

CARE LINKS

of Southern Saratoga County

Community Caregivers

A program of CAPTAIN Community Human Services

STAYING AT HOME COMMUNITY RESOURCE GUIDE

for Older Residents and Caregivers



What we do makes a difference!

**Towns of Clifton Park, Halfmoon, Malta, Ballston, Charlton, and
the City of Mechanicville**

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I. INTRODUCTION

As Southern Saratoga County grows, so does its older population. In fact, those who purchased homes when the building boom commenced around 1960 – 50+ years ago – are now 70 years or older. Many are still healthy, well and vibrant contributors in their local communities. Still others may need assistance to live as independently as possible and to age in place, in their own homes. That assistance may be provided by caregivers, i.e., those individuals caring for a family member, friend or neighbor, and/or a wide variety of community support service agencies and organizations.

II. PURPOSE

This Community Resource Guide is for both older residents and current or future caregivers, to assist in knowing where to turn and how to navigate and access services. The information provided has been divided into seven (7) categories with more specific topical information under each. While other categories might have been added, we believe these are the most valuable in getting you started. In some areas the information is self-explanatory, whereas in others more detail is provided. While all of the Guide's information will be of value to caregivers, a specific section was included to meet their unique needs. Telephone numbers are included for all resources to make initial inquiry. For some resources addresses were included.

A. Support Services at Home & in the Community

Since most people prefer to stay in their own homes and live independently for as long as they can, there is a need for programs that provide services and supports in that setting. To meet that need, federal, state and county government agencies have collaborated to develop several programs that will arrange for services and supports to be provided in home and community-based settings. Whether or not you are eligible for these programs will depend on your income, resources, your need for assistance, and the availability of funds. In some circumstances, these programs will supplement coverage you have through traditional sources, including insurance and your own out-of-pocket funds.

1. Case Management

Often persons in need jump too quickly without understanding the range of available options, e.g., pursuing nursing home placement without first considering a package of in-home supports. Selecting home care itself is not easy due to the variety of types of home care providers and of payment sources ranging from your own funds, insurance, Medicare, Medicaid and other government sources. Note that there are limits on the availability of government funds. Various agencies can provide information about specific services and refer you to inquire on your own. However, more complex situations may necessitate an in-depth assessment and case management to assemble the proper mix of home care and other community supports. Available to assist are:

Saratoga County Office for the

Aging/NY Connects

152 West High Street
Ballston Spa, NY 12020
518-884-4100 or 518-714-4826

Saratoga County Department of Social Services

152 West High Street
Ballston Spa, NY 12020
518-884-4148

Alzheimer's Association of Northeastern

New York
4 Pine West Plaza, Suite 405
Albany, NY 12205
518-867-4999
24 Hour Help Line: 800-272-3900

Medicaid Managed Long Term Care

1-888-401-6582

Catholic Charities of Saratoga, Warren & Washington Counties

142 Regent Street
Saratoga Springs, NY 12866
518-587-5000

Eddy Alzheimer's Services

421 Columbia Street
Cohoes, NY 12047
518 238-4164

2. Home Health/Personal Care

It is important to determine the likely duration of your home care needs – short term post-hospitalization or chronic ongoing care – as it will shape the type of home care agency you pursue. This is why an assessment is critical. There are several types of home care agencies from which to choose.

Certified Home Health Agencies

Certified Home Health Agencies (CHHAs) are limited to providing medically-necessary part-time or intermittent skilled nursing, physical, speech or occupational therapy. CHAA services are most frequently associated with post-hospital acute care and may also include medical social services, home health aide and medical supplies. You must be homebound to qualify. CHHAs serving Saratoga County are:

Visiting Nurse Association (VNA) Home Health
Albany 518-489-2681

Eddy Visiting Nurse & Rehab Association
Troy 518-274-6200

Community Health Center of St. Mary's Healthcare & Nathan Littauer Hospital
Johnstown 518-762-8215

