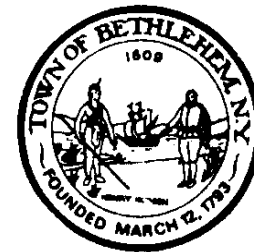


# *Senior Housing Options*



compiled by:  
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## Skilled Care Facilities Within Close Proximity of Bethlehem

### Where To Begin

Finding the right programs or services for an aging loved one is often confusing. Accessing information, dealing with unfamiliar terms, finding definitions of terms can all be complicated when the loved one lives far away.

Contacting state or area agencies for aging is often a first step. They can, in turn refer to county or local offices for aging for more specific services offered in a certain town or county. A growing number of Internet web sites may also be helpful in the search. Pamphlets, brochures and guides published by national organizations like AARP provide appropriate paths that caregivers may wish to take in finding service or care options.

Consumers in New York State have a number of options for elder care available to them either packaged in combination with one another or as stand-alone entities.

The following quote and guide excerpts are taken with permission from the New York Association of Homes and Services for the Aging.  
*A Directory For Consumers and Their Families, 150 State Street, Suite 301, Albany, NY 12207 (518) 449-2707.*

“Investigating long term care options may be one of the most difficult processes a family will ever experience. Whether a person is in good health and seeks to leave his or her longtime home and enter a senior apartment complex or continuing care retirement community, or if a person is in ill health and needs high-level nursing care, such a search for an appropriate, comfortable, convenient setting can take its toll on even the most organized families.”

Name & Address	Type of Facility
Our Lady of Hope 1 Jeanne Jugan Lane Latham, NY 12110 (518) 785-4551	Skilled Nursing Facility 36 beds \$150.00 per day all private rooms
Our Lady of Mercy Life Center 2 Mercy Care Lane Guilderland, NY 12084 (518) 464-8100	Skilled Nursing Facility \$280.00 per day semi-private room \$290.00 per day private room
St Peter’s Nursing and Rehabilitation Center formerly Villa Mary Immaculate 301 Hackett Blvd. Albany, NY 12208 (518) 525-7600	Skilled Nursing Facility \$280.00 per day semi-private room \$290.00 per day private room
Teresian House 200 Washington Avenue Ext. Albany, NY 12203 (518) 456-2000	Skilled Nursing Facility \$263– 271 per day all private rooms Home like atmosphere (R)

(R) - Respite beds available

## Skilled Care Facilities Within Close Proximity of Bethlehem

Name & Address	Type of Facility
Albany County Nursing Home Albany Shaker Road Albany, NY 12211 (518) 869-2231	Skilled Nursing Facility  \$240.00 per day semi-private room \$245.00 per day private room
Daughters of Sarah Nursing Center 180 Washington Avenue Extension Albany, NY 12203 (518) 456-7831	Skilled Nursing Facility  All private rooms Call for prices  <span style="float: right;">(R)</span>
Evergreen Commons 1070 Luther Rd East Greenbush, NY 12061 (518) 479-4662 www.evergreen-commons.com	Skilled Nursing Facility  \$294.68 per day semi-private \$309.52 per day private  <span style="float: right;">(R)</span>
Good Samaritan Lutheran Health Care Center 125 Rockefeller Road Delmar, NY 12054 (518) 439-8116	Skilled Nursing Facility  \$285.00 per day semi-private room \$290.00 per day private room
Guilderland Ctr. Nursing Home 428 Rte 146 Guilderland Ctr., NY 12085 (518) 861-5141	Skilled Nursing Facility  \$325.95 per day quad room \$336.55 per day semi-private room \$347.15 per day private room \$347.15 per day private room with bath
Julie Blair Nursing and Rehabilitation Center 325 Northern Blvd. Albany, NY 12204 (518) 449-1100	Skilled Nursing Facility  \$316.00 per day semi-private room \$339.00 per day private room \$294.50 per day 4 bed room  <span style="float: right;">(R)</span>

*The following is a listing of the continuum of care, as we know it, in New York State, as well as oversight agencies responsible for ensuring quality within facilities or programs:*

**Community Services.** Community Services is a broad term applied to any program or service available to the frail elderly, disabled or chronically ill. These may include:

- Community information and referrals
- Transportation
- Meals on wheels, or congregate meals
- Friendly calling or visits
- Adult day care
- Housekeeping and maintenance services
- Personal or home care
- Hospice
- Respite services

**Senior Housing.** Senior Housing facilities consist of apartments for independent living for the elderly. Most of these buildings have handi-capped-accessible bars in the bathroom, emergency pull cords in the bathroom and bedroom and some have appliances and sinks custom-designed to accommodate the needs of people in wheelchairs.

