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

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

American Red Cross
Albany ......................................................................................................................... Phone: (518) 458-8111

Delaware Opportunities, Inc.
35430 State Highway 10, Hamden, NY 13782 ........................................................... Phone: (607) 746-1665
www.delawareopportunities.org/emergency-food-shelter
The Emergency Services program provides assistance to families and individuals faced with emergencies. The advocate can advise clients and assist in obtaining services such as emergency food and shelter.

Delaware County Emergency Services
280 Phoebe Lane, Suite 3, Delhi, NY 13753 .............................................................. Phone: (607) 832-5600
www.delcoemo.com
In the event of an emergency (flood, severe winter storm, etc.), the DCES web page will contain up-to-date information regarding the location of the emergency, state of emergency, road closures, shelter locations, school closures, and any other news that is important for residents to know. Information is also available to help with emergency preparedness.

Delaware County Department of Social Services
99 Main Street, Delhi, NY 13753 ................................................................................. Phone: (607) 832-5300
www.co.delaware.ny.us/departments/dss/dss.htm
Through the Emergency Assistance for Adults program, the Department may be able to financially assist with utility disconnects and other emergency needs.

Domestic Violence Resources................................................................. See Domestic Violence

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

Salvation Army
www.empire.salvationarmy.org ................................................................. Phone: (607) 432-5960 or (315) 877-6079
Through a voucher system, the Salvation Army offers temporary assistance for emergency needs such as lodging, food, clothing, utilities and medical co-pays. Several service units are located within the County.
CAREGIVER SUPPORT

Delaware County Office for the Aging
97 Main Street, Suite 2, Delhi, NY 13753 ................................................................. Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/CGSupport.htm .................................. Email: ofa@co.delaware.ny.us
Delaware County Legacy Corps is a community-based volunteer program
offering a range of support and services to caregivers throughout the county.

Alzheimer’s Association
140 Highway 33 West, Suite 2, Cooperstown, NY 13326 ........................................ Phone: (607) 547-1650
www.alz.org/northeasternny ................................................................................... (800) 272-3900
Provides programs for people with Alzheimer’s disease, their families, caregivers,
& professional care providers. Offers a Helpline, care consultations, support groups,
education, training, and safety services.

Helios Care- (formally Catskill Area Hospice and Palliative Care)
297 River Street Service Road, Oneonta, NY 13820 ............................................... Phone: (607) 432-5525
http://helioscare.org/
Helios Care –strives to meet all of a patient's needs. 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

Eddy Alzheimer’s Services
421 Columbia Street, Bldg 300, Cohoes, NY 12047 ............................................... Phone: (518) 238-4164
www.sphp.com/alzcare ..................................................................................... Email: susanbeth.olsen@sphp.com
Together Eddy Alzheimer’s Services and its grant partners, Catholic Charities Senior
& Caregiver Support Services and the Alzheimer’s Association of Northeastern New York,
provide a wide range of free support and respite services for caregivers across a 10-county
region, including: Care consultation, family consultation, Education, support groups, Respite
care, Alzheimer’s care teams.

Delaware County Office for the Aging- Legacy Corps
97 Main Street, Suite 2, Delhi, NY 13753 ................................................................. Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/ofa.htm ............................................ Email: ofa@co.delaware.ny.us
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 and/or to run errands.

Our Place Social Adult Enrichment Center
55 Lake Delaware Drive, Lake Delaware, NY 13753 ........................................... Phone: (607) 832-4401
58 East Street Walton, NY 13856 ................................................................. Phone: (607) 865-2253 or (607) 865-4311
www.saintjamesld.org ..................................................................................... Email: saintjames@delhitel.net
Hours: 12:00pm – 3:00pm, Wednesdays- Lake Delaware
Hours: 10:00am – 2:00pm, Wednesdays- Walton
Our Place offers a range of enriching, thought-provoking and entertaining programs for
adults, including musical performances, cooking classes, exercise classes, lectures, art
demonstrations, and historical programs. The center activities help to keep members
active, promote friendship and socialization, while also providing caregivers the opportunity
for respite.
Delaware Opportunities, Inc.
Developmental Disabilities Services
35430 State Highway 10, Hamden, NY 13782 .......................................................... Phone: (607) 746-1665
www.delawareopportunities.org
Respite Care is available for a disabled family member to permit the primary caregiver 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
5588 State Hwy 7, Oneonta, NY 13820 .......................................................... Phone: (607) 353-7272
www.springbrookny.org ............................................................................... Email: news@springbrookny.org
Hours: 8:00am – 4:00pm, Mon – Fri
Springbrook offers respite to those caring for a family member with special needs. Respite care provides short-term breaks that can relieve stress, restore energy, and promote balance in a caregiver’s life.

Robinson Terrace Rehabilitation and Nursing Center
28652 New York 23, Stamford, NY 12167 ................................................................. Phone: (607) 652-7521
http://facilities.thegrandhealthcare.com/robinson_terrace
Respite care is designed to give families temporary relief of caregiving responsibilities, whether for a couple of days or a few weeks. Patients in the program receive 24-hour nursing care and are under the supervision of the attending physician.

Margaretville Hospital
42084 State Highway 28, Margaretville, NY 12455 ................................................... Phone: (845) 586-2631
www.margaretvillehosp.org
The Respite Care program is offered through Hospice and provides a break for caregivers for a minimum of 30 days, while assuring quality healthcare for the patients. Patients in the program receive 24-hour nursing care and are placed under the supervision of the attending physician at the hospital. Respite care is offered through Hospice for a specified number of days.

Roscoe Nursing & Rehabilitation Center
420 Rockland Road, Roscoe, NY 12776 ................................................................... Phone: (607) 498-4121
www.roscoerehab.com/
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.

Hampshire House
1846 County Hwy 48, Oneonta, NY 13820 .......................................................... Phone: (607) 432-6171
www.pslgroupllc.com/hampshire-house/
Hampshire House is licensed by the New York Department of Health and the services are tailored to the individual needs and requirements of seniors, including a flexible adult day care, and respite stays for up to six weeks.
HCBS Waiver for Children with Severe Emotional Disturbances (SED)
Delaware County Office of Mental Health / Single Point of Access (SPOA)
56 Shepard Street, Walton, NY 13856 ................................................................. Phone: (607) 832-5889
www.co.delaware.ny.us/departments/mhc/mhc.htm ................................. Email: mhc@co.delaware.ny.us
Hours: 9:00am – 5:00pm, Mon/Tue/Thu/Fri, 9:00am – 7:00pm, Wed
The HCBS Waiver allows Medicaid to pay for services not normally provided through Medicaid, including care coordination, respite, family support services, intensive in-home services, and skill building. Services are available to children between the ages of 5 and 17 years old.

Robynwood Home Care Service Agency
43 Walnut Street, Oneonta, NY 13820 ................................................................. Phone: (607) 432-6387
www.robynwood.com
The Respite Care program provides a break for caregivers while assuring quality healthcare for their family member. Respite is provided to private pay individuals, or through Traumatic Brain Injury (TBI) or Nursing Home Transition and Diversion (NHTD) Medicaid Waiver programs.

US Care Systems, Inc.
396 Chestnut Street, Oneonta, NY 13820 ......................................................... Phone: (607) 432-9355
www.uscaresystems.com
Hours: 7:30am – 4:00pm, Mon – Fri
Respite services are available in the home.

CHILDCARE

NYS Office of Children and Family Services
52 Washington Street, Rensselaer, NY 12144 ..................... Hotline: (518) 473-7793. Phone: (518) 402-3038
www.ocfs.state.ny.us/main/childcare/ccfs_template.asp
The Division of Child Care Services provides a database of regulated 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.

NYS Prevent Child Abuse NY - Parent Helpline
33 Elk Street, 2nd Floor, Albany, NY 12207 ......................... Phone: 1-800-CHILDREN (1-800-244-5373)
info@preventchildabuseny.org
Parent Helpline is an information and referral service for parents, professionals, and others who want to find help and support for families. It is a free, confidential, and multilingual line, available for anyone in New York State. Services are available 7 days a week from 9 a.m. to 10 p.m. After 10 p.m., you can leave a message with our live answering service and a Helpline Specialist will return your call the following morning.

Delaware Opportunities, Inc.
35430 State Highway 10, Hamden, NY 13782 ......................................................... Phone: (607) 746-1620
www.delawareopportunities.org/content/child-care-resource-referral
Child Care Resource and Referral (CCR&R) provides services to childcare providers, businesses, community and families. The CCR&R is dedicated to serving the childcare community through information and referrals, training, advocacy, and education.
DCMO BOCES
270 BOCES Drive, Sidney Center, NY 13839 .......................................................... Phone: (607) 335-1296
www.dcmoboces.com
The DCMO BOCES offers daycare to the public which is available Monday
through Friday from 7:00am-5:00pm, serving children 3 to 5 years of age.

Tri-Town Nursery School
12 Liberty St., Sidney, NY 13838 .................................................................................. Phone: (607) 643-7379
Pre-School education offering programs for 2-year old, 3-year old and 4-year
old, pre-K students

The Cullman Child Development Center
90 West Rd, Sidney, NY 13838 .................................................................................. Phone: (607) 563-7529
www.cullmancenter.org
The Center provides services to children between the ages of 6 weeks and 12 years
including before and after school care, an in-house summer program for children
ages 5-8, and a summer camp program for children ages 8-12.

SUNY Delhi Child Care Center
1104 Arbor Hill Rd, Delhi, NY 13753 ........................................................................... Phone: (607) 746-4710
https://childcare.delhi.edu/
The Delhi Campus Child Care Center, Inc. (DC-4) offers year-round childcare services
for infants, toddlers, preschoolers, and school-age children of SUNY Delhi students,
State employees, faculty, staff, and community residents. Tuition is based on a sliding
fee scale according to income.

Kids Unlimited Preschool at Springbrook
5588 State Hwy 7, Oneonta, NY 13820 ...................................................................... Phone: (607) 353-7272
https://www.springbrookny.org/our-programs/kids-unlimited-preschool/
At Kids Unlimited Preschool, children of all abilities, with and without special needs,
learn from each other, the world around them, and their teachers. Tuition is all-inclusive,
meaning children aged 3 to 5 have access to the 9:00am – 2:30pm program and before
and after school daycare if needed. Tuition rates vary for children entering the program
through their school district (special needs) or private pay. They offer Springbrook
employees a 20% tuition discount with the establishment of payroll deduction payment.

DENTAL RESOURCES

Aspen Dental
Oneonta, NY (across from Southside Mall) ..................................................................... Phone (607) 708-1183
Free exams and x-rays to new patients without insurance, payment plans

Rural Health Network of South-Central NY
455 Court St, Binghamton, NY 13904 ........................................................................... Phone: (607) 692-7669
www.rhnscny.org
RHNSCNY provides information about discounted dental providers in the area
to anyone needing to access dental and oral health services.
The Bassett Healthcare Delhi - Dental Office offers general dentistry services for both children and adults. The practice serves patients with and without insurance, including Medicaid.

Delaware Dental Office
210 Delaware Street, Walton, NY 13856

Walton Dental
38 West St, Walton, NY 13856

Stamford Dental Associates
32-34 Main St # 1, Stamford, NY 12167

Fox Care Dental
1 Foxcare Drive # 304, Oneonta, NY 13820

Michael Freedus, DDS
53 Chestnut St, Oneonta, NY 13820

UHS Dental Center Norwich
32 Conkey Ave, Eaton Center, Norwich, NY 13815
10-42 Mitchell Ave, Binghamton, NY 13903

DISABILITY SERVICES

Social Security Administration
31 Main Street, Suite 1, Oneonta, NY 13820

The Arc of Delaware County
34570 State Highway 10, Walton, NY 13856
Project Independence, Inc.
342 River Street, Hobart, NY 13788 ................................................................. Phone: (607) 538-9874
www.delarc.org
Hours: 8:00am – 4:00pm, Mon – Fri
Services include residential services (IRA, SAP) for persons 18 and older, recreation, family support and Medicaid Service Coordination.

Catskill Center for Independence
6104 State Highway 23, Oneonta, NY 13820 ........................................................... Phone: (607) 432-8000
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) 746-1680
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.

Rehabilitation Support Services, Inc.
132 Delaware Street, Walton, NY 13856 ................................................................. Phone: (607) 865-3158
www.rehab.org
RSS strives to enrich and empower the lives of individuals with psychiatric and substance abuse disorders by providing services and opportunities for meaningful emotional, social, vocational and educational growth. Through housing, employment, care coordination, treatment, socialization and wellness programs, individuals are provided with experiences that will equip them to lead productive and fulfilling lives in their communities.

Southern Tier Independence Center (STIC)
135 E. Frederick St, Binghamton, NY 13904 ................................................................. Phone: (607) 724-2111
www.stic-cil.org
STIC is a community-based advocacy and service organization for children and adults with all types of disabilities.

Springbrook
105 Campus Drive, Oneonta, NY 13820................................................................. Phone: (607) 286-7171
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.
Early intervention provides developmental monitoring/screening and early intervention services as needed for infants and toddlers under the age of three who are at risk for or who are suspected to have developmental delays or have confirmed developmental delays.

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

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

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

New York State Office for People with Developmental Disabilities
44 Holland Avenue, Albany, NY 12229 ................................................................................. Phone: (866) 946-9733
www.opwdd.ny.gov
The New York State OPWDD is responsible for coordinating services for individuals with developmental disabilities, providing services directly, and through a network of partner agencies.

Broome DDSO Delaware County State Operations Office
15598 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/or day program placement, as well as other information and referrals.

Family Resource Network, Inc.
46 Oneida Street, Oneonta, NY 13820 ................................................................................. Phone: (607) 432-0001
www.familyrn.org
Offers the following services: Advocacy Program, Autism Conferences, Information and Referral, Service Access, Social Skills Program for Youth with Autism Spectrum Disorders, Trainings/Support Groups.

Adult Career and Continuing Education Services – Vocational Rehabilitation (ACCESS-VR)
44 Hawley Street, Binghamton, NY 13901 ................................................................................. Phone: (607) 721-8400
www.access.nysed.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**

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

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

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

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

**New York Relay Service 7-1-1**
www.nyrelay.com
New York Relay Service is a statewide service that connects standard (voice) telephone users with deaf, hard-of hearing, deaf-blind, speech-disabled, or late-deafened people who use text telephones (TTYs) or voice carry-over (VCO) phones. Just dial 7-1-1 to reach a Relay Operator. CapTel users dial the 10-digit number directly. **NOTE:** If the phone from which you are calling does not accept 7-1-1, just call 1-800-421-1220 for the same great results.

**Vision**

**Association for Vision Rehabilitation and Employment, Inc.**
174 Court Street, Binghamton, NY 13901 ................................................................. Phone: (607) 724-2428
www.avreus.org

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

**Rural Health Network of South-Central NY**
455 Court St., Binghamton, NY 13904 ................................................................. Phone: (607) 692-7669
www.rhnscny.org

RHNSCNY staff educates individuals on vision services assistance programs and directly assists rural residents in accessing resources. Provides vouchers for eye exams and/or glasses for eligible individuals.

**Lions Eye Care**

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<th>Deposit Lions Club</th>
<th>Contact: Frances Wright</th>
<th>Phone: (607) 727-3266</th>
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<td>Walton Lions Club</td>
<td>Contact: Ed Snow</td>
<td>Phone: (607) 434-5813</td>
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<td>Oneonta Lions Club</td>
<td>Contact: Rosanne Aikens</td>
<td>Phone: (607) 746-0574</td>
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Local Lions Clubs provide financial assistance to help purchase eye glasses for eligible individuals who have no insurance. An application must be submitted to be considered for assistance.
The New York State Talking Book and Braille Library (TBBL) lends audio and braille books and magazines, and the necessary playback equipment, to residents of the 55 upstate counties of New York State who are unable to use standard printed materials due to a visual or physical disability.