Visiting Nurse Service of Northeastern New York
Schenectady 518-382-7932

Kindred at Home
Ballston Spa 518-899-1158

Living Resources Certified Home Health Agency
Albany 518-867-8800

Long Term Health Care Programs

Long Term Home Health Care Programs (LTHHCPs) provide a coordinated plan of medical, nursing, and rehabilitative care, as well as social supports including nutrition, respite and transportation, to persons with disabilities who are medically eligible for placement in a nursing home but who choose to receive care at home. Participants must be Medicaid eligible. They operate under a Federal Medicaid waiver. The Saratoga County Department of Social Services determines eligibility for the program and authorizes all services that are provided. LTHHCPs serving Saratoga County are:

Visiting Nurse Association (VNA) Home Health
Albany 518-489-2681

Visiting Nurse Service of Northeastern New York
Schenectady 518-382-7932

Licensed Home Care Service Agencies

Licensed Home Care Service Agencies (LHCSAs) offer home care services to clients who pay privately or have private insurance coverage. Services include hourly nursing, dressing, bathing, toileting, grooming, transferring, meal preparation and light housekeeping. LHCSAs may also contract to provide services to Medicare/Medicaid beneficiaries whose cases are managed by another provider or entity, such as providing home health aide services to a certified home health agency patient or providing a licensed practical nurse for a Medicaid prior-approved private duty nursing shift. LHCSAs serving Saratoga County include:

Accent Health Care Services, Inc.
Troy 518-237-2700

Adept Health Care Services, Inc.
Troy 518-271-1055

All Metro Health Care
Schenectady 518-374-2117

AccuCare Home Health Services, Inc. Rensselaer 518-449-1142

AHG of NY
Glens Falls 518-743-1928

America Home Care Agency
Schenectady-518 444-7400

All Metro Health Care
Albany 518-426-0283

Any-Time Home Care, Inc.
Albany 518-454-9433

Any-Time Home Care, Inc.
Hudson 518-828-0183

Argyle Center LHCSA
Argyle 518-638-8274

Anthem Health Services
Albany 518-862-1247

Attentive Care of Albany, Inc.
Albany 518-438-6271

Belvedere Home Care
Albany 518-694-9400

Briovarx Infusion
Albany 518-218-1772

Capital Region HC
Latham 518-757-4040

CNS Home Care, Inc.
Rensselaer 518-274-6525

Concepts of Health Care, Inc.
Ballston Spa 518-383-3898

Coram Healthcare Corp of NY, Inc.
Albany 518-689-2900

Dear Run at River Ridge
Amsterdam 518-896-0010

Eddy Licensed Home Care
Troy 518-274-6200

Elite Services
Johnstown 518-762-1767

Ens Health Care
Albany 518-452-3655

Ens Health Care
Glens Falls 518-798-6811

Fort Hudson Home Care
Hudson Falls 518-832-4033

Fort Hudson Home Care
Fort Edward 518-747-9019

G H H C, Inc.
Glenville 518-370-1515

Greater Adirondack Home Aides
Glens Falls 518-926-7070

HHDL
Saratoga Springs 518-584-5885

**Home Health Partners
Corporation**
Amsterdam 518-842-6718

Homemakers of Mohawk Valley
Schenectady 518-374-0474

Innovative Service, Inc.
Albany 518-375-2708

J & A Hurley, Inc.
Schenectady 518-346-6769

Kingsway Home Care Services
Schenectady 518-382-8187

Living Resources Home Care
Albany 518-867-8777

Linda C Knopp
Berne 518-872-1701

Maxim of New York
Albany 518-437-0152

Neighbors NY
Queensbury 518-743-0030

Nursecore of Albany
Albany 518-438-3900

Paul F Wolfe
Amsterdam 518-843-3770

RAMA Associates
Hagaman 518-842-5626

RBRC
Albany 518-389-2999

Royal Home Care
Johnstown 518-762-9350

Sally J Centanni
Green Island 518-273-4014

**Saratoga County Public Health
Nursing**
Saratoga Springs 518-584-7460

Senior Solutions Worldwide
Saratoga Springs 518-585-1200

Top Quality Home Care
Johnstown 518-762-2273

Trinity Homecare
Albany 518-407-0029

Troy Crossings
Troy 518-226-9654

Unlimited Care
Albany 518-428-4300

Visiting Nurses Home Care
Albany 518-694-9907

Other Home Care

In addition to the above, there are a number of other home care programs and supports. The following agencies provide various non-medical services such as housekeeping, companionship, laundry, shopping, errands, meal preparation, transportation and medication reminders. Some may also give a caregiver a break through providing respite.

Companions for the Elderly
Clifton Park 518-383-3119

Home Instead Senior Care
Gansevoort 518-580-1042

Right at Home
Albany 518-218-6270

Home Maintenance

Perhaps you need light carpentry, a small paint job/wallpapering, lawn mowing, snow blowing or other handy work. While many ‘handypersons’ advertise their services locally and may be able to meet your needs, there is a local non-profit agency dedicated to helping older residents. It provides service for an annual fee based on income.

Umbrella of the Capital District
Schenectady 518-346-5249

Veterans Home Care

The Medical Center provides comprehensive in- and out-patient geriatric and long-term care for those honorably discharged veterans. Services include home care, nursing home, respite, adult day health and assisted housing.

Samuel S. Stratton Veterans Administration Medical Center
Albany 518-626-5000 or 518-626-6031

Expanded In-Home Services for the Elderly Program

Expanded In-home Services for the Elderly Program (EISEP) offers non-medical, in-home services (housekeeper/chore and/or personal care), and case management to non-Medicaid individuals meeting eligibility requirements. This is a state-aided program with limited funding. Participants may have to share in the cost.

Saratoga County Office for the Aging
Ballston Spa 518-884-4100

3. Day Services/In Home Respite

Caregivers frequently need a temporary break from the stress and strain associated with the responsibilities they have - they need respite. It can be provided on a regular planned basis or in an emergency situation. The function of respite can take place in several settings: adult day care, in-home care or institutional care.

Adult Day Services

Adult Day Services/Care is a structured program that provides older persons with stimulation and assistance in a protected setting during part of the day but for less than 24 hours. Adult Day Health Care is provided in a nursing home to persons who are NOT residences but are functionally impaired and not home bound. (Both of these services could also meet the needs of an employed caregiver.)

Bright Horizons Adult Day Services
Clifton Park 518-371-2191

Lena’s Adult Day Services
South Glens Falls 518-792-7797

James A. Eddy Adult Day Health
Troy 518-274-9890

Daybreak Eddy
Cohoes 866-333-6002

Daughters of Sarah Adult Day Health
Albany 518-56-7831

Schuyler Ridge Adult Day Health
Clifton Park 518-371-1400

Dayhaven Social Adult Day Services
Schenectady 518-372-5667

Eddy Village Green Adult Day Health
Cohoes 518-237-5630

Ft. Hudson Adult Day Health
Fort Edward 518-747-2811

In Home Respite

In-home Respite can be provided specifically for the purpose of respite or respite can occur during a home care visit for other purposes. While many of the home care agencies listed above in Section 2 might provide in-home respite, the following do provide it:

Catholic Charities Senior & Caregivers Support Services
Schenectady 518-372-5667

Eddy Alzheimer's Services-Cohoes
518-238-4164

Home Helpers
Saratoga Springs 518-584-5885

Care Links of Southern Saratoga County
Glenville 518-399-3262

Home Health Care Partners
Amsterdam 518-842-6718

Saratoga County Office for the Aging Ballston Spa 518-884-4100

Home Instead Senior Care
Gansevoort 518-580-1042

Wesley Senior Solutions
Saratoga Springs 518-584-1200

Institutional Nursing Home Respite

Institutional Nursing Home Respite is used to provide an extended break for caregivers. Scheduled short term nursing home care provided on a temporary basis to an individual who needs this level of care determined via screening by a certified nurse, limited to one or more periods of from 1 to 30 days per year at the daily nursing home rate.

Daughters of Sarah Nursing Center
Albany 518-456-7831

Ellis Residential and Rehab Center
Schenectady 518-243-4100

Pathways Nursing & Rehab Care
Niskayuna 518-374-2212

Eddy Heritage House & Rehab. Center
Troy 518-274-4125

Evergreen Commons
East Greenbush 518-479-4662

Teresian House Nursing Home
Albany 518-456-2000

Fort Hudson Nursing Center
Fort Edward 518-747-2811

4. Alert Emergency Response

"Help I've Fallen & Can't Get Up" - Personal Medical Alert Emergency Response Service provides great comfort to older persons and caregivers in the event of a fall or emergency. Help is only a push button away 24 hours a day. The service is commonly referred to as "Lifeline." There are various systems and providers.

