FOCUS



SERVICES DIRECTORY

A Publication Presented by Clinton County Office for the Aging
In Cooperation with the Aging Services Network

2026

CONTRIBUTIONS POLICY

Clinton County Office for the Aging is pleased to provide you with our services. Programs for the Office for the Aging are funded by the Older Americans Act, New York State, Clinton County and your contributions. There are no fees for most services; however, in order to provide continued quality service, the Older Americans Act requires us to allow **voluntary,** confidential contributions from participants. Individuals with self-declared incomes at or above 185 percent of the federal poverty line ($2,322 monthly income for single person for 2025) are encouraged to contribute at levels based on the actual cost of services. Your contributions are used to improve upon and support the programs.

Any amount you can send will be greatly appreciated. If you are using a check, make the check payable to **Clinton County Treasurer**. Make checks payable to the Clinton County Treasurer and mail to Clinton County Office for the Aging, 135 Margaret Street, Suite 105, Plattsburgh, NY 12901-29660. You will NOT be denied service because of an inability or unwillingness to contribute.

The OFA logo identifies programs funded by the Office for the Aging.

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August 1, 2025

Dear Users of this Guide:

Older adults in Clinton County are fortunate to have available a variety of services designed to help them retain their independence as long as possible. Older adults have been instrumental in identifying and creating those services and in providing needed day-to-day care for their family and friends.

The Clinton County Office for the Aging is pleased to make this directory available. It lists and briefly describes services provided by this agency and a number of other agencies that together comprise "the aging services network." They include health care, housing, nutrition, transportation and a variety of other services.

We have included a listing of services for people of all ages.

All information herein is accurate as of August 1, 2025. However, as changes in the agencies and services occur frequently, the reader is encouraged to contact the Clinton County Office for the Aging at (518) 565-4620 or www.clintoncountyny.gov. We are here to serve you!

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Benefits Counseling

Catholic Charities of the Diocese of Ogdensburg
1349 Military Turnpike
Plattsburgh, NY 12901
Website: www.cathcharities.org

Contacts:

Dr. Kasey Stewart, Program Director/E-MDT Coordinator
kstewart@cathcharities.org
Phone: 518-926-0710
Fax: 518-825-0699
Hours Monday-Friday 8AM-3:30PM

Kate Gardner, Project Director
AmeriCorps Seniors
Clinton and Essex County RSVP
Phone: 518-566-0944
Fax: 518-825-0699
kgardner@cathcharities.org
Hours: Monday - Friday 8AM-4PM

Enhanced Multidisciplinary Team (E-MDT)
This program provides support to agencies in Clinton, Essex, Franklin, Jefferson, Lewis. and St Lawence Counties when dealing with aged 60+ clients and elder abuse and/or Elder Financial Exploitation (EFE) is suspected.

AmeriCorps Seniors RSVP
This program provides volunteer opportunities for adults aged 55 and older to provide rides, grocery shopping, friendly visiting, spiritual companionship, assistance with bill paying, and transport to medical appointments. The program also matches these volunteers with folks in the community who contact RSVP in need a volunteer.

Counseling and Casework
Catholic Charities Plattsburgh Office refers individuals needing counseling and casework to the appropriate service providers. Individuals and families in crisis can also get help from Catholic Charities with emergency food, clothing, and other types of assistance on a case-by-case basis.

Clinton County Department of Social Services (DSS)
DSS - Adult Services
13 Durkee Street
Plattsburgh, NY 12901
Website:
www.clintoncountyny.gov/dss
Tel: (518) 565-3363
Fax: (518) 565-3440
E-mail:
AdultServices@clintoncountyny.gov
Hours: Monday - Friday
8 a.m. - 5 p.m.

Adult Services is a state-mandated program which is provided without regard to income to assist adults age 18 or older who, because of mental or physical impairments, can no longer provide for their basic needs for food, clothing, shelter or medical care, or protect themselves from neglect, abuse, exploitation or hazardous situations, and who have no one willing and able to help in a responsible manner. Referrals may be made by calling an Office Coverage Caseworker at the number listed above.