**DISASTER RELIEF**

**American Red Cross**
125 Business Park Drive, Suite 200, Utica, NY 13502 ........................................... Phone: (315) 733-4666 www.redcross.org/eny
The Red Cross responds to disasters, providing shelter, food, health and mental health services to help families and entire communities get back on their feet.

**Salvation Army**
www.empire.salvationarmy.org .......................................................... Phone: (607) 432-5960 or (315) 877-6079
In disaster relief operations, The Salvation Army’s first aim is to meet the basic needs of those affected. They are available in all facets of disaster, including emergency preparedness, immediate emergency response, long-term disaster recovery, and emotional and spiritual care.

**The New York Extension Disaster Education Network (NY EDEN)**
A collaborative educational network based at Cornell University, dedicated to educating New York residents about preventing, preparing for and recovering from emergencies and disasters that could affect their families and communities. NY EDEN is affiliated with both the national USDA Extension Disaster Education Network (EDEN) and with Cornell University Cooperative Extension.
http://eden.cce.cornell.edu/about-ny-eden/ ................................................................. disaster@cornell.edu
NY EDEN Director ....................................................................................................... Phone: (607)-254-5479

**DOMESTIC VIOLENCE**

**New York State Domestic and Sexual Violence 24 Hour Hotline** .......... Phone: (800) 942-6906
**National Domestic Violence 24 Hour Hotline** ..................................................Phone:(800) 799-7233
**NYS Coalition Against Sexual Assault** ................................................................. Phone: (518) 482-4222
**National Runaway Hotline** ............................................................................. Phone: (800) 621-4000
**RAINN (Rape, Abuse & Incest National Network)** ........................................... Phone: (800) 656-4673

**Delaware Opportunities, Inc. Safe Against Violence**
35430 State Highway 10, Hamden, NY 13782 ......................................................... Phone: (607) 746-1720
https://delawareopportunities.org/safe-against-violence ....24/7 Hotline: (866) 457-7233 or (607) 746-6278
Safe Against Violence offers 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.
Child Protective Services is mandated to investigate all reports of alleged child abuse and maltreatment of children under the age of 18.

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

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

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

EDUCATION

Alternative Education Options

DCMO BOCES
270 BOCES Drive, Sidney Center, NY 13839 ............................................................ Phone: (607) 865-2500
www.dcmoboces.com
DCMO BOCES partners with local school districts to provide a broad range of educational programs and services that help meet the evolving educational needs of students.

ONC BOCES Adult Education
31 Center Street, Oneonta, NY 13820 ............................................................ Phone: (607) 433-3645
www.oncboces.org/AdultEducation.aspx
Classes are offered in Adult Basic Education, High School Equivalency, and English as a Second Language, and many free programs are available for students over age 21 who are also enrolled in High School Equivalency classes.

ONC BOCES – Northern Catskills Occupational Center
2020 Jump Brook Road, Grand Gorge, NY 12434 ............................................................ Phone: (607) 588-6291
http://www.oncboces.org/northerncatskillsoccupationalcenter_home.aspx
The Career and Technical Education Center provides workforce preparation training in career specific areas for high school students and adults.

Early Childhood Education

Delaware Opportunities, Inc.
35430 State Highway 10, Hamden, NY 13782 ............................................................ Phone: (607) 746-1640
www.delawareopportunities.org/HeadStart.htm
Head Start promotes the school readiness of young children aged 3 to 5 by supporting the mental, social, and emotional development of children. Families must be income eligible.
Program Locations:

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Franks Street, Arkville, NY 12406</td>
<td>(845) 586-4002</td>
</tr>
<tr>
<td>2 Sheldon Dr, Delhi, NY 13753</td>
<td>(607) 746-6591</td>
</tr>
<tr>
<td>Old Schoolhouse Rd, Fish's Eddy, NY 13774</td>
<td>(607) 637-4256</td>
</tr>
<tr>
<td>2020 Jump Brook, Grand Gorge, NY</td>
<td>(607) 588-8151</td>
</tr>
<tr>
<td>21 Pleasant Street, Sidney, NY 13838</td>
<td>(607) 561-2341</td>
</tr>
<tr>
<td>15696 State Route 23, Davenport, NY 15696</td>
<td>(607) 278-6020</td>
</tr>
<tr>
<td>47 Main Street, Deposit, NY 13754</td>
<td>(607) 467-3505</td>
</tr>
<tr>
<td>293 Main Street, Franklin, NY 13775</td>
<td>(607) 829-3312</td>
</tr>
<tr>
<td>35430 State Hwy 10, Hamden, NY 13782</td>
<td>(607) 746-1640</td>
</tr>
<tr>
<td>150 Industrial Park, Walton, NY 13856</td>
<td>(607) 865-6319</td>
</tr>
</tbody>
</table>

Literacy

Literacy Volunteers of Otsego and Delaware Counties

155 Main St, Ste E, Oneonta, NY 13820

Phone: (607) 441-3093

www.lvodc.org

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

EMPLOYMENT

Delaware County Employment and Training- CDO Workforce Career Center

1 Courthouse Square, Suite 3, Delhi, NY 13753

Phone: (607) 832-5777

21 Liberty Street, Sidney, NY 13838

Phone: (607) 832-5776

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

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

Delaware Opportunities, Inc.

35430 State Highway 10, Hamden, NY 13782

Phone: (607) 746-1630

www.delawareopportunities.org/employment-training

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

NYS Department of Labor

12 Dietz Street, Oneonta, NY, 13820

Phone: (607)-432-4800

Building 12, W.A. Harriman Campus, Albany, NY 12240

Phone: (518) 457-9000

www.labor.ny.gov

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

Alma Yoga
67 Pennsylvania Avenue, Hancock, NY 13783
Phone: (607) 637-4444 or (917) 697-2776
www.almayoga.com
Email: almayoga@yahoo.com
Hours: 10:00 – 11:30am, Sat & Sun

Delaware County Office for the Aging
97 Main Street, Suite 2, Delhi, NY 13753
Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/wellness.htm
Email: ofa@co.delaware.ny.us
The Office for the Aging works closely with other county organizations to develop and operate a variety of health and wellness activities. Older adults are encouraged to participate in water exercise, aerobic exercise, weightlifting, tai-chi classes, and walking programs.

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

Delaware County Fitness
119 Delaware St, Walton
Phone: (315) 558-4118
https://www.facebook.com/delawarecountyfitness/

Delaware County Rural Healthcare Alliance
Cornell Cooperative Extension
34570 State Highway 10, Hamden, NY 13782
Phone: (607) 865-6531
https://ccedelaware.org/alliance/
The Delaware County Rural Healthcare Alliance funds Girls on the Run, fitness trails development and senior Tai Chi/ Matter of Balance programs offered through the Office of the Aging in Delaware County.

Catskill Recreation Center
651 County Route 38, Arkville, NY 12406
Phone: (845) 586-6250
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
The Catskill Mountain Club is an all-volunteer organization dedicated to providing a wide range of non-motorized outdoor activities throughout the larger Catskill Mountain region. These activities include hiking, camping, cycling, climbing, snowshoeing, kayaking and canoeing for all ages and activity levels.

Andes Rail Trail
266 Depot Street, Andes, NY 13731
www.andesworks.com/rail-trail/
The Andes Rail Trail is an easily accessible hiking trail in an idyllic setting, suitable for individuals and families of all ages.

SUNY Delhi Aquatics Center
236 Kunslea Hall, 2 Main Street, Delhi, NY 13753 ..................................................... Phone: (607) 746-4263
www.delhi.edu/athletics/aquatics/index.php
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
Provides a large array of fitness opportunities including cardio and strength training equipment, fitness and dance classes, spinning, and personal training. They also offer Yoga, spray tanning, 24/7 gym access and more.

Head to Toe Fitness Studio
15246 State Highway 206, Downsville, NY 13755 ....................................................... Phone: (607) 435-1586
Hours: Vary according to classes ........................................................................ Email: sarahhood09@gmail.com
Offers exercise classes such as yoga, fit stations, Silver Sneakers, and Tai Chi for Arthritis.

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

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

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

Stamford Gym
32 Main Street, Stamford, NY 12167 ............................................................................ Phone: (607) 214-4075
Walking at Local Schools
Some local schools allow residents to walk within designated facility areas during the school year. Below is a list of schools and specific hours available for walking.

<table>
<thead>
<tr>
<th>Andes Central School</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Walking Site:</strong></td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
</tr>
<tr>
<td><strong>Contact:</strong></td>
</tr>
<tr>
<td><strong>Hours:</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bainbridge-Guilford Central School</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Walking Site:</strong></td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
</tr>
<tr>
<td><strong>Contact:</strong></td>
</tr>
<tr>
<td><strong>Hours:</strong></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Charlotte Valley Central School</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Walking Site:</strong></td>
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<tr>
<td><strong>Phone:</strong></td>
</tr>
<tr>
<td><strong>Contact:</strong></td>
</tr>
<tr>
<td><strong>Hours:</strong></td>
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<table>
<thead>
<tr>
<th>Delaware Academy Central School</th>
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</thead>
<tbody>
<tr>
<td><strong>Walking Site:</strong></td>
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<tr>
<td><strong>Phone:</strong></td>
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<tr>
<td><strong>Contact:</strong></td>
</tr>
<tr>
<td><strong>Hours:</strong></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Deposit Central School</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Walking Site:</strong></td>
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<tr>
<td><strong>Phone:</strong></td>
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<tr>
<td><strong>Contact:</strong></td>
</tr>
<tr>
<td><strong>Hours:</strong></td>
</tr>
<tr>
<td>School Name</td>
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<tr>
<td>------------------------------</td>
</tr>
<tr>
<td><strong>Downsville Central School</strong></td>
</tr>
<tr>
<td><strong>Franklin Central School</strong></td>
</tr>
<tr>
<td><strong>Hancock Central School</strong></td>
</tr>
<tr>
<td><strong>Jefferson Central School</strong></td>
</tr>
<tr>
<td><strong>Margaretville Central School</strong></td>
</tr>
<tr>
<td>School Name</td>
</tr>
<tr>
<td>-----------------------------</td>
</tr>
<tr>
<td><strong>Roxbury Central School</strong></td>
</tr>
<tr>
<td><strong>Sidney Central School</strong></td>
</tr>
<tr>
<td><strong>South Kortright Central School</strong></td>
</tr>
<tr>
<td><strong>Stamford Central School</strong></td>
</tr>
<tr>
<td><strong>Unatego Central School</strong></td>
</tr>
</tbody>
</table>
Walton Central School

<table>
<thead>
<tr>
<th>Walking Site:</th>
<th>Any building; track (when not in use)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone:</td>
<td>(607) 865-4116</td>
</tr>
<tr>
<td>Contact:</td>
<td>Call office</td>
</tr>
<tr>
<td>Hours:</td>
<td>Monday-Friday: 3:00pm-9:00pm; track: daylight hours</td>
</tr>
</tbody>
</table>

Zumba Offered at:

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

**Sidney**
ABC Center for Performing Arts ........................................................................... Phone: (607) 563-8667
5-7 Division Street, Sidney, NY 13838

**Davenport**
Davenport Fire Dept ......................................................................................... Phone: (607) 278-5523
15838 NY -23 Davenport, NY 13750

**Deposit**
First United Methodist Church ............................................................................ Phone: (607) 467-2290
109 2nd Street, Deposit NY 13754

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

**FALL PREVENTION**

**Delaware County Office for the Aging**
97 Main Street, Suite 2, Delhi, NY 13753 ................................................................. Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/wellness.htm ....................................... Email: ofa@co.delaware.ny.us
The Office for the Aging works closely with other county organizations to develop and operate a variety of health and wellness activities such as Matter of Balance and water exercise. Older adults are encouraged to participate in these programs. Call to inquire about OFA’s Senior Fitness Directory.

**Tai-Chi for Arthritis**
Tai-Chi for Arthritis is an 8-week evidence-based exercise program, involving 16 one-hour sessions for a group of seniors interested in a safe, low-impact exercise that works on the core muscles and breathing. Due to the fluid movements of the exercise, it is a safe form of exercise for individuals with arthritis, but of great benefit to all.

**UHS Delaware Valley Hospital**
Community Relations Department
1 Titus Place, Walton, NY 13856 ............................................................................ Phone: (607) 865-2409
www.nyuhs.org
Seated Tai Chi classes will be sponsored by the hospital in conjunction with the Office for the Aging. Seated Tai Chi is beneficial especially for those who are uncertain of the ability to stand and do Tai Chi. Chair Yoga is another program sponsored by the hospital and is beneficial for all people with all abilities. Call for further information.
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

<table>
<thead>
<tr>
<th>Andes</th>
<th>Colchester</th>
</tr>
</thead>
<tbody>
<tr>
<td>CitiHope Building</td>
<td>Methodist Church</td>
</tr>
<tr>
<td>143 Main Street, Andes, NY 13731</td>
<td>15151 State Highway 30, Downsville, NY 13755</td>
</tr>
<tr>
<td>Hours: Fridays 3pm – 7pm</td>
<td>Hours: Wednesdays 1pm – 3pm</td>
</tr>
<tr>
<td>(845) 676-3344</td>
<td>(summer: Wed 4-6) (607) 363-7363</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Davenport</th>
<th>Delhi</th>
</tr>
</thead>
<tbody>
<tr>
<td>West Davenport Free Baptist Church</td>
<td>United Ministry Church</td>
</tr>
<tr>
<td>15696 State Route 23, Davenport, NY 13750</td>
<td>Courthouse Square, Delhi, NY 13753</td>
</tr>
<tr>
<td>Hours: 3rd Friday 4-6pm; 3rd Saturday 10am – 12pm</td>
<td>Hours: Mon 1-3pm; Thursday 3:30pm – 5:30pm</td>
</tr>
<tr>
<td>(607) 432-7840</td>
<td>(607) 746-6528</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Deposit</th>
<th>Grand Gorge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Council of Churches, Sanford Town Hall</td>
<td>United Methodist Church</td>
</tr>
<tr>
<td>91 Second Street, Deposit, NY 13754</td>
<td>37270 State Highway 23, Grand Gorge, NY 12434</td>
</tr>
<tr>
<td>Hours: Thursdays 3pm – 6pm</td>
<td>Hours: 2nd and 4th Weds 10am-12, 5pm – 7pm</td>
</tr>
<tr>
<td>(607) 727-3266</td>
<td>(607) 588-0038</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Hamden</th>
<th>Hancock</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delaware Opportunities</td>
<td>Father Rausch Memorial Hall</td>
</tr>
<tr>
<td>35430 State Highway 10, Hamden, NY 13782</td>
<td>346 West Main Street, Hancock, NY 13783</td>
</tr>
<tr>
<td>Hours: Monday – Friday 8am – 12pm and 1pm – 4pm</td>
<td>Hours: Tuesdays 1pm – 3pm</td>
</tr>
<tr>
<td>(607) 746-1685</td>
<td>(607) 637-2571 or (570) 635-5917</td>
</tr>
<tr>
<td>Location</td>
<td>Pantry Name</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>------------------------------</td>
</tr>
<tr>
<td>Hancock Readburn</td>
<td>Our Daily Bread Food Pantry</td>
</tr>
<tr>
<td>6288 Old County Highway 17,</td>
<td>North Kortright Presbyterian Church</td>
</tr>
<tr>
<td>Hancock, NY</td>
<td></td>
</tr>
<tr>
<td>Margaretville</td>
<td></td>
</tr>
<tr>
<td>42838 State Hwy 28, Suite 2</td>
<td>Masonville</td>
</tr>
<tr>
<td>Margaretville, NY 12455</td>
<td>Federated Church</td>
</tr>
<tr>
<td>Hours: Monday 10am-12pm,</td>
<td>Corner of Rte 8 &amp; 206,</td>
</tr>
<tr>
<td>Friday 4pm-6pm</td>
<td>Masonville, NY 13804</td>
</tr>
<tr>
<td>Roxbury</td>
<td></td>
</tr>
<tr>
<td>United Methodist Church</td>
<td>Sidney</td>
</tr>
<tr>
<td>53765 State Rte 30, Roxbury NY</td>
<td>United Methodist Church</td>
</tr>
<tr>
<td>12474</td>
<td></td>
</tr>
<tr>
<td>Hours: Tuesday 4pm – 6pm</td>
<td>12 Liberty Street, Sidney, NY 13838</td>
</tr>
<tr>
<td>Sidney Center - United</td>
<td>(607) 843-8381 or (607) 895-6805</td>
</tr>
<tr>
<td>Methodist Church</td>
<td>Stamford Sacred Heart Food</td>
</tr>
<tr>
<td>10593 County Hwy 23, Sidney</td>
<td>Sacred Heart Roman Catholic Church</td>
</tr>
<tr>
<td>Center, NY 13839</td>
<td>Phone: 607-652-7170</td>
</tr>
<tr>
<td></td>
<td>Thursday 10 AM - 11 AM</td>
</tr>
<tr>
<td>Walton</td>
<td></td>
</tr>
<tr>
<td>United Presbyterian Church</td>
<td></td>
</tr>
<tr>
<td>58 East Street, Walton, NY</td>
<td></td>
</tr>
<tr>
<td>13856</td>
<td></td>
</tr>
</tbody>
</table>
Delaware County Department of Social Services
111 Main Street, Suite 4, Delhi, NY 13753 ................................................................. Phone: (607) 832-5300
www.co.delaware.ny.us/departments/dss/snap.html

