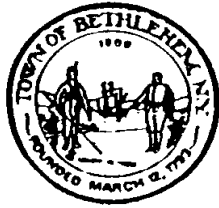


RESOURCES FOR HELP AT HOME



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

RESOURCES FOR HELP AT HOME is a booklet compiled by the staff and volunteers of the Town of Bethlehem Senior Services Department and is a compilation of answers to frequently asked questions regarding resources for help at home.

If we can assist you in locating additional information or telephone numbers, please call Bethlehem Senior Services office at 439-4955 x 1176. Additional booklets, pamphlets and flyers on the topics listed below are available in the Senior Services office or online at www.townofbethlehem.org

- Alzheimers Support Group Informational Flyer
- Bethlehem Senior Services Overview of Services
- Bethlehem Senior Transportation Program
- Donating Reusables
- Fitness For Seniors
- Health Fairs Flyers
- Health and Wellness Series
- Places of Worship and their programs for seniors
- Senior Discussion Group Flyer
- Senior Chorus
- Senior Housing Options
- Senior Legal Services Program
- Town of Bethlehem Section 8 Housing Assistance Payments Program
- Transitions Support Group
- Transportation Alternatives
- Volunteer Opportunities with Bethlehem Senior Volunteer Corp

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Adaptive Equipment and Clothing

- Albany County Action Partnership** 463-3175
ACAP Access to Home Program ext 2
333 Sheridan Ave., Albany, NY 12206
www.AlbanyCAP.org
Program provides home adaptations and alterations that enable Albany County residents with disabilities to remain or return to their own homes. Available to both renters and homeowners who have permanent physical disabilities or experience difficulties with daily activities. The program is designed for persons of all ages whose total household income cannot be greater than 80% of the local area median income (120% of the for disabled veterans).
- American Home Patient** 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
- Apria Healthcare** 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, oxygen and sleep apnea supplies
- Barrier Free** 346-4169
155 Freeman Bridge Rd, Scotia, NY 12302
Install and maintain handicapped accessible equipment including chair lifts, wheel-chair lifts, ceiling track lifts, handicapped accessible bathroom items, residential elevators, ramps and other aids.
- Buck & Buck** 1-800-458-0600
www.buckandbuck.com
Adaptive clothing catering to the physically challenged
- Crestwood Pharmacy** 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
- Eazylift** 1-888-558-5438
2141 Central Ave, Schenectady, NY 12304
Installs and services stairlifts, wheelchair lifts and residential elevators.
- Four Corners Pharmacy** 439-8200
www.fourcornersrx.com
Email: Info@fourcornersrx.com
340 Delaware Ave., Delmar, NY 12054
Variety of health care supplies and equipment available, including: Surgical stockings, walkers, canes, elevated toilet seats, crutches, walkers. Wheelchairs for sale and rent. All major insurance accepted. Free delivery

Home Therapy Equipment, Inc. 664-6654
4 Northway Lane, Latham, NY 12110
www.hometherapy.com
Direct billing, Set-up and delivery available
Items available: Durable medical equipment rentals, oxygen equipment and full service rehab equipment—lifts, wheelchairs, hospital beds, lockers

Lincare 782-7770
4 Airport Pk. Blvd., Latham, NY 12110
Lincare.com
Items available: Durable medical supplies, infusion equipment, oxygen plus equipment and management services and respiratory equipment

Marra's Pharmacy 237-2110
217 Remsen St. , Cohoes, NY 12047
Direct billing; Delivery and set up
Durable medical supplies-mastectomy products by appointment.

To Life 439-5975
410 Kenwood Ave., Delmar, NY 12054
and 110 Saratoga Springs, NY 12866
www.Tolife.org
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 Boutique: Breast prostheses, mastectomy bras, hats, caps, wigs, 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 , lift chairs sales and service

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

Prime Care Equipment 456-6192
16 Walker Way, Albany, NY 12205
Scooters, hospital beds, power wheelchairs, seat lift chairs, manual wheelchairs, bathroom products and ambulatory aids available. Product set-up and instruction. Prompt professional delivery.