DSS - Medicaid
13 Durkee Street
Plattsburgh, NY 12901
Website:
www.health.ny.gov/health_care/medicaid/
Tel: (518) 565-3330
Fax: (518) 561-8101
Hours: Monday - Friday
8 a.m. - 5 p.m.

Medicaid pays a full range of health care costs including those not covered by Medicare, such as custodial care, eyeglasses, and dental. Persons receiving SSI and Public Assistance are automatically eligible for Medicaid regardless of age. This unit also processes food stamp benefits for clients who are in receipt of both Medicaid and SNAP.

DSS - SNAP (formerly Food Stamps)
13 Durkee Street
Plattsburgh, NY 12901
Website: www.otda.ny.gov
Tel: (518) 565-3330
Fax: (518) 561-8101
Hours: Monday - Friday
8 a.m. - 5 p.m.

Call for information on eligibility regulations and documentation requirements. SNAP can be used as cash for buying food in stores, home delivered meals, meals in senior centers and some restaurants.

DSS - Home Energy Assistance Program (HEAP)
13 Durkee Street
Plattsburgh, NY 12901
Website:
www.otda.ny.gov/programs/heap/
Tel: (518) 565-3258
Fax: (518) 565-3495
Hours: Monday- Friday
8 a.m. - 5 p.m.

This program provides grants to aid income eligible households with high heating costs. Repair and replace furnaces for those who qualify for HEAP Emergency services are available for families in no-heat situations.

Clinton County Office for the Aging (OFA)
135 Margaret Street,
Suite 105
Plattsburgh, NY 12901-2966
Website:
www.clintoncountyny.gov/aging
Tel: (518) 565-4620
Fax: (518) 565-4812
E-mail: aging@clintoncountyny.gov
Hours: Monday - Friday
8 a.m. - 4 p.m.

The Clinton County Office for Aging is the advocacy, planning, and coordinating agency for senior citizens. Its mission is to understand and strive to meet the needs of the older people through direct services and referrals to the various agencies listed throughout this booklet. Primary activities include needs assessment, short and long range planning, application for Federal, State and County funds, program and budget monitoring, and coordination of services.

We describe the agency's role in providing information, referral, case assistance and benefits counseling services elsewhere in the directory. We have listed the subcontract agencies,

which provide a range of services for the Clinton County Office for the Aging, at the end of this directory.

OFA – Caregiver Resource Center/ Caregiver Respite
135 Margaret Street, Suite 105
Plattsburgh, NY 12901-2966
Tel: (518) 565-4542
Fax: (518) 565-4812
Contact: Nicole Durgan, Case Manager
Email:
nicole.durgan@clintoncountyny.gov
M-F: 8:00 a.m. – 4:00 p.m.

The goal of the Caregiver Resource Center is to help older citizens continue to live in the community as long as possible by assisting their caregiving family members through Caregiver Respite, information and assistance accessing programs, a lending library, and caregiver support groups and training.

OFA - Expanded In-Home Services for the Elderly (EISEP)
135 Margaret Street,
Suite 105
Plattsburgh, NY 12901
Contact: Colleen Monty, Case Manager
Tel: (518) 565-4649
Fax:518-565-4812
E-mail:
colleen.monty@clintoncountyny.gov

Contact: Stephanie Richards, Case Manager
Tel: (518) 565-4623
E-Mail:
Stephanie.richards@clintoncountny.gov

Contact: Nicole Durgan, Case Manager
Tel: (518) 565-4542
E-mail:
nicole.durgan@clintoncountygov.com

Fax: (518) 565-4812
Hours: Monday - Friday
8 a.m. - 4 p.m.