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

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

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

<table>
<thead>
<tr>
<th>Walton Farmers' Market</th>
<th>Deposit Farmers' Market</th>
</tr>
</thead>
<tbody>
<tr>
<td>Veterans Plaza</td>
<td>First United Methodist Church</td>
</tr>
<tr>
<td>181 Delaware Street, Walton, NY 13856</td>
<td>107 Second St, Deposit, NY 13754</td>
</tr>
<tr>
<td>Every Friday, 10am -2pm, July - September</td>
<td>Accepts FMP/WIC J. Darling (607) 865-6531</td>
</tr>
<tr>
<td></td>
<td>3rd Thursday of August &amp; September</td>
</tr>
</tbody>
</table>

Additional Farmers Markets:

<table>
<thead>
<tr>
<th>Andes Farmers’ Market</th>
<th>Hobart Community Farmers’ Market</th>
</tr>
</thead>
<tbody>
<tr>
<td>Next door to The Tin Horn</td>
<td>Stamford Town Hall Green</td>
</tr>
<tr>
<td>72 Main Street, Andes, NY 13731</td>
<td>101 Maple Ave, Hobart, NY 13788</td>
</tr>
<tr>
<td>Saturdays, 10am-3pm Memorial Day to Columbus Weekend</td>
<td>Fridays, 4pm to 7pm, June - Sept</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Delhi Farmers’ Market</th>
<th>Koo Koose Farmers’ Market (Deposit)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Courthouse Square</td>
<td>Memorial Park, across from State Theatre</td>
</tr>
<tr>
<td>Main Street, Delhi, NY 13753</td>
<td>148 Front St, Deposit, NY</td>
</tr>
<tr>
<td>Wednesdays, 9am to 2pm, June – Sept.</td>
<td>Saturdays 9am- 1pm June – September</td>
</tr>
<tr>
<td></td>
<td>Dorothy Crantz (607) 467-2956</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Downsville Farmers’ Market</th>
<th>Pakatakan Farmers’ Market</th>
</tr>
</thead>
<tbody>
<tr>
<td>Town Shed Parking Lot</td>
<td>Round Barn of Halcottville</td>
</tr>
<tr>
<td>Near Paige Cemetery, Downsville, NY 13755</td>
<td>46676 State Hwy 30 (btwn Margaretville &amp; Roxbury)</td>
</tr>
<tr>
<td>2nd &amp; 4th Saturdays, 10am-2pm Memorial Day to Columbus Weekend</td>
<td>3rd Thursday of August &amp; September</td>
</tr>
<tr>
<td>Saturdays, 9am to 2 pm, May – October</td>
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<tr>
<td>Extended Season 10am–1 pm, Oct - Nov</td>
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<table>
<thead>
<tr>
<th>Franklin Farmers’ Market</th>
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<tbody>
<tr>
<td>Sidney Farmers' Market</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Chapel Hall</th>
</tr>
</thead>
<tbody>
<tr>
<td>46 Main St, corner of Main &amp; Division</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>25 Institute Street, Franklin, NY 13775</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturdays 9am to 1pm</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Sundays 10am-2pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Terry Heath (607) 643-2806</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Memorial Day to Columbus Weekend</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stamford Farmers' Market</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Stamford Farmers Coop, 6 South St, Stamford</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursdays 2-6pm, July - October</td>
</tr>
</tbody>
</table>
## Senior Dining Centers

<table>
<thead>
<tr>
<th>DINING CENTER</th>
<th>SERVINGTIME</th>
<th>LOCATION</th>
<th>MANAGER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delhi</td>
<td>Monday-Friday</td>
<td>97 Main Street</td>
<td>Dotti Regazzi</td>
</tr>
<tr>
<td></td>
<td>11:45 AM-12:30 PM</td>
<td>Suite 3</td>
<td>607-746-2250</td>
</tr>
<tr>
<td>Deposit</td>
<td>Tuesdays &amp; Thursdays</td>
<td>Christ Episcopal Church</td>
<td>Susan Moranda</td>
</tr>
<tr>
<td></td>
<td>12:30 PM</td>
<td>Monument Street</td>
<td>607-467-3953</td>
</tr>
<tr>
<td>Grand Gorge</td>
<td>Monday-Friday</td>
<td>Civic Center</td>
<td>Cheryl Hinkley</td>
</tr>
<tr>
<td></td>
<td>11:45 AM-12:30 PM</td>
<td></td>
<td>607-588-6166</td>
</tr>
<tr>
<td>Hancock</td>
<td>Monday-Friday</td>
<td>Baptist Church</td>
<td>Lisa Drake</td>
</tr>
<tr>
<td></td>
<td>11:45 AM-12:30 PM</td>
<td></td>
<td>607-637-2219</td>
</tr>
<tr>
<td>Middletown</td>
<td>Monday-Friday</td>
<td>Methodist Church</td>
<td>Pattie Warfield</td>
</tr>
<tr>
<td></td>
<td>11:45 AM-12:30 PM</td>
<td>Church Street</td>
<td>845-586-4764</td>
</tr>
<tr>
<td>Sidney</td>
<td>Monday-Friday</td>
<td>Civic Center</td>
<td>Jennifer Anderson</td>
</tr>
<tr>
<td></td>
<td>11:45 AM-12:30 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walton</td>
<td>Monday-Friday</td>
<td>Room #102</td>
<td>Linda Wood</td>
</tr>
<tr>
<td></td>
<td>11:45 AM-12:30 PM</td>
<td>St. John's Roman Catholic Church</td>
<td>607-563-2212</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Benton Avenue</td>
<td>607-865-6739</td>
</tr>
</tbody>
</table>

### Deposit Senior Center
Christ Episcopal Church  
14 Monument Street, Deposit, NY 13754  
Phone: (607) 467-3953  
www.gobroomecounty.com/senior/deposit  
Hours: Tue & Thu, 9:00am to 2:30pm; Lunch Served: 12:30 pm
Community Meal Sites

<table>
<thead>
<tr>
<th>Community Meal Sites</th>
<th>Address</th>
<th>Phone</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fleischmanns Soup Kitchen</td>
<td>904 Main Street, Fleischmanns</td>
<td>(845) 254-5261</td>
<td>Every other Tuesday 5:00 – 7:00pm</td>
</tr>
<tr>
<td>Free Community Supper</td>
<td>Christ Church, 41 Gardner Place, Walton</td>
<td>(607) 865-4698</td>
<td>Last Wednesday of month 4:30 – 6:00pm</td>
</tr>
<tr>
<td>Friendship Table Deposit Foundation</td>
<td>First United Methodist Church, 107 Second Street, Deposit</td>
<td>(607) 467-4000</td>
<td>1st &amp; 2nd Wednesday 4:30 – 6:00pm</td>
</tr>
<tr>
<td>Saturday Meal</td>
<td>United Congregational Church, 4 Mead Street, Walton</td>
<td>(607) 865-4066</td>
<td>Saturdays 11:00am – 1:00pm</td>
</tr>
<tr>
<td>Share the Bounty</td>
<td>United Methodist Church, 12 Liberty Street, Sidney</td>
<td>(607) 563-1921</td>
<td>Last Thursday of month 4:30 – 6:30pm</td>
</tr>
<tr>
<td>Soup Night</td>
<td>First Congregational Church, 1 Bridge Street, Sidney</td>
<td>(607) 563-139</td>
<td>2nd Thursday of month 4:00 – 6:00pm</td>
</tr>
<tr>
<td>Soup-It-Up Night</td>
<td>New Hope Community Church, 45 Stockton Avenue, Walton</td>
<td>(607) 865-5436</td>
<td>Tuesdays 5:00 – 6:00pm</td>
</tr>
<tr>
<td>Souper Bowl</td>
<td>St. John’s Episcopal Church, 134 ½ Main Street, Delhi</td>
<td>(607) 746-2826</td>
<td>Tuesdays 11:30am – 12:30pm</td>
</tr>
<tr>
<td>St Paul Free Lunch</td>
<td>St. Paul Episcopal Church, 25 River Street, Sidney</td>
<td>(607) 759-6560</td>
<td>Wednesdays 9:30 – 11:30am</td>
</tr>
<tr>
<td>Walton Community Meal</td>
<td>United Methodist Church, 101 North Street, Walton</td>
<td>(607) 865-5765</td>
<td>Thursdays 4:30 – 5:30pm</td>
</tr>
</tbody>
</table>

HEALTH EDUCATION, INFORMATION AND SUPPORT

Delaware County Public Health
99 Main Street, Delhi, NY 13753.......................................................... Phone: (607) 832-5200
www.delawarecountypublichealth.com
Public Health partners with community agencies and individuals to provide programs, projects and institute policies in Delaware County to improve the health of the community.

Cornell Cooperative Extension
34570 St Hwy 10 - Suite 2, Hamden, NY 13782........................................ Phone: (607) 865-6531
https://ccedelaware.org/alliance/
The Delaware County Rural Healthcare Alliance brings together healthcare and healthcare related organizations to share information, conduct assessments, develop plans and fund projects to address health education and awareness. The Alliance promotes improved access to quality health and wellness services for Delaware County, NY residents. Example programs funded through the Delaware County Rural Healthcare Alliance include: Sources of Strength, Above the Influence, QPR, Safe Talk, Recovery Coach program, ACEs task force, school champion collaborative for ACEs, age friendly communities, Tai Chi, mapping of senior programs, HPV vaccination, Workforce Preparation project, Health Resource Directory, nutrition education, Smarter Lunchroom, and professional development training.
UHS Nurse Direct
601-635 Harry L Drive, Oakdale Mall, Johnson City, NY 13790 ................................. Phone: (607) 763-5555
www.nyuhs.org/wellness/nurse-direct

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

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

- The **Lifesteps® Weight Management** 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.

- **Happy Healthy and Wise Workshops** are for people who are dealing with one or more chronic conditions or for those caring for someone with chronic condition(s). These evidence-based, interactive sessions offer tools for dealing with the multiple issues that can arise when a chronic condition exists. Past participants highly rate the sessions. Some comments: “I got to communicate with others…and got ideas from them which I have applied to my own situation;” “I am more patient with myself and others;” “It is a very useful class and you learn a lot of new things that can help you with your health;” “…the class was presented in a very friendly and positive way.”

- **Lung Matters Support Group** meets every month on the second Friday of the month. Education through guest speakers, sharing of ideas and the benefits that come from playing harmonica are all encompassed in this group. Group is open to anyone in the public with a lung condition or breathing problems or those who care for someone with a lung condition and/or breathing problems.

- **Stay Healthy! Programming** from the UHS Stay Healthy Center, Oakdale Mall, Johnson City, NY Programming, including seminars and support groups that are offered at the Stay Healthy site can now be shared through videoconferencing. Participants can attend in real-time and interact with the speaker and participants in Johnson City by coming to the UHS Delaware Valley Hospital Wellness Room in the hospital’s Finance Building, 20 West St, Walton.

- **Smoking Cessation** classes are available either through UHS Delaware Valley or through videoconferencing with UHS staff

**American Cancer Society**
13 Beech St, Johnson City, NY 13737 ............................................................................ Phone: (607) 766-6900
www.cancer.org ................................................................................................... Toll Free: (800) 227-2345

Provides information and resources related to all forms of cancer.

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

The American Diabetes Association provides information and resources about diabetes.

**American Heart Association**
125 Business Park Dr, Ste 106, Utica, NY 13502 ....................................................... Phone: (315) 580-3950
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

The American Lung Association provides health education, information & resources related to lung disease.
Community Health Services – a division of Rural Health Network of South Central
455 Court St., Binghamton, NY 13904 ................................................................. Phone: (607) 692-7669
Health education programs which include classes and workshops.

Smoking Cessation

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

Friends of Recovery of Delaware and Otsego Counties, Inc.
22 Elm Street, Oneonta, NY 13820 ................................................................. Phone: (607) 267-4435
84 Main Street, Delhi, NY 13753 ................................................................. Phone: (607) 746-3570
www.friendsofrecoverydo.org
Offers the Butt Stops Here smoking cessation program, which is a seven-week
series designed to provide the support and assistance needed to quit smoking.

New York State Smokers’ Quitline ........................................... (866) NY QUITS / (866) 697-8487
www.nysmokefree.com
The New York State Smokers’ Quitline is free and confidential service that provides
effective stop smoking services to New Yorkers who want to stop smoking.

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

HEARING see Disability Services/ Deaf /Hard of Hearing

HOSPICE

Helios (formally Catskill Area Hospice & Palliative Care)
297 River Street Service Road, Oneonta, NY 13820 ......................................... Phone: (607) 432-5525
http://helioscare.org/ .................................................................................... Toll Free: (800) 306-3870
Helios strives to meet all 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.
Certified Residential Opportunities

Broome Developmental Disabilities Regional Offices (DDRO) Front Door
229-231 State Street, Binghamton, NY 13901................................................................. Phone: (607) 771-7784 x 0

Community Residence (CR) is a residential program that provides both supervised and supportive living environments. Individuals living in a Supervised CR have staff immediately available on site 24/7 and include supplies for daily living, like food and toiletries. Supervised In a Supportive CR, staff is on site only during certain times of the day and up to 20 hours per week.

Family Care program, provided by the Office for People with Developmental Disabilities’ (OPWDD), provides community-based residential housing in certified private homes to provide residential services to individuals of all ages who are developmentally disabled and unable to live independently.