Upstate Rehabilitation Products 869-9372
2050 Western Ave., Suite 101 Guilderland, NY 12084
www.upstaterehab.com
Items available to purchase:
Adaptive equipment such as customized wheelchair, seating equipment, scooters, hospital beds, canes, walkers, adaptive bathroom equipment and compression stockings.
Rentals available



Bereavement Counseling

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

H.A.V.E.N. Grief Counseling Center 370-1666
703 Union St., Schenectady, NY 12305
Grief and loss counseling including 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, Director
Provides counseling to seniors regarding issues of grief, stress, family conflict, new home adjustments, etc.

St. Thomas the Apostle 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 the rectory for more information.



Bill Paying Assistance with Paperwork

Aristacare, LLC 238-0411
Tom Henning
Email Aristacare@hotmail.com
Professional daily money management and care management assistance

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
Delmar, NY 12054
E-mail: slmiller43@verizon.net
Licensed and Bonded. Help paying bills, banking, check book balancing, working with insurance companies.

Books To People

Delivery of books, CD's, large print books on CD's. Must be unable to visit the library because of a physical disability or temporary or permanent medical condition. To request the service, call and speak to the 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
2228 Western Ave., Guilderland, NY 12084
Delivered to homebound every 28 days

Ravena Community Library 756-2053
15 Mountain Road, Ravena, NY 12143
Delivery upon request.

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
And Tuesday/Friday



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

Companion Services

Home Instead Senior Care 437-0014

Companionship services and home helper services. Caregivers complete thorough, multi-phased training program to help them become home care professionals. Insured and bonded

M & T Helping Hands 528-2622
316-1150

Home helper services (2 hr minimum), caregiver services available.
Bonded and insured

Still Home with Care 703-0562
423-1595

Companion services, Alzheimer's care, adult respite and post-hospitalization care available. Insured and bonded.



Consumer Advocacy

Albany County Consumer Affairs Department 447-7581
112 State St., Albany, NY 12207
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. Outreach presentations.

Better Business Bureau of Upstate New York 1-800-828-5000
www.bbb.org
Resource for consumers to check out a company before doing business with them to avoid scams-particularly scams aimed at senior citizens. Complaint follow-up

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.

New York State, Dept of State 474-8583
Division of Consumer Protection
5 Empire State Plaza, Suite 2101, Albany, NY 12223-1556
www.Nysconsumer.gov
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

Crisis and Emergency Phone Numbers

<u>Alcohol and Substance Abuse Treatment Center Helpline</u> Colonie, NY 12205 24-hour assistance for individuals addicted to alcohol or drugs.	446-1971
<u>Albany County - NY Connects</u> 162 Washington Ave., Albany, NY 12214 Information assistance for long term care services as well as protective and preventative services for vulnerable adults ages over the age of 18 and last resort case management.	447-7177
<u>Albany County Mobile Crisis Team</u> 75 New Scotland Ave., Albany, NY 12208 24 hour emergency assistance for people at risk of harming themselves and/or others in the community.	447-9650
<u>Alcoholic Anonymous</u> 575 Broadway, Albany, NY 12204 www.newyork-aa.org Provides support contact, information for individuals addicted to alcohol and a listing of Alcoholics Anonymous meetings	463-0906
<u>County of Albany Crime Victim and Sexual Violence Center</u> 112 State St., Room 1100, Albany, NY 12207 Provides assistance, court advocacy, filing victim claims, and therapy for victims of crime. 24 hour hotline for sexual assault	447-7100
<u>NYS Senior Hotline</u> Empire State Plaza, Agency Bldg. 2, Albany, NY 12223 Information and referral regarding domestic violence and elder abuse issues	1-800-342-9871
<u>Samaritan Hospital Crisis Line</u> 2215 Burdett Ave., Troy, NY 12180 Crisis evaluation done adjacent to emergency room to determine if hospitalization or link-ages to outpatient programs are needed for mental illness. Gero-psych inpatient unit to stabilize both medical and psychiatric conditions of older adults	271-3540
<u>Senior Hope</u> 301 S. Allen Street., Albany, NY 12208 Compassionate care for seniors age 50 and over with chemical dependence and their families	489-7777

Directory of Senior Passes and Cards

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

BETHLEHEM CENTRAL SCHOOL DISTRICT

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

CDTA HALF-FARE CARD or STAR

Available for senior citizen over 65 years of age and people with disabilities. The Reduced Fare for CDTA fixed route buses is in effect all day on weekdays, weekends and holidays. For person over 65 or older a photo Id card can be obtained from the Department of Aging or if you have a Medicare card, show the driver upon boarding the bus and use exact change. People with disabilities should contact the Reduced Fare Swiper Card office.