- *Subsidized* housing requires that applicants meet certain income specifications in order to be considered for an apartment. Typical subsidized housing programs include: Section 202, Section 8, Section 236 and the Mitchel-Lama or Housing Trust Fund.
- *Market-rate* housing is not subsidized and is open to people whose incomes enable them to pay the monthly rents, which are typical for that area.

Oversight agencies include the U.S. Department of Housing and Urban Development (HUD) for subsidized housing, and the NYS Division of Housing and Community Renewal.

**Adult Day Care.** Adult Day Care offers a safe, secure, stimulating environment for persons whose circumstances allow them to remain in their homes in the evening, but who need some sort of supervision during the daytime. Daycare maybe either a medical or social model.

Oversight agency is the NYS Department of Health.

**Home Care.** There are certified, licensed and long term home health programs. All three types of programs require a physician's order for service if an agency is used.

*Certified home health care* programs are Medicare funded and have very specific requirements for service. One needs to be homebound and require skilled nursing or physical therapy. It is considered short-term intermittent care as opposed to chronic long-term care.

*Licensed home care* can be covered by private pay, Medicaid or possibly, by long-term care insurance. It can include bathing, shopping, dressing, personal care and light housekeeping. Nursing visits can be arranged as

*Long term home health care program (LTHHCP)* is usually covered by chronic care Medicaid. The person must qualify for nursing home placement but prefer to be at home. Cost of service needs to be less than 75% of the cost of nursing home care. The LTHHCP coordinates and provides care such as home health care, physical therapy, speech therapy, and "wavered services" such as adult day programs, Lifeline, Meals-on-Wheels in order to keep a person at home.

Oversight agency is the NYS Department of Health.

**Respite.** Respite is a service that helps caregivers in gaining a short break from their care giving duties, whether for personal or medical reasons.

Oversight agency is the NYS Department of Health.

**Adult Care Facilities.** Adult Care Facilities (ACF) are residential facilities that provide congregate meals in a safe environment, along with activities and, in most cases, field trips or special programs. Most ACF's offer private rooms to residents with either private or shared bathrooms. ACF's may be:

- *Enriched Housing* - congregate living, may be one room or an apartment with the ability to contract for more "hands on" services, as needed.
- *Assistive Living* - a "marriage" between the ACF and home and personal care agencies. Resident is able to choose from menu of services needed as they age in place.
- *Assisted Living Programs* - are officially certified by the New York State Department of Health.
- *Adult Home* - Congregate living, one room rather than apartment. May have private or shared bathroom. May have nursing personnel on staff and possibly a medical director. Help available for activities of daily living.
- *Adult Home for Memory Impaired*—same as above, but accepts clients with Alzheimer's diagnosis, clients with incontinence and wanderers.

Oversight agency is the NYS Department of Social Services through the Office of Housing and Adult Services and the NYS Department of Health.

## Adult Care Facilities for the Memory Impaired

Name & Address	Type of Facility
Clare Bridge of Niskayuna 2861 Troy Schenectady Rd. Niskayuna, NY 12309 (518) 782-7381	\$3000 Admission Fee \$3,500 + care rate/month deluxe \$3,400 + care rate/month private \$3,100 + care rate/month semi-private Respite: \$150.00 per day (R)
Beacon Pointe Memory Care Community 1 Emma Lane Clifton Park, NY 12065 (518) 371-2200	No admission fee \$4,400-5,400 range per month Accepts insulin dependent diabetics Activities program, serenity room with complimentary therapies which includes massage. (R)
Eddy Alzheimer's Center at Hawthorne Ridge 32 Community Way East Greenbush, NY 12061 (518) 833-1111	Admission fee Call for details for per month rate 24 hour activity program, flexible schedule for residents, medical ser- vices provided by Board certified geriatrician
Marjorie Doyle Rockwell Center 421 W. Columbia St. Cohoes, NY 12047 (518) 238-4150	52 Beds - no admission fee Dementia specific Call for tour Wide variety of activities and out- ings, Trained professional staff
The Gerald Levine Center for Memory Care at the Loudonville Home 298 Albany Shaker Rd. Loudonville, NY 12211 (518) 526-3642	16 beds. Specialized program cre- ated on individual need. Wander free space, 24 hour supervision, medication management, transpor- tation, home cooked meals, full time recreation program, laundry and housekeeping. \$5,271 per month, includes all ser- vices