The EISEP Program provides case management and non-medical in-home services such as housekeeping and personal care to frail/disabled residents of Clinton County. The program is designed to help individuals eliminate or delay the need to enter a nursing home or other institution and to assist family members in the care of the person who is frail and disabled. Individuals 60 years or older are eligible if they are functionally limited and have unmet needs and are unable to receive Medicaid or Medicare reimbursement for the same or similar services. Individuals must be able to be maintained safely at home.

OFA - Nutrition Education and Counseling
45 Veterans Lane
Plattsburgh, NY 12901
Tel: (518) 561-8320
Fax: (518) 561-7908
Contact: Jo Dragoon Morse, R.D.

A registered dietitian assists the older people in making informed decisions about their diets by providing nutrition education. Group presentations are given at the congregate sites on topics of general interest to participants. Nutrition information is also provided on the back of the monthly menus distributed to congregate and homebound participants. Nutrition counseling is provided as

needed to homebound participants and is also available on a one-to-one basis at congregate sites.

OFA - Health Insurance Information Counseling and Assistance Program (HIICAP)
135 Margaret Street, Suite 105
Plattsburgh, NY 12901-2966
Website:
www.clintoncountyny.gov/aging
Email aging@clintoncountyny.gov
Tel: (518) 565-4620
Fax: (518) 565-4812
Hours: Monday- Friday
8 a.m. - 4 p.m.

HIICAP counselors can provide clear, accurate and unbiased free information and counseling. They can transform the maze of health insurance options into a logical step-by-step process. They educate consumers about the benefits and the gaps of Medicare and other types of health insurance available to them. They help consumers to understand the Medicare prescription benefit. They will help consumers to determine when they qualify for state and federal programs that help pay for some of the gaps in Medicare. They help people with Medicare find the most cost-effective health care coverage for their particular financial situation.
Please call in advance to schedule your HIICAP appointment

OFA - Lifeline
135 Margaret Street, Suite 105
Plattsburgh, NY 12901-2966
Tel: (518) 565-4620
Fax: (518) 565-4812
E-mail: aging@clintoncountyny.gov
Hours: Monday- Friday
8 a.m. – 4 p.m.

PERS (personal emergency response service) is provided for people over the age of 60. As with most OFA programs the service is provided regardless of ability to pay. There is a suggested contribution. There will be a comprehensive in home assessment.

Clinton County Veterans Service Agency
137 Margaret Street
Plattsburgh, NY 12901
Website:
www.clintoncountyny.gov/veterans
Tel: (518) 565-4720
Fax: (518) 565-4721
E-mail: veterans@clintoncountyny.gov
Hours: Monday - Friday
8 a.m. - 4 p.m.

Benefit Counseling and Advocacy for Veterans, Their Families and Survivors. There are many New York State and Federal Benefits available to veterans, there are eligibility requirements for each program. Please call or stop by to discuss your benefits.

Federal Benefits
Burial Benefits
Death Pension
Dependency & Indemnity Compensation
Disability Compensation
Education
Healthcare
Home Loan Guaranty
Life Insurance
Pension
State Benefits
Blind Annuity Program Education

Gold Star Parent Annuity Program
Supplemental Burial Allowance
Veterans Property

Elderly Pharmaceutical Insurance Coverage (EPIC)
Website:
www.health.ny.gov/health_care/epic/
Tel: (800) 332-3742
TTY: (800) 290-9138
P.O. Box15018
Albany, NY 12212-5018

EPIC is a New York State sponsored prescription program for senior citizens who need help paying for their prescriptions. EPIC works with Medicare Part D as a secondary payer. New York State residents can apply if they are 65 or older, and have an annual income of $75,000 or less if single, or $100,000 or less if married. Seniors should make sure their Medicare Part D plan covers their prescription drugs, since EPIC will not pay primary for most medications. Seniors who have retiree benefits should call their benefits department to find out if they qualify for Part D. You can apply at any time during the year.