Direct Link
Saratoga 518-584-5885

Ellis Medical Alert
Schenectady 518-382-2224

Saratoga Hospital-Phillips Medical Alert
1-800-543-3546

Eddy Health Alert
Troy 518-833-1040

Glens Falls Hosp. Medical Alert
Queensbury 518-409-8100

5. Home Delivered Meals

Home Delivered Meals/ Meals on Wheels provides nutritious meals to those who are homebound following an acute hospitalization or have a chronic condition and are unable to prepare a meal by themselves.

Saratoga County Office for the Aging
518-884-4100

6. Transportation

Increasing numbers of older drivers are successfully adjusting to age-related physical conditions and driving safely into their 70s, 80s and 90s. Others reach a point where they no longer can or should drive due to their deteriorating physical and/or mental status. To assist them local municipalities and other agencies offer transportation services.

Town of Clifton Park Senior Express
518-371-4444

Town of Halfmoon Express
518-664-2186

Saratoga County Veterans Affairs (to Stratton VA Medical Center only)
518-884-4115

Saratoga County Office for the Aging
518-884-4100

Care Links Volunteers
518-399-3262

City of Mechanicville Public Safety 518-664-5651x4

Wellness Express-CAPTAIN CHS
518-399-4624

The **Older Driver Family Assistance Program** of the NYS Office for the Aging (NYSOFA) has developed a handbook to help families, friends and caregivers facing the dilemma of what to do when an aging loved one is at-risk driving.

“**Are You Concerned about an Older Driver?**” is available on NYSOFA’s web at: www.aging.ny.gov/transportation/older_driver/Handbook2015.pdf To obtain a copy contact:

Saratoga County Office for the Aging
518-884-4100

7. Hospice

Hospice provides care to terminally ill individuals who are expected to live 6 months or less and focuses on easing symptoms rather than treating disease (Includes drugs for pain relief and symptom management, medical, nursing, social services and grief counseling). Family support is extensive. Hospice can be given in your own home, a hospital or a nursing home. There are two hospices serving Saratoga County.

The Community Hospice
Intake 1-800-678-0711
Saratoga 518-581-0800

Mountain Valley Hospice
Gloversville 518-725-4545

B. Financial Assistance

In addition to the primary source of income for older New Yorkers- pensions, savings and assets and Social Security- there are a variety of other areas to explore in stretching one’s financial resources. Many are based on need and income.

1. Supplemental Security Income

Supplemental Security Income (SSI) is a Federal income supplement program designed to help aged, blind and disabled persons who have little or no income. It provides cash to meet basic needs for food, clothing and shelter.

Social Security Administration
Schenectady 1-800-772-1213

2. Emergency Assistance

Emergency Assistance for Adults provides temporary financial support and emergency assistance to individuals and families who meet income and resource eligibility criteria.

Saratoga County Department of Social Services

Ballston Spa 518-884-4159

3. Food Stamps/SNAP (Supplemental Nutrition Assistance Program)

The Food Stamp/SNAP program reduces hunger and provides low-income households with a supplement to their income to purchase food.*

Saratoga County Department of Social Services

Ballston Spa 518-884-4155

*See page 15 for a listing of Food Pantries

4. Home Energy Assistance Program

Home Energy Assistance Program (HEAP) provides help and assistance to those 60 years and older with low incomes by issuing regular and emergency grants to dealers for fuel for heating and utility related costs.

Saratoga County Office for the Aging

Ballston Spa 518-884-4100

5. Property Taxes

Real Property Tax Credit

Real Property Tax Credit "Circuit Breaker" provides a state income tax credit for eligible homeowners and renters who pay a disproportionate amount of property tax in relation to their income.

NYS Department of Taxation & Finance State Processing Center

Albany 518-457-5181

Local Real Property Tax Exemption

Each county, city, town, village and school district has the option of granting a reduction on the amount of property taxes paid by residents age 65 and older and whose income is under a specified limit. Contact your local assessor, clerk or school district to determine which, if any, options are in effect.