(R) - Respite beds available

## Adult Homes in the Immediate Albany Area

Fawn Ridge Assisted Living 2902 Upper Tibbits Ave. Troy, NY 12180 (518) 273-2040	155 Beds <b>Accepts SSI</b> Private pay - call for rates Available services are but not limited to; 3 meals a day, activities, laundry, house-keeping, 24 hour supervision, medication management in-house occupational therapy and religious services (R)
Good Samaritan Adult Home 141 Rockefeller Rd. Delmar, NY 12054 (518) 439-8899	67 bed adult home with private bath <b>Accepts SSI –limited availability</b> \$95.00 per day, Private pay - reduced rate possible depending on income. Activities, 3 meals a day, laundry, house-keeping services, transportation to medical appointments Assistance with activities of daily living (R)
Loudonville Home For Adults 298 Albany Shaker Rd. Loudonville, NY 12211 (518) 463-4398	50 private rooms, suites and apartments \$3,324 to \$3,986 per month 24 hour supervision, full assistance with activities of daily living, medication management, transportation, home cooked meals, full time recreation programs, personal laundry and housekeeping. Minimum 14 days (R)
Mill View Adult Home 514 Old Loudon Rd. Cohoes, NY 12047 (518) 785-7788	50 beds, private rooms \$3,000 - \$3950 per month, all inclusive Includes 3 meals a day, activities, transportation for medical appointments, housekeeping, laundry of personal clothes, medication management and 24 hour supervision
Westmere Home For Adults 5 Gipp Rd. Westmere, NY 12203 (518) 456-8355	18 beds Privately owned Adult Home with a small homey environment \$3255 per month Includes 3 meals a day, activities, laundry, housekeeping, transportation to medical appointments, 24 hour supervision and medication management

(R) - Respite beds available

**Retirement Communities.** Retirement Communities offer independent living in apartment settings. Amenities include dining options, transportation and housekeeping in a campus-like setting.

- *Continuing Care Retirement Communities.* Continuing Care Retirement Communities enable a person to enter at a low level of care, such as housing, and as his or her needs progress, so too will the community's ability to take care of him or her on the same campus. CCRC's consist of many different levels, beginning with senior apartments and advancing to assistive living and nursing homes.
- *Life Care.* Life Care is a type of continuing care retirement community where the resident is guaranteed care at the level of need for as long as they reside at the CCRS.

**Skilled Nursing Facility.** A Skilled Nursing Facility provides 24 hour medical and social services to the frail elderly and chronically disabled population who need high-intensity medical care and supervision. Prospective residents must undergo a screening process to establish appropriateness of placement. A PRI (Patient Review Instrument) and SCREEN must be completed to establish the appropriate level of care in a facility.

**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.

### Applying For Medicaid.

Contact: Albany County Social Services  
162 Washington Ave.  
Albany, New York 447-7400  
8:30—4:30 (closed 12-1)

A representative from Social Services is also available at the Bethlehem Town Hall the 2nd Monday of each month, appointments are required, call 439-4955 x 1176. Applications are also available in the Bethlehem Town Hall Senior Services office.

**Medicaid:** Medicaid is a means-tested, needs-based program with limitations on the amount of income and assets one may have. Anyone who meets the income limit and resource level can apply for Medicaid. There is a five-year "look back period" into the applicant's financial spending and transfers of assets. The county Department of Social Services manages the Medicaid program.

There are two types of Medicaid in New York State, community based Medicaid and chronic care Medicaid. The amount of assets allowed depends upon the type of Medicaid for which one applies. Community-based Medicaid is for individuals who need acute medical care, which can be provided through a health clinic, medical office or hospital. Chronic care is on-going medical care such as nursing home care, which can be provided through either a facility or the long term home health program.

## Assistive Living and Enriched Housing, continued

### Care Facilities Located Within Bethlehem

Beverwyck 40 Autumn Drive Slingerlands, NY 12159 (518) 451-2103	Independent Retirement Community 169 Apartments 15 Cottages 14 Deluxe Cottages
Delmar Place 467 Delaware Ave. Delmar, NY 12054 (518) 434-4663	Assistive Living. 94 units One bedroom and efficiency units. All meals, housekeeping and laundry services, recreation, transportation, personal care, physical and occupational therapy. 24 hour supervision. Private pay. (R)
Good Samaritan Lutheran Home 141 Rockefeller Rd. Delmar, NY 12054 (518) 439-8899	67 bed adult home Private pay Sliding scale based on income. Activities provided. Transportation to medical appointments Assistance with activities of daily living (R)
Good Samaritan Lutheran Healthcare Center 125 Rockefeller Rd. Delmar, NY 12054 (518) 439-8116	120 bed skilled facility Rehab available Accepts Medicare and Medicaid
The Terrace at Beverwyck 41 Beverwyck Lane Slingerlands, NY 12159 (518) 451-2103	41 units assistive living Studio, 1 & 2 bedroom apartments \$2,800-5,500 month Monthly costs include all utilities and cable (R)

(R) - Respite beds available

Name & Address	Type of Facility
Terrace at Hawthorne Ridge 32 Community Way East Greenbush, NY 12061 (518) 833-1111	12 one bedroom apartments. Three meals daily, 24 hour security and emergency call system, licensed nursing staff and resident care assistants, regular health and wellness assessments, scheduled transportation, social activities, cultural, recreational, and educational programs. Tier level available if additional services are needed
Terrace at Beverwyck 41 Beverwyck Lane Slingerlands, NY 12159 (518) 451-2103	Assistive Living. 41 units No admission fee. Private Pay \$3,300 to 4,800 month
McAuley Residence 308 S. Manning Blvd. Albany, NY 12208 (518) 437-8400	Assisted Living. Approximately a one year wait. Accepts Medicaid, must be private pay for one year. \$160 per day plus admission fee
Terrace at the Eddy Memorial 2256 Burdett Ave Troy, NY 12180 (518) 271-5950	Assistive Living 67 apartments Includes 3 meals a day, local telephone, cable, housekeeping, laundry, activities, 24 hour staffing and transportation. \$3,220 - \$5,710

### Assisted Living Programs (ALP's)

Name & Address	Type of Facility
Danforth Adult Care Center 19 Danforth St. Hoosick Falls, N.Y. 12090 (518) 686-5167	Assisted Living. No admission fee. Medicaid and SSI accepted. \$93.00 to \$113.00 a day. Transportation for medical appointments. In house physicians
McAuley Residence 308 S. Manning Blvd. Albany, NY 12208 (518) 437-8400	Assisted Living. Approximately a one year wait. Accepts Medicaid, must be private pay for one year. \$160 per day plus admission fee
Heartwood Terrace 2405 Fifteenth St. Troy, N.Y. 12180 (518) 266-9654 Case manager - Philomena Prezio	Private pay - Call for details Accepts Medicaid. Full activities program.

Approximate fees as of 04/08

(R) - Respite beds available

## Assistive Living and Enriched Housing

Name & Address	Type of Facility
Wynwood Niskayuna 1786 Union Street Niskayuna, NY 12309 (518) 346-6935	Assistive Living. 100 units Housekeeping, laundry, 24 hr medical staff. 3 meals/day, transportation. All inclusive, except for phone and cable. Private Pay.
Atria Crossgate 140 Washington Ave. Extension Albany, NY 12203 (518) 869-0211	Enriched housing and independent living. 84 units, Many varieties of apartments; basic cost + menu of services - \$2900 and up (includes 3 meals per day) Private Pay (R)
Atria Guilderland 300 Mill Rose Court Slingerlands, NY 12159 (518) 218-0506	Newly renovated Assistive Living. 87 units. \$2,500 to \$3,500 per month. 3 meals per day. Private rooms, couples accommodated. Pets allowed. Assistance with VA Benefits. Contracts for short term stays with Catholic Charities. Private Pay. (R)
Atria Shaker 345 Northern Blvd. Albany, NY 12204 (518) 465-4444	Enriched housing and dementia unit. 129 units. Many variables; basic cost + menu of services - \$1995 and up (includes 3 meals) Private Pay
Colonie Manor 626 Watervliet Shaker Rd Latham, NY 12110 (518) 783-8695	Assistive Living - Starting \$2,700 Private rooms, 3 meals daily 24 hr. personal care assistance, Medication supervision, Case management available Health care coordinated by RN Housekeeping, laundry, linen service Licensed beauty shop (R)
Delmar Place 467 Delaware Ave. Delmar, NY 12054 (518) 434-4663	Assistive Living. 94 units (81 one-bedroom and 13 studio). All meals, housekeeping and laundry services, recreation, scheduled transportation, personal care, case management, planned activities, and physical therapy. Library, theater, country kitchen, and hair salon. 24 hour supervision. \$2,800 and up. Private pay. (R)
Mill View 514 Old Loudon Rd. Cohoes, NY 12047 (518) 785-7788	55 beds, private rooms \$3,000 - \$3950 per month, all inclusive Includes 3 meals a day, activities, transportation for medical appointments, housekeeping, laundry of personal clothes, medication management and 24 hour supervision
The Massry Residence Daughters of Sarah Senior Community 182 Washington Ave. Ext. Albany, NY 12203 (518) 689-0453	Assistive Living. 56 units. All inclusive except phone/cable Large one and two bedroom apartments, 3 kosher meals a day. Transportation. Private Pay.

## Subsidized Senior Housing—Bethlehem

Good Samaritan Senior Apts. 119 Rockefeller Road Delmar, NY 12054 (518) 475-0275	36 subsidized apartments Must be age 62 1 and 2 bedroom apts. Basic rent: Max. income \$39,550 1 pers. * \$45,200 2 pers. * 11 apartments set aside for shelter rent, i.e. maximum gross income \$14,850 for 1 person and \$16,950 for 2 persons. Accepts Section 8
Marie Rose Manor 100 Marquis Drive Slingerlands, NY 12159 (518) 459-0204	49 subsidized apartments Must be age 62 or over 1 bedroom apts. Rent is 30% of adjusted income Max income \$24,700 /year 1 person * \$28,250 /year 2 people *
HUD Existing Section 8 Rental Assistance call either Bethlehem Senior Services 439-4955 or directly: Central Office for Section 8 (518) 372-8846 for application.	Rent is 30% of income Max income: \$24,700 /year 1 person * \$28,250 /year 2 person *
Van Allen Senior Apartments 790 Route 9W Glenmont, N.Y. 12077 contact: Site Manager at: (518) 767-0923  Must be 55 or older 1 and 2 bedroom apts.	Rent Structure:  <u>Low Income:</u> 15 units set aside for incomes below \$24,700 for 1 person, 5 units set aside for incomes below \$28,250 for 2 persons. 15 units have rents of \$458 and 5 units have rent of \$538  <u>Moderate Income:</u> 61 units set aside for incomes of \$44,460 for 1 person with rents of \$715 and 19 units set aside for incomes below \$50,850 for 2 people with rents of \$822.  <u>Market Rate Apartments:</u> 10 units with 2 bedrooms, no income restrictions with rents of \$957.

\* Approximate income levels, subject to change, as of 4/08

## Subsidized Senior Housing Closest to Bethlehem

Albany Housing Authority 200 South Pearl St. Albany, NY 12202 (518) 641-7500	A variety of apartments buildings based on income. Call for details.
Altamont Oaks 950 Altamont Blvd. Altamont, NY 12009 (518) 861-5396	40 units, 1&2 bedrooms no age requirements Call for more details.
Brandewood Apartments VanEvera Drive Altamont, NY 12009 (518) 861-8809	32 units; 4 handicapped accessible units. All one bedroom units. Age 62 and older or disabled Rent is 30% of Income. Please call for details
Civil Senior Housing 8 Civil Avenue Ravena, NY 12143 (518) 283-3435 or (518)756-7011	26 units, 1&2 bedrooms Age 55 and older Rent is 30% of income Heat and hot water included Max. income: \$29,640 1 person \$33,900 2 person
DePaul Housing Management 41 N. Main Avenue Albany, NY 12203 (518) 459-0183	14 locations, can fill out one application for all  www.depaulhousing.com
Feura Bush Apartments ** 34 New Scotland Avenue Feura Bush, NY 12067 (518) 478-0130 site manager (518) 765-2425 main office for applications	24 units, 1 & 2 bedrooms Age 62 and older or handicapped Rent is 30% of adjusted income Priority waiting list for extremely low income. Max. income: \$29,700 1 person * \$33,900 2 person *
Holy Wisdom Apts. 428 Whitehall Rd. Albany, NY 12208 (518) 437-1895 or (518) 459-4910	50 units Age 62 and older Rent 30% of gross income Max income \$24,700 1 person \$28,250 2 person

\*\* Managed by Albany County Rural Housing Alliance

## Retirement Communities With Levels of Care

Name & Address	Type of Facility
Eddy Memorial Geriatric Center 2256 Burdett Ave. Troy, NY 12180 (518) 274-9890	Three levels of care are available. Independent Living, Assistive Living and skilled nursing. Adult medical day program available.
Kingsway Community 323 Kings Rd. Schenectady, NY 12304 (518) 393-4304	Nursing Center; Respite Care, Assisted Living, Apartments Medical Model Adult Daycare Home Care Services
The Massry Residence at Daughters of Sarah Senior Community 182 Washington Ave. Extension Albany, NY 12203 (518) 689-0453	Skilled nursing, long and short-term rehabilitation services, Assistive living, medical adult day services, respite care and memory enhancement services
Hawthorn Ridge Retirement Community 30 Community Way East Greenbush, NY 12061 (518) 833-1111	Three levels of care: independent living, assistive living and dementia specific (Alzheimer's Care Center)

## Lifecare Communities

Name & Address	Type of Facility
Fireman's Home 125 Harry Howard Ave. Hudson, NY 12534 (518) 828-7695	For volunteer firefighters only. Skilled nursing facility. All pension, social security and assets turned over to home. Auxiliary members accepted.
Glen Arden 46 Harriman Dr. Goshen, NY 10924 (814) 291-7800 1-800-914-4051	Three levels of care Entrance fee for lifecare contract
Kendal at Ithaca 2230 N. Tripphammer Rd. Ithaca, NY 14850 (607) 266-5300 1-800-253-6325	Three levels of care Independent apartments, assisted living apartments and skilled nursing. Entrance fee.
Kimball Farms 235 Walker St. Lenox, MA 01240 1-800-283-0061 or 1-413-637-7000	Three levels of care Independent apartments, assisted living apartments and skilled nursing.

## Independent Living Retirement Communities

Name & Address	Type of Facility
Avila 100 White Pine Dr. Albany, NY 12203 (518) 452-4250	152 units: 128 apts., 24 cottages Entry fee community with monthly fee for services
Beechwood Retirement Community 2218 Burdett Ave. Troy, NY 12180 (518) 274-0037	59 Units, 1 and 2 bedrooms Beauty salon/barber shop, fitness center, dining room with restaurant style dining, Include dining plan options, transportation, housekeeping, social and cultural activities.
Beverwyck 40 Autumn Drive Slingerlands, NY 12159 (518) 451-2103 *see the Terrace At Beverwyck	169 units, 15 cottages, 14 Deluxe Cottages Refundable entrance fee with some rental units
Canterbury House 36 Pawling Ave. Troy, NY 12180 (518) 272-2371	Independent Adult Residence Home-cooked meals served daily Housekeeping services and chapel All rooms have private bath, free cable in living room and security system.
Coburg Village 1 Coburg Village Way Rexford, NY 12148 (518) 371-5000	Independent Enhanced Retirement Living 188 apartments Rental
Diamond Ridge 59 Harris Rd. Troy, NY 12182 (518) 233-1400	1 & 2 bedroom apts. Live-in Manager, 24 hr. response to emergencies; 3 meals a day, weekly housekeeping, transportation, and chapel. Private pay, Rental
The Glen Eddy 1 Glen Eddy Dr. Niskayuna, NY 12309 (518) 280-8000	101 Units Independent Living 16 Cottages
Hawthorne Ridge Retirement Communities 30 Community Way East Greenbush, NY 12061 (518) 833-1111	50 Units, 1 and 2 bedrooms Fireside lounge, beauty salon/barber shop, fitness center, art studio/hobby center, dining room with restaurant style dining, Cyber Café. Include dining plan options, transportation, housekeeping, social and cultural activities.
Hearthstone Village 626A Watervliet Rd Latham, NY 12110 (518) 687-7393 <a href="http://www.hearthstonevillage.com/index.asp">http://www.hearthstonevillage.com/index.asp</a>	144 Units, 62 years and older 3 apartment buildings and clubhouse. Rents start at \$950.00, include heat and hot water and washer and dryer. The Clubhouse has a heated indoor pool, hair salon and various activities.

## Subsidized Senior Housing Closest to Bethlehem

*continued*

Louis Apartments Louis Dr Ravena, NY 12143 (518) 828-0626	24 apartments 1 block from senior center Age 62 and older or disabled Max. income: \$42,550 1 person * \$47,850 2 person *
St. Joseph's Apartments 2 Jeanne Jugan Lane Latham, NY 12110 (518) 785-4551	48 units Age 60 and older. Max. income: \$24,700 1 person * \$28,250 2 person * Rent is 30% of income, not to exceed \$505
St. Sophia Apts. 426 Whitehall Road Albany, NY 12208 (518) 459-4910	90 units Age 62 and older Rent 30% of gross income Max income \$24,700 1 person \$28,250 2 person
Ohav Shalom Apts. 115 New Krumkill Rd Albany, NY 12208 (518) 489-5531	211 units (188 1 bedroom, 24 efficiency) Age 62 and older or handicapped Rent is 30% of adjusted income No income limit; max rent \$531.00/month On busline
Whitehall Court Senior Apts. 360 Whitehall Road Albany, NY 12208 (518) 446-1920	72 units, 1&2 bedrooms Age 62 and older Max income: \$29,640 1 person * \$33,900 2 person * Rents: \$521 small 1 bedroom \$540 large 1 bedroom \$634 2 bedroom Rents include heat & hot water Accepts Section 8, Waiting List

\* Approximately income levels, subject to change, as of 04/08

**Respite  
Caregiver/Bereavement Support**

Alzheimer's Association of NENY 85 Watervliet Ave. Albany, NY 12206 (518) 438-2217 Or 1-800-272-3900 for Helpline and Safe Return Registry	Provides family support, education research and advocacy through support groups and educational classes for professionals and caregivers. Trained helpline 24/7
Bethlehem Senior Services Bethlehem Town Hall 445 Delaware Ave. Delmar, NY 12054 (518) 439-4955 ext. 1174	Daytime Caregivers Support Group meets 4th Wednesday of the month from 10:30 a.m. to noon.
The Caregiver Connection, Sponsored by Senior Services Of Albany 25 Delaware Ave. Albany, NY Contact: Laurie Milward, Eldercare Counselor (518) 465-1398	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.
Caregivers Respite Program of Catholic Charities 100 Slingerlands St. Albany, NY 12202 (518) 449-2001	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.
Caregiver Support Group, sponsored by the Alzheimer's Association (518) 438-2217	Held at Delmar Presbyterian Church 585 Delaware Ave. Delmar, NY 12054 3rd Wednesday of the month 2:30 p.m.

**Geriatric Day Service in the  
Immediate Albany Area**

*continued*

Eddy North Greenbush 300 Valley View Blvd Rensselaer, NY 12144 (518) 286-1986	Medical Model Daycare Monday-Friday 8:00-4:30 Private Pay Medicaid accepted Transportation may be provided please call for details.
Daughter's of Sarah Great Days Adult Health Program Washington Ave. & Rapp Rd. Albany, NY 12203 (518) 724-3222	Medical Model Daycare Monday—Friday 8:00 - 4:30 ** \$105/day Private Pay Medicaid accepted
Daybreak at Eddy Memorial Geriatric Center 2256 Burdett Avenue Troy, NY 12180 (518) 271-5941	Medical Model Daycare Monday - Friday 7:30 - 4:30 Sliding fee scale Private Pay Medicaid accepted
Guild Care* 2 Clara Barton Drive, Suite 118 Albany, NY 12208 (518) 396-3626	Medical Adult Day Healthcare Monday - Friday 9:30 - 3:00 Free with Medicaid Private pay \$145/day Financial assistance may be available
Newgate * Senior Services of Albany 760 New Scotland Ave Bethany Reformed Church Albany, NY 12208 (518) 449-8035	Social Model Daycare Monday - Friday 8:30 - 4:30 Call for Rates—Sliding Scale
Adult Day Care for Persons with Traumatic Brain Injury  Call the following for qualifying for information:	Center for Disability Services Chris Haffe 437-5562  Sunnyview Hospital Barb McCarthy 386-3555

\* denotes transportation provided through Bethlehem Senior Services

\*\* approximate fees, subject to change, as of 04/08

## Geriatric Day Service in the Immediate Albany Area

Adult Day Health Care Program* VA Medical Center 113 Holland Ave. Albany, NY 12208 (518) 626-5000 ext. 66120	Medical Model Daycare For veterans who are eligible for VA services. Mon - Fri 8:00 a.m. - 4:00 p.m. Based on income. Maximum \$15.00 per day
Bright Horizons 6 Winners Circle Colonie, NY 12205 (518) 459-2857 ext. 322	Social Model Daycare Mon - Fri 8:00 a.m.-5:00 p.m. \$35/day
Cohoes Multi-Services Senior Citizens Center 10 Cayuga Plaza Cohoes, NY 12047 (518) 235-2420	Social Model Daycare Mon - Fri 9:00 a.m.- 4:00 p.m. ** \$17.50 /day donation
Eddy Daybreak 50 Herrick Street Rensselaer, NY 12144 (518) 436-4302	Social Model Daycare Mon - Fri 8:00 a.m.-5:00 p.m. ** \$11.10 /hr. maximum Rates variable Transportation \$14.00 round trip.
Eddy Daybreak 421 W. Columbia Street Cohoes, NY 12047 (518) 238-4062	Medical Model Daycare Mon - Fri 7:30 a.m. - 4:30 p.m. (Sliding fee scale) Private Pay Medicaid accepted
Eddy Daybreak at Marjorie Doyle Rockwell Center in Cohoes 421 W. Columbia St. Cohoes, NY 12047 (518) 238-4152	Medical Model Daycare Mon-Fri 8:00 a.m.-4:30 p.m. Sliding Scale Medicaid and long term care insurance accepted. <i>Daycare for persons with memory loss</i> Caregiver grants available.

\* denotes transportation provided through Bethlehem Senior Services  
\*\* approximate fees, subject to change, as of 04/08  
Note: Eddy services may provide transportation—call specific site for info.

## Respite Caregiver/Bereavement Support, continued

Community Hospice of Albany 445 New Karner Rd Albany, NY 12205 (518) 724-0200	Supportive services for the terminally ill, including palliative care services, pre-hospice assistance, Bereavement Support. Groups and individual counseling. Community presentations and outreach. No one is refused due to lack of insurance.
St. Thomas Church 35 Adams Place Delmar, NY 12054 (518) 439-4951	Provides bereavement support for recent widows and widowers. Group meets monthly at St. Thomas Church rectory. Maureen Moran 439-5439
The Eddy Alzheimer's Services 421 W. Columbia St. Cohoes, NY 12047 (518) 238-4162	Provides family support, education, and advocacy through support groups and educational classes for professionals and caregivers. Diagnostic evaluations available
Jewish Family Services 877 Madison Ave Albany, N.Y. 12208 (518) 482-8856	Provides counseling to seniors regarding issues of grief, stress, family conflict, new home adjustments, etc.

## Home Care

### Care Coordination-Resources for Home

Albany County Dept. of Health Home Care 175 Green St. Albany, NY 12202 (518) 447-4600	Sliding fee scale for most programs, accepts many insurances, Medicare, and Medicaid. Nursing visits, wellness programs and flu clinics off-site.
Albany County Social Services Home Care Assessment NY Connects (518) 447-7177	Assessment and referrals to care coordination.
Community Caregivers 2113 Western Ave., Suite 4 Guilderland, NY 12084 456-2898	Volunteer Program. Short term service bridge; some transportation and visitations in specific geographic areas.
Eddy Home Care Northeast Health 433 River St., Suite 3000 Troy, NY 12180 (518) 270-1425	Private Care Management
Eddy VNA Long Term Care Program 433 River St. Suite 3000 Troy, NY 12180 (518) 274-6200	Medicaid or Private Pay. Follow-up hospital stay nursing visits nurse case manager, therapies, etc. Provides services for Albany and Rensselaer counties.
St. Peter's CHOICES program St. Peter's Hospital 315 S. Manning Blvd. Albany, NY 12208 (518) 525-1364	Case management/coordination services. Sliding scale fee for service.

Local agencies offer numerous types of services to support a client in his/her home. A listing of Home Care providers may be found in the Yellow Pages under Home Health Services. Services requested include the following:

- **Homemaker.** A homemaker completes household chores such as laundry, cleaning, meal preparation, errands and shopping.
- **Personal Care Aide (PCA).** A personal care aid (sometimes called a companion) completes household chores and assists a client with personal care such as bathing, dressing and shampooing. A PCA can also assist with patient transfers and ambulating.
- **Home Health Aide (HHA).** A home health aide completes household chores, assists with personal care and can remind a patient to take medication. An HHA can assist with home exercise programs and monitoring of medical status.
- **Live-In Aide.** A live-in aide lives in the client's home with planned time off, usually two days every week. The client is expected to provide a separate bedroom area and meals. Live-in aides are usually PCA's or HHA's.
- **Licensed Practical Nurse (LPN).** An LPN can provide all of the services of the PCA or HHA. In addition, an LPN can monitor a patient's vital signs, dispense medication, provide wound care, provide colostomy and catheter care and glucose monitoring.
- **Registered Nurse (RN).** An RN can provide services of the LPN and in addition provide skilled nursing services including IV therapy and use high tech equipment.

#### Approximate Cost of Service

Homemaker	\$18.00/hr*	Rates vary by agency These services may be available through the cost sharing EISEP program at a cost to the client of \$0—100% depending on income.
PCA	\$20.00/hr*	
HHA	\$22.00 /hr *	
Live-In Aide	\$290 /day*	These services may be available through the cost sharing EISEP program at a cost to the client of \$0—100% depending on income
LPN	\$50 /hr*	
RN	\$56 /hr*	

*Approximate fees, as of 04/08*