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# Delaware County Resource Directory



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

Furthermore, UHS Delaware Valley Hospital neither endorses nor recommends any particular organization or service listed in the directory, including any private companies. As with any product or service, it is recommended that consumers thoroughly review and determine which product, service, or provider meets their needs best.

## **BASIC NEEDS / EMERGENCY ASSISTANCE**

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### **Delaware Opportunities, Inc.**

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

[www.delawareopportunities.org/emergency-food-shelter](http://www.delawareopportunities.org/emergency-food-shelter)

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

### **Delaware County Department of Social Services**

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

[www.co.delaware.ny.us/departments/dss/dss.htm](http://www.co.delaware.ny.us/departments/dss/dss.htm)

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

### **Salvation Army**

[www.empire.salvationarmy.org](http://www.empire.salvationarmy.org)..... Phone: (315) 877-6079

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

## **CAREGIVER SUPPORT**

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### **Delaware County Office for the Aging**

6 Court Street, Delhi, NY 13753..... Phone: (607) 832-5750

[www.co.delaware.ny.us/departments/ofa/CGSupport.htm](http://www.co.delaware.ny.us/departments/ofa/CGSupport.htm)

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

### **Alzheimer's Association**

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

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

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

### **Catskill Area Hospice & Palliative Care**

542 Main Street, Oneonta, NY 13820..... Phone: (607) 432-5525

116 Main Street, Delhi NY 13753..... Phone: (607) 746-2668

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

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

## **Respite**

### **Delaware County Office for the Aging**

6 Court Street, Delhi, NY 13753..... Phone: (607) 832-5750

[www.co.delaware.ny.us/departments/ofa/ofa.htm](http://www.co.delaware.ny.us/departments/ofa/ofa.htm)

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

### **Our Place**

58 East Street (Lower Level of the United Presbyterian Church, Walton, NY..... Phone: (607) 287-1975

[www.legacycorps.org/legacycorpsservices/ourplace.html](http://www.legacycorps.org/legacycorpsservices/ourplace.html)

Our Place is a Social Adult Day Center providing recreation and socialization for isolated or impaired older adults. The Center is currently open every Wednesday from 10am to 4pm.

### **Delaware Opportunities, Inc.**

35430 State Highway 10, Hamden, NY 13782..... Phone: (607) 746-1680

[www.delawareopportunities.org/respites-care](http://www.delawareopportunities.org/respites-care)

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

### **Springbrook**

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

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

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

### **Robinson Terrace**

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

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

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

### **Margaretville Hospital**

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

[www.hahv.org/margaretvillehospital](http://www.hahv.org/margaretvillehospital)

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

### **Roscoe Regional Rehabilitation & Residential Health Care Facility**

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

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

Caregivers who need a break can select respite care from one to 30 days. This break can benefit the primary caregiver's emotional, mental and physical health.

# CHILDCARE

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## **NYS Office of Children and Family Services**

52 Washington Street, Rensselaer, NY 12144.....Phone: (518) 473-7793

[www.ocfs.state.ny.us/main/childcare/ccfs\\_template.asp](http://www.ocfs.state.ny.us/main/childcare/ccfs_template.asp)

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

## **Delaware Opportunities, Inc.**

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

[www.delawareopportunities.org/content/child-care-resource-referral](http://www.delawareopportunities.org/content/child-care-resource-referral)

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

The *Child Day Care Subsidy Program* offers eligible households assistance with child care costs.

## **DCMO BOCES**

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

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

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

## **The Cullman Child Development Center**

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

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

The Center provides services to children between the ages of 6 weeks and 12 years.

There is before and after school care, an in-house summer program for children ages 5-8, and a summer camp program children ages 8-12.

## **SUNY Delhi Child Care Center**

2 Main St, Delhi, NY 13753..... Phone: (607) 746-4710

[www.delhi.edu/academics/catalog\\_14/college\\_life/student\\_life.php](http://www.delhi.edu/academics/catalog_14/college_life/student_life.php)

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

## **Kids' Kollege Nursery School and Day Care**

14 Division St, Sidney, NY 13838..... Phone: (607) 563-1185

Kids' Kollege is a preschool that serves children ages 2-7+, with a capacity of 8 children.

# DENTAL RESOURCES

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## **Rural Health Network of South Central NY**

2663 Main Street, Whitney Point, NY 13862.....Phone: (607) 692-7669  
[www.rhnsncy.org](http://www.rhnsncy.org)

RHNSCNY provides information about discounted dental providers in the area to anyone needing to access dental and oral health services.

## **Bassett Healthcare Delhi - Dental Office**

460 Andes Road, Delhi, NY 13753.....Phone: (607) 746-0540  
[www.bassett.org/oconnor-hospital/our-services/dental-office/](http://www.bassett.org/oconnor-hospital/our-services/dental-office/)

The Bassett Healthcare Delhi - Dental Office offers general dentistry services for both children and adults. The practice serves patients with and without insurance, including Medicaid.

## **Davenport Dental Center**

17107 State Highway 23, Davenport, NY 13750.....Phone: (607) 278-4077

## **Delaware Dental Office**

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

## **Walton Dental**

132 Delaware St, Walton, NY 13856.....Phone: (607) 865-4000

## **Stamford Dental Association**

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

## **Fox Care Dental**

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

## **Michael Freedus, DDS**

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

## **UHS Dental Center**

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

## **Dental Lifeline Network (New York Donated Dental Services)**

PO Box 11247, Albany, NY 12211.....Phone: (888) 623-2780  
[www.dentallifeline.org/new-york/](http://www.dentallifeline.org/new-york/)

Provides free, comprehensive dental treatment to individuals with disabilities or those who are elderly or medically fragile. These are people who cannot afford necessary treatment and cannot get public aid.

# DISABILITY SERVICES

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## **Social Security Administration**

31 Main Street, Suite 1, Oneonta, NY 13820..... Phone: (877) 628-6581  
[www.ssa.gov](http://www.ssa.gov)

*Social Security* pays disability benefits to an individual and certain members of the family if the individual has worked long enough and has a medical condition that has prevented work, or is expected to prevent working for at least 12 months or end in death.

*Supplemental Security Income (SSI)* pays benefits to disabled adults and children who have limited income and resources.

## **The Arc of Delaware County**

34570 State Highway 10, Walton, NY 13856..... Phone: (607) 865-7126  
[www.delarc.org](http://www.delarc.org)

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

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

## **Catskill Center for Independence**

6104 State Highway 23, Oneonta, NY 13820..... Phone: (607) 432-8000  
[www.ccfi.us](http://www.ccfi.us)

Provides a variety of services to individuals with disabilities with information, training and other disability related assistance to the family.

## **Delaware Opportunities, Inc.**

35430 State Highway 10, Hamden, NY 13782..... Phone: (607) 746-1675  
<http://www.delawareopportunities.org/services-coordination>

Services Coordination is a support service that helps consumers and their families get the types of services they may need or want. A Services Coordinator works with the consumer, their family, and/or advocate to help them access social, medical, clinical, educational, vocational, residential, and other services or supports that help the consumers reach their full potential.

## **Southern Tier Independence Center (STIC)**

135 E. Frederick St, Binghamton, NY 13904..... Phone: (607) 724-2111  
[www.stic-cil.org](http://www.stic-cil.org)

STIC is a community-based advocacy and service organization for children and adults with all types of disabilities.

## **Project Independence, Inc.**

342 River Street, Hobart, NY 13788..... Phone: (607) 538-9874  
[www.projectindependenceinc.org](http://www.projectindependenceinc.org)

The primary goal of the agency is to provide a person-centered approach to individualized service provision. Project Independence provides the more appropriate learning environment and level of supervision to facilitate the individual access to community services, as well as community integration.



## **Springbrook**

105 Campus Drive, Oneonta, NY 13820.....Phone: (607) 286-7171  
[www.springbrookny.org](http://www.springbrookny.org)

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

## **Delaware County Public Health**

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

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

*Children with Special Healthcare Needs* (Birth – 21 years) provides assistance with the cost of special medical evaluations such as cardiology or hearing, as well as assuring healthcare coverage for all children.

*Physically Handicapped Children's Programs* (Birth – 21 years) helps out families by providing financial assistance for medical care and support services. These services are directed to children with physical handicaps or chronic disabilities.

*Preschool Special Education Program* (3 - 5 years) is designed to provide financial assistance for services to children ages 3 to 5 with special needs.

## **New York State Office for People with Developmental Disabilities**

44 Holland Avenue, Albany, NY 12229.....Phone: (866) 946-9733  
[www.opwdd.ny.gov](http://www.opwdd.ny.gov)

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

## **Broome DDSO Delaware Regional Center**

15598 St Hwy 8, Masonville, NY 13804.....Phone: (607) 265-3322

Provides evaluations, in home visits, and individualized service plans to assist with residential placement and day program placement, as well as other information and referrals.

## **Family Resource Network, Inc.**

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

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

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

44 Hawley Street, Binghamton, NY 13901..... Phone: (607) 721-8400  
[www.access.nysed.gov](http://www.access.nysed.gov)

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

## **Deaf and Hard of Hearing**

### **Hear Now / Starkey Hearing Foundation**

6700 Washington Ave S., Eden Prairie, MN 55344..... Phone: (800) 328-8602  
[www.starkeyhearingfoundation.org](http://www.starkeyhearingfoundation.org)

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

## **Vision**

### **Association for Vision Rehabilitation and Employment, Inc.**

174 Court Street, Binghamton, NY 13901..... Phone: (607) 724-2428  
[www.avreus.org](http://www.avreus.org)

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

### **Rural Health Network of South Central NY**

2663 Main Street, Whitney Point, NY 13862..... Phone: (607) 692-7669  
[www.rhnsncy.org](http://www.rhnsncy.org)

RHNSCNY staff educates individuals on vision services assistance programs and directly assists rural residents in accessing resources.