Joint Council for Economic Opportunity (JCEO)
54 Margaret Street
Plattsburgh, NY 12901
Website: www.jceo.org
Tel: (518) 561-6310
Fax: (518) 562-2947
Contact: Nicole Laurin, Chief Executive Officer
Hours: Monday - Friday 8:30 a.m. - 4 p.m.

JCEO works closely with the low-income community in Clinton County. The organization is dedicated to providing resources and services that enhance people's dignity and self-reliance.

JCEO - Energy Services Department
54 Margaret Street
Plattsburgh, NY 12901
Website: www.jceo.org
Tel: (518) 561-6310
Fax: (518) 562-2947
Contact: Laurel Polttila, Director
E-mail: Lpolttila@jceo.org
M-F: 8:30 a.m. - 4 p.m.

The Weatherization Assistance Program is designed to provide energy conservation measures to housing within Clinton County. Both renters and homeowners are eligible for weatherization based on income guidelines.

JCEO - Community Outreach Program
54 Margaret Street
Plattsburgh, NY 12901
Website: www.jceo.org
Tel: (518) 561-6310
Fax: (518) 562-2947
Contact: Lisa Goodrow, Outreach Program Director
E-mail: lgoodrow@jceo.org
M-F: 8 a.m. – 4 p.m.

Community Outreach Worker(s)
Contact:Sarah Laware
Slaware@jceo.org

M-F: 8:00 a.m. – 4:00 p.m.

Community Outreach Center workers are available throughout Clinton County to provide people of all ages with information about services and other forms of assistance. Each outreach center has a food pantry that is available for those needing assistance. They provide families with nutritious staple foods such as pasta, canned goods, and much more. The service is strictly confidential. Child or Family Health Plus/ Medicaid. Community Outreach staff are trained as facilitated enrollers for these programs. Eligible families may apply for these programs at all sites. JCEO's Family Development Program provides interested families with NYS Certified Family Development Workers who assist with goal setting and serve as community resources.

Family Development services are free, confidential, and designed to help families attain self-reliance.

Outreach Centers
****Hours of Operation are subject to change****

Town of Altona
524 Devils Den Road
Altona, NY 12910
Tel: (518) 236-7035 ext. 107
Fax: (518 236-7621

Town of AuSable
1908 Route 22
Keeseville, NY 12944
Tel: (518) 834-9043
Fax: (518) 834-5510

Town of Black Brook
AuSable Forks Town Hall
18 North Main St
AuSable Forks, NY 12912
Tel: 518-647-5411 Ext 3
Fax: 518-647-1294

E-mail: keesevilleor@jceo.org
Tel: (518) 647-5411 ext. 3

Town of Champlain
1104 Route 9, Champlain, NY 12919
Tel: (518) 298-2373

Town of Chazy – West Chazy
7732 State Route 22
West Chazy, NY 12992
Tel: (518) 493-3941
Fax: (518) 493-3491

Town of Dannemora
78 Higby Road
Ellenburg Depot NY 12929
Contact Dale Buskey
Tel: (518) 802-8003

Town of Ellenburg
Municipal Building
16 Edmunds Way
Ellenburg Center, NY 12933
Tel: (518) 594-3007
Fax: (518) 594-7414

Town of Peru
P.O. Box 596, 3036 Main Street
Peru Town Hall
Tel: (518) 565-9803
Fax: (518) 643-8455

Town of Plattsburgh
1349 Military Turnpike
Plattsburgh, NY 12901
Tel: (518) 563-6301 Ext 6
Fax: (518) 563-2836

Town of Saranac
Saranac Town Hall

3668 Route 3
Saranac, NY 12981
Tel: (518) 293-6661
Fax: (518) 293-6661

Town of Schuyler Falls
997 Mason Street
Morrisonville, NY 12962
Tel: 518-563-1129 ext. 7697

JCEO - Health Insurance Information Counseling and Assistance Program (HIICAP)
Tel: (518) 561-6310
Fax: (518) 562-2947
Contact: Julie Stalker, Director
Email: stalker@jceo.org
M-F: 8:30 a.m. - 4 p.m.

