**ElderNetworkNY.org**  
ElderNetworkNY is an online database of community resources & information for seniors and persons with disabilities in Albany, Rensselaer, Saratoga, & Schenectady Counties. The Elder Network links families and caregivers to community services, providers and resources throughout New York's Capital Region.

## **Junk Mail**

To remove your name from future mailing lists

### New York State Do Not Call Registry

To register, call 1-888-382-1222

To verify your listing or to report a violation, call:

1-800-697-1220

e-mail at <https://www.consumer.state.ny.us/prereg.htm>

### Direct Marketing Association's Mail Preference Service

Write or email, giving all variations of your name to:

Mail Preference Service

Direct Marketing Association

P.O. Box 643

Carmel, NY 10512

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

## **Legal Assistance**

Legal Aid Society of Northeastern New York 462-6765  
55 Colvin Ave., Albany, NY 12206 1-800-462-  
2922 Legal representation and counseling for people with low income

### Senior Legal Service Program

Legal Aid Society of Northeastern New York 462-6765  
55 Colvin Ave., Albany, NY 12206 1-800-462-  
2922

The goal of the Senior Legal Services Program is to provide quality legal services for residents of Albany County who are 60 years of age and over. In order to provide the greatest access to the program, a schedule of monthly on-site community visits is maintained at locations throughout Albany County. Seniors are requested to contact their local senior center to make an appointment to meet with the staff attorney during these visits. In addition, for those without access to a senior center or in case of an emergency, the staff attorney can be reached by telephone at the local number (462-6765) or at the toll-free number (1-800-462-2922) on weekdays between 9:00 a.m. and 5:00 p.m.



## **Legal Assistance, continued**

Albany County Lawyer Referral Service 445-7691

1 Lodge St, 2nd floor, Albany, NY 12207

Refers to private Attorneys for \$25.00 consult fee

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

New York State Division of Human Rights 474-2705

Albany Regional Office

Empire State Plaza Corning Tower, 28th floor, Albany, NY 12220

Discrimination issues (i.e. housing, employment etc.)

The Legal Project 435-1770

6 Executive Park Drive, Albany, NY

Free and reduced rate legal representation for affordable housing purchases, victims of domestic violence, and bankruptcy. Free consultation through legal clinic program.

Women's Building

79-81 Central Ave., Albany, NY 12206

465-1597

Free monthly legal clinic for women

United Tenants of Albany

436-8997

33 Clinton Ave., Albany, New York 12207

E-mail: [utalb@verizon.net](mailto:utalb@verizon.net)

Fax: 518-436-0320

United Tenants of Albany is a community based housing organization that provides tenant and homemaker counseling, homeless prevention services, advocacy and community organization efforts around housing issues that affect low and moderate income people, including:

- Crisis intervention services (information, referrals, counseling and advocacy for housing issues)
- Pre-purchase and mortgage default counseling
- Community organization activities
- Hotline Counseling