## **DISASTER RELIEF**

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### **American Red Cross**

1415 Genesee Street, Utica, NY 13501..... Phone: (315) 733-4666  
[www.redcross.org/eny/about-us/locations/mohawk-valley](http://www.redcross.org/eny/about-us/locations/mohawk-valley)

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

### **Salvation Army**

[www.empire.salvationarmy.org](http://www.empire.salvationarmy.org)..... Phone: (315) 877-6079

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

## **DOMESTIC VIOLENCE**

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### **Delaware Opportunities, Inc.**

35430 State Highway 10, Hamden, NY 13782..... Phone: (607) 746-1720  
[www.delawareopportunities.org/safe-against-violence](http://www.delawareopportunities.org/safe-against-violence) 24/7 Hotline: (607) 746-6278

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

## **Delaware County Department of Social Services**

99 Main Street, Delhi, NY 13753..... Phone: (607) 832-5300  
Child Protective Services (CPS) Hotline..... Phone: (800) 342-3720  
[www.co.delaware.ny.us/departments/dss/dss.htm](http://www.co.delaware.ny.us/departments/dss/dss.htm)

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

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

**New York State Domestic Violence 24 Hour Hotline:** (800) 942-6906

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

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

80 S. Swan Street, 11<sup>th</sup> Floor, Room 1157, Albany, NY 12210.....Phone: (518) 457-5800  
[www.opdv.ny.gov](http://www.opdv.ny.gov)

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

# **EDUCATION**

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## **Early Childhood Education**

### **Delaware Opportunities, Inc.**

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

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

6 Franks Street, Arkville, NY 12406  
(845) 586-4002

15696 State Route 23, Davenport, NY 15696  
(607) 278-6020

Meredith Street, Delhi, NY 13753  
(607) 746-6591

47 Main Street, Deposit, NY 13754  
(607) 467-3505

Old Schoolhouse Rd, Fish's Eddy, NY 13774  
(607) 637-4256

293 Main Street, Franklin, NY 13775  
(607) 829-3312

2020 Jump Brook, Grand Gorge, NY  
(607) 588-8151

35430 State Hwy 10, Hamden, NY 13782  
(607) 746-1640

21 Pleasant Street, Sidney, NY 13838  
(607) 561-2341

150 Industrial Park, Walton, NY 13856  
(607) 865-6319

## **Alternative Education Options**

### **DCMO BOCES**

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

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

### **ONC BOCES Adult Education**

31 Center Street, Oneonta, NY 13820..... Phone: (607) 433-3645  
[www.oneontaadulteducation.org](http://www.oneontaadulteducation.org)

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

### **ONC BOCES – Northern Catskills Occupational Center**

2020 Jump Brook Road, Grand Gorge, NY 12434..... Phone: (607) 588-6291  
[www.oncboces.org/NorthernCatskills.cfm?subpage=6967](http://www.oncboces.org/NorthernCatskills.cfm?subpage=6967)

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

## **Literacy**

### **Literacy Volunteers of Otsego and Delaware Counties**

254 Main Street (Lower level), Oneonta, NY 13820..... Phone: (607) 353-7099  
[www.lvodc.org](http://www.lvodc.org)

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

## **EMPLOYMENT**

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### **Delaware County Employment and Training**

1 Gallant Avenue, Suite 1, Delhi, NY 13753..... Phone: (607) 746-7477  
21 Liberty Street, Sidney, NY 13838..... Phone: (607) 561-7550

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

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

### **Delaware Opportunities, Inc.**

35430 State Highway 10, Hamden, NY 13782..... Phone: (607) 746-1630  
[www.delawareopportunities.org/employment-training](http://www.delawareopportunities.org/employment-training)

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

### **NYS Department of Labor**

Building 12, W.A. Harriman Campus, Albany, NY 12240..... Phone: (518) 457-9000  
[www.labor.ny.gov](http://www.labor.ny.gov) Unemployment Benefits Phone: (888) 209-8124

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

# EXERCISE/FITNESS

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## **Delaware County Office for the Aging**

6 Court Street, Delhi, NY 13753..... Phone: (607) 832-5750

[www.co.delaware.ny.us/departments/ofa/wellness.htm](http://www.co.delaware.ny.us/departments/ofa/wellness.htm)

The Office for the Aging works closely with other county organizations to develop and operate a variety of health and wellness activities. Older adults are encouraged to participate in water exercise, aerobic exercise, weight lifting, tai-chi classes, and walking programs.

## **Prescription Trails**

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

The Prescription Trails, or 'Script Trails initiative focuses on increasing the number of steps a person takes, to prevent chronic disease, increase physical activity in youth and adults, promote healthy lifestyles and reduce illness. The website provides a variety of walking routes and hiking trails within the area. More information may also be obtained from primary care providers at Bassett Healthcare, O'Connor Hospital, UHS Delaware Valley Hospital, and Margaretville Hospital.

## **Delaware County Rural Healthcare Alliance**

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

[www.ccedelaware.org/delawarecountyhealthalliance/Home.aspx](http://www.ccedelaware.org/delawarecountyhealthalliance/Home.aspx)

The *Heart Healthy Walking* program is designed to promote physical activity and heart-healthy living through a ten week program. The program can be implemented in a variety of locations and sites.

## **Catskill Recreation Center**

651 County Route 38, Arkville, NY 12406..... Phone: (845) 586-6250

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

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

## **Catskill Mountain Club**

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

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

## **Andes Rail Trail**

266 Depot Street, Andes, NY 13731

[www.andesworks.com/rail-trail/](http://www.andesworks.com/rail-trail/)

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

## **SUNY Delhi Aquatics Center**

Kunslea Hall, 2 Main Street, Delhi, NY 13753..... Phone: (607) 746-4263

[www.delhi.edu/athletics/aquatics/index.php](http://www.delhi.edu/athletics/aquatics/index.php)

Various water exercise is available for all levels, including water aerobics, swimming lessons, lap swim, and open swim. A Hydro Lift is also available for entry into the water.

### **The Cardio Club and Delhi Dance Studio**

17 Elm Street, Delhi, NY 13753..... Phone: (607) 746-7050  
[www.thecardioclub.com](http://www.thecardioclub.com)

Provides a large array of fitness opportunities including cardio and strength training equipment, fitness and dance classes, spinning, and personal training.

### **Walton Fitness**

194 Delaware Street, Walton, NY 13856..... Phone: (607) 510-4177  
[www.waltonfitness.com](http://www.waltonfitness.com)

### **Sidney Fitness**

17 Steiner Rd, Sidney, NY 13838..... Phone: (607) 563-2747  
[www.sidneyfitness.com](http://www.sidneyfitness.com)

### **Stamford Gym**

32 Main Street, Stamford, NY 12167..... Phone: (607) 214-4075

## **FALL PREVENTION**

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### **Delaware County Office for the Aging**

6 Court Street, Delhi, NY 13753..... Phone: (607) 832-5750  
[www.co.delaware.ny.us/departments/ofa/wellness.htm](http://www.co.delaware.ny.us/departments/ofa/wellness.htm)

Matter of Balance is an evidence-based health and wellness program for older adults who are concerned about falls or have sustained falls in the past; or who restrict activities because of concerns about falling; are interested in improving flexibility, balance and strength; are age 60 or older, ambulatory and able to problem solve. Host sites are available throughout the county.

## **FOOD**

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### **Delaware Opportunities, Inc.**

35430 State Highway 10, Hamden, NY 13782..... Phone: (607) 746-1685  
[www.delawareopportunities.org/homeless-assistance](http://www.delawareopportunities.org/homeless-assistance)

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

### **Local Food Pantries**

Andes  
Presbyterian Church  
70 Delaware Ave, Andes, NY 13731  
Hours: Tuesdays 11am - 1pm

Colchester  
Methodist Church  
15151 State Highway 30, Downsville, NY 13755  
Hours: Wednesdays 1pm - 3pm

Davenport  
Near Town Hall  
Route 23, Davenport, NY 13750  
Hours: 3rd Friday 5-7pm; 3rd Sunday 9am-12pm

Deposit  
Town of Sanford Building  
91 Second St, Deposit, NY 13754  
Hours: Thursdays 3pm – 6pm

Delhi  
United Ministry Church  
Courthouse Square, Delhi, NY 13753  
Hours: Monday and Thursday 1pm – 3pm

East Branch  
Methodist Church  
120 Fish Road, East Branch, NY 13756  
Hours: Thursday 1pm – 3pm, or as needed

Hancock  
Father Rausch Memorial Hall  
346 West Main Street, Hancock, NY 13783  
Hours: Tuesdays 1pm – 3pm

Kortright  
North Kortright Presbyterian Church  
Kortright, NY 13842  
Hours: As needed/will deliver

Margaretville  
42838 State Hwy 28 Suite 2,  
Margaretville, NY 12455  
Hours: Monday 10am-2pm, Friday 4pm-6pm

Masonville  
Federated Church  
Masonville, NY 13804  
Hours: As needed

Roxbury  
United Methodist Church  
53765 State Rte 30, Roxbury NY 12474  
Hours: Tuesday 4pm – 6pm