Persons 65 and over: Albany County Dept of Aging
162 Washington Ave., Albany, M-Fri –8:30 a.m.-12 noon,
1:00-2:00 p.m.
447-7177 to get picture card, proof of age needed

Reduced Fare Swiper Card CDTA at 85 Watervliet Ave., Albany M-F
9:00 a.m-5:00 p.m. with picture pass to get Half Price card
Age: 65+, or receiving SSDI, SSI or VA Disability
or certified by physician to have mobility impairment
Phone: 437-8300

ELM AVE PARK PASS

(Local) Location: Elm Avenue Park
(Permanent) Cost: Free, Replacement \$5.00
Picture Pass, obtained Age: 62+ for Senior Pass
At Elm Ave. Pk.) Phone: 439-4955 ext 1603
Date/Time: May-July, call for hours

NATIONAL PARKS AND FEDERAL RECREATIONAL LANDS ANNUAL PASS

SENIOR PASS Location: Any Federal or National Park
Cost: \$10-One Time Fee.
Age: 62 + with i.d. showing age
Phone: 518-664-9821
www.nps.gov
Location: obtained in person from a participation Federal recreation
site or office

**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

Pharmacies with Delivery Service

Crestwood Pharmacy 435-2315
26A Picotte Dr., Albany, NY 12208
Free delivery to Albany and Slingerlands. Senior discount.

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 Medication

Unused or expired medication should be mixed with coffee grounds, cat litter, or sawdust, and placed into a sealed container with a lid and then tied within a plastic bag. They can then be thrown away safely in the regular trash. Medications should NEVER be flushed down the toilet as they present a serious threat to drinking water, human health and the environment. For information about a local Pharmaceutical Collection Day, call the Town of Bethlehem Recycling Coordinator at 439-4955 X 1510.

Disposal of Household Sharps

Household Sharps can be brought to any hospital or nursing home in New York State. Call first to find out hours, days and a location where you can bring used sharps. Sharps should be in sharps container or a plastic bottle that cannot be broken or punctured, such as a bleach bottle or laundry detergent bottle.

Errand Services

Bethlehem's Little Helper 928-3035
Shopping services, deliveries, household chores, 475-0805
gardening, house and pet sitting, companion services and gutter cleaning

Errand- R-US 728-6718
Household, grocery and pharmacy shopping, trips to post office, dry cleaning delivery or delivery of last minute payments.

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 New Life. 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 720-8030 or access the form on line at: www.albanycountysheriff.com

Financial Assistance

Call the Bethlehem Senior Services Department
at 439-4955 x 1176,
for help in accessing financial assistance
for the following programs and services:

Assurance Wireless and Telephone Lifeline Savings Program

Only one discount is available on one phone line per household.

Assurance Wireless offers eligible customers a FREE wireless phone and 250 FREE minutes of nationwide wireless voice service each month.

Telephone Lifeline Savings Program is a discounted rate for home land line telephone service for income eligible persons.

Consumer Credit Counseling Service of Central New York

1-800-479-6026

Financial counseling, bankruptcy counseling and debt repayment services are available by phone, mail, online or in person. HUD-certified counseling agency offering pre-purchase counseling, home buyer seminars, mortgage and rental default counseling as well as reverse equity mortgage certification. Counseling services are free

Cornell Cooperative Extension - Choices

756-8650

Rt 9W, Ravena, 12143

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

11 Federal Street, Saratoga Springs, NY 12866

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.



Financial Assistance, continued

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

Help may be available in filing for the following 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.

Exemption for Persons With Disabilities and Limited Incomes

Annual Renewal

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

Senior Citizens Exemption

Annual Renewal

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.

STAR Exemptions

Annual Renewal

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

Veterans Exemptions

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

File of Life

Bethlehem Senior Services Department 439-4955 ext. 1176

A magnetic file is placed 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.

www.911beacon.com

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 delivery, light housekeeping

Senior Services of Albany 432-0813

Visitors to the homebound.

Gardening Assistance

Town of Bethlehem Youth Employment 439-4955

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 Um-

Haircare at Home (local)

Shear Image 459-7013
Hair dressing in your home.

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 (HIICAP)

The HIICAP Program provides information, education, and counseling regarding Medicare (including Part D), New York State EPIC, Long Term Care Insurance, and other Insurance issues.

Bethlehem Senior Services 439-4955
ext 1176
Albany County Department for Aging 447-7177

The Community 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 Maintenance and Assistance

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.

Bethlehem's Little Helper

928-3035

475-0805

Shopping services, deliveries, household chores, gardening, house and pet sitting, companion services and gutter cleaning.



Community Caregivers

456-2895

Short term services including light housekeeping, minor home repairs, yard work, home safety inspections and hazard repairs

Housing Maintenance and Assistance

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

11 Federal St., Saratoga Springs, NY, 12866

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 is a yearly fee.

(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.

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 Chamber of Commerce 439-0512
318 Delaware Ave., Main Square, Delmar, NY 12054
Welcome packet with information for new area residents, town business maps, business literature and business phone directory.

Bethlehem Senior Services 439-4955 x 1176
445 Delaware Ave., Delmar, New York 12054
www.townofbethlehem.org

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.cccaregivers.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.

Information and Referral Resources

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.

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

United Tenants of Albany

436-8997

33 Clinton Ave., Albany, New York 12207

E-mail: utalb@verizon.net

Fax: 518-436-0320

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



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>



Legal Assistance

Albany County Lawyer Referral Service

445-7691

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

Refers to private Attorneys for \$25.00 consult fee

www.albanycountybar.com

New York State Division of Human Rights

474-2705

Albany Regional Office

Empire State Plaza Corning Tower,

PO Box 2049, 28th floor, Albany, NY 12220

Discrimination issues (i.e. housing, employment etc.) public accommodation and educational institutions.

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.

The Legal Project

435-1770

1475 Western Ave, Stuyvesant Plaza, Albany, NY, 12203

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

Loan Closets

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

American Cancer Society 1-800-227-2345
260 Osborne Rd., Loudonville, NY 12211 438-7841
Equipment available for loan to Cancer patients only. Free wig program for patients with no insurance but consideration for others is given.

Bethlehem Senior Services 439-4955 x 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

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. Sliding scale but no one turned away due to lack of funds.

Medical Alert Services

Alzheimer's Association Safe Return Program 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' 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

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.

Medical Emergency Alert Systems

Personal Emergency Response Systems

Critical Signal Technologies

www.criticalsignaltechnologies.com
297 North St.
Pittsfield, MA 01201

1-800-338-4176

Eddy Lifeline

433 River Road
Troy, NY 12180

833-1040

Ellis Hospital Lifeline

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, and Saratoga Counties and parts of Albany, Schoharie, and Montgomery Counties.

382-2224

Motor Vehicle Related Concerns

Eddy Village Green 237-5630

421 W. Columbia, Cohoes, New York 12047
Contact person: Libby Kesner for program criteria

New York State Department of Motor Vehicles

Driver Safety, Room 221, Empire State Plaza
Albany, NY 12228-0220
www.nydmv.state.ny.us

New York State Office for the Aging publication:

*When You Are Concerned, A Guide for Families Concerned
About the Safety of An Older Driver*

474-5731

Sunnyview Rehabilitation Hospital: Driver Retraining

Adaptive Driver Rehabilitation
Sunnyview Hospital, 1270 Belmont Ave., Schenectady, NY 12308

382-4513

Notary Service

Town of Bethlehem

Senior Services Office, ext. #1170 home visit available
Receiver of Taxes Office, ext. #1177 available M-F 8:30-4:30
Town Clerk's Office, ext. #1183 available M-F 8:30-4:30

439-4955

Nutritional Services

Home Delivered Meals

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. Other sites available - contact Legal Aid Society at 689-6327

Grocery Shopping Assistance Program

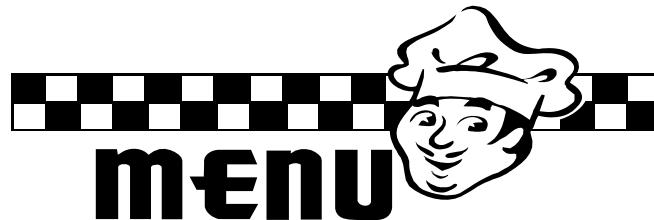
432-0813

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.