School Tax Relief Program (STAR)

This state program has two parts. Basic STAR is available regardless of the property owners ages or incomes. Enhanced STAR is available for those age 65 and over with yearly household income not exceeding a statewide standard. Contact your local assessor to inquire.

Veterans Real Property Tax Exemption

There are three types of veteran's exemptions. The most common being that made available to those who served during wartime. Tax Exemptions are provided at the option of the municipality. Check with your assessor.

Ballston Assessor
518-885-8502 x20

Mechanicville Assessor
518-664-2007 x7

Mechanicville School District
518-664-5727

Charlton Assessor
518-384-0152

Halfmoon Assessor
518-371-7410 x3

Shenendehowa School District
518-881-0600

Clifton Park Assessor
518-371-6460

Malta Assessor
518-899-2584

Burnt Hills-Ballston Lake School District
518-399-9141

5. Veterans Benefits

In addition to the veteran's property tax exemption, a variety of other benefits and services are provided based on various criteria. Among them are: burial, blind annuities, health care, disability and pension compensation and survivor counseling.

Saratoga County Veterans Service Agency

Ballston Spa 518-884-4114

C. Healthcare & Insurance

1. Emergencies - 911

In the event of an emergency or need for ambulance service call 911 from any location.

2. Medicare and Medicaid

While these two programs sound similar and are often used interchangeably in conversation, they are very different. An important difference to understand pertains to nursing home care. Medicare does NOT cover long-term chronic care or custodial care in a nursing home or at home. Medicaid does pay for care in a nursing home and through home health agencies **for those financially eligible**.

Medicare is a Federal insurance program. Medical bills are paid from trust funds which those covered have paid into. It serves people over 65 primarily, whatever their income; and serves younger disabled people and dialysis patients. Patients pay part of the costs through deductibles for Part A hospital and other costs. Monthly premiums are required for Part B non-hospital coverage. It is basically the same everywhere in the United States and is run by the federal government. To apply for Medicare contact the Social Security Administration at www.ssa.gov, 1 (800) 633-4227 or visit your nearest Social Security Office.

Medicaid is an assistance program that serves eligible low-income people of every age. Patients usually pay no part of costs for covered medical expenses. Medical bills are paid from federal, state and county tax funds. Medicaid is run by state and county governments within federal guidelines. To apply for Medicaid contact the Saratoga County Department of Social Services in Ballston Spa at 518-884-4148

3. Health Insurance Information, Counseling & Assistance Program (HIICAP)

Health Insurance Information, Counseling & Assistance Program (HIICAP) has trained staff and volunteers to answer questions and provide confidential information and counseling about Medicare Part A (hospital), Part B (medical/outpatient), Part C (Medicare Advantage plans like an HMO or PPO), Part D (prescription drugs), Medigap (supplemental insurance), Medicare Savings Programs (see below), Medicaid and Long Term Care Insurance.

Medicare Savings Programs

1. **Qualified Medicare Beneficiary (QMB)** for those with incomes below the national poverty level and covers the cost of premiums, co-insurance and deductibles.
2. **Specified Low Income Medicare Beneficiary (SLMB)** for those with incomes up to 120% of poverty and covers the cost of Part B premiums.
3. **Qualified Individual 1 (QI1)** for low income beneficiaries of any age and covers the cost of Part B premium.

Saratoga County Office for the Aging

Ballston Spa 518-884-4100

4. Prescription Drugs

Elderly Pharmaceutical Insurance Coverage (EPIC)

EPIC is administered by the NYS Department of Health and covers those 65 and older who do not have adequate insurance coverage for prescription drugs and are not eligible for Medicaid. EPIC members are required to enroll in the Medicare Part D Plan which becomes the primary payer of drug costs. EPIC then supplements Part D and covers drug costs not covered by Medicare including deductibles, co-payments, co-insurance and coverage gaps.