Sidney  
United Methodist Church  
12 Liberty Street, Sidney, NY 13838  
Hours: Mondays & Thursdays 9:30am-11:30am

Sidney Center  
United Methodist Church  
Sidney Center, NY 13839  
Hours: As needed

Walton  
United Presbyterian Church  
Walton, NY 13856  
Hours: Tues & Fri 11am – 1pm

### **The Family Table**

629 Main Street, Margaretville, NY 12455.....Phone: (845) 586-3150  
Hours: Tuesday, Thursday – Saturday 10am – 4pm; Wednesday 10am – 6pm  
[www.the-family-table.org](http://www.the-family-table.org)

### **Delaware County Department of Social Services**

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

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

### **Cornell Cooperative Extension**

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

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

Delhi Farmers' Market  
Courthouse Square  
Main Street, Delhi, NY 13753  
Wednesdays, 9am to 2pm

Deposit Farmers' Market  
First Methodist Church  
107 Second St, Deposit, NY 13754  
Aug 20<sup>th</sup> & Sept 17<sup>th</sup> only, 10am to 2pm

Deposit Farmers' Market  
Catskill Cattle Farm Stand  
96 Laurel Bank Ave, Deposit, NY 13754  
Sun – Sat, 8am to 8pm

Hobart Community Farmers' Market  
Stamford Town Hall Green  
101 Maple Ave, Hobart, NY 13788  
Fridays, 4pm to 7pm

Pakatakan Farmers' Market  
Round Barn of Halcottville  
46676 State Hwy 30 (btwn Margaretville & Roxbury)  
Saturdays, 9am to 2pm

Sidney Farmers' Market  
Sidney Civic Center  
21 Liberty Street, Sidney, NY 13838  
Jul 28, Aug 25, Sept 22, 10am to 2pm

Sidney Farmers' Market  
Video Entertainment Plus Parking Lot  
89 Main Street, Sidney, NY 13838  
Thursdays, 10am to 2pm

Walton Farmers' Market  
UHS Delaware Valley Hospital  
1 Titus Place, Walton, NY 13856  
1<sup>st</sup> & 3<sup>rd</sup> Wednesdays, 10am to 2pm

**Additional Farmers Markets:**

Andes Farmers' Market  
Next door to The Tin Horn  
72 Main Street, Andes, NY 13731  
Saturdays, 10am-3pm

Downsville Farmers' Market  
Town Shed Parking Lot  
Near Paige Cemetery, Downsville, NY 13755  
2nd & 4th Saturdays, 10am-2pm

Franklin Farmers' Market  
Chapel Hall  
25 Institute Street, Franklin, NY 13775  
Sundays 10am-2pm

Koo Koose Farmers' Market (Deposit)  
Memorial Park (across from State Theatre)  
148 Front St, Deposit, NY 13754  
Saturdays 9am-1pm

Stamford Pop-up Farmers' Market  
Railroad Station, 21 Railroad Ave, Stamford, NY 12167, Jun 18<sup>th</sup>, 3:30 to 6pm; Sept 3<sup>rd</sup>, 4:30 – 6pm  
102 Bindery Lane, Charlotteville, NY 12036, Jul 4<sup>th</sup>, 10am to 1pm

**Delaware Opportunities, Inc.**

35430 State Highway 10, Hamden, NY 13782..... Phone: (607) 746-1700  
[www.delawareopportunities.org/wic](http://www.delawareopportunities.org/wic)

*Women, Infants, and Children (WIC)* provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five.

*Food Stamp Advocacy* is available to help people apply for Food Stamps (SNAP), WIC and other nutrition assistance programs through application assistance and advocacy.

The Office for the Aging contracts with Delaware Opportunities, Inc to provide nutrition services for Delaware County residents age 60 and older, and their spouses. Nutritious meals are available at the Senior Dining sites, and Home Delivered Meals are provided to seniors who are unable to get to the dining centers.

**Senior Dining Centers**

Delhi Senior Dining Center  
First Presbyterian Church  
4 Clinton Street, Delhi, NY 13753  
(607) 746-2250

Grand Gorge Senior Dining Center  
Grand Gorge Civic Center  
Route 30, Grand Gorge, NY 12434  
(607) 588-6166



Hancock Senior Dining Center  
Hancock Baptist Church  
232 Wheeler Street, Hancock, NY 13783  
(607) 637-2219

Margaretville Senior Dining Center  
Methodist Church  
55 Church Street, Margaretville, NY 12455  
(845) 586-4764

Sidney Senior Dining Center  
Sidney Civic Center  
21 Liberty Street, Sidney, NY 13838  
(607) 563-2212

Walton Senior Dining Center  
St. John the Baptist Roman Catholic Church  
15 Benton Avenue, Walton, NY 13856  
(607) 865-6739

### **Delaware Bounty**

5 ½ Main Street, Suite 3, Delhi, NY 13753..... Phone: (607) 746-9909  
[www.delawarebounty.com](http://www.delawarebounty.com)

Delaware Bounty is a food outlet offering a variety of fresh and local food produced in Delaware County. For convenience and time saving, online orders can be placed during the week for pick-up on Friday.

## **HEALTH EDUCATION, INFORMATION AND SUPPORT**

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### **Delaware County Public Health**

99 Main Street, Delhi, NY 13753..... Phone: (607) 832-5200  
[www.delawarecountypublichealth.com](http://www.delawarecountypublichealth.com)

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

### **Cornell Cooperative Extension**

34570 St Hwy 10 - Suite 2, Hamden, NY 13782..... Phone: (607) 865-6531  
[www.delawarecountyhealthalliance.net](http://www.delawarecountyhealthalliance.net)

The Rural Healthcare Alliance proactively: 1) addresses local healthcare workforce recruitment, retention and development; 2) promotes increased access to quality health and wellness services; 3) facilitates improved health and well-being among Delaware County residents.

### **UHS Nurse Direct**

601-635 Harry L Drive, Oakdale Mall (near Sears), Johnson City, NY 13790..... Phone: (607) 763-5555  
[www.uhs.net/wellness/nurse-direct](http://www.uhs.net/wellness/nurse-direct)

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

### **UHS Delaware Valley Hospital, Inc.**

1 Titus Place, Walton, NY 13856..... Phone: (607) 865-2409  
[www.uhs.net/locations/uhs-delaware-valley-hospital/](http://www.uhs.net/locations/uhs-delaware-valley-hospital/)

The Lifesteps® Weight Management program is for people who are ready to change behaviors that prevent weight loss. It recognizes that people are unique, with different eating and exercise habits, weight loss goals and daily schedules. Other health education programs are offered throughout the year.

### **American Cancer Society**

5 Oak Avenue, Sidney, NY 13838..... Phone: (607) 563-8462  
[www.cancer.org](http://www.cancer.org)

The American Cancer Society provides information and resources related to all forms of cancer.

### **American Diabetes Association**

Pine West Plaza Building 2, Suite 204, Albany, New York 12205.....Phone: (518) 218-1755  
[www.diabetes.org](http://www.diabetes.org)

The American Diabetes Association provides information and resources about diabetes.

### **American Heart Association**

120 Lomond Court, Utica, NY 13502..... Phone: (315) 580-3950  
[www.heart.org](http://www.heart.org)

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

### **American Lung Association**

418 Broadway 1st Floor, Albany, NY 12207..... Phone: (518) 465-2013  
[www.lung.org](http://www.lung.org)

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

### **Smoking Cessation**

#### **UHS Nurse Direct**

601-635 Harry L Drive, Oakdale Mall (near Sears), Johnson City, NY 13790..... Phone: (607) 763-5555  
[www.uhs.net/wellness/tobacco-cessation/](http://www.uhs.net/wellness/tobacco-cessation/)

The UHS Stay Healthy Center has many available opportunities for individuals who wish to quit tobacco use and to stop smoking. Services are available via telephone, or at the UHS Stay Healthy Center.

#### **Rural Three for Tobacco Free Communities**

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

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

#### **Friends of Recovery of Delaware and Otsego Counties, Inc.**

22 Elm Street, Oneonta, NY 13820..... Phone: (607) 267-4435  
167 Main Street, Delhi, NY 13753..... Phone: (607) 267-4435  
[www.friendsofrecoverydo.org](http://www.friendsofrecoverydo.org)

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

#### **New York State Smokers' Quitline**

(866) NY QUITTS / (866) 697-8487  
[www.nysmokefree.com](http://www.nysmokefree.com)

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

# HOSPICE

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## **Catskill Area Hospice & Palliative Care**

542 Main Street, Oneonta, NY 13820..... Phone: (607) 432-5525

116 Main Street, Delhi NY 13753..... Phone: (607) 746-2668

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

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

# HOUSING

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## **Delaware Opportunities, Inc.**

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

[www.delawareopportunities.org/housing-assistance-community-development](http://www.delawareopportunities.org/housing-assistance-community-development)

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

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

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

## **Rehabilitation Support Services, Inc.**

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

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

## **Habitat for Humanity**

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

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

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

## **Low-Income and Senior Housing**

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

Dean's Landing  
4 Graham Drive, Stamford, NY 12167  
(607) 652-7892

Deer Park Apartments  
213 Fox Street, Sidney, NY 13838  
(607) 563-1859

Delhi Manor Apartments  
306 Phoebe Lane, Delhi, NY 13753  
(607) 746-6452

Delhi Senior Community  
7 Main Street, Delhi, NY 13753  
(607) 746-8142

Grand Gorge Apartments  
60991 State Hwy 30, Grand Gorge, NY 12434  
(607) 588-6877

M-Ark Apartments  
10 Church Street, Arkville, NY 12406  
(845) 586-3500

Meadow Park Apartments  
85 Fair Street, Deposit, NY 13754  
(845) 356-7773

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

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

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

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

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

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

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

Union Street Apartments  
45 Union Street, Sidney, NY 13838  
(607) 563-9571

Westbrook Apartments  
141 East Street, Walton, NY 13856  
(607) 865-8762

## **Utilities**

### **Delaware Opportunities, Inc.**

35430 State Highway 10, Hamden, NY 13782..... Phone: (607) 746-1615  
[www.delawareopportunities.org/heap](http://www.delawareopportunities.org/heap)

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

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

The *Weatherization Program* helps to improve heating efficiency to produce fuel savings in the homes of low income, elderly and disabled persons. Typical weatherization measures might include: caulking, window repair, and insulation in sidewalls and attic to stop the infiltration of cold to the home.

### **Delaware County Office for the Aging**

6 Court Street, Delhi, NY 13753..... Phone: (607) 832-5750  
[www.co.delaware.ny.us/departments/ofa/Financial\\_Asst.htm](http://www.co.delaware.ny.us/departments/ofa/Financial_Asst.htm)

The Home Energy Assistance Program (HEAP) is a federally funded program that assists eligible households in meeting their home energy needs. Persons age 60 and older may apply for HEAP through the Office for the Aging.

## **EmPower New York**

(800) 263-0960

<http://www.nyserda.ny.gov/All-Programs/Programs/EmPower-New-York>

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

## **New York State Lifeline Discounted Telephone Program**

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

## **Home Repair**

### **Delaware Opportunities, Inc.**

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

[www.delawareopportunities.org/housing-assistance-community-development](http://www.delawareopportunities.org/housing-assistance-community-development)

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

## **IN-HOME SERVICES**

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### **Delaware County Office for the Aging**

6 Court Street, Delhi, NY 13753..... Phone: (607) 832-5750

[www.co.delaware.ny.us/departments/ofa/EISEP.htm](http://www.co.delaware.ny.us/departments/ofa/EISEP.htm)

The EISEP program is designed to provide non-medical in-home services to individuals. It assists with activities such as housekeeping, dishwashing, shopping, meal preparation, running errands, or assistance with bathing, shampooing, shaving, and walking.

## **Home Health Agencies**

### **UHS Home Care**

26 Conkey Ave, Eaton Center, Norwich, NY 13815..... Phone: (607) 336-5130

4401 Vestal Parkway East, Vestal, NY 13850 ..... Phone: (607) 763-5600

[www.uhs.net](http://www.uhs.net)

Alternate Phone: (800) 637-6561

UHS Home Care offers a wide array of services, including highly skilled, specialized nursing care, monitors and nutritional supplies, durable medical equipment and many therapies.

### **AM/PM Home Care**

4219 County Hwy 10, East Meredith, NY 13757..... Phone: (607) 434-5344

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

Provides non-medical home care services including grocery shopping, meal prep, transportation, light housekeeping, laundry, respite care, and pet care.

### **At Home Care**

25 Elm Street, Oneonta, NY 13820..... Phone: (607) 432-7924  
[www.bassett.org/at-home-care/](http://www.bassett.org/at-home-care/)

Provides in home professional and para-professional services including nursing care, telehealth, rehabilitation therapy, personal care, and lifeline services.

### **HCR Home Care**

5 ½ Main Street, Suite 4, Delhi, NY 13753..... Phone: (607) 464-4010  
[www.hcrhealth.com/content/locations/delaware](http://www.hcrhealth.com/content/locations/delaware)

Provides home health services including bathing and hygiene, meal planning and preparation, and laundry and light housekeeping.

### **Robynwood Home Care Service Agency**

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

Provides in-home services including light housekeeping, meal preparation, personal care assistance, medication assistance, shopping and errands. Robynwood also provides Traumatic Brain Injury (TBI) Medicaid Waiver Services, and Nursing Home Transition and Diversion (NHTD) Medicaid Waiver Services.

### **U.S. Care Systems**

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

Home care services are provided including homemaker and companion care, personal care, respite, nursing services, consumer directed care, and medication set-up. Traumatic Brain Injury (TBI) Medicaid Waiver Services, and Nursing Home Transition and Diversion (NHTD) Medicaid Waiver Services available.

### **Visiting Nurses Home Care of Cobleskill**

513 W Main St #3, Cobleskill, NY 12043..... Phone: (518) 234-4516  
[www.vnhc.com](http://www.vnhc.com)

Home care services are available including personal care, homemaking, hospital and nursing home-based care, as well as live-in services.

### **Around the Clock In-Home Care Referrals**

Delhi, NY 13753..... Phone: (607) 746-8182  
Around The Clock In Home Care refers in home personal and/or nursing care to those in need, including medication and treatment administration, personal care, meal preparation, and accompaniment to medical and non-medical destinations. Short term care is also available for patients following a surgery.

### **Personal Emergency Response Systems (also known as Lifeline services)**

#### **Delaware County Office for the Aging**

6 Court Street, Delhi, NY 13753..... Phone: (607) 832-5750  
[www.co.delaware.ny.us/departments/ofa/Emergency.htm](http://www.co.delaware.ny.us/departments/ofa/Emergency.htm)

The PERS System provides emergency help 24 hours a day by simply pushing a help button. The Office for the Aging can assist individuals in obtaining a unit and installation.

### **At Home Care**

25 Elm Street, Oneonta, NY 13820..... Phone: (607) 432-7924  
[www.bassett.org/at-home-care/](http://www.bassett.org/at-home-care/)

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

### **Margaretville Hospital**

42084 State Highway 28, Margaretville, NY 12455..... Phone: (845) 331-3131  
[www.hahv.org/margaretvillehospital](http://www.hahv.org/margaretvillehospital)

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

Assistance is available for those unable to pay the full cost.

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

### **Home Modification**

#### **The Arc of Delaware County**

34570 State Highway 10, Walton, NY 13856..... Phone: (607) 865-7126  
[www.delarc.org](http://www.delarc.org)

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

#### **Catskill Center for Independence**

6104 State Highway 23, Oneonta, NY 13820.....Phone: (607) 432-8000  
[www.ccfi.us](http://www.ccfi.us)

The Center provides individuals with information about the latest technology available in assistive and adaptive equipment, as well as referrals to adaptive equipment providers.

#### **Delaware Opportunities, Inc.**

35430 State Highway 10, Hamden, NY 13782..... Phone: (607) 746-1650  
[www.delawareopportunities.org/housing-assistance-community-development](http://www.delawareopportunities.org/housing-assistance-community-development)

Access to Home is designed to permit persons with disabilities to maintain residence or achieve residence, either in their own homes or in rental units where other assistance is not available. Repairs are limited to accessibility issues only.

## **LEGAL SERVICES**

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#### **Rural Law Center of New York, Inc.**

22 U.S. Oval, Suite 203, Plattsburgh, NY 12903.....Phone: (518) 561-5460  
[www.rurallawcenter.org](http://www.rurallawcenter.org)

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

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

P.O. Box 887, Oneonta, NY 13820..... Phone: (607) 433-2220  
[www.lasmny.org](http://www.lasmny.org)

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

**Delaware County Office for the Aging**

6 Court Street, Delhi, NY 13753..... Phone: (607) 832-5750  
[www.co.delaware.ny.us/departments/ofa/LegalAid.htm](http://www.co.delaware.ny.us/departments/ofa/LegalAid.htm)

Contracts with the Legal Aid Society of Mid-New York to assist older persons with legal counseling in several areas of law, such as Medicare, Medicaid, landlord/tenant disputes, wills, and Health Care Proxy.

**Catholic Charities of Delaware, Otsego, and Schoharie Counties**

176 Main Street, Oneonta, NY 13820..... Phone: (607) 432-0061  
[www.charitiesccdos.org](http://www.charitiesccdos.org)

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

**Delaware Opportunities, Inc.**

35430 State Highway 10, Hamden, NY 13782..... Phone: (607) 746-1665  
[www.delawareopportunities.org](http://www.delawareopportunities.org)

Delaware Opportunities partners with Legal Services of Central New York to provide a free legal clinic two days a month for issues related to housing, education, public benefits, consumer debt, or access to healthcare. Income guidelines apply.

**Consumer Fraud and Protection Bureau**

State Office Building, 17th Floor, 44 Hawley Street, Binghamton, NY 13901..... Phone: (607) 721-8771  
[www.ag.ny.gov/bureau/consumer-frauds-bureau](http://www.ag.ny.gov/bureau/consumer-frauds-bureau)

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

**LONG-TERM CARE**

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**Delaware County Department of Social Services**

99 Main Street, Delhi, NY 13753..... Phone: (607) 832-5300  
[www.co.delaware.ny.us/departments/dss/oltc.html](http://www.co.delaware.ny.us/departments/dss/oltc.html)

The Office of Long Term Care is a shared program between Delaware County Department of Social Services and Delaware County Public Health that provides long-term care services such as adult residential placement and personal care services.