Individualized Residential Alternative (IRA) is a type of community residence that provides room, board and individualized service options. Supervised IRAs provide 24-hour staff support and supervision for up to 14 residents, whereas Supportive IRAs are limited to 3 or fewer individuals and provide need-based supports and services for those who are living in their own homes or apartments, but do not require 24-hour staff supervision.

Intermediate Care Facility (ICF) serves individuals who are unable to care for their own basic needs, and require heightened supervision and structure, support and resources that define this program type. ICFs provide 24-hour staffing supports for individuals with specific adaptive, medical and/or behavioral needs and includes intensive clinical and direct-care services.

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

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

Caring Connections is offered to individuals and families who are struggling to meet their basic needs. Financial assistance can include: assistance with utilities including electric shut-offs, housing assistance, transportation assistance, and assistance with paying for essential medical costs.

Habitat for Humanity
P.O. Box 226, Delhi, NY 13753.................................................................................... Phone: (607) 746-9987
www.habitatdelawarecounty.org

Habitat for Humanity in Delaware County builds and repairs simple, decent, affordable houses with those who lack adequate shelter.
Delaware Opportunities, Inc.
35430 State Highway 10, Hamden, NY 13782 ........................................................... Phone: (607) 746-1650
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.

The Emergency Services Program .................................................................................. Phone: (607) 746-1665
Provides assistance to families and individuals faced with emergencies. An advocate can advise clients and assist in obtaining services such as emergency food and shelter.

Solutions to End Homelessness Program (STEHP) .................................................. Phone: (607) 746-1667
STEHP is an emergency assistance program to provide short term assistance to help stabilize housing. Homeless Prevention assistance is available to prevent an eviction, and Rapid Re-housing can assist homeless individuals in obtaining permanent housing.

Delaware County Department of Social Services
99 Main Street, Delhi, NY 13753 .................................................................................. Phone: (607) 832-5300
Adult Protective Services .................................................. Emergency After Hours Phone: (800) 342-3720
www.co.delaware.ny.us/departments/dss/dss.htm
Individuals who are homeless and have no other resources may be able to receive emergency shelter and assistance through the Department of Social Services.

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.

Salvation Army
www.empire.salvationarmy.org .................................................................................. Phone: (315) 877-6079
Through a voucher system, the Salvation Army offers temporary assistance for emergency needs such as lodging, food, clothing, utilities and medical co-pays.
Several service units are located within the County.

Home Owner Assistance

Mark Project
10 Church Street, Arkville, NY 12406 ........................................................... Phone: (845) 586-3500
Email: Katie@markproject.org
The Homeowners Assistance Program provides assistance with down payment and partial closing costs for the purchase of single-family homes to those at or below 112% of the HUD Median Income Limits for Delaware County. The program will also provide assistance with mandatory rehabilitation costs to bring the homes up to NY State Building Code and will incorporate energy efficiency measures when possible.
Home Repair

Delaware Opportunities, Inc.
35430 State Highway 10, Hamden, NY 13782 ........................................................... Phone: (607) 746-1605
www.delawareopportunities.org/housing-assistance-community-development
The CDBG Housing Rehabilitation Program, and the HOME Program are available
to assist low to moderate income homeowners in making necessary repairs to their
home. Different eligibility guidelines apply to each program.

Habitat for Humanity Western Catskills Community Revitalization Council, Inc.
125 Main Street, Suite A, Stamford, NY 12167 ........................................................... Phone: (607) 652-2823
www.westerncatskills.org
Funding to assist owner-occupied housing rehabilitation is available to eligible
residents living in Harpersfield, Kortright, Middletown, Roxbury, and Stamford.

USDA Section 504 Repair Program USDA Rural Development
108 Holiday Way, Schoharie, NY 12157 ..................................................................... Phone: (518) 295-8600
www.rd.usda.gov/programs-services/single-family-housing-repair-loans-grants
USDA Rural Development provides financing to qualified very low-income homeowners
to help make repairs or improvements to their home, such as health and safety hazards,
home weatherization, or manufactured homes.

Delaware Opportunities, Inc.
35430 State Highway 10, Hamden, NY 13782 ........................................................... Phone: (607) 746-1650
www.delawareopportunities.org ........................................................... Email: WJones@deloporg.org
The purpose of this rehabilitation program is to assist property owners, who meet
program guidelines, in making repairs to their home. Grants are available for low-to-
moderate income Owner Occupants. Owner Occupants of multi-family homes are
eligible to receive a grant for their property if the owners as well as the tenants are
income eligible for the program.

Habitat for Humanity- A Brush with Kindness
P.O. Box 226, Delhi, NY 13753 ................................................................................... Phone: (607) 746-9987
www.habitatdelawarecounty.org ................................................... Email: habitatdelawarecounty@gmail.com
A Brush with Kindness assists low-income homeowners who struggle to maintain the
exterior of their homes by providing home repair services such as painting, minor exterior
repairs, landscaping, and exterior clean-up. The program uses volunteers, donated
materials and no-interest loans to make repairs affordable, helping low-income homeowners
continue to live independently and securely in their homes.

Mark Project
10 Church Street, Arkville, NY 12406 ........................................................... Phone: (845) 586-3500
Grants for home repairs in the Town of Roxbury & Middletown
Low-Income and Senior Housing

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Rehabilitation Support Services**  
132 Delaware Street, Walton, NY 13856 ................................................................. Phone: (607) 865-3158  
www.rehab.org  
Supported Apartments are Non-licensed apartment living with rental assistance and case management housing support services provided to help individuals secure and maintain successful community living.

**Utilities**

**Caring Connections**  
Catholic Charities of Delaware, Otsego, and Schoharie Counties  
176 Main Street, Oneonta, NY 13820 ....................................................................... Phone: (607) 432-0061  
Hours: 8:30am – 4:30pm, Mon - Fri  
21 Liberty Street, Sidney, NY 13838................................................................. Phone: (607) 604-4071  
Hours: 8:30am - 4:30pm, Mon, Wed & Fri  
www.charitiesccdos.org  
Caring Connections is offered to individuals and families who are struggling to meet their basic needs. Financial assistance can include assistance with utilities including electric shutoffs, housing assistance, transportation assistance, and assistance with paying for essential medical costs.

**CEEP Community Energy Engagement Program**  
34570 St Hwy 10, Ste 2, Hamden, NY 13782 ................................................................. Phone: (607) 865-6531  
There is support available to help residents and businesses reduce their energy consumption and energy costs and make informed energy decisions. Community Energy Advisor can connect you to resources and networks that provide cost-saving opportunities in your community.

**Delaware Opportunities, Inc.**  
35430 State Highway 10, Hamden, NY 13782 ................................................................. Phone: (607) 746-1615  
www.delawareopportunities.org/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](http://www.co.delaware.ny.us/departments/ofa/Financial_Asst.htm) 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](http://www.co.delaware.ny.us/departments/ofa/Financial_Asst.htm) 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.  
**Emergency Services** - This program offers assistance with financial emergencies, homelessness, evictions, and utility shut-offs.

**Delaware County Office for the Aging**  
97 Main Street, Suite 2, Delhi, NY 13753 ................................................................. Phone: (607) 832-5750  
www.co.delaware.ny.us/departments/ofa/Financial_Asst.htm .................................. Email: ofa@co.delaware.ny.us  
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.
The Home Energy Assistance Program (HEAP) is a federally funded program that assists eligible households in meeting their home energy needs. Households already receiving SNAP or Public Assistance can access HEAP benefits through the Department of Social Services. May be able to assist households with utility disconnects when all other resources have been exhausted.

**Delhi Fuel Bank**

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

**EmPower New York**

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

**NYSEG**

Energy Assistance Program (EAP)  
P.O. Box 5240, Binghamton, NY 13902 ......................................................... Phone: (800) 572-1111  
www.nyseg.com ................................................................. Email: energyassistanceprogram@nyseg.com  
EAP monthly bill credits are available automatically to any customer who has a HEAP grant applied directly to an active NYSEG account. Once enrolled a credit will be listed as a line item on your regular NYSEG bill. If HEAP is supplied to another fuel vendor, a copy of your HEAP award letter can be provided to NYSEG to enroll in EAP.
IN-HOME SERVICES

Catskill Center for Independence, Inc.
6104 State Hwy 23, Oneonta, NY 13820 ................................................................. Phone: (607) 432-8000
www.ccfi.us ........................................................................................................ Email: ccfi@ccfi.us
Hours: 8:00am – 4:00pm, Mon – Fri
The Traumatic Brain Injury Medicaid Waiver -TBI Waiver program provides specialized services to individuals with a traumatic brain injury (between the ages of 18-64), in their home, to prevent or circumvent nursing home placement.

The Nursing Home Transition and Division Waiver- NHTD Waiver program is available to individuals with disabilities and seniors, in order to receive supportive services in the community, rather than be placed in a nursing home.

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

Delaware County Department of Social Services Office of Long-Term Care
99 Main Street, Delhi, NY 13753
Hours: 8:00am – 5:00pm, Mon – Fri ................................................................. Phone: (607) 832-5300
Emergency After Hours: ............................................................................................(607) 746-2336
www.co.delaware.ny.us/departments/dss/oltc.html
Level I homemaking services are available to individuals receiving Medicaid who have medical needs in the home.

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

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

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

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

**Home Health Agencies**

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

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

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

**HCR Home Care**  
297 Main St, Oneonta, NY 13820 ............................................................................... Phone: (607) 464-4010  
www.hcrhealth.com/content/locations/delaware  
Provides home health services including bathing and hygiene, meal planning and preparation, laundry and light housekeeping in conjunction with skilled nursing and physical therapy. Licensed Personal Care Providers (PCA) are also available.

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

**Robynwood Home Care Service Agency**  
43 Walnut Street, Oneonta, NY 13820............................................................................. Phone: (607) 432-6387  
www.robynwood.com  
Provides in-home services including light housekeeping, meal preparation, personal care assistance, medication assistance, shopping and errands. Robynwood also provides Traumatic Brain Injury (TBI) Medicaid Waiver Services, and Nursing Home Transition and Diversion (NHTD) Medicaid Waiver Services.
U.S. Care Systems
396 Chestnut Street, Oneonta, NY 13820 ................................................................. Phone: (607) 432-9355
www.uscaresystems.com
Home care services are provided including homemaker and companion care, personal care, respite, nursing services, consumer directed care, and medication set-up. Traumatic Brain Injury (TBI) Medicaid Waiver Services, and Nursing Home Transition and Diversion (NHTD) Medicaid Waiver Services available.

Visiting Nurses Home Care of Cobleskill
173 South Grand St, Ste 4, Cobleskill, NY 12043.......................................................... Phone: (518) 234-4516
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
5 ½ Main St., Delhi, NY 13753 .......................................................................................... Phone: (607) 746-7455
Around the Clock In Home Care refers in home personal and/or nursing care to those in need, including medication and treatment administration, personal care, meal preparation, and accompaniment to medical and non-medical destinations. Short term care is also available for patients following a surgery.

Home Modification

Catskill Center for Independence
6104 State Highway 23, Oneonta, NY 13820 ................................................................. Phone: (607) 432-8000
www.ccfi.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
Access to Home is designed to permit persons with disabilities to maintain residence or achieve residence, either in their own homes or in rental units where other assistance is not available. Repairs are limited to accessibility issues only.

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

Children’s Waiver (III/IV/VI)
Broome Developmental Disabilities Regional Offices (DDRO) Front Door
229-231 State Street, Binghamton, NY 13901 .................................................................Phone: (607) 771-7784 x 0
The Office for People with Developmental Disabilities (OPWDD) Care at Home (CAH) waivers provide services to children with severe developmental disabilities and complex medical conditions living at home with their families. The program allows Medicaid to pay for some services not provided through "regular" Medicaid, such as case management, respite, home adaptations and vehicle modification.
Environmental Modifications Access to Independence
26 North Main Street, Cortland, NY 13045 ......................................................... Phone: (607) 753-7363
www.aticortland.org ...................................................................................... Email: mary.ewing@aticortland.org
Provides a comprehensive source of consultation, design, planning, construction,
and project management services to meet the unique needs and specialized
requirements of individuals, families, and businesses.

Personal Emergency Response Systems (also known as Lifeline services)

At Home Care
25 Elm Street, Oneonta, NY 13820 ................................................................. Phone: (607) 432-7924
www.bassett.org/at-home-care/
Lifeline is an easy-to-use personal response service that ensures that older adults living
at home get quick assistance whenever it is needed 24 hours a day, 365 days a year.

Delaware County Office for the Aging
97 Main Street, Suite 2, Delhi, NY 13753 ...................................................... Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/Emergency.htm ......................... Email: ofa@co.delaware.ny.us
Link to Life provides emergency help 24 hours a day by simply pushing a help button.
The Office for the Aging can assist individuals in obtaining and installing a unit.

Margaretville Hospital
42084 State Highway 28, Margaretville, NY 12455 ............................................ Phone: (845) 586-2631
www.margaretvillehosp.org
Lifeline is an easy-to-use personal response service that ensures that older adults living
at home get quick assistance whenever it is needed 24 hours a day, 365 days a year.
Assistance is available for those unable to pay the full cost. Lifeline is offered from the
Kingston Facility.

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

LEGAL SERVICES

Rural Law Center of New York, Inc.
22 U.S. Oval, Suite 203, Plattsburgh, NY 12903 .............................................. Phone: (518) 561-5460
www.rurallawcenter.org
The Rural Law Center provides critical legal assistance for many problems facing low-income,
rural individuals. Assistance is provided in the areas of family law, consumer debt, and housing.

The Legal Aid Society of Mid-New York, Inc.
189 Main St, Oneonta, NY 13820 ................................................................. Phone: (607) 433-2220
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
97 Main Street, Suite 2, Delhi, NY 13753 ...................................................... Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/LegalAid.htm .......................... Email: ofa@co.delaware.ny.us
Contracts with the Legal Aid Society of Mid-New York to assist older persons with legal counseling in
several areas of law, such as Medicare, Medicaid, landlord/tenant disputes, wills, and Health Care Proxy.
Catholic Charities of Delaware, Otsego, and Schoharie Counties
176 Main Street, Oneonta, NY 13820 ................................................................. Phone: (607) 432-0061
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.

Consumer Fraud and Protection Bureau
State Office Building, 17th Floor, 44 Hawley Street, Binghamton, NY 13901......... Phone: (607) 251-2770
www.ag.ny.gov/bureau/consumer-frauds-bureau
Helps consumers with various complaints such as landlord/tenant disputes,
housing discrimination, automobile, and fraud.

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

New York Statewide Senior Action Council, Inc.
275 State Street, Albany, NY 12210 ................................................................. Phone: (800) 333-4374
www.nysenior.org/wordpress/?page_id=122 ....................................................... Email: info@nysenior.org
New York Statewide Senior Action Council is a statewide membership organization
of older New Yorkers who advocate for their interests and needs regarding services,
programs and policies effecting older persons.

Disability Rights New York
725 Broadway, Suite 450, Albany, NY 12207 ....................................................... Phone: (518) 432-7861
www.disabilityrightsny.org ....................................................................... Email: mail@DisabilityRightsNY.org
Disability Rights New York (DRNY) is the Protection & Advocacy System and Client
Assistance Program (P&A/CAP) for persons with disabilities in New York. As the P&A/CAP
for New York, DRNY advocates for the civil and legal rights for New Yorkers with disabilities.

