



The Wellness Express Transportation Program offers transportation to **medical appointments** for residents aged 60+ of:

- Village of Ballston Spa
- Town of Ballston
- Town of Burnt Hills
- Town of Charlton
- Town of Galway
- Town of Malta
- Town of Milton

The Wellness Express operates weekdays between 8:00am and 4:00pm, excluding holidays. Transportation is limited to a 50-mile radius from the point of origin.

Appointments are filled on a first-come, first-served basis. Requests should be made at least two weeks in advance.

The Wellness Express is funded by the Saratoga County Department of Aging and Youth and by the New York State Office for the Aging.

Voluntary and confidential contributions are accepted. Services will not be affected because of the inability to contribute.

**To schedule a ride or learn more, please call 518-399-3262.**

## SENIOR SERVICES

### 518.399.3262

**CAPTAIN Community Human Services** offers over thirty programs and services throughout the Capital District, North Country, and the Mohawk Valley.

*We work to support and empower people of all ages to reach their goals of personal growth and self-sufficiency. We strengthen communities.*

**Clifton Park Office** | 518.371.1185  
5 Municipal Plz, Ste 3, Clifton Park, NY 12065

**Glenville Office** | 518.399.4624  
543 Saratoga Rd, Glenville, NY 12302

**Gloversville Office**  
31 E Fulton St, Gloversville, NY 12078

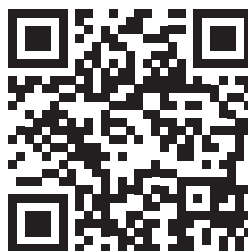
**Saratoga Springs Office**  
1 Freeman Ln, Saratoga Springs, NY 12866

**Cheryl's Lodge** | 518.373.8873  
25 Fern Ln, Clifton Park, NY 12065

**CAPTAIN's Treasures** | 518.383.1788  
1705 Route 9, Clifton Park, NY 12065

**Runaway & Homeless Youth Shelter**  
Confidential Location, Malta, NY

For the most up-to-date information about our programs and services, upcoming events, and more, please visit our website: [captaincares.org](http://captaincares.org)



# CAPTAIN

## Community Human Services

*Lifting people up. Building brighter futures.*

## SENIOR SERVICES

### Care Links of Southern Saratoga County

### Wellness Express



**CARE LINKS**  
A program of CAPTAIN Community Human Services

Care Links was first established with assistance from the Robert Wood Johnson Foundation to *"link those in need with those who care,"* thereby enabling persons in need who are 60 and older to continue to live independently in their own homes for as long as possible.

The program arose from a growing concern about the number of older residents and their caregiving family members seeking respite and other support needed to remain in the community.

Over the years, it fell under the umbrella of the Burnt Hills-Ballston Lake Community Human Services Corporation. Today, it's a proud part of CAPTAIN Community Human Services.

Care Links serves the towns of Ballston (including Burnt Hills), Charlton, Clifton Park, Halfmoon, Malta, and the city of Mechanicville. Care Links receives funding from the Saratoga County Department of Aging and Youth, the Towns of Ballston, Clifton Park, Halfmoon, and Malta, the New York State Office for the Aging, and participant and community contributions. Various fundraising events are held to support the core operational needs of Care Links.

We help people to continue to live independently as long as possible without duplicating other, well-established services. Our services include:

- Friendly visiting
- Transportation
- Respite assistance
- Shopping and errands
- Light housekeeping and chores
- Telephone reassurance
- Information and referral
- Social gatherings
- ...and more!

If you know a senior or caregiver in need who lives in our service area, call 518-399-3262 or visit us online:

**[captaincares.org/care-links](http://captaincares.org/care-links)**



**Make a difference in just a few hours a week by linking with a local Southern Saratoga senior to help fight loneliness and support their goal to keep living independently in their own home.**



Trained Volunteers provide a variety of no-cost, non-medical supportive services.

### What does it take?

Care Links volunteers are special people who share their time and talents to help meet the needs of local seniors. In just a few hours a week, you can make a connection that changes a life!

- Flexible hours based upon your availability
- Training and support provided

### Why Volunteer?

Build new friendships, find personal fulfillment, and provide the love, support and encouragement to those who need you!

***Start making a difference today!***

Call 518-399-3262 to learn more or apply.