**Delaware County Office for the Aging**

6 Court Street, Delhi, NY 13753..... Phone: (607) 832-5750  
[www.co.delaware.ny.us/departments/ofa/NYConn.htm](http://www.co.delaware.ny.us/departments/ofa/NYConn.htm)

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



**Action for Older Persons, Inc.**

32 West State Street, Binghamton, NY 13901..... Phone: (607) 722-1251  
[www.actionforolderpersons.org](http://www.actionforolderpersons.org)

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

**Adult Day Centers**

**Our Place**

58 East Street (Lower Level of the United Presbyterian Church, Walton, NY..... Phone: (607) 865-5175  
[www.legacycorps.org/legacycorpsservices/ourplace.html](http://www.legacycorps.org/legacycorpsservices/ourplace.html)

Our Place is a Social Adult Day Center providing recreation and socialization for isolated or impaired older adults. The Center is currently open every Wednesday from 10am to 4pm.

**Hampshire House**

1846 County Hwy 48, Oneonta, NY 13820.....Phone: (800) 380-8908  
[www.pslgroupllc.com/locations/hampshire-house/](http://www.pslgroupllc.com/locations/hampshire-house/)

Hampshire House is an assisted-living facility which also provides flexible adult day care services.

**Fox Adult Day Center**

21 Ford Ave, Oneonta, NY 13820.....Phone: (607) 431-5736  
[www.bassett.org/ao-fox-hospital/services/for-seniors/adult-day-center/](http://www.bassett.org/ao-fox-hospital/services/for-seniors/adult-day-center/)

The Adult Day Center provides complete care for anyone with a chronic health condition. As a medical-model program, the program serves the whole person through a range of services.

**Family Type Adult Homes (Level I)**

**Flo’s FTAH**

266 Otego Street, Franklin, NY 13775.....Phone: (607) 829-3925  
A Family Type Adult Home for up to two residents, with rooms downstairs. SSI and private pay accepted.

**LaValley Family Home**

259 Main Street, East Branch, NY 13756.....Phone: (607) 363-2703  
A Family Type Adult Home for up to four residents, with rooms upstairs. SSI and private pay accepted.

**Skywold Manor**

19 Sawmill Road, Delhi, NY 13753.....Phone: (607) 746-3609  
A Family Type Adult Home for up to four residents/2 boarders, with rooms upstairs. Private pay accepted.

**Tell-a-Friend Adult Home**

Route 10, Meridale, NY 13806..... Phone: (607) 278-6015  
A Family Type Adult Home for up to four residents, with rooms upstairs. SSI and private pay accepted.

**Wright’s Home for Adults**

389 County Hwy 3, Margaretville, NY 12455..... Phone: (845) 586-2308  
A Family Type Adult Home for up to four residents. Private pay accepted.

## **Our Home Away From Home**

1 Pear Street West, Sidney, NY 13838.....Phone: (607) 287-7318  
A Family Type Adult Home for up to four residents. Private pay accepted.

## **Adult Homes (Level II)**

### **Kirkside of Roxbury, Inc.**

53865 State Highway 30, Roxbury, NY 12474..... Phone: (607) 326-4651  
[www.kirksideretirement.org](http://www.kirksideretirement.org)  
Kirkside provides accommodations for up to 21 single or married individuals.  
SSI, third party payment, and private pay accepted.

### **Robinson Terrace Senior/Assisted Living**

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

## **Long-Term Care Facilities**

### **Hampshire House**

1846 County Hwy 48, Oneonta, NY 13820.....Phone: (800) 380-8908  
[www.pslgroupllc.com/locations/hampshire-house/](http://www.pslgroupllc.com/locations/hampshire-house/)  
Hampshire House is an assisted-living facility which provides long-term residential care, room, board, housekeeping, 24-hour personal care, a varied activity schedule, and 24-hour supervision. A memory care unit is also available for individuals with Alzheimer's and other dementias.

### **Kirkside of Roxbury, Inc.**

53865 State Highway 30, Roxbury, NY 12474..... Phone: (607) 326-4651  
[www.kirksideretirement.org](http://www.kirksideretirement.org)  
Kirkside provides accommodations for up to 21 single or married individuals of retirement age. Residents must be ambulatory and not in need of nursing care.

### **Mountainside Residential Care Center**

42158 NY-28, Margaretville, NY 12455..... Phone: (845) 586-1800  
[www.hahv.org/mountainside/](http://www.hahv.org/mountainside/)  
Mountainside Residential Care Center is an award-winning 82-bed skilled nursing facility providing semi-private and private rooms for long-term care residents.

### **Robinson Terrace Senior/Assisted Living**

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

**Robinson Terrace Skilled Nursing Facility**

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

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

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

**Robynwood**

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

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

Robynwood is an assisted living facility offering companionship, housekeeping, nutritional meal preparation, assistance with personal needs, shopping, errands, and medication assistance and monitoring.

**Roscoe Regional Rehabilitation & Residential Health Care Facility**

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

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

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

**The Plains at Parish Homestead**

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

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

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

**Chestnut Park Rehabilitation & Nursing Center**

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

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

Chestnut Park is an 80 bed sub-acute rehabilitation and nursing facility provide short term rehabilitation therapy, Alzheimer’s / dementia care, and long term care through a comprehensive range of services.

**Fox Nursing Home**

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

<http://www.bassett.org/ao-fox-hospital/services/for-seniors/fox-nursing-home/>

Provides rehabilitation and nursing care.

**New York State Veterans’ Home**

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

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

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

# MEDICAL

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## Hospitals

### **UHS Delaware Valley Hospital, Inc.**

1 Titus Place, Walton, NY 13856..... Phone: (607) 865-2100  
[www.uhs.net/dvh](http://www.uhs.net/dvh)

### **O'Connor Hospital**

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

### **Margaretville Hospital**

42084 State Highway 28, Margaretville, NY 12455..... Phone: (845) 586-2631  
[www.hahv.org/margaretvillehospital](http://www.hahv.org/margaretvillehospital)

### **Tri-town Regional Hospital**

43 Pearl St W, Sidney, NY 13838..... Phone: (607) 563-7080  
[www.bassett.org/tri-town-hospital/](http://www.bassett.org/tri-town-hospital/)

## Medical Assistance Programs

### **Medicare**

7500 Security Blvd, Baltimore, MD 21244..... Phone: (800) 633-4227  
[www.medicare.gov](http://www.medicare.gov)

Medicare is health insurance for individuals age 65 and over, people under age 65 with disabilities, or people with end-stage renal disease. Medicare Part A helps cover inpatient hospital care, skilled nursing care, Hospice, and home health care; Part B helps cover doctor's services, hospital outpatient care, home health care, and some preventative services; and Part D helps cover prescription drugs.

### **Delaware County Department of Social Services**

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

*Medical Assistance* is the term used in NYS for Medicaid Programs. The traditional, very comprehensive, programs are fee-for-service Medicaid, and Managed Care Medicaid. Both these programs are for individuals and families who meet income and resource guidelines.

*Child Health Plus* is available for children under 19 who meet income guidelines.

*Family Health Plus* is a Medical Assistance Program for adults 19-64 with higher income and resource guidelines. Participants receive coverage through a managed care organization.

### **Mothers and Babies Perinatal Network**

457 State Street, Binghamton, NY 13901..... Phone: (607) 772-0517  
[www.mothersandbabies.org/enrollment.asp](http://www.mothersandbabies.org/enrollment.asp)

Certified Navigators are available to help residents enroll in a health insurance plan through the New York State Health Insurance Marketplace. Navigators are available on-site in Walton and Sidney.

## **Delaware County Office for the Aging**

6 Court Street, Delhi, NY 13753..... Phone: (607) 832-5750

[www.co.delaware.ny.us/departments/ofa/Insurance.htm](http://www.co.delaware.ny.us/departments/ofa/Insurance.htm)

The Health Insurance Information, Counseling, and Assistance Program (HIICAP) provides information, education and counseling about Medicare and other health insurances.

## **Cancer Services Program**

(888) 345-0225

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

## **Medical Providers**

### **UHS Primary Care**

53 Pine Street, Deposit, NY 13754..... Phone: (607) 467-4195

28315 State Highway 206, Downsville, NY 13755..... Phone: (607) 363-2517

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

44 Pearl Street, Sidney, NY 13838..... Phone: (607) 561-2200

2 Titus Place, Walton, NY 13856..... Phone: (607) 865-2400

[www.uhs.net/locations/uhs-delaware-valley-hospital/](http://www.uhs.net/locations/uhs-delaware-valley-hospital/)

The Primary Care Centers provide first rate primary and preventive care to area residents.

### **Bassett Health Centers**

245 Lower Main St, Andes, NY 13731..... Phone: (845) 676-3663

460 Andes Road, Delhi, NY 13753..... Phone: (607) 746-0550

39 Pearl Street, Sidney, NY 13838..... Phone: (607) 561-2021

28650 Highway 23, Stamford, NY 12167..... Phone: (607) 652-2537

130 North Street, Walton, NY 13856..... Phone: (607) 865-6541

[www.bassett.org/community-health-centers/](http://www.bassett.org/community-health-centers/)

Comprehensive, high-quality adult and pediatric primary care services are provided at each Health Center.

### **Gelder Medical Group**

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

Offers general medicine.

### **Lourdes Primary Care**

39 East Main Street, Hancock, NY 13783..... Phone: (607) 637-5700

[www.lourdes.com/primary-care/locations/hancock/](http://www.lourdes.com/primary-care/locations/hancock/)

Offers primary and preventative health care services for the entire family.

### **Family Planning of South Central New York, Inc.**

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

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

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

Offers full range of quality, affordable reproductive health care, with a focus on prevention and wellness.

## **Prescription Assistance**

### **Needy Meds, Inc.**

P.O. Box 219, Gloucester, MA 01931.....Phone: (800) 503-6897

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

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

### **Delaware County Office for the Aging**

6 Court Street, Delhi, NY 13753.....Phone: (607) 832-5750

[www.co.delaware.ny.us/departments/ofa/Insurance.htm](http://www.co.delaware.ny.us/departments/ofa/Insurance.htm)

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

### **Extra Help**

31 Main Street, Suite 1, Oneonta, NY 13820.....Phone: (800) 772-1213

[www.socialsecurity.gov/extrahelp](http://www.socialsecurity.gov/extrahelp)

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

### **EPIC (Elderly Pharmaceutical Insurance Coverage)**

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

[www.health.ny.gov/health\\_care/epic/index.htm](http://www.health.ny.gov/health_care/epic/index.htm)

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

### **Rural Health Network of South Central NY**

2663 Main Street, Whitney Point, NY 13862.....Phone: (607) 692-7669

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

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

### **Partnership for Prescription Assistance**

[www.ny.pparx.org](http://www.ny.pparx.org)

Program helps qualifying patients without prescription drug coverage get the medicines they need through the program that is right for them. Many will get their medications free or nearly free.

### **Delaware Valley Hospital Community Pharmacy**

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

[www.uhs.net/locations/uhs-delaware-valley-hospital/](http://www.uhs.net/locations/uhs-delaware-valley-hospital/)

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

## **Medication Disposal**

### **Delaware County Sheriff's Office**

280 Phoebe Lane, Delhi, NY 13753.....Phone: (607) 746-2336  
[www.co.delaware.ny.us/departments/shrf/shrf.htm](http://www.co.delaware.ny.us/departments/shrf/shrf.htm)

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

### **Deposit Police Department**

146 Front St, Deposit, NY 13754..... Phone: (607) 467-2115  
Provides a drop box for residents to drop off unused and unwanted bottled prescription medications.

### **New York State Police Troop C**

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

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

## **Medical Equipment**

### **UHS Home Care**

4401 Vestal Parkway East, Vestal, NY 13850 ..... Phone: (800) 637-6561  
[www.uhs.net](http://www.uhs.net) Alternate Phone: (607)763-5600

UHS Home Care provides a wide array of services and products that support home health needs such as nursing and intravenous therapy, respiratory services, and medical equipment and supplies.

### **American HomePatient**

5626 State Router 7, Oneonta, NY 13820.....Phone: (607) 432-7757  
[www.ahom.com](http://www.ahom.com)

American HomePatient provides medical supplies related to sleep apnea, respiratory, nebulizer treatment, nutrition, mobility equipment, and infusion therapy.

### **Delaware Valley Medical Supply**

159 Fair Street, Margaretville, NY 12455..... Phone: (845) 586-4720

Provides a variety of medical equipment and supplies such as respiratory equipment, mobility products, assistive equipment, bathroom safety, and nutrition products.

### **First Community Care of Bassett**

12 Commons Drive, Cooperstown, NY 13326..... Phone: (607) 547-2173  
[www.bassett.org/fcc-medical-equipment/](http://www.bassett.org/fcc-medical-equipment/)

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

**Lincare, Inc.**

440 Main Street, Oneonta, NY 13820..... Phone: (607) 432-8280  
[www.lincare.com](http://www.lincare.com)

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

**Murphy Homecare, Inc.**

23 Clinton Plaza Drive, Oneonta, NY 13820..... Phone: (607) 432-0015  
[www.murphyhomecare.com](http://www.murphyhomecare.com)

Murphy Homecare, Inc. provides a full line of durable medical equipment and oxygen equipment.

**Loan Closets**

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

**Delaware County Office for the Aging**

6 Court Street, Delhi, NY 13753..... Phone: (607) 832-5750  
[www.co.delaware.ny.us/departments/ofa/OtherServices.htm](http://www.co.delaware.ny.us/departments/ofa/OtherServices.htm)

**American Legion Auxiliary**

41 Page Ave, Delhi, NY 13753..... Phone: (607) 746-3677

**American Legion Downsville**

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

**Catskill Center for Independence**

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

**Deposit’s Closet**

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

**Veterans of Foreign Wars**

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

**MENTAL / BEHAVIORAL HEALTH**

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**Delaware County Mental Health Clinic**

1 Hospital Road, Walton, NY 13856 (Adult Services)..... Phone: (607) 865-6522  
132 Delaware Street, Suite 2A, Walton, NY 13856 (Family & Children)..... Phone: (607) 865-8255  
[www.co.delaware.ny.us/departments/mhc/mhc.htm](http://www.co.delaware.ny.us/departments/mhc/mhc.htm)

The Delaware County Mental Health Clinic provides evaluation, diagnosis and treatment to adults, families, adolescents and children residing within Delaware County. Programs and services include: Children and Youth Services, Crisis Intervention/Emergency Services, Family Therapy, Forensics Program, Individual and Group Therapy, Intensive Case Management, and Psychiatric Services.



### **Mobile Crisis Assessment Team (MCAT)**

1 Hospital Road, Walton, NY 13856..... Phone: (877) 369-6699  
[www.neighborhoodctr.org/mcat\\_crisis\\_service0.aspx](http://www.neighborhoodctr.org/mcat_crisis_service0.aspx) (844) 732-6228

MCAT is available to anyone seeking crisis intervention services for children and adults in Delaware County. Services are available 24/7 and provide mental health assessments, crisis de-escalation, debriefing, linkage and follow up to services. Services are coordinated with schools, medical/mental health providers, and other agencies to provide crisis intervention and help monitor clients who are at risk.

### **Rehabilitation Support Services, Inc.**

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

### **Delaware County Warm Line**

Rehabilitation Support Services, Inc  
132 Delaware Street, Walton, NY 13856..... Phone: (607) 865-3156  
Available Tuesdays, Wednesdays, and Thursdays, 5pm – 8pm Toll free: (844) 865-3156  
The *Warm Line* offers a confidential peer-support phone line for people seeking non-judgmental support from an individual, who can empathize with them from a personal experience perspective. Warm Line provides an ear to listen, information useful to the caller concerning services available in the community, and outreach services via prearranged calls to individuals.

### **Suicide Prevention Lifeline**

(800) 273-8255

The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Since its inception, the Lifeline has engaged in a variety of initiatives to improve crisis services and advance suicide prevention.

### **Alzheimer’s Association**

140 Highway 33 West, Suite 2, Cooperstown, NY 13326..... Phone: (607) 547-1650  
[www.alz.org/northeasternny](http://www.alz.org/northeasternny) Helpline: (800) 272-3900

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

### **Mental Health Association**

56 Shepard Street, Walton, NY 13856..... Phone: (607) 865-4422  
[www.mhainulster.com](http://www.mhainulster.com)

The Home and Community-Based Waiver Program supports children with serious emotional disturbances aged 5-17. These children must be eligible for Medicaid, at imminent risk of hospitalization, with families that want them to remain in the home and are willing to work with the program to accomplish that end.

### **Private Providers**

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

# NUTRITION EDUCATION

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## **Cornell Cooperative Extension**

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

*Expanded Food and Nutrition Education Program (EFNEP)* allows families with children and Day Care Providers who are income eligible to participate in free home-based nutrition education lessons intended to help parents, children and caregivers develop healthy eating and fitness choices for life.

The *5-2-1-0 Project* is an evidence-based program to encourage healthy lifestyles and combat obesity. The numbers 5-2-1-0 represent the daily goals of 5 or more servings of fruits and vegetables, 2 hours or less of recreational screen time, 1 hour or more of physical activity and 0 sugary drinks (to be replaced by water and low-fat milk).

*School Gardening* engages students by providing a dynamic environment to observe, discover, experiment, nurture and learn. School Gardens are living laboratories where interdisciplinary lessons are drawn from real life experiences, encouraging students to become active participants in the learning process.

## **Delaware Opportunities, Inc.**

35430 State Highway 10, Hamden, NY 13782..... Phone: (607) 746-1700  
[www.delawareopportunities.org/wic](http://www.delawareopportunities.org/wic)

Women, Infants, and Children (WIC) provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five.

## **Delaware County Office for the Aging**

6 Court Street, Delhi, NY 13753..... Phone: (607) 832-5750  
[www.co.delaware.ny.us/departments/ofa/Nutrition.htm](http://www.co.delaware.ny.us/departments/ofa/Nutrition.htm)

The Office for the Aging contracts with registered dietitians to counsel clients on specific nutritional concerns and special diets. If your doctor has advised you to follow a special diet or you feel you require some help meeting your nutritional needs, personal sessions can be scheduled (home visits are available).

## **UHS Delaware Valley Hospital, Inc.**

1 Titus Place, Walton, NY 13856..... Phone: (607) 865-2141  
[www.uhs.net/dvh](http://www.uhs.net/dvh)

A registered dietitian is available to provide nutrition education, counseling and support.

## **O'Connor Hospital**

460 Andes Rd, Delhi, NY 13753..... Phone: (607) 746-0326  
[www.bassett.org/oconnor-hospital](http://www.bassett.org/oconnor-hospital)

Provides dietetic and nutritional counseling to both inpatients and outpatients.

# PARENTING SUPPORT

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## **Delaware Opportunities, Inc.**

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

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

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

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

## **Hancock Community Children’s Center**

316 W. Main Street, Hancock, NY 13783..... Phone: (607) 637-3146  
[www.hancockeducationfoundation.com/children.htm](http://www.hancockeducationfoundation.com/children.htm)

The Children’s Center is a *drop in* center, allowing parents to bring their children, ages 0 to 3 to participate in planned activities such as story hour, rhyme time, music, art, and parenting education. Special programs also include car safety seat checks, clothing exchanges, and training courses.

## **Delaware County Department of Social Services**

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

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

## **Non-parent Caregivers**

### **New York State Kinship Navigator**

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

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

### **Delaware County Department of Social Services**

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

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

# PET SITTING

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## In-home Care

### **Woods' Critter Sitter**

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

### **Delhi Critter Sitter**

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

## Kennels

### **Kimbrook Kennels**

East Handsome Brook Road, Franklin, NY 13775..... Phone: (607) 829-8428  
Provides dog and cat boarding, and grooming.

### **Hannalore Kennels**

15673 County Hwy 23, Unadilla, NY 13849..... Phone: (607) 563-7505  
[www.hannalorekennels.net](http://www.hannalorekennels.net)

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

### **Valley Veterinary Associates**

647 State Highway 7, Unadilla, NY 13849..... Phone: (607) 563-1345  
[www.valleyveterinaryassociates.com](http://www.valleyveterinaryassociates.com)

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

### **Ostrander Kennels**

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

### **Round Notch Kennels**

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

# REHABILITATION (PHYSICAL)

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## **UHS Delaware Valley Hospital, Inc.**

1 Titus Place, Walton, NY 13856..... Phone: (607) 865-2141  
[www.uhs.net/dvh](http://www.uhs.net/dvh)

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

## **O'Connor Hospital**

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

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

## **Margaretville Hospital**

42084 State Highway 28, Margaretville, NY 12455..... Phone: (845) 586-2631  
[www.hahv.org/margaretvillehospital](http://www.hahv.org/margaretvillehospital)

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

## **Robinson Terrace**

28652 New York 23, Stamford, NY 12167.....Phone: (607) 652-7521  
[www.robsonterrace.org](http://www.robsonterrace.org)

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

## **Roscoe Regional Rehabilitation & Residential Health Care Facility**

420 Rockland Road, Roscoe, NY 12776.....Phone: (607) 498-4121  
[www.roscoecommunitynh.com](http://www.roscoecommunitynh.com)

Short-term Rehabilitation is available for people who are recovering from surgery or a stroke and who need therapy and aggressive rehabilitation services during a short-term residence before returning home.

# SUBSTANCE ABUSE

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## **Delaware County Alcohol and Drug Abuse Services**

34570 State Highway 10, Suite 5, Hamden, NY 13782..... Phone: (607) 865-7656  
[www.co.delaware.ny.us/departments/mhc/ada.htm](http://www.co.delaware.ny.us/departments/mhc/ada.htm)

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

**Friends of Recovery of Delaware and Otsego Counties, Inc.**

22 Elm Street, Oneonta, NY 13820..... Phone: (607) 267-4435  
167 Main Street, Delhi, NY 13753  
[www.friendsofrecoverydo.org](http://www.friendsofrecoverydo.org)

Friends of Recovery of Delaware and Otsego Counties, Inc (FOR-DO) is a grassroots addiction recovery community organization. Specific services include peer-led support groups, Recovery Coaching, telephone support services, referrals, life skills classes, health and wellness classes, education and career planning.

**Alcohol and Drug Abuse Council of Delaware County, Inc.**

72 Main Street, Delhi, NY 13753..... Phone: (607) 746-8300  
[www.adaonline.org](http://www.adaonline.org)

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

**UHS Delaware Valley Hospital, Inc.**

1 Titus Place, Walton, NY 13856..... Phone: (607) 865-2115  
[www.uhs.net/dvh](http://www.uhs.net/dvh) Confidential Hotline: (607) 865-2163

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

**UHS Delaware Valley Hospital, Inc.**

2 Titus Place, Walton, NY 13856.....Phone: (607) 865-2757  
[www.uhs.net/dvh](http://www.uhs.net/dvh)

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

**Delaware County Drug Treatment Court**

3 Court Street, Delhi, NY 13753.....Phone: (607) 746-2592  
[www.nycourts.gov/courts/6jd/delaware/drug.shtml](http://www.nycourts.gov/courts/6jd/delaware/drug.shtml)

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

**United Health Services (UHS) - Binghamton General Hospital**

10-42 Mitchell Avenue, Binghamton, NY 13903..... Phone: (607) 762-2255  
[www.uhs.net/care-treatment/addiction-chemical-dependency/](http://www.uhs.net/care-treatment/addiction-chemical-dependency/)

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

# SUPPORT GROUPS

## Alcoholics Anonymous (AA)

[www.adaconline.org/meetings/aatown.htm](http://www.adaconline.org/meetings/aatown.htm)

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other, that they may solve their common problem and help others to recover from alcoholism. Locally, the [Alcohol and Drug Abuse Council](#) can provide a booklet listing the AA meetings in Delaware and surrounding counties. Below is a list of AA meetings in Delaware County (subject to change).

Bovina	Mon at 7pm	United Presbyterian Church, Main Street	(607) 832-4340
Delhi	Mon at 12pm	Turning Point, 167 Main Street	(607) 267-4435
	Mon at 4pm	SUNY Delhi - Foreman Hall, Rear Entrance, Room 113	(607) 746-4000
	Tue at 12pm	Turning Point, 167 Main Street	(607) 267-4435
	Tue at 8pm	St. John's Episcopal Church, Main St	(607) 746-3437
	Wed at 12pm	Turning Point, 167 Main Street	(607) 267-4435
	Thu at 12pm	Turning Point, 167 Main Street	(607) 267-4435
	Thu at 7pm	Turning Point, 167 Main Street	(607) 267-4435
	Thu at 7pm	St. John's Episcopal Church, Main St.	(607) 746-3437
	Fri at 12pm	Turning Point, 167 Main Street	(607) 267-4435
	Fri at 7pm	St. John's Episcopal Church, Main St.	(607) 746-3437
	Sat at 8pm	St. John's Episcopal Church, Main St.	(607) 746-3437
Deposit	Mon at 8pm	Baptist Church, 139 Second Street	(607) 467-3381
	Mon at 8pm	Christ Episcopal	(607) 467-3031
	Thu at 8pm	Masonic Lodge, 206 Front Street	(607) 467-3209
	Thu at 8pm	Veteran's Hall, 44 4th Street	(607) 467-4253
	Thu at 8pm	First United Methodist Church, 107 2 <sup>nd</sup> St	(607) 467-2290
Downsville	Sun at 7pm	Colchester Community Church, Route 30	(607) 363-7502
	Tue at 7pm	Colchester Community Church, Route 30	(607) 363-7502
Fleischmanns	Mon at 7pm	Methodist Church, Main Street	(845) 254-5261
Franklin	Tue at 6pm	Train Museum (behind bank), 563 Main St	
Hamden	Sat at 9am	1st Presbyterian Church, Route 10	
Hancock	Fri at 7pm	Father Rausch Memorial Hall, Main St.	(607) 637-3636
Hobart	Sun at 11am	Freedom House, Maple Avenue	
	Tues at 12pm	Presbyterian Church, Maple Ave.	(607) 538-1677
	Wed at 12pm	Presbyterian Church, Maple Ave.	(607) 538-1677
	Thu at 7pm	Presbyterian Church, Maple Ave.	(607) 538-1677
Margaretville	Thu at 12pm	Advent Christian Church, Maple St.	(845) 586-4601
	Fri at 7pm	Advent Christian Church, Maple St.	(845) 586-4601
Meridale	Wed at 7pm	Community Christian Church	
Roxbury	Tue at 7pm	Jay Gould Memorial Church, Main St.	(607) 326-7655
Sidney	Mon at 7pm	United Methodist Church, 12 Liberty St.	(607) 563-1921
	Wed at 7pm	Sacred Heart Parish Hall, 15 Liberty St.	(607) 563-1591
South Kortright	Thu at 8pm	Phoenix House, Bell Terrace Facility	(607) 538-1417
Stamford	Mon at 8pm	United Methodist Church, 88 Main St.	(607) 652-7341
	Fri at 8pm	United Methodist Church, 88 Main St.	(607) 652-7341
Walton	Sun at 8pm	New Direction, County Route 23	(607) 865-4511
	Mon at 8pm	St. John's Baptist Church, Benton Ave.	(607) 865-7394
	Wed at 8pm	New Direction, County Route 23	(607) 865-4511
	Thu at 8pm	Christ Episcopal Church, Gardiner Place	(607) 865-4698
	Sat at 8pm	New Direction, County Route 23	(607) 865-4511

## Al-Anon/Al-Ateen

[www.adaconline.org/meetings/altown.htm](http://www.adaconline.org/meetings/altown.htm)

Al-Anon provides information on the effects of alcohol abuse and refers friends and families of alcohol abusers to nearby Al-Anon and Al-Ateen support groups. Below is a list of Al-Anon meetings in the local region (subject to change).

Delhi	Thu at 6pm	United Ministries, 46 Church Street	Al-Anon and Al-Ateen
Sidney	Wed at 7pm	Sacred Heart Church, 15 Liberty Street	Al-Anon
Oneonta	Sun at 2pm	Fox Hospital, 1 Fox Care Drive, Education Suite 300	Al-Anon
	Sun at 8pm	Elm Park United Methodist Church, 401 Chestnut St	Al-Anon
	Fri at 11:45am	Turning Point, 22 Elm Street	Al-Anon
	Fri at 7pm	First United Presbyterian Church, Walling & Main Street	Al-Anon
Otego	Wed at 7:45pm	Presbyterian Church, 18 River Street (Westminster House)	Al-Anon

## Co-Dependents Anonymous

[www.adaconline.org/aa.htm](http://www.adaconline.org/aa.htm)

Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors. Below is a list of meetings in the local region (subject to change).