EPIC

Albany, NY
1-800-332-3742

Prescription Drug Web Site Prices

The NYS Department of Health collects retail price information on the 150 most frequently prescribed drugs. The site allows you to search for specific drugs from the list. <https://apps.health.ny.gov/pdpw/SearchDrugs/Home.action>

NYS Prescription Assistance Program

The New York Prescription Assistance Program provides a free pharmacy discount card to people who need help paying for their prescription medications whether they are uninsured or, insured with a high deductible, high co-pays and/or limited drug list. The program serves families, individuals and seniors whose health would be compromised without the savings provided. For more information call visit online at <https://newyork.prescriptionassistance.info> or call 1-844-272-8379.

D. Housing

There are many housing options for older residents from total independent living to nursing homes. Information is provided here on the major housing types to assist you with matching needs and preferences.

Advice and guidance about Senior Housing, Independent Living, Assisted Living, Memory Care, In-Home Care and Senior Support Services is provided at no cost by Choice Connections.

Choice Connections

518-894-2443

1. Senior Apartments – Independent Living

Senior Apartments are for independent older persons able to care for themselves. While no supportive services or staff are provided by management to address special needs, apartment residents can avail themselves of the range of support services noted above in Section A when necessary.

Ballston Pines

Ballston Spa 518-884-9401

Doubleday Woods

Ballston Spa 518-885-1900

Meadow View at Clifton Park

Rexford 518-383-3803

Bishop Hubbard Senior Apartments

Halfmoon 518-383-2705

Highpointe at Malta Senior Apts.

Malta 518-583-7977

Mechanicville Elderly Housing

Mechanicville 518-664-4436

Coburg Village

Rexford 518-371-5000

Malta Meadows

Ballston Lake 518-899-1552

Milton Village

Ballston Spa, 518-884-9767

Council Meadows

Burnt Hills 518-399-9232

Marina Woods Senior Housing

Halfmoon 518-348-0213

Shenendehowa Village

Clifton Park 518-373-1900

Trieble Village

Ballston Spa 518-885-6997

2. Adult Care Homes

Adult Care Homes provide temporary or long-term non-medical residential care, room, board, housekeeping, personal care and supervision.

Peregrine Senior Living

Clifton Park 518-371-2200

Home of the Good Shepherd

Malta 518-581-2800

Moreau 518-792-1000

Saratoga Springs 518-584-3317

Wilton 518-580-0702

Cook Adult Home

Mechanicville 518-664-8014

3. Assisted Living Residences (ALR)

Assisted Living Residences (ALRs) provide housing, 24-hour on-site monitoring, food service, case management and personal care and/or home care services either directly or through a contract.

Home of the Good Shepherd at Highpointe

Malta 518-581-2800

Home of the Good Shepherd

Saratoga Springs 518-584-3317

Moreau 518-792-1000

Wilton 518-580-0702

Judson Meadows

Glenville 518-831-2400

Woodlawn Commons

Saratoga Springs 518-587-4100

4. Nursing Homes

Nursing Homes are available for those who need 24-hour care either for post-hospital acute care and rehabilitation or for chronic care that can no longer be managed at home when other alternatives have been exhausted. A medical assessment must be performed by a nurse, certified to do such assessments, before one can be admitted. There are numerous certified nursing homes in the Capital District. Those in Saratoga County are listed. Others can be found at https://profiles.health.ny.gov/nursing_home/county/

Saratoga Center for Rehab & Skilled Nursing Care

Ballston Spa 518-885-2288

Schuyler Ridge**Residential Healthcare**

Clifton Park 518-371-1400

Wesley Health Care Center

Saratoga Springs 518-587-3600

5. Memory Care Residences

Memory Care is a distinct form of long term skilled nursing that specifically caters to patients with Alzheimer’s Disease, dementia and other memory problems.

Peregrine Senior Living
Clifton Park 518-371-2200

Home of the Good Shepherd
Malta 518-581-2800

Marjorie Doyle Rockwell Center
Cohoes 518-280-0385

E. Staying Well

Nearly 40% of deaths in America can be attributed to smoking, physical inactivity, poor diet, or alcohol misuse. Adopting healthy behaviors such as eating nutritious foods, being physically active, avoiding tobacco use, keeping your mind active and contributing to your community as a volunteer can prevent or control the devastating effects of many of the nation’s leading causes of death.

1. Physical Activity

“If you don’t use it, you lose it” is absolutely true. One can exercise at any time starting with range of motion activity and walking. Each town has various parks. In addition, there are three YMCA branches in our communities.