Advanced Directives

New York State Health Care Proxy
NYS Department of Health
www.health.ny.gov/professionals/patients/health_care_proxy

Non-Hospital DNR
NYS Department of Health
www.health.ny.gov/forms/doh-3474.pdf

Medical Orders for Life-Sustaining Treatment (MOLST)
NYS Department of Health
www.health.ny.gov/professionals/patients/patient_rights/molst

Power of Attorney
NYS Bar association
www.nysba.org/WorkArea/DownloadAsset.aspx?id=22346
Provides a sample Power of Attorney form. These forms can be obtained
at the Office for the Aging or local attorney offices for free.
LONG-TERM CARE

Delaware County Department of Social Services
99 Main Street, Delhi, NY 13753................................................................. Phone: (607) 832-5300
www.co.delaware.ny.us/departments/dss/oltc.html
The Office of Long-Term Care provides long-term care services such as adult residential placement and personal care services.

Delaware County Office for the Aging
97 Main Street, Delhi, NY 13753................................................................. Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/NYConn.htm ................................... Email: ofa@co.delaware.ny.us
NY Connects provides free information and assistance exploring long-term care resources, including many services that help people of all ages remain in the community and independent.

Action for Older Persons, Inc.
200 Plaza /drive, Ste B, Vestal, NY 13850.......................................................... Phone: (607) 722-1251
www.actionforolderpersons.org
The Long Term Care Nursing Home Ombudsman Program advocates for persons in nursing and adult homes in Broome and Delaware Counties. NYS certified volunteers visit homes regularly to help with questions or concerns on behalf of residents, family, and staff.

Adult Day Centers

Our Place Social Adult Enrichment Center
55 Lake Delaware Drive, Lake Delaware, NY 13753................................................. Phone: (607) 832-4401
58 East Street Walton, NY 13856 .................................................................Phone: (607) 865-2253 or (607) 865-4311
www.saintjamesld.org .......................................................................................... Email: saintjames@delhitel.net
Hours: 12:00pm – 3:00pm, Weds- Lake Delaware, 10:00am – 2:00pm, Weds- Walton
Our Place offers a range of enriching, thought-provoking and entertaining programs for adults, including musical performances, cooking classes, exercise classes, lectures, art demonstrations, and historical programs. The center activities help to keep members active, promote friendship and socialization, while also providing caregivers the opportunity for respite.

Hampshire House
1846 County Hwy 48, Oneonta, NY 13820 .......................................................... Phone: (800) 380-8908
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/
The Adult Day Center provides complete care for anyone with a chronic health condition. As a medical-model program, the program serves the whole person through a range of services.
Adult Homes (Level II)

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

Family Type Adult Homes (Level I)

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.
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.

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.

Long-Term Care Facilities

Hampshire House
1846 County Hwy 48, Oneonta, NY 13820 ................................................................. Phone: (800) 380-8908
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.

Mountainside Residential Care Center
42158 NY-28, Margaretville, NY 12455 ................................................................. Phone: (845) 586-1800
www.hahv.org/mountainside/
Mountainside Residential Care Center is an award-winning 82-bed skilled nursing facility, providing semi-private and private rooms for people requiring short-term (sub-acute) rehabilitation or long-term care.

The Pavilion at Robinson Terrace
One Buntline Drive, Stamford, NY 12167 ................................................................. Phone: (607) 652-2960
http://facilities.thegrandhealthcare.com/robinson_terrace_pavilion
Robinson Terrace Senior/Assisted Living offers private studios, as well as one- and two-bedroom apartment style rooms with private baths. Many rooms have kitchenettes, in addition to private living areas.
Robinson Terrace Rehabilitation and Nursing Center
28652 New York 23, Stamford, NY 12167 ................................................................. Phone: (607) 652-7521
http://facilities.thegrandhealthcare.com/robinson_terrace
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
Robynwood is an assisted living facility offering companionship, housekeeping,
nutritional meal preparation, assistance with personal needs, shopping, errands,
and medication assistance and monitoring.

Roscoe Nursing & Rehabilitation Center
420 Rockland Road, Roscoe, NY 12776 ................................................................. Phone: (607) 498-4121
www.roscoerehab.com/
Roscoe Community Nursing Home is an 85-bed skilled nursing facility with rooms
that are private and semi-private with full baths.

Heritage at the Plains at Parish Homestead
163 Heritage Circle, Oneonta, New York 13820 ..................................................... Phone: (607) 267-4013
www.heritagetheplains.com
Heritage at the Plains at Parish Homestead is an active adult community which offers
a variety of housing options; 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
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
Provides rehabilitation and nursing care.

New York State Veterans’ Home
4207 NY-220, Oxford, NY 13830 ......................................................................... Phone: (607) 843-3100
www.nysvets.org
The New York State Veterans’ Home at Oxford is a 242-bed facility that provides state
of the art medical, nursing, psychosocial, and rehabilitative services to residents.

Delhi Rehabilitation & Nursing Center
41861 St. Hwy 10, Delhi, NY 13753 ................................................................. Phone: (607) 464-4444
www.delhirehab.com
Delhi Rehabilitation and Nursing Center is a new state-of-the-art skilled nursing and
rehabilitation facility providing both short-term and long-term quality care and services.
**Managed Long Term Care Plans**

**Fidelis Care at Home**
5010 Campuswood Drive, East Syracuse, NY 13057
8:30am - 5:00pm, Mon – Fri ........................................................................................ Phone: (800) 688-7422
www.fideliscare.org
Fidelis Care at Home is a managed long-term care (MLTC) product for people who need long-term care services and have or are eligible for New York State Medicaid.

**Nascenstia Health Options**
1050 West Genesee Street, Syracuse, NY 13204 ..................................................... Phone: (888) 477-4663
www.nascentiahealthoptions.org
Nascenstia Health Options (formerly known as VNA Homecare Options) is a managed long-term care (MLTC) Medicaid plan that provides care for people who wish to remain in their homes.

**VNSNY CHOICE**
1250 Broadway, 16th Floor, New York, NY 10001 ..................................................... Phone: (866) 867-0047
www.vnsnychoice.org/mltc
Hours: 9:00am – 5:00pm, Mon – Fri
VNSNY CHOICE MLTC, a health plan from the Visiting Nurse Service of New York, provides Medicaid-covered home care and long-term care services.

**MEDICAL**

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

**Hospitals**

**UHS Delaware Valley Hospital**
1 Titus Place, Walton, NY 13856 ................................................................................ Phone: (607) 865-2100
www.nyuhs.org/locations/uhss-delaware-valley-hospital/

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

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

**WMCH Health Alliance Hospital Broadway Campus**
10 Barbarossa Lane, Kingston, NY 12401 .................................................................. Phone: (866) 745-0823
www.hahv.org

**A.O. Fox Tri-Town Campus**
43 Pearl St W, Sidney, NY 13838 ............................................................................... Phone: (607) 563-7080
www.bassett.org/tri-town-hospital/
A.O. Fox Hospital
1 Norton Avenue, Oneonta, NY 13820 ................................................................. Phone: (607) 432-2000
www.bassett.org/ao-fox-hospital

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

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

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

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

Insurance Programs / Medical Assistance / Health Insurance Navigators

Delaware County Office for the Aging
HIICAP (Health Insurance Information, Counseling, and Assistance Program)
97 Main Street, Suite 2, Delhi, NY 13753 ................................................................. Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/ofa.htm ........................................ yvonne.brock@co.delaware.ny.us
Hours: 8:00am – 4:00pm, Mon - Fri
HIICAP provides Medicare eligible people with assistance in enrolling in Medicare, selecting and enrolling in secondary insurance, Part D plans, application for EPIC, Medicare Savings Programs/Extra Help and billing and complaint assistance. Presentations and educational materials on the above topics are also available.

Chenango Health Network
Health Insurance Assistance
24 Conkey Avenue, Norwich, NY 13815 ................................................................. Phone: (607) 337-4128
www.chenangohealth.org ................................................................. info@chenangohealth.org
The Health Insurance Assistance Program helps area residents to obtain health insurance through the NY State of Health Insurance Marketplace. Navigators guide individuals through the enrollment process, help them find the right health insurance based on their needs, and work with them to determine if they can get financial assistance to reduce the cost of coverage. As of 8/1/2019, there will no longer be a site in Delaware County. Individuals requesting assistance must go to the Norwich location.

Mothers and Babies Perinatal Network
457 State Street Binghamton, NY 13901 ................................................................. Phone: (607) 772-0517
www.mothersandbabies.org
The Health Insurance Assistance Program helps area residents to obtain health insurance through the NY State of Health Insurance Marketplace. Navigators guide individuals through the enrollment process, help them find the right health insurance based on their needs, and work with them to determine if they can get financial assistance to reduce the cost of coverage.

Family Planning of South-Central New York
37 Pleasant Street, Sidney, NY 13838 ................................................................. Phone: (607) 432-2250
Hospitals’ Financial Assistance Departments
Hospitals generally have financial assistance programs to help patients without insurance or have limited insurance coverage. Call the hospital directly. See individual hospital contact information the next section.

New York Statewide Senior Action Council, Inc.
Healthcare & Patient Rights Helpline
275 State Street, Albany, NY 12210 ................................................................. Phone: (800) 333-4374
www.nysenior.org .............................................................................................. Email: info@nysenior.org
Statewide has experienced and certified insurance counselors available to provide assistance to seniors and their caregivers, to help people understand Medicare options and prescription drug coverage. Assistance is available to help consumers review options, select a plan, and answer any questions regarding Medicare and other related services.

NY State of Health – Healthy NY
www.nystateofhealth.ny.gov .............................................................................. Phone: (855) 355-5777
Hours: 8:00am – 8:00pm, Mon – Fri; 9:00am – 1:00m, Sat
The NY State of Health website is the official healthcare marketplace to shop, compare and enroll in a low-cost quality health plan. Financial assistance is also available, based on income, to lower health plan costs.

Cancer Services Program ................................................................. Phone: (866) 442-2262
The Cancer Services Program (CSP) provides breast, cervical and colorectal cancer screenings at no cost to women and men who do not have health insurance or have health insurance that does not cover the cost of these screenings. Income guidelines and age requirements apply. Services are provided in local clinics, health centers, doctors' offices and hospitals in every county by health care providers participating in the CSP.

Article 16 Clinics Broome Developmental Disabilities Regional Offices (DDRO) Front Door
229-231 State Street, Binghamton, NY 13901 ...................................................... Phone: (607) 771-7784 x 0
The Office for People with Development Disabilities (OPWDD)-certified treatment facilities that provide clinical services to individuals with developmental disabilities. Services may include: rehabilitation/habilitation; medical/dental services; and health care services.

Immunizations
Delaware County Public Health
99 Main Street, Delhi, NY 13753 ................................................................. Phone: (607) 832-5200
www.delawarecountypublichealth.com
Hours: 8:00am – 4:00pm, Mon – Fri
Childhood immunization clinics and information on adult immunizations.

Delaware County Office for the Aging
97 Main Street, Suite 2, Delhi, NY 13753 ................................................................. Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/insurance.htm .................................. Email: ofa@co.delaware.ny.us
The Health Insurance Information, Counseling, and Assistance Program (HIICAP) provides information, education and counseling about Medicare and other health insurances, including Part D prescription plans, and assistance programs such as Extra Help and EPIC.
Medicare
7500 Security Blvd, Baltimore, MD 2124 ................................................................. Phone: (800) 633-4227
www.medicare.gov
Medicare is health insurance for individuals age 65 and over, people under age 65 with
disabilities, or people with end-stage renal disease. Medicare Part A helps cover inpatient
hospital care, skilled nursing care, 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- Medicaid
111 Main Street, Delhi, NY 13753.................................................................................. Phone: (607) 832-5300
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.

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

Delaware County Office for the Aging
97 Main Street, Suite 2, Delhi, NY 13753 ................................................................. Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/OtherServices.htm.............................. Email: ofa@co.delaware.ny.us

American Legion Auxiliary
41 Page Ave, Delhi, NY 13753 .................................................................................. Phone: (607) 746-3036

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

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

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

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

First Congregational Church
4 Mead Street, Walton, NY 13856 ............................................................................ Phone: (607) 865-4066
Medication Disposal

Delaware County Sheriff’s Office
280 Phoebe Lane, Delhi, NY 13753 ................................................................. Phone: (607) 746-2336
www.co.delaware.ny.us/departments/shrf/shrf.htm
The Delaware County Sheriff’s Office provides a drop box for county residents to drop off their unused and unwanted bottled prescription medications. The box is located in the lobby of the Public Safety building and is accessible from 8am to 5pm.

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

Deposit Police Department
146 Front 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
Provides a drop box for residents to drop off unused and unwanted bottled prescription medications.

Margaretville Hospital Pharmacy
42084 State Highway 28, Margaretville, NY 12455 ................................................................. Phone: (845) 586-2631
www.margaretvillehosp.org
Hours are 9:00am-5:00pm Monday – Friday, Saturday & Sunday 9:00am – 1:00pm
Provides a drop box for residents to drop off unused and unwanted bottled prescription medications.

O’Connor Hospital Pharmacy
460 Andes Road, Delhi, NY 13753 ................................................................. Phone: (607) 746-0300
www.bassett.org/oconnor-hospital
Hours are 8:00am - 5:30pm Monday – Friday, 8:00am – 2:00pm Saturday
Provides a drop box for residents to drop off unused and unwanted bottled prescription medications.

Medical Equipment

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

Symphony Medical Supply
5626 State Hwy 7, Oneonta, NY 13820 ................................................................. Phone: (607) 643-0257
www.symphonymedicalsupply.com ............................................... Email: info@symphonymedicalsupply.com
Symphony Medical Supply provides quality medical supplies such as compression hosiery, incontinent care, bathroom safety equipment, wheelchairs, respiratory and ostomy supplies.
Sunshine PRN
420 Chestnut Street, Oneonta, NY 13820 ................................................................. Phone: (607) 432-6864
Hours: 9:30am – 5:00pm, Mon – Fri; 9:30am – 12:00pm, Sat
Sunshine PRN provides medical surgical supplies for sale or rental with delivery. Other products include beds, wheelchairs, stair lifts, walkers, electric Lift Chairs, surgical fittings and supplies.

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

First Community Care of Bassett
12 Commons Drive, Cooperstown, NY 13326 ............................................................. Phone: (607) 547-2173
www.fccmedicalequipment.org
First Community Care of Bassett provides quality home care equipment, supplies and related services including free delivery, set-up and instruction; complimentary follow-up visits for oxygen patients; and 24/7 on call services.

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

Medical Providers

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

Bassett Health Centers
www.bassett.org/community-health-centers/
Andes, NY 245 Lower Main St, 13731 ................................................................. Phone: (845) 676-3663
Delhi, NY 460 Andes Road, 13753 ................................................................. Phone: (607) 746-0550
Sidney, NY 39 Pearl Street, 13838 ................................................................. Phone: (607) 561-2021
Stamford, NY 28650 Highway 23, 12167 ................................................................. Phone: (607) 652-2537
Walton, NY 130 North Street, 13856 ................................................................. Phone: (607) 865-6541
Comprehensive, high-quality adult and pediatric primary care services are provided at each Health Center.
Lourdes Primary Care
www.lourdes.com/primary-care/locations/hancock/
Hancock, NY 39 East Main Street, 13783................................................................. Phone: (607) 637-5700
Offers primary and preventative health care services for the entire family.

Family Planning of South Central New York, Inc.
www.fpscny.org
Sidney, NY 37 Pleasant Street, 13838................................................................. Phone: (607) 432-2250
Walton, NY 130 North Street, 13856................................................................. Phone: (607) 432-2250
Reproductive health care for women, men and teens, regardless of income. Lifesaving
cancer screening, sexuality education, and affordable birth control options.