HIICAP counselors can provide clear, accurate and unbiased free information and counseling. They can transform the maze of health insurance options into a logical step-by-step process. They educate consumers about the benefits and the gaps of Medicare and other types of health insurance available to them. They help consumers to understand the Medicare prescription benefit. They will help consumers to determine when they qualify for state and federal programs that help pay for some of the gaps in Medicare. They help people with Medicare find the most cost-effective health care coverage for their particular financial situation.
Please call in advance to schedule your HIICAP appointment. Appointments can be at the office, at your home or at a community location.

JCEO - Rural Transportation Program (RTP)
54 Margaret Street
Plattsburgh, NY 12901
Website: www.jceo.org
Tel: (518) 561-6310
Fax: (518) 562-2947
Contact: Raelyn Longtemps
Email: Rlongtemps@JCEO.org
M-F: 8:30 a.m. - 4 p.m.

The Rural Transportation Program is designed to assist the frail older person who is without other means of transportation to get to medical appointments. Rides are arranged by Community Outreach Center workers located throughout Clinton County. Individuals residing in Beekmantown, Mooers and Schuyler Falls may call the JCEO Senior Outreach Program (561-6310) for assistance.

JCEO - Senior Outreach Program
54 Margaret Street
Plattsburgh, NY 12901
Website: www.jceo.org
Tel: (518) 561-6310
Fax: (518) 562-2947
Contact: Julie Stalker, Director
E-mail: stalker@jceo.org
M-F: 8:30 a.m. - 4 p.m.

Senior Outreach Program - Field based Senior Outreach staff visit seniors in their homes, providing information and assistance in obtaining services, benefits and entitlements. Also provides unbiased information about health insurance options.
Telephone Reassurance/Friendly Visitor Programs - Volunteers visit or call homebound seniors on a regular basis.

Medicare
Website: www.medicare.gov
Toll Free: 800-medicare (800) 633-4227
Or
Social Security Local: (866) 964-7430

Medicare helps pay certain health care costs: Part A - hospital, skilled nursing facility, home care and Part B - physicians (in-hospital and out-patient). An individual 65 or older, or one who has received Social Security disability for a period of 24 months, is eligible for Medicare hospital insurance. Individuals and couples with low incomes may be eligible for help with premium payments and/or deductibles and co-payments. Intake application for Medicare, but for questions about Medicare Part D contact Medicare. Contact the Social Security Administration with entitlement questions.

Medicare Rights Center
266 West 37th Street 3rd Floor New York, NY 10018
www.medicarerights.org
Tel:212-869-3850
Fax: 212-869-3532
National Helpline: 800-333-4114

The Medicare Rights Center is a national, nonprofit consumer service organization that works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs and public policy initiatives.

North Country Center for Independence (NCCI)
Benefit advisement
80 Sharron Avenue
Plattsburgh, NY 12901
Website: www.ncci-online.com
Tel: (518) 563-9058
M-F: 8 a.m. - 4 p.m.

Benefit advisement for Social Security, Medicaid, and Medicare and other benefit programs.

Nutrition Outreach and Education Program-Clinton County
Legal Aid Society of Northeastern NY
100 Court Street
Plattsburgh NY 12901
Tel: (518) 563-4022
Fax: (518) 563-4058
Toll Free: (800)722-7380
Contact: Mandy Beaudin, Paralegal/NOEP Program Coordinator
E-mail: mbeaudin@lasnny.org

Covers all of Clinton County and offers free and confidential services to connect hungry New Yorkers to nutrition assistance programs such as SNAP (formerly Food Stamps), the school Breakfast Program, and the Summer Food Services Program. Offers pre-screening for potential SNAP application. Can also inform you of your rights as a SNAP applicant and advocate on your behalf to ensure your rights are being met according to SNAP regulations.