Southern Saratoga YMCA
Clifton Park 518-371-2139

Saratoga Regional YMCA
Malta 518-583-9623

Glenville YMCA
Glenville 518-399-8118

2. Socialization

Joining with other seniors can be both physically and mentally stimulating. Many Senior Centers in the area have clubs/programs for games, travelling, reading, etc.

Ballston Area Seniors
Ballston Spa 518-885-6740

Halfmoon Senior Center
Halfmoon 518-371-3892

Shenendehowa Neighbors Connecting
Clifton Park 518-801-4517
info@shenneighbors.org

Charlton Seniors - Community Center
Charlton 518-384-0152

Malta Senior Citizens
Malta 518-899-4411

Clifton Park Senior Community Center
Clifton Park 518-383-1343

Mechanicville Area Senior Center
Mechanicville 518-664-7877

Pride Center of the Capital Region
Albany 518-462-6138

3. Eating Well/Nutrition

Healthy eating is not about strict nutrition philosophies, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it’s about feeling great, having more energy, and keeping yourself as healthy as possible – all which can be achieved by learning some nutrition basics and incorporating them in a way that works for you. There are a variety of nutrition resources.

Senior Farmers Market Nutrition Program

Senior Farmers Market Nutrition Program provides eligible, low-income older adults free coupons that can be exchanged at local farmer’s markets. The location of the participating markets and coupons can be obtained from the Saratoga County Office for the Aging by calling 518-884-4100.

60+ Dining

60+ dining sites have noon meals and socialization with others as well as nutrition presentations and classes. Please call for lunch reservations.

Ballston Spa Town Hall
518-885-8502

Clifton Park Senior Community Center
518-383-1343

Malta Community Center
518-899-4411

Ballston Spa Doubleday Woods
518-885-4573

Halfmoon Senior Center
518-371-3892

Mechanicville Senior Center
518-664-3924

Food Pantries

Karyl's Cupboard
CAPTAIN CHS
5 Municipal Plaza, Suite 3
Clifton Park 518-371-1185

Shenendehowa Helping Hands
Jonesville Methodist Church
963 Main St.
Clifton Park 518-877-7380

Mechanicville Area Community Service Center
6 South Main St.
Mechanicville 518-664-8322

Christ Episcopal Church
15 West High St.
Ballston Spa 518-602-0004

Faith Baptist Church
11 Glenridge Rd.
Rexford 518-399-6050

4. Mental Stimulation

Maintaining a healthy brain is critical to positive aging. In addition physical activity, socialization and nutrition, mental stimulation is important. Below are places to jog your mind such as local libraries and adult education programs.

Clifton Park-Halfmoon Library
Clifton Park 518-371-8622

Mechanicville Public Library
Mechanicville 518-664-4646

Shenendehowa Central Schools
Clifton Park 518-881-0600

Round Lake Library
Round Lake 518-899-2285

Ballston Spa School System
Ballston Spa 518-884-7195

NYS Talking Book & Braille Library Cultural Education Center
Albany 518-474-5935

Malta Library - Community Center
Malta 518-899-4411

Burnt Hills-Ballston Lake Central Schools
Burnt Hills 518-399-9141 (x85011)

Albany Guardian Society
Albany 518- 434-2140

5. Volunteering

Volunteering is about giving, contributing, and helping other individuals and the community at large. At the same time, you gain new experience, new skills and interests, meet new people and “make a difference” to others.

CAPTAIN Community Human Services
Clifton Park 518-371-1185

Care Links of Southern Saratoga County
Glennville 518-399-4624

Retired Senior Volunteer Program (RSVP)
Ballston Spa 518-884-4110

**Senior Companions to
Developmentally Disabled Adults**
Saratoga Springs 518-581-3075

**Saratoga County Home Delivered
Meals**
Ballston Spa 518-363-4020

LTC Ombudsman Volunteer
518-363-4020

6. Preventative Services

Local Health Care Screening:

Local Health Care Screening through a contract from the Office for the Aging with a local health care provider are provided at senior centers and nutrition sites.