Prescription Assistance

NeedyMeds, Inc.
P.O. Box 219, Gloucester, MA 01931................................................................. Phone: (800) 503-6897
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
97 Main Street, Suite 2, Delhi, NY 13753 ................................................................. Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/Insurance.htm................................. Email: ofa@co.delaware.ny.us
The Health Insurance Information, Counseling, and Assistance Program (HIICAP)
provides information, education and counseling about Medicare and other health insurances,
including Part D prescription plans, and assistance programs such as Extra Help and EPIC.

Delaware Valley Hospital Community Pharmacy
121 Stockton Ave, Walton, NY 13856................................................................. Phone: (607) 865-2781
www.nyuhs.org/care-treatment/pharmacy
Hours are Monday through Friday 8 am to 8 pm and Saturday and Sunday 8 am to Noon
Provides friendly service, and affordable prescriptions for uninsured individuals, as well
as those with private insurance, Medicaid and Medicare.

Social Security Administration - Extra Help
31 Main Street, Suite 1, Oneonta, NY 13820................................................................. Phone: (607) 433-6607
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
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.
The Prescription Assistance Program (PAP) serves uninsured and under-insured residents who require prescription medication to manage chronic health conditions. The program works with primary health care providers and individuals to access free and low-cost prescription medication. Assistance may also be available for residents who have Medicare Part D.

Partnership for Prescription Assistance
www.pparx.org
PhRMA’s Medicine Assistance Tool (MAT) is a search engine designed to help patients, caregivers and health care providers learn more about the resources available through the various biopharmaceutical industry programs. MAT is not its own patient assistance program, but rather a search engine for many of the patient assistance resources that the biopharmaceutical industry offers.

Margaretville Hospital Pharmacy
42084 State Highway 28, Margaretville, NY 12455 ............................................... Phone: (845) 586-2631
www.margaretvillehosp.org
Hours are 9:00am – 5:00pm Monday – Friday, Saturday & Sunday 9:00am – 1:00pm.

O’Connor Hospital Pharmacy
460 Andes Road, Delhi, NY 13753 ............................................................................ Phone: (607) 746-0300
www.bassett.org/oconnor-hospital
Hours are 8:00am - 5:30pm Monday – Friday, 8:00am – 2:00pm Saturday

MENTAL / BEHAVIORAL HEALTH

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

Comprehensive Psychiatric Emergency Program
UHS Binghamton General Hospital ................................................................. Access by phone (607) 762-2302
www.nyuhs.org/care-treatment/psychiatric-services...........................................Or (800) 451-0560
UHS Delaware Valley Hospital Emergency Department .............................................607) 865-2188
Videoconference with UHS Binghamton General staff (Emergency room charges will apply)

Bassett Medical Center Inpatient Psychiatry Unit
1 Atwell Road, Cooperstown, NY 13326 .............................................................. Phone: (607) 547-3525
www.bassett.org/bassett-medical-center .............................................................. Alternate Phone: (800) 227-7388
Hours: 8:00am – 5:00pm, Mon – Fri
Bassett’s Department of Psychiatry provides inpatient and outpatient psychiatric care.
Bassett Medical Center has an Inpatient Psychiatry Unit that offers psychiatric assessment, evaluation and treatment to adults who require acute care hospitalization. Outpatient services include assessment and treatment planning, individual psychotherapy for children and adults, marital therapy and medication management.

Delaware County Alcohol and Drug Abuse Services
34570 State Highway 10, Suite 5, Hamden, NY 13782 ............................................. Phone: (607) 832-5890
www.co.delaware.ny.us/departments/mhc/ada.htm
Peer Recovery Coach and Recovery Advocates - Provide support to individuals with substance abuse and behavioral health issues who are in recovery.
Cornell Cooperative Extension
34570 State Highway 10, Hamden, NY 13782 ........................................................... Phone: (607) 865-6531
www.ccedelaware.org/Human-Ecology/
ACEs - Adverse Childhood Experiences - Creating a collaborative effort to educate and engage Delaware County organizations about ACEs science and to implement trauma-informed and resilience-building practices and policies.

Delaware County Mental Health Clinic
1 Hospital Road, Walton, NY 13856 (Adult Services ............................................. Phone: (607) 832-5888
56 Shepard St, Walton, NY 13856 (Family & Children ............................................... Phone: (607) 832-5889
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)
56 Shepard St, Walton, NY 13856 .............................................................................. Phone: (877) 369-6699
www.neighborhoodctr.org ........................................................................ After Hours Phone: (844) 732-6228
MCAT is available to anyone seeking crisis intervention services for children and adults in Delaware County. Services are available 24/7 by phone and in person Monday – Friday 9am to 5pm. and provide mental health assessments, crisis de-escalation, debriefing, linkage and follow up to services. Services are coordinated with schools, medical/mental health providers, and other agencies to provide crisis intervention and help monitor clients who are at risk.

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

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.

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

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.

Greater Binghamton Health Center
Geriatric Mobile Team
114 Clinton Street, Binghamton, NY 13905 .............................................................. Phone: (607) 763-2741
The Geriatric Mobile Team (GMT) has the capacity to travel and visit clients in their own homes, or adult care and nursing homes for the purpose of making assessments, monitoring the client’s response to treatments, and providing emotional support to the client and/or family members.
Southern Tier Independence Center (STIC)
Professional Counseling
135 East Frederick Street, Binghamton, NY 13904 .................................................. Phone: (607) 724-2111
www.stic-cil.org ................................................................. Alternate Phone: (877) 722-9150
Hours: 9:00am – 5:00pm, Mon – Fri
Provides professional psychological counseling to people with physical disabilities and their families, with a focus on disabled persons with emotional problems related to disability. Special emphasis is given for newly-diagnosed or newly acquired disabling conditions.

The Southern Tier Mobile Integration Team (MIT)
Delaware County Crisis Line ................................................................. Phone: (844) 732-6228
MIT is designed to provide the clinical intervention and support necessary for adults with serious mental illness and youth with serious emotional disturbances to not only remain in the community, but also continue moving forward on their recovery journey.

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

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

Helios Care- (formally Catskill Area Hospice and Palliative Care)
Grief Counseling & Bereavement Services
297 River Street, Service Rd., Oneonta, NY 13820 ................................................................. Toll Free: (800) 306-3870
http://helioscare.org/................................................................. Email: info@cahpc.org
Hours: 8:00am- 5:00pm, Mon - Fri Provides monthly bereavement support groups for all ages (children, teens and adults), as well as individual bereavement counseling. Operates Camp Forget-Me-Not, a two-day camp for grieving children and teens.

The Brain Injury Association of New York State
Pine West Plaza, Suite 402 Albany NY 12205 ................................................. Phone: (518) 459-7911 or (518) 482-5285
www.bianys.org ................................................................. Family Helpline: (800) 444-6443
Email: info@bianys.org
Offers brain injury education, advocacy and training for individuals, families, educators, and community agencies; family support; outreach and prevention programs; and counseling and assistance to help families locate appropriate services in the community.

Private Providers
A full list of private mental health providers may be obtained by contacting the Department of Social Services at................................................. Phone: (607) 832-5300
NURSING MOTHERS see Women’s Health

NUTRITION EDUCATION

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

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

UHS Delaware Valley Hospital, Inc.
1 Titus Place, Walton, NY 13856 ................................................................. Phone: (607) 865-2159
www.nyuhs.org
A registered dietician is available to provide nutrition education, counseling and support.

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

Cornell Cooperative Extension
34570 State Highway 10, Hamden, NY 13782 ..................................................... Phone: (607) 865-6531
https://ccedelaware.org/he/

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

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

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

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

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

Expanded Food and Nutrition Education Program (EFNEP) allows families with children and day care providers who are income eligible to participate in free home-based nutrition education lessons intended to help parents, children and caregivers develop healthy eating and fitness choices for life. School and community gardening engage students and adults by providing a dynamic environment to observe, discover, experiment, nurture and learn gardening and food preparation skills.
**Eat Smart NY** – The SNAP-Ed Nutrition and obesity prevention program. It aims to improve health and reduce chronic disease for low-income adults and youth through after school youth CATCH lessons, community workshops, parent/child cooking programs, senior nutrition lessons, and farmer market pop up lessons and environmental training.

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

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

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

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

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**PARENTING SUPPORT**

**Hancock Community Education Center**
316 W. Main Street, Hancock, NY 13783 ......................................................... Phone: (607) 637-5261
www.hancockeducationfoundation.com
The mission of The Hancock Community Education Foundation is to provide educational support from birth to post graduation and to encourage a greater percentage of students to go on to higher education.

**Delaware County Department of Social Services**
111 Main Street, Delhi, NY 13753 ................................................................. Phone: (607) 832-5300
www.co.delaware.ny.us/departments/dss/npCaregivers.html
Temporary Assistance (TA) provides financial assistance to low-income households for basic living expenses. Family Assistance provides money to families with children, and Safety Net Assistance provides money for basic living expenses for single adults and childless couples.

**Delaware Opportunities, Inc.**
35430 State Highway 10, Hamden, NY 13782 ......................................................... Phone: (607) 746-1730
www.delawareopportunities.org/content/healthy-families
Healthy Families is a voluntary program that initiates services with families who are either expecting a child or have a child under three months old.
The Parent Aide service offers home visitors who provide parent education and support to strengthen families and improve parent/child interaction.
The Car Seat Safety Program provides child car seat awareness, education and installation. Free car seats may also be available for those who are eligible.
Non-parent Caregivers

New York State Kinship Navigator
87 N. Clinton Avenue, Rochester, NY 14604 .............................................................. Phone: (877) 454-6463
www.nysnavigator.org
The NYS Kinship Navigator is an information, referral and advocacy program for kinship caregivers in New York State. A kinship caregiver is an individual that is caring for a child that is not biologically their own. The Navigator seeks to assist these caregivers by providing information on financial assistance, legal information and referrals, and other types of issues that caregivers face when raising children.

Delaware County Department of Social Services
111 Main Street, Delhi, NY 13753 ............................................................................... Phone: (607) 832-5300
www.co.delaware.ny.us/departments/dss/npCaregivers.html
Non-parent caregivers, who are caring for children without a parent living in their home, may be eligible for Temporary Assistance. If the non-parent caregiver wants assistance only for the children, the non-parent caregiver’s income is not used to determine eligibility.

PET SITTING

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

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

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

Hannalore Kennels
15673 County Hwy 23, Unadilla, NY 13849 ............................................................. Phone: (607) 563-7505
www.hannalorekennels.net
Hannalore Kennels is a family owned and operated pet care facility that specializes in pet boarding, professional all breed dog and cat grooming, doggy day care, dog training, and obedience classes.

Valley Veterinary Associates
647 State Highway 7, Unadilla, NY 13849 ................................................................. Phone: (607) 563-1345
www.valleyveterinaryassociates.com
Valley Veterinary Associates is a complete diagnostic medical and surgical hospital offering veterinary care services in Otsego, Chenango, and Delaware counties. A fully equipped boarding facility is available with run-out pens for canine boarders and separate housing for cats and dogs.

Round Notch Kennels
83 Maggie Hoag Rd, Delancey, NY 13752 ................................................................. Phone: (607) 746-3645
Provides pet boarding and sitting.
Rescue Dogs Rescue Soldiers
P.O. Box 326, Cherry Valley, NY 13320 ................................................................. Phone: (917) 553-0591
www.rescuedogsrescuesoldiers.com ................................................................. Email: liznewyorker@gmail.com
Rescue Dog Rescue Soldier is a non-profit organization that rescues dogs,
trains them as service dogs, and provides them to Iraq and Afghanistan veterans.

Heart of the Catskills Humane Society
Senior Pals Pet Adoption Program
46610 State Highway 10, Delhi, NY 13753 ................................................................. Phone: (607) 746-3080
www.heartofthecatskills.org ........................................................................... Email: info@heartofthecatskills.org
Hours: 11:00am – 4:00pm, Tue – Sat
The Senior Pals Pet Adoption Program provides a mature cat or dog to individuals who are
age 60 and older and want the companionship of a pet, without the typical initial expenses
associated with adoption. The program covers all adoption fees such as spay/neuter surgery,
vaccinations, first-year veterinary expenses, and basic start-up supplies such as collars,
leashes and litter boxes. The program will also cover pet deposits for housing complexes.

PREGNANCY/OBSTETRICAL CARE see Women’s Health

REHABILITATION (PHYSICAL)

Robinson Terrace Rehabilitation and Nursing Center
28652 New York 23, Stamford, NY 12167 ................................................................. Phone: (607) 652-7521
http://facilities.thegrandhealthcare.com/robinson_terrace
The Rehabilitation Program is available to members of the community who are seeking
short-term placement for rehab services following a fracture, surgery, etc., and are not
able to be cared for at home until they are stronger or more independent.

O’Connor Hospital
460 Andes Rd, Delhi, NY 13753 ............................................................................ Phone: (607) 746-0300
www.bassett.org/oconnor-hospital
Provides outpatient Physical, Occupational, and Speech Therapy, as well as a Swing Bed
Program providing in-patient rehabilitation and skilled nursing services for patients in
between transitioning from hospital to home.

UHS Delaware Valley Hospital
1 Titus Place, Walton, NY 13856 ........................................................................ Phone:(607) 865-2141
www.nyuhs.org/care-treatment/physical-therapy-rehabilitation
The Inpatient Physical Rehabilitation (Swing Bed) program is for those patients who have
recovered from an acute care hospital stay but need additional recovery time before going
home. It allows patients to stay in the hospital and receive therapy services as they gain
strength following surgery or a debilitating illness or injury. The hospital also offers an
outpatient physical rehabilitation program, along with occupational and speech therapy.
Margaretville Hospital  
42084 State Highway 28, Margaretville, NY 12455 ................................................................. Phone: (845) 586-2631  
www.margaretvillehosp.org  
The Rehabilitation Program provides short term care in a hospital setting for a variety of patients who need care after hospitalization for an acute problem.

Mountainside Residential Care Center  
42158 NY-28, Margaretville, NY 12455 ............................................................................ Phone: (845) 586-1800  
www.hahv.org/mountainside/  
Mountainside Residential Care Center is an award-winning 82-bed skilled nursing facility, providing semi-private and private rooms for people requiring short-term (sub-acute) rehabilitation or long-term care.

Roscoe Nursing & Rehabilitation Center  
420 Rockland Road, Roscoe, NY 12776 ................................................................. Phone: (607) 498-4121  
http://www.rosoerehab.com/  
Roscoe Nursing & Rehabilitation provides comprehensive care for conditions such as Congestive Heart Failure, cardiac surgery recovery, orthopedic surgery rehab, stroke recovery therapy including occupational, speech & cognitive rehabilitative support with goal of reaching highest independence. Our team also specializes in skin & wound care treatment.

Chestnut Park Rehabilitation & Nursing Center  
330 Chestnut Street, Oneonta, NY 13820 ................................................................. Phone: (607) 432-8500  
www.chestnutparkrehab.com................................................................. Email: admissions@chestnutparkrehab.com  
Chestnut Park is an 80 bed sub-acute rehabilitation and nursing facility providing short term rehabilitation therapy. Short stay rehab is designed to assist people who either need more intensive medical care than they could receive at home, or who have been discharged from the hospital but need additional time and support to recuperate.

Delhi Rehabilitation & Nursing Center  
State Hwy 10, Delhi, NY 13753 ............................................................................ Phone: (607) 464-4444  
www.delhirehab.com  
Delhi Rehab is a 176-bed skilled nursing facility specializing in both short and long term care to residents of Delhi and its surrounding communities. Their in-house Rehabilitation department provides individually customized rehabilitation plans with measurable outcomes.

SERVICE COORDINATION / SYSTEM NAVIGATION

Delaware County Office for the Aging - NY Connects  
97 Main Street, Suite 2, Delhi, NY 13753 ................................................................. Phone: (607) 832-5750  
www.co.delaware.ny.us/departments/ofa/NYConn.htm ................................... Email: ofa@co.delaware.ny.us  
Hours: 8:00am – 4:00pm, Mon – Fri  
The Delaware County NY Connects is a free information and assistance service that is available to older adults, individuals with disabilities, and their families and caregivers, to help make informed decisions about long term services and support options.

Community Health Navigation Bassett Healthcare Network  
460 Andes Road (Annex House), Delhi, NY 13753 ................................................................. Email: linda.davis@bassett.org  
Specifically for Medicaid recipients with at least one chronic illness, Community Health Navigation assists patients by coordinating all primary, acute, behavioral health, and long-term services and supports to treat the whole person.
The NYS Kinship Navigator is an information, referral and advocacy program for kinship caregivers. A kinship caregiver is an individual that is caring for a child that is not biologically their own. The Navigator seeks to assist these caregivers by providing information on financial assistance, legal information and referrals, and other types of issues that caregivers face when raising children in order to provide stability and permanency in the home.

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

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

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

The Traumatic Brain Injury Medicaid Waiver (TBI) Waiver program provides specialized services to individuals with a traumatic brain injury (between the ages of 18-64), in their home, to prevent or circumvent nursing home placement.

The Nursing Home Transition and Diversion Waiver (NHTD) Waiver program is available to individuals with disabilities and seniors, in order to receive supportive services in the community, rather than be placed in a nursing home.
SOCIAL SECURITY

Social Security Administration
31 Main Street, Suite 1, Oneonta, NY 13820 ............................................................. Phone: (607) 433-6607
www.ssa.gov ............................................................................................... Alternate Phone: (877) 628-6581
Social Security provides income to retired workers, certain family members, survivors, and individuals with a disability.

SUBSTANCE ABUSE

Fairview Recovery Services.................................................................Phone: (607) 722-8987
Southern Tier Drug Abuse Treatment Center.................................Phone: (607) 762-2800
New Horizon- UHS Binghamton..........................................................Phone: (607) 762-3232

Delaware County Alcohol and Drug Abuse Services
34570 State Highway 10, Suite 5, Hamden, NY 13782 ......................... Phone: (607) 832-5890
www.co.delaware.ny.us/departments/mhc/ada.htm
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 ......................................................... Phone: (607) 746-1500
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.
116 Main Street, Delhi, NY 13753 .......................................................... Phone: (607) 746-8300
www.adaconline.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.

Rehabilitation Support Services, Inc.
132 Delaware Street, Walton, NY 13856 ............................................... Phone: (607) 865-3158
www.rehab.org
RSS strives to enrich and empower the lives of individuals with psychiatric and substance abuse disorders by providing services and opportunities for meaningful emotional, social, vocational and educational growth. Through housing, employment, care coordination, treatment, socialization and wellness programs, individuals are provided with experiences that will equip them to lead productive and fulfilling lives in their communities.
UHS Delaware Valley Hospital, Inc.
Addiction Treatment Program
1 Titus Place, Walton, NY 13856 ................................................................. Phone: (607) 865-2115
www.nyuhs.org/care-treatment/addiction-medicine .......................... Confidential Hotline: (607) 865-2613
The Addiction Treatment Program provides intensive inpatient treatment with a focus on assisting patients in the development of internal motivation to sustain their recovery through involvement in outpatient treatment and community self-help programs after discharge.

Outpatient Suboxone Clinic
2 Titus Place, Walton, NY 13856 ................................................................. Phone: (607) 865-2757
The Outpatient Suboxone Clinic is designed to help patients struggling with opioid addiction.

UHS Primary Care, Roscoe
1982 Old Rt. 17, Roscoe, NY 12776 ................................................................. Phone: (607) 498-4800
www.uhs.net/dvh
The Outpatient Suboxone Clinics are designed to help patients struggling to overcome opioid addiction through outpatient treatment and medication assistance.

Delaware County Drug Treatment Court
3 Court Street, Delhi, NY 13753 ................................................................. Phone: (607) 376-5417
www.nycourts.gov/courts/6jd/delaware/drug.shtml
The goal of Drug Treatment Court is to significantly reduce criminal activity in Delaware County by empowering treatment court participants to achieve life-long recovery and become responsible, productive members of the community.

United Health Services (UHS) - Binghamton General Hospital
10-42 Mitchell Avenue, Binghamton, NY 13903 ................................................................. Phone: (607) 762-2901
www.nyuhs.org/care-treatment/addiction-medicine/
UHS’ New Horizons Alcohol and Chemical Dependency Treatment Center provides inpatient and outpatient services, including confidential assessment services, 24-hour emergency crisis intervention, a detoxification unit, and family programming.

SUPPORT GROUPS

Alcoholics Anonymous (AA)
https://www.adaconline.org ................................................................. Hotline: (888) 227-6237. Phone: (607) 746-8300
Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other, that they may solve their common problem and help others to recover from alcoholism. Locally, the Alcohol and Drug Abuse Council (607) 832-5890 can provide a booklet listing the AA meetings in Delaware and surrounding counties. Below is a list of AA meetings in Delaware County (subject to change).

<table>
<thead>
<tr>
<th>Location</th>
<th>Day and Time</th>
<th>Location Details</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andes</td>
<td>Sun at 7pm</td>
<td>Presbyterian Church, 71 Delaware Ave</td>
<td>(845) 676-4493</td>
</tr>
<tr>
<td>Bovina</td>
<td>Mon at 7pm</td>
<td>United Presbyterian Church, Main Street</td>
<td>(607) 832-4340</td>
</tr>
<tr>
<td>Delhi</td>
<td>Tues at 5:30pm</td>
<td>United Ministry of Delhi, 1 Church Street</td>
<td>(607) 746-2191</td>
</tr>
<tr>
<td></td>
<td>Tue at 7pm</td>
<td>St. John's Episcopal Church, Main St</td>
<td>(607) 746-3437</td>
</tr>
<tr>
<td></td>
<td>Thu at 7pm</td>
<td>St. John's Episcopal Church, Main St</td>
<td>(607) 746-3437</td>
</tr>
<tr>
<td></td>
<td>Fri at 7pm</td>
<td>St. John's Episcopal Church, Main St</td>
<td>(607) 746-3437</td>
</tr>
<tr>
<td></td>
<td>Sat at 6pm</td>
<td>St. John's Episcopal Church, Main St</td>
<td>(607) 832-4401</td>
</tr>
<tr>
<td>Location</td>
<td>Day</td>
<td>Time</td>
<td>Church Name</td>
</tr>
<tr>
<td>-------------</td>
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<td>----------</td>
<td>-------------------------------------------------</td>
</tr>
<tr>
<td>Delancey</td>
<td>Tues</td>
<td>7:30pm</td>
<td>United Presbyterian Church, 444 Co. Rte. 2</td>
</tr>
<tr>
<td></td>
<td>Thur</td>
<td>7:30pm</td>
<td>United Presbyterian Church, 444 Co. Rte. 2</td>
</tr>
<tr>
<td>Deposit</td>
<td>Mon</td>
<td>8pm</td>
<td>Christ Episcopal Church, 14 Monument Street</td>
</tr>
<tr>
<td></td>
<td>Thu</td>
<td>8pm</td>
<td>Christ Episcopal Church, 14 Monument Street</td>
</tr>
<tr>
<td>Downsville</td>
<td>Sun</td>
<td>7pm</td>
<td>Colchester Community Church, 15151 St. Hwy 30</td>
</tr>
<tr>
<td></td>
<td>Women</td>
<td>7pm</td>
<td>Colchester Community Church, 15151 St. Hwy 30</td>
</tr>
<tr>
<td>Fleischmanns</td>
<td>Mon</td>
<td>7pm</td>
<td>Cornerstone Bible Baptist Church, 985 Old Rt. 28</td>
</tr>
<tr>
<td>Franklin</td>
<td>Tue</td>
<td>6pm</td>
<td>Episcopal Church, Corner of Main Street</td>
</tr>
<tr>
<td>Hamden</td>
<td>Sat</td>
<td>9am</td>
<td>First Presbyterian Church, 35806 St. Hwy. 10</td>
</tr>
<tr>
<td>Hancock</td>
<td>Fri</td>
<td>7pm</td>
<td>Father Rausch Memorial Hall, 346 W. Main St.</td>
</tr>
<tr>
<td>Hobart</td>
<td>Tues</td>
<td>12pm</td>
<td>Presbyterian Church, 78 Maple Ave.</td>
</tr>
<tr>
<td></td>
<td>Wed</td>
<td>12pm</td>
<td>Presbyterian Church, 78 Maple Ave.</td>
</tr>
<tr>
<td></td>
<td>Thu</td>
<td>7pm</td>
<td>Presbyterian Church, 78 Maple Ave.</td>
</tr>
<tr>
<td>Jefferson</td>
<td>Sun</td>
<td>6pm</td>
<td>Buckhill Farms, 185 Fuller Road</td>
</tr>
<tr>
<td></td>
<td>Wed</td>
<td>7pm</td>
<td>Buckhill Farms, 185 Fuller Road</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>8pm</td>
<td>United Methodist Church, 158 Main St</td>
</tr>
<tr>
<td>Margaretville</td>
<td>Thu</td>
<td>12pm</td>
<td>Advent Christian Church, 109 Maple St.</td>
</tr>
<tr>
<td>Meridale</td>
<td>Fri</td>
<td>7pm</td>
<td>Advent Christian Church, 109 Maple St.</td>
</tr>
<tr>
<td></td>
<td>Wed</td>
<td>7pm</td>
<td>Community Christian Church, 55 Co. Rt. 10</td>
</tr>
<tr>
<td>Roxbury</td>
<td>Tue</td>
<td>7pm</td>
<td>Jay Gould Memorial Church, 53837 St. Hwy. 30</td>
</tr>
<tr>
<td>Sidney</td>
<td>Mon</td>
<td>7pm</td>
<td>United Methodist Church, 12 Liberty St.</td>
</tr>
<tr>
<td></td>
<td>Wed</td>
<td>7pm</td>
<td>Sacred Heart Parish Hall, 15 Liberty St.</td>
</tr>
<tr>
<td>Stamford</td>
<td>Mon</td>
<td>7pm</td>
<td>United Methodist Church, 88 Main St.</td>
</tr>
<tr>
<td></td>
<td>Fri</td>
<td>7pm</td>
<td>United Methodist Church, 88 Main St.</td>
</tr>
<tr>
<td>Walton</td>
<td>Sun</td>
<td>8pm</td>
<td>New Direction, 2942 Co. Rt. 23</td>
</tr>
<tr>
<td></td>
<td>Mon</td>
<td>8pm</td>
<td>St. John's Baptist Church, 25 Benton Ave.</td>
</tr>
<tr>
<td></td>
<td>Wed</td>
<td>8pm</td>
<td>New Direction, 2942 Co. Rt. 23</td>
</tr>
<tr>
<td></td>
<td>Thu</td>
<td>8pm</td>
<td>Christ Episcopal Church, 41 Gardiner Place</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>8pm</td>
<td>New Direction, 2942 Co. Rt. 23</td>
</tr>
</tbody>
</table>
Al-Anon/Al-Ateen
https://www.adaconline.org .......................................................................................... Hotline: (800) 344-2666
Al-Anon provides information on the effects of alcohol abuse and refers friends and families of alcohol abusers to nearby Al-Anon and Al-Ateen support groups. Below is a list of Al-Anon meetings in the local region (subject to change).

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Meeting Location</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delhi</td>
<td>Thu</td>
<td>6pm</td>
<td>United Ministries, 1 Church Street (includes Al-Ateen)</td>
<td>(607) 746-2191</td>
</tr>
<tr>
<td>Oneonta</td>
<td>Sun</td>
<td>8pm</td>
<td>Elm Park United Methodist Church, 401 Chestnut St</td>
<td>(607) 432-6552</td>
</tr>
<tr>
<td></td>
<td>Tue</td>
<td>5:30pm</td>
<td>Turning Point, 22 Elm Street</td>
<td>(607) 267-4435</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11:45am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walton</td>
<td>Mon</td>
<td>7pm</td>
<td>New Hope Community Church, 45 Stockton Ave</td>
<td>(607) 865-5436</td>
</tr>
</tbody>
</table>

Alzheimer's Support Group

<table>
<thead>
<tr>
<th>Provided by the Alzheimer's Association</th>
<th>Phone: (607) 282-3035</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delaware County</td>
<td>Email: <a href="mailto:athayer@alz.org">athayer@alz.org</a></td>
</tr>
</tbody>
</table>

The United Ministry of Delhi
Tri-County Senior Center
46 Church Street, Delhi, NY 13753
21 Liberty Street, Sidney, NY 13838
2nd Monday at 2pm
4th Tuesday at 1:30pm

Otsego County

<table>
<thead>
<tr>
<th>The Plains of Parish Homestead</th>
<th>St. James Church (does not meet in July or Sept)</th>
</tr>
</thead>
<tbody>
<tr>
<td>163 Heritage Circle, Oneonta, NY 13820</td>
<td>305 Main Street, Oneonta, NY 13820</td>
</tr>
<tr>
<td>1st Thursday at 12pm</td>
<td>3rd Wednesday at 1:30pm</td>
</tr>
</tbody>
</table>

Elm Park United Methodist Church
401 Chestnut Street, Oneonta, NY 13820
3rd Wednesday at 5:30pm

Schoharie County

<table>
<thead>
<tr>
<th>Cobleskill Regional Hospital</th>
<th>Middleburgh Library</th>
</tr>
</thead>
<tbody>
<tr>
<td>178 Grandview Drive, Cobleskill, NY 12043</td>
<td>323 Main Street, Middleburgh, NY 12122</td>
</tr>
<tr>
<td>2nd Friday at 1:00pm</td>
<td>Last Tuesday of each month</td>
</tr>
</tbody>
</table>
### Narcotics Anonymous (NA)

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).

<table>
<thead>
<tr>
<th>Location</th>
<th>Day, Time</th>
<th>Location &amp; Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bainbridge</td>
<td>Wed at 7pm</td>
<td>St. Peter Episcopal Church, 1 Church St.</td>
<td>(607) 967-3441</td>
</tr>
<tr>
<td>Delhi</td>
<td>Tue at 12pm, Thur at 12pm, Sat at 12pm</td>
<td>St. John Episcopal Church, 134 Main St.</td>
<td>(518) 234-3617</td>
</tr>
<tr>
<td>Oneonta</td>
<td>Mon at 7pm</td>
<td>First United Methodist Church, 66 Chestnut St</td>
<td>(607) 432-4102</td>
</tr>
<tr>
<td></td>
<td>Mon at 7pm</td>
<td>Turning Point, 22 Elm Street</td>
<td>(607) 267-4435</td>
</tr>
<tr>
<td></td>
<td>Thu at 7pm</td>
<td>Turning Point, 22 Elm Street</td>
<td>(607) 267-4435</td>
</tr>
<tr>
<td></td>
<td>Fri at 7pm</td>
<td>First United Methodist Church, 66 Chestnut St</td>
<td>(607) 432-4102</td>
</tr>
<tr>
<td>Walton</td>
<td>Mon at 7pm</td>
<td>UHS Delaware Valley Hospital, 1 Titus Place</td>
<td>(607) 865-2115</td>
</tr>
<tr>
<td></td>
<td>Fri at 7:15pm</td>
<td>New Hope Community Church, Stockton Avenue</td>
<td>(607) 865-5436</td>
</tr>
</tbody>
</table>

### Self-Mutilators Anonymous (SMA)

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

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

### O’Connor Hospital

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

Diabetic Support Group is provided the third Monday of each month, 10 am to 11am from September through May.

Parkinson’s Support Group is available on the second Thursday of each month, 12:30 pm to 1:30 pm.

NAMI: National Alliance on Mental Illness group meets on the third Tuesday of every month.

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

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

http://helioscare.org/

Helios provides monthly bereavement support groups for all ages (children, teens, and adults) with individual bereavement counseling available. In addition, Camp Forget-Me-Not offers a two-day camp for grieving children and teens.
The Suicide Prevention Network of Delaware County
Survivor of Suicide Support Group
SUNY Delhi, 111 Foreman Hall, Delhi, NY 13753 ...........................................Phone: (607) 832-5200 (Public Health)
Led by a certified Social Worker, this is a support group for suicide attempt survivors and those who have lost a loved one to suicide. Meets monthly at SUNY Delhi Foreman Hall (use side door).

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

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

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

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

FoxCare Center
NAMI Family Support Group
1 Foxcare Drive, Oneonta, NY 13820 ..........................................................Phone: (607) 326-4797 or (607) 437-6736
www.nami.org .................................................................Email: ribarw@gmail.com
Meets the second Wednesday and fourth Tuesday of each month at 6:00pm at the Fox Care Center. Contact Rina. This is a peer-led support group for the family members, friends, and caregivers of people with a psychiatric illness.

Opportunities for Otsego
Brain Injury Support Group
3 West Broadway, Oneonta, NY 13820 ..........................................................Phone: (518) 459-7911
www.bianys.org .................................................................Email: croberts@bianys.org
Support Groups are facilitated by community leaders of the Brain Injury Association of New York State and held at the OFO office. Meetings are held on the last Monday of the month from 1:00 – 3:30pm and are open to all brain injury survivors, family members, friends and caregivers in Delaware, Otsego, Chenango and Schoharie Counties.
TAX ASSISTANCE

United Way of Delaware and Otsego Counties
31 Maple Street, Oneonta, NY 13820 ................................................................. Phone: (607) 432-8006 http://www.unitedwaydo.org/cashcoalition
The Cash Coalition offers trained volunteers to prepare state and federal income tax returns. Appointments available in Otsego County from February through April.

Delaware County Office for the Aging
97 Main Street, Suite 2, Delhi, NY 13753 ................................................................. Phone: (607) 832-5750 www.co.delaware.ny.us/departments/ofa/OtherServices.htm ......................... Email: ofa@co.delaware.ny.us
The AARP Tax-Aide Program offers specially trained volunteer Tax Counselors to assist seniors in completing federal and state income tax returns. The program is available February through April 15th.

New York State School Tax Relief (STAR) Exemption
New York State Department of Taxation and Finance
https://www.tax.ny.gov/pit/property/star/ivp.htm .................................................. Phone: (518) 457-2036
Individuals can qualify for either the Basic or Enhanced STAR Exemption depending upon age and income. Individuals who own property, which is their primary residence, with income under $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 $86,300 or less, qualify for the larger Enhanced STAR exemption. You can register 24 hours a day, 7 days a week at www.tax.ny.gov/star. Property owners without access to a computer can register by phone weekdays from 8:30am to 4:30pm (518-457-2036).

Real Property Tax Credit (IT-214)
New York State Department of Taxation and Finance
www.tax.ny.gov/pit/credits/real_property_tax_credit.htm
This is a tax credit for New York State residents with limited income who pay rent or who pay taxes on property owned. You get a tax credit in the form of a deduction when you file taxes. If all members of your household are under age 65, the credit can be as much as $75. If at least one member of your household is age 65 or older, the credit can be as much as $375.

Veterans’ Tax Exemption
New York State Department of Taxation and Finance
www.tax.ny.gov/pit/property/exemption/vetexempt.htm
There are three different property tax exemptions available to veterans who have served in the U.S. Armed Forces, including veterans who have served in the U.S. Army, Navy, Air Force, Marines and Coast Guard. Eligible veterans must submit the initial exemption application form to your local assessor.

TRANSPORTATION

Medical Answering Services, LLC
P.O. Box 11998, Syracuse, NY 13218 ................................................................. Phone: (866) 753-4434 www.medanswering.com
To schedule local Medicaid Transportation Services.
Delaware County Office for the Aging
97 Main Street, Suite 2, Delhi, NY 13753 ................................................................. Phone: (607) 832-5750  
www.co.delaware.ny.us/departments/ofa/Transportation.htm ........................... Email: ofa@co.delaware.ny.us
The Office for the Aging operates a coach-type bus with handicapped accessibility which serves most of Delaware County. Different fixed routes, operating three days a week have been established to help riders meet their shopping, medical and social needs. Volunteers are also available to provide door-to-door transportation for medical appointments.

Delaware Opportunities, Inc.
35430 State Highway 10, Hamden, NY 13782 ........................................................... Phone: (607) 746-1610  
www.delawareopportunities.org/transportation
Transportation is provided to individuals on Medicaid for health-related appointments and to senior citizens for medical appointments. Limited transportation is available for low income people without vehicles to apply for services, secure employment or in emergency situations. All requests for Medicaid transportation must be made by calling (866) 753-4434.

Delaware County Veterans Service Agency
1 Gallant Ave, Highway Annex, Suite A, Delhi, NY 13753 .......................................... Phone: (607) 832-5345  
www.co.delaware.ny.us/departments/vet/vet.htm
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
Volunteers provide transportation for non-emergency medical appointments and shopping trips. Available to Deposit residents only.

GetThere Call Center
455 Court St, Binghamton, NY 13904 ......................................................................... Phone: (855) 373-4040
GetThere Call Center provides free trip planning, travel training, and transportation education services to people throughout the region and beyond. GetThere is staffed by four Mobility and Transportation Advocates who are well-versed in the area's transportation options and eager to assist anyone with travel needs or questions.

AARP Driver Safety Course
Delaware County Office for the Aging
97 Main Street, Suite 2, Delhi, NY 13753 ................................................................. Phone: (607) 832-5750  
www.co.delaware.ny.us/departments/ofa/OtherServices.htm ......................... Email: ofa@co.delaware.ny.us
AARP driving courses are available for people 50 years of age and older to help improve driver safety. Most insurance companies offer a premium discount for drivers who have successfully completed this course.

Catskill Neighbors
P.O. Box 926, Fleischmanns, NY 12430................................................................. Phone: (845) 280-0459
Catskill Neighbors is a group of volunteers serving the areas of Fleischmanns, Arkville, and Margaretville, with the goal of helping elders live comfortably at home. Volunteers can assist with such needs as local transportation, accompanying someone on a shopping excursion, running errands, friendly visiting, respite, or caring for a pet.
Catholic Charities of Delaware, Otsego, and Schoharie Counties
176 Main Street, Oneonta, NY 13820 ................................................................. Phone: (607) 432-0061
Hours: 8:30am – 4:30pm, Mon - Fri
21 Liberty Street, Sidney, NY 13838 ................................................................. Phone: (607) 604-4071
Hours: 8:30am - 4:30pm, Mon, Wed & Fri
www.charitiesccdos.org
Caring Connections is offered to individuals and families who are struggling to meet their basic needs. Transportation assistance may be provided if all other available programs and services have been exhausted.

Private Pay Options

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

A&D Transportation
83 Lower River St, Oneonta, NY 13820 ................................................................. Phone: (607) 433-1726
www.adtransportservices.co
Provides taxi, medical, ambulette, airport & currier service to area residents.

Circle of Life Ambulette
255 Maple Ave, Hobart, NY 13788 ................................................................. Phone: (607) 538-1734
www.circleoflifenewyork.com
Provides non-emergency medical transportation from home, doctors, hospitals, and nursing homes, including wheelchair, stretcher, and ambulatory transport.

Rolling V Bus Corp
177 Industrial Park Rd, Walton, NY 13856 ................................................................. Phone: (607) 865-5287
www.rolllingv.com
Provides all forms of transportation including taxi service and medical transportation to area residents.

Tri Town Taxi
53 River Street, Sidney, NY 13838 ................................................................. Phone: (607) 563-9393

VETERANS

Veterans Crisis Line
www.veteranscrisisline.net ................................................................. Phone: (800) 273-8255 – Press 1
The Veterans Crisis Line is a free, confidential resource that’s available to anyone, even if you’re not registered with VA or enrolled in VA health care. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year, even if they are not registered with VA or enrolled in VA health care.
Delaware County Veterans Service Agency
1 Gallant Ave, Highway Annex, Suite A, Delhi, NY 13753............................................. Phone: (607) 832-5345
www.co.delaware.ny.us/departments/vet/vet.htm
The Delaware County Veterans Service Agency is responsible for administrating and coordinating a broad spectrum of federal, state, local and private benefits and services affecting Veterans and their families in Delaware County. Services include medical transportation, advocacy, information and referral, and benefit assistance.

NYS Division of Veterans’ Affairs
242 Main Street, #101, Oneonta, NY 13820............................................................... Phone: (607) 432-4190
44 Grand Street, Sidney, NY 13838............................................................................ Phone: (607) 563-2002
www.veterans.ny.gov
Provides counseling to Veterans, dependents, and widows regarding service benefits, applications, problem solving, and representation with the VA. Assists with applying for benefits, such as pensions, compensations, blind annuity, educational services, and burial benefits.

Department of Veterans Affairs Medical Center
113 Holland Avenue, Albany, NY 12208................................................................. Phone: (518) 626-5000
www.albany.va.gov
Provides a variety of medical services to Veterans, including Primary Care, Specialized Services, Women’s Services, Lab and Radiology.

Veterans’ Outpatient Clinic
109 North Main Street, Bainbridge, NY 13733......................................................... Phone: (607) 967-8590
www.va.gov/directory/Guide/facility.asp?id=453
Provides primary care and behavioral health care services, as well as smoking cessation and laboratory services to Veterans in Delaware and surrounding counties.

Veterans’ Outpatient Clinic – Binghamton
203 Court Street, Binghamton, NY 13904 ............................................................. Phone: (607) 772-9100
www.syracuse.va.gov/locations/Binghamton_Community_Based_Outpatient_Clinic.asp
Provides primary care and behavioral health care services, as well as smoking cessation, laboratory services, and specialty services including Radiology, Optometry, Podiatry and Gastro-intestinal clinics.

Wilkes-Barre VA Medical Center
1111 East End Blvd, Wilkes-Barre, PA 18711 ............................................................ Phone: (570) 824-3521
www.wilkes-barre.va.gov ................................................................. Alternate Phone: (877) 928-2621
Hours: 8:00am – 4:30pm Administrative; 24 hours for Emergencies
Wilkes-Barre VA Medical Center offers a variety of health services to meet the needs of Veterans. Some services include care coordination, dental, geriatrics, mental health, palliative care, specialty care, and trauma recovery.

HealthNet Federal Services TRICARE Service Center
125 Brookley Road, Building 510, Rome, NY 13441 .................................................. Phone: (315) 334-7960
www.healthnetfederalservices.com ............................................................. Alternate Phone: (877) 874-2273
HealthNet provides health care services to service members and their families through TRICARE, as well as services through the Department of Veterans Affairs (VA).
Soldier On
421 North Main Street, Building 6, Leeds, MA 01053 ................................................ Phone: (413) 822-7277
www.wesoldieron.org ....................................................................................... Email: tbyrd@wesoldieron.org
Soldier On is a nonprofit organization committed to ending veteran homelessness
by providing homeless veterans with emergency and transitional housing. As resident
of Soldier On, veterans receive basic needs, such as shelter, food and clothing, and
each veteran has access to case management, medical and mental health services,
substance abuse treatment, and peer support.

Rescue Dogs Rescue Soldiers
Liz Keller, Founder
P.O. Box 326, Cherry Valley, NY 13320 ............................................................. Phone: (917) 553-0591
www.rescuedogsrescuesoldiers.com ................................................................ Email: liznewyorker@gmail.com
Rescue Dog Rescue Soldier is a non-profit organization that rescues dogs, trains
them as service dogs, and provides them to Iraq and Afghanistan veterans.

New York/New Jersey VA Health Care Network.............................................. Phone: (888) 838-7890
A toll-free medical advice line for veterans. It is a program of qualified professionals
who will speak to you directly to answer your health care questions 24 hours per day,
7 days per week (including weekends and holidays) throughout the VA Healthcare
System Upstate New York.

VISION see Disability Services – Vision

WOMEN’S HEALTH

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

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

Family Planning of South-Central NY
37 Dietz St, Oneonta, NY 13820 ................................................................................. Phone: (607) 432-2250
https://fpscny.org/
Reproductive health care for women, men and teens serving Broome, Chenango,
Delaware and Otsego counties. Comprehensive sexuality education. And as always,
advocacy for reproductive choice and freedom.
Delaware County Public Health
delawarecountypublichealth.com/programs/community-health/ ........................................... Phone: (607) 832-5200
Nurses in the Maternal Child Health Program provide home visits to pregnant women, new mothers and newborn infants. Referrals are accepted from hospitals, health care providers, community agencies and clients or their families. Education on pregnancy, nutrition, labor and delivery, family planning, infant care, breast-feeding and parenting is provided. The nurses can make a home visit to weigh your baby and discuss any concerns you might have.

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

Pregnancy/Obstetrical Care

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

UHS Binghamton General Hospital
10-42 Mitchell Avenue, Binghamton, NY 13903 ........................................................... Phone: (607) 762-2200 www.nyuh.org

UHS Wilson Medical Center
33-57 Harrison Street, Johnson City, NY 13790 ........................................................... Phone: (607) 763-6000 www.nyuh.org

UHS Chenango Memorial Hospital
179 N. Broad Street, Norwich, NY 13815 ........................................................... Phone: (607) 337-4111 www.nyuh.org

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

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

Health Quest Medical Practice, P.C.
Obstetrics & Gynecology
334 Plaza Road, Kingston, NY 12401 ........................................... Phone: (845) 338-5575 or (800) 421-1220

Health Alliance Hospital
396 Broadway, Kingston, NY 12401 ........................................... Phone: (845) 331-3131
YOUTH SUPPORT

Delaware Opportunities, Inc.
35430 State Highway 10, Hamden, NY 13782 ............................................................... Phone: (607) 746-1746
www.delawareopportunities.org/big_buddy.htm
Big Buddy is a mentoring program for at risk youth. The program offers the opportunity for a child to have a one-on-one relationship with a big buddy volunteer. Little buddies are children between the ages of 5 and 14.

Delaware County Department of Social Services
99 Main Street, Delhi, NY 13753......................................................................................... Phone: (607) 832-5300
www.co.delaware.ny.us/departments/dss/fosterCare.html
Foster Care provides children with a temporary home when it is necessary to remove a child from his or her present home due to the inability of a parent to ensure the health and safety of a child, neglect or abuse of a child by a caretaker, or placement by Delaware County Family Court for a Persons In Need of Supervision (PINS) or Juvenile Delinquency case. Adoption Services are available to assist families interested in adopting children in need of safe, nurturing and permanent homes.
www.co.delaware.ny.us/departments/dss/adoption.html

Cornell Cooperative Extension
34570 State Highway 10, Hamden, NY 13782 ............................................................... Phone: (607) 865-6531
4-H programs are available to youth from 5 to 19 years old.- www.ccedelaware.org/4h/
4-H Camp Shankitunk has day and residential camping programs. www.campshankitunk.org.