NYS Division of Veterans' Affairs
Clinton County Government Center
137 Margaret Street
Plattsburgh, NY 12901
Website:
www.clintoncountyny.gov/veterans
Tel: (518) 565-4720
Toll Free: (888) 838-7697
Fax: (518) 565-4721

Contact: Tracie Reece, State Veterans Benefit Advisor 1
E-mail: tracie.reece@veterans.ny.gov
M–F: 8 a.m. – 4 p.m.

The State Veterans Counselor provides benefits counseling and advocacy for North Country veterans and their families. There are many Federal and State benefits available to veterans but there are eligibility requirements for each program. Please call or stop by to discuss your benefits.

NYS Division of Veterans' Affairs Blind Annuity for Veterans and Eligible Spouses
2 Empire State Plaza, 17th Floor
Albany, NY 12223
Website: www.veterans.ny.gov
Tel: (518) 486-3602 or 518-474-3958
Fax: (518) 473-0379
M-F: 8:30 a.m. - 4:30 p.m.

NYS pays a monthly benefit to eligible blind veterans and certain eligible spouses. The blind annuity – paid in monthly installments – is administered by the New York State Division of Veterans' Affairs. Veterans who served on active duty in the Armed Forces of the United States during specified war-time periods and who were discharged or released under conditions other than dishonorable, and

- Who meet the New York State standards of blindness, and
- Who served on active duty during a designated war-time period, and received an honorable or general discharge, or a discharge other than one given for dishonorable service, and
- Who are now, and continue to be residents of and continuously domiciled in NYS

Veterans Affairs Outreach Services
5180 North Catherine Street
Plattsburgh, NY 12901
Website: www.va.gov
Tel: (518) 561-6247
Hours: Monday - Friday
8 a.m. - 4:00 p.m.

Plattsburgh VA Primary Care
5180 North Catherine
Plattsburgh, NY 12901
Website: www.va.gov/albany-health-care/locations/plattsburgh-va-clinic/
Tel: (518) 561-6247
Fax: (518) 561-7094
Contact: Katie Morrow Clinic Manager
Contact: Cari Burnell, RN Administrator
Tel: (518) 561-6247 ext. 225
Hours: Monday - Friday
8 a.m. - 4:30 p.m.
Call to fill out application:
Discharge papers necessary

Saranac Lake VA Primary Care
33 Depot Street
Saranac Lake, NY 12983
Website: www.va.gov/albany-health-care/locations/saranac-lake-va-clinic/
Tel: (518) 626-5237 Ext 62729
Fax: (518) 891-5838
Hours: Monday - Friday
8 a.m. - 4 p.m.

The CBOCS (Community Based Outpatient Clinics) Services offered include individual and family counseling,

PTSD group, use of Tele-psychiatry and medication management.

Westport VA Primary Care
7426 Route 9N
Westport, NY 12993
Website: www.va.gov/albany-health-care/locations/westport-va-clinic/
Tel: (518) 626-5236
Fax: (518) 962-8440
Hours: Monday - Friday
8 a.m. - 4 p.m.

TRICARE Information – East Region
TRICARE (800) 444-5445)
Website: www.tricare.mil/east

TRICARE is the Department of Defense's (DOD) worldwide healthcare program available to eligible beneficiaries from any of the seven uniformed services. This includes active duty, retirees and their family members

TRICARE for Life
Toll Free: (866) 773-0404
Website: www.tricare.mil/tfl
A benefit available to retired U.S. Military and their families.

TRICARE for Life is TRICARE's Medicare wrap around coverage available worldwide to TRICARE Beneficiaries.
As long as you are already TRICARE eligible according to the Defense Enrollment Eligibility Reporting System (DEERS) and have purchased Medicare Part B, you are automatically enrolled and become eligible for TFL.

If you are not sure if you are eligible, please contact DEERS at 800-538-9552 for more information about your eligibility on their system.