Meals On Wheels

447-7177

To access the government subsidized program in Albany County, call New York Connects at (518) 447-7177. Clients must be at least 60 years of age and have disabilities that inhibit the ability to prepare meals, as well as no access to a congregate meal setting. Individuals who do not have cooking, refrigeration or food storage facilities are also eligible. Referrals from a neighbor, family, or friend, as well as self-referrals are welcome. Once eligibility has been established, service can be started within 24 hours for those coming home from the hospital or those that have an acute illness.



Nutritional Services continued

Grocery Home Delivery

Cardona's Market 434-4838

340 Delaware Ave.

Albany, NY 12205

Minimum \$25 Order = \$12.50 delivery charge to Delmar

Homemade foods, meats and groceries. Order 1 day in advance.

Persico's Market 439-0028

1391 Indian Fields Rd., Rt 32

Feura Bush , NY 12067

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.

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

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.

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.

Top Chef Meals 1-914-372-7080

www.topchefmeals.com

Home delivered gourmet prepared meals. Flash frozen, chef prepared, chef designed. \$35.00 minimum order, UPS shipped overnight.

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



Pet Care

Delmar Dog Butler 229-2320
Weekly or one time dog poop scooping from your yard. Reasonable rates.

DoggieStyle Mobile Pet Grooming 207-6418
Van with all necessary supplies to groom your dog at your location

Helderberg Veterinary Services 248-8000
In home care for your pets

Low Cost Spay/Neuter Database
www.asPCA.org/pet-care/spayneuter

Vet On Wheels

Veterinarian who makes house calls: 456-2397
Dr. Robinson
Dogs or Cats, call at least 24 hours in advance

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
[Www.animalovers.org](http://www.animalovers.org)

Capital District Humane Assoc. 664-1237

Noah's Kingdom 869-6266

Whiskers 448-9565

Dogs

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

Noah's Kingdom 869-6266

Emergency Pet Boarding Options

Check in the Yellow pages of the Telephone Book under "Kennels"

Winston Norek Memorial Fund
Contact Animals Lovers at

448-5468

A fund for older pet owners who need financial assistance with veterinary care; not ongoing



Stamps By Mail

1-800-782-6724



Telephone to order or ask your mail carrier for the form
www.usps.com

Telephone Reassurance Programs

Bethlehem Senior Services

439-4955 x 1176

Monthly calls to independently living homebound senior citizens by senior volunteers

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, 20 Rensselaer, Albany, NY 12202

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.

Telephone Reassurance Program

458-8111 ext 5114

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.

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)

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.

Albany County Veterans Bureau

162 Washington Ave., Room 605, Albany, NY 12210

www.albanycounty.com

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



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

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

US Department of Veterans Affairs 518-626-5686

Federal Counselor—Outreach

Veterans Benefit Administration

113 Holland Ave., Albany, NY 12208

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

www.vba.va.gov

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.

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, 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

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.

Visual Impairment

Northeastern Association of the Blind - NABA

301 Washington Ave., Albany, NY 12206

463-1211

www.naba-vision.org

Provides social casework, psychological counseling, recreation, rehabilitation training, mobility instruction, vocational training and manufacturing facility area. Assistive technology services. Low vision clinic.

RISE (Radio Information Service Enterprise)

880-3436

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 Talking Book and Braille Library

Cultural Education Center

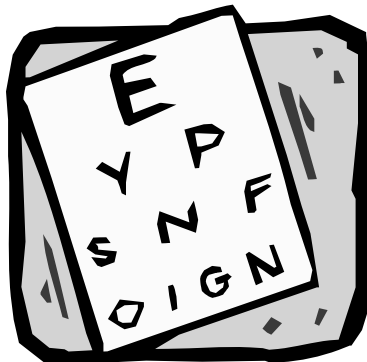
Empire State Plaza, Albany, NY 12230

474-5935

Email: TBL@mail.nyed.gov

www.nysl.nysed.gov/Tbbl

Provides free library service to eligible residents of New York State Serves all of upstate NY. Books and magazines are available in audio and Braille by the Library of Congress.. Services are free.



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