Walton	Sun at 6:30pm	First Congregational Church, 4 Mead Street	
Oneonta	Mon at 7pm	Turning Point, 22 Elm Street	

## Narcotics Anonymous (NA)

[www.adaconline.org/meetings/natown.htm](http://www.adaconline.org/meetings/natown.htm)

Narcotics Anonymous is a twelve-step program of recovery from drug addiction, modeled after Alcoholics Anonymous. It describes itself as a nonprofit fellowship or society of men and women for whom drugs had become a major problem. Below is a list of meetings in the local region (subject to change).

Delhi	Sun at 7pm	Turning Point, 167 Main Street	(607) 267-4435
	Wed at 7pm	Turning Point, 167 Main Street	(607) 267-4435
	Thu at 7pm	Turning Point, 167 Main Street	(607) 267-4435
	Sat at 12pm	Turning Point, 167 Main Street	(607) 267-4435
Deposit	Wed at 7:30pm	Meadow Park Community Hall, Main Street	
Masonville	Fri at 7pm	Masonville Federated Church, Rte 206 and Rte 8	(607) 265-3774
Oneonta	Mon at 7pm	First United Methodist Church, 66 Chestnut St	(607) 432-4102
	Tue at 7pm	Turning Point, 22 Elm Street	(607) 267-4435
	Wed at 7pm	Turning Point, 22 Elm Street	(607) 267-4435
	Thu at 7pm	Turning Point, 22 Elm Street	(607) 267-4435
	Fri at 7pm	First United Methodist Church, 66 Chestnut St	(607) 432-4102
	Sat at 7pm	Turning Point, 22 Elm Street	(607) 267-4435
South Kortright	Sat at 3pm	South Kortright Community Church	
Walton	Mon at 7pm	UHS Delaware Valley Hospital, 1 Titus Place	(607) 865-2115
	Fri at 7:30pm	New Hope Community Church, Stockton Avenue	(607) 865-5436



### **Self-Mutilators Anonymous (SMA)**

SMA is a fellowship of men and women who share their experience, strength, and hope with each other, that they may solve their common problem and help others to recover from self-harm/self-injury. Self-mutilation refers to the act of deliberately causing injury without the intent of ending one's life. Below is a list of meetings in the local region (subject to change).

Oneonta	Mon at 5:30pm	Turning Point, 22 Elm Street
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### **O'Connor Hospital**

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

A Diabetic Support Group is provided the third Monday of each month from September through May.  
A Parkinson's Support Group is available on the second Tuesday of each month.

### **Catskill Area Hospice & Palliative Care**

542 Main Street, Oneonta, NY 13820..... Phone: (607) 432-5525  
116 Main Street, Delhi NY 13753..... Phone: (607) 746-2668  
[www.cahpc.org](http://www.cahpc.org)

Catskill Area Hospice provides monthly bereavement support groups for all ages (children, teens, and adults) with individual bereavement counseling available. In addition, Camp Forget-Me-Not offers a two-day camp for grieving children and teens.

## **TAX ASSISTANCE**

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### **United Way of Delaware and Otsego Counties**

31 Maple Street, Oneonta, NY 13820..... Phone: (607) 432-8006  
[www.unitedwaydo.org/volunteer-income-tax-sites](http://www.unitedwaydo.org/volunteer-income-tax-sites)

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

### **Delaware County Office for the Aging**

6 Court Street, Delhi, NY 13753..... Phone: (607) 832-5750  
[www.co.delaware.ny.us/departments/ofa/OtherServices.htm](http://www.co.delaware.ny.us/departments/ofa/OtherServices.htm)

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

### **New York State School Tax Relief (STAR) Exemption**

New York State Department of Taxation and Finance  
[www.tax.ny.gov/pit/property/star/index.htm](http://www.tax.ny.gov/pit/property/star/index.htm)

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

## **Real Property Tax Credit (IT-214)**

New York State Department of Taxation and Finance  
[www.tax.ny.gov/pit/credits/real\\_property\\_tax\\_credit.htm](http://www.tax.ny.gov/pit/credits/real_property_tax_credit.htm)

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

## **TRANSPORTATION**

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### **Medical Answering Services, LLC**

P.O. Box 11998, Syracuse, NY 13218..... Phone: (866) 753-4434  
[www.medanswering.com](http://www.medanswering.com)

To schedule local Medicaid Transportation Services.

### **Delaware County Office for the Aging**

6 Court Street, Delhi, NY 13753..... Phone: (607) 832-5750  
[www.co.delaware.ny.us/departments/ofa/Transportation.htm](http://www.co.delaware.ny.us/departments/ofa/Transportation.htm)

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

### **Delaware Opportunities, Inc.**

35430 State Highway 10, Hamden, NY 13782..... Phone: (607) 746-1610  
[www.delawareopportunities.org/transportation](http://www.delawareopportunities.org/transportation)

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

### **Delaware County Veterans Service Agency**

1 Gallant Ave, Highway Annex, Suite A, Delhi, NY 13753..... Phone: (607) 746-2334  
[www.co.delaware.ny.us/departments/vet/vet.htm](http://www.co.delaware.ny.us/departments/vet/vet.htm)

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

### **Deposit Foundation**

119 Front Street, Deposit, NY 13754..... Phone: (607) 467-4000  
[www.depositfoundation.com](http://www.depositfoundation.com)

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

### **GetThere Call Center**

United Way of Broome County  
101 Jensen Rd, Vestal, NY 13850..... Phone: (855) 373-4040  
GetThere Call Center provides free trip planning, travel training, and transportation education services to people throughout the region and beyond. GetThere is staffed by two Mobility and Transportation Advocates who are well-versed in the area's transportation options and eager to assist anyone with travel needs or questions.

### **Circle of Life Ambulette**

255 Maple Ave, Hobart, NY 13788..... Phone: (607) 538-1596  
[www.circleoflifenyork.com](http://www.circleoflifenyork.com)  
Provides non-emergency medical transportation from home, doctors, hospitals, and nursing homes, and including wheelchair, stretcher, and ambulatory transport.

### **Rolling V Bus Corp**

93 Liberty St # 1, Walton, NY 13856..... Phone: (607) 865-5287  
[www.rolllingv.com](http://www.rolllingv.com)  
Provides taxi service to area residents.

### **A&D Transportation**

83 Lower River St, Oneonta, NY 13820..... Phone: (607) 433-1726  
[www.adtransportservices.co](http://www.adtransportservices.co)  
Provides taxi service to area residents.

### **AARP Driver Safety Course**

Delaware County Office for the Aging  
6 Court Street, Delhi, NY 13753..... Phone: (607) 832-5750  
[www.co.delaware.ny.us/departments/ofa/OtherServices.htm](http://www.co.delaware.ny.us/departments/ofa/OtherServices.htm)  
AARP driving courses are available for people 50 years of age and older to help improve driver safety. Most insurance companies offer a premium discount for drivers who have successfully completed this course.

## **VETERANS**

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### **Veterans Crisis Line**

[www.veteranscrisisline.net](http://www.veteranscrisisline.net) (800) 273-8255 – Press 1  
The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year, even if they are not registered with VA or enrolled in VA health care.

### **Delaware County Veterans Service Agency**

1 Gallant Ave, Highway Annex, Suite A, Delhi, NY 13753.....Phone: (607) 746-2334  
[www.co.delaware.ny.us/departments/vet/vet.htm](http://www.co.delaware.ny.us/departments/vet/vet.htm)

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

### **NYS Division of Veterans' Affairs**

242 Main Street, #101, Oneonta, NY 13820..... Phone: (607) 432-4190  
21 Liberty Street, Sidney, NY 13838..... Phone: (607) 563-2002  
[www.veterans.ny.gov](http://www.veterans.ny.gov)

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

### **Veterans' Outpatient Clinic**

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

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

### **Department of Veterans Affairs Medical Center**

113 Holland Avenue, Albany, NY 12208.....Phone: (518) 626-5000  
[www.albany.va.gov](http://www.albany.va.gov)

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

## **YOUTH SUPPORT**

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### **Delaware Opportunities, Inc.**

35430 State Highway 10, Hamden, NY 13782..... Phone: (607) 746-1746  
[www.delawareopportunities.org/big\\_buddy.htm](http://www.delawareopportunities.org/big_buddy.htm)

Big Buddy is a mentoring program for at risk youth. The program offers the opportunity for a child to have a one-on-one relationship with a big buddy volunteer. Little buddies are children between the ages of 5 and 14.

### **Delaware County Department of Social Services**

99 Main Street, Delhi, NY 13753..... Phone: (607) 832-5300  
[www.co.delaware.ny.us/departments/dss/fosterCare.html](http://www.co.delaware.ny.us/departments/dss/fosterCare.html)

Foster Care provides children with a temporary home when it is necessary to remove a child from his or her present home due to the inability of a parent to ensure the health and safety of a child, neglect or abuse of a child by a caretaker, or placement by Delaware County Family Court for a Persons In Need of Supervision (PINS) or Juvenile Delinquency case.

**Delaware County Department of Social Services**

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

[www.co.delaware.ny.us/departments/dss/adoption.html](http://www.co.delaware.ny.us/departments/dss/adoption.html)

Adoption Services are available to assist families interested in adopting children in need of safe, nurturing and permanent homes.