Saratoga County Office for the Aging

Ballston Spa 518-884-4100

Cancer Screenings:

The Cancer Services Program of the Greater Capital Region provides breast, cervical and colorectal cancer screenings at no cost to those eligible who do not have health insurance.

NYS Cancer Services Program

518-525-8680

F. Support for Caregivers

Family caregivers – spouses, adult children other relatives and neighbors – have always been the backbone in meeting the chronic care needs of older persons. Caregivers often face extraordinary stress. It's reflected in their stating that they are "worn out, fed up, angry and can't do this anymore." While all of the above information is as valuable to caregivers as it is to individual older residents there are programs and resources that are targeted specifically to caregivers to help support them and bolster their efforts.

1. Family Caregiver Support Program

Federal, State and County funds, while limited, provide support for:

- **Information:** about available services. Caregivers armed with information can often move forward in obtaining the support they need.
- **Assistance:** in gaining access to services. In more complex situations caregivers made need direct guidance from others.
- **Counseling, Support Groups and Training:** to help caregivers make decisions, gain knowledge and solve problems.
- **Respite Care:** to temporarily relieve caregivers from their ongoing responsibilities.
- **Supplemental Services:** on a limited basis to complement the caregiver's efforts.

Saratoga County Office for the Aging

Ballston Spa 518-884-4100

2. Support Groups

Support groups are a place for caregivers to exchange information, support and friendship with others whose lives are similarly impacted; a place to exchange practical tips and strategies for coping; a place to express feelings and be reassured they are normal and expected, and a place to find a sense of hope.

**Alzheimer's Association Caregiver Support Group
at Christ Community Reformed Church**
518-399-3262

Halfmoon Senior Center
518-371-3892

Glenville Library
518-386-2243

**Clifton Park Senior Community Center Diabetes
Support Group** 518-383-1343

3. *Veterans Caregiver Support*

The VA Caregiver Support Program offers, training, educational resources, and multiple services including: Adult Day Health Care, Centers, Home-Based Primary Care, Skilled Home Care & Homemaker & Home Health Aides. Contact the Caregiver Support Line for advice on caregiving issues.

VA Caregiver Support

Local area: 518-626-6020

4. *Long-Distance Caregiving*

While this guide provides information applicable to those in Southern Saratoga County, you may currently have or be anticipating caregiving responsibilities for someone elsewhere across the country. The Eldercare Locator is your first step for finding local agencies in every U.S. community, such as the County Office for the Aging, that can help older persons and their families access home and community-based services like transportation, meals, home care, and caregiver support services.

Eldercare Locator: call and you will be connected to an aging agency in the location you wish. (800) 677-1116 or www.eldercare.gov/eldercare.net/public/home.aspx

Alzheimer's Community Resource Finder: online guidance on care options locally and throughout the country. Visit Community Resource Finder under 'We Can Help' at www.alz.org or call the 24 Hour Helpline (800) 272-3900

G. Other Resources

Town of Clifton Park – Are You OK? Program (R.U.OK?)

Registry for Emergency Services

Clifton Park Town Hall 518-371-6651

Mental Health Association of New York (MHANYS)

Albany 518-434-0349

The Alzheimer's Center at Albany Med.

Albany 518-262-0800

New York State Office for the Aging

Albany 1-844-697-6321

Southern Adirondack Independent Living (SAIL)

Medical Equipment Assistance

Ballston Spa 518-584-8202

U.S. Administration for Community Living

Nationwide information and referral

acl.gov Washington, D.C. 1-202-401-4634

Independent Living Center of the Hudson Valley

NY Connects - Referrals for Washington, Warren, Hamilton & Saratoga Counties

518-703-9335

NY Connects

Information about long term services and support
1-800-342-9871

III. SAMPLE PERSONAL MEDICAL RECORD

Major Medical Problems:

Medications with dosage and frequency:

Allergies:

Physicians Name/Phone Number:

Name: _____ Phone: _____

Name: _____ Phone: _____

Medical Insurance Companies and Policy Numbers:

Preferred Hospital in Case of Emergency:

Emergency Contact Name/Phone Number:

Name: _____ Phone: _____

Care Links of Southern Saratoga County

CAPTAIN Community Human Services

543 Saratoga Road

Glenville, NY 12302

(518) 399-3262

www.captaincares.org



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