NY State of Health
Tel: (855) 355-5777
Website:
www.nystateofhealth.ny.gov/
M–F: 8 a.m. - 8 p.m.
Saturday: 9 a.m. - 1 p.m.

An organized marketplace designed to help non-Medicare New Yorkers shop for and enroll in health insurance coverage. Individuals, families and small businesses can use the Marketplace to help them compare insurance options, calculate costs and select coverage online, in-person, over the phone or by mail.

- Navigators in Clinton County (In-person assistance with researching and enrolling in a health insurance plan)
  - Adirondack Health Institute (866) 872-3740
  - Southern Adirondack Living Center - (518) 792-3537

SAIL - Navigator Program
194 US Oval Room 217
Plattsburgh, NY 12903
Tel: (518) 792-3537 Ext 1120
Tel: (866) 872-3740
Contact: Navigator@sailhelps.org
SAIL provides in person assistance in Clinton, Essex, Warren and Washington counties with health insurance applications. These include Medicaid Applications, Child Health Plus application, Small Business Applications, and assistance for people wanting to purchase health insurance from the Marketplace.

Caregivers Services

Alzheimer's Association
Northeastern NY
1003 Loudon Rd, Suite 201
Cohoes, NY 12047
Tel: (518) 867-4999
Toll Free: (800) 272-3900
Website: www.alz.org/northeasternny
North Country Contact:
Brooke Dubuque
E-mail: bmdubuque@alz.org
Phone: 518-915-3115

The Alzheimer's Association is a non-profit charitable organization dedicated to family support, education, research and advocacy.

Alzheimer's Disease Caregiver Support Initiative
SUNY Plattsburgh
528 Sibley Hall
101 Broad Street
Plattsburgh, NY 12901
Website:
www.WeHelpCaregivers.com
Phone: (518) 564-3364
Fax: (518) 564-3352
Contact: Valerie Drown, Project Director
Email: DrownVL@plattsburgh.edu
Hours: Monday – Friday
8:00 a.m. – 4:00 p.m.

The primary goal of this initiative is to provide expanded support to caregivers of people with Alzheimer's disease and other forms of dementia. These services are provided free of charge and are supported in part by a grant from the New York State Department of Health.

Archangels Caregiver Intensity Index
Are you the one others always turn to? Can't get a break because people depend on you?

If you answered 'yes,' you might be a caregiver. Almost half of us are. While it can be an honor to help a family member or friend, the intensity of that care is all too real.

That's why we've partnered with ARCHANGELS: to help take care of you.

Use the site listed below to get your Intensity Score and access a list of local and national resources we've put together with ARCHANGELS so you don't have to find them on your own:
https://archangelscii.me/3Uqyhtl

Champlain Valley Educational Services
Special Education Division
William A. Fritz Center
1585 Military Turnpike
Plattsburgh, New York 12901
Mailing address: P.O. Box 455
Plattsburgh, NY 12901
Website: www.cves.org
Tel: (518) 561-0100, ext. 299
Hours: Monday - Friday
8 a.m. - 4 p.m.

Services are provided through a referral process from area school districts and their Committees on Special Education. Specialized programs for school aged individuals identified as having developmental learning, emotional or physical disabilities, language/ speech or hearing impairment. Other services

provided include: career exploration, transition services, vocational assessment, assistive technology, counseling, speech occupational therapy, physical therapy, interpreter and itinerant services. For additional information contact your local school district Committee for Special Education Chair.

Child Care Coordinating Council and Family Connections
194 US Oval
Plattsburgh, New York 12901
Website: www.ccccnc.org
Tel: (518) 561-4999
Toll Free: (800) 540-2273
Fax: (518) 561-6956

Services provided:
Child care resources and referrals, Family Connections Resource Center (play groups, creative arts, talk-times, kids club and more). Supervised visitation services, information about community services and businesses, evening and day workshops and library resources on child development, positive discipline, child care and more are available. Participate in the Kinship Caregiver Project. Programs targeted for parents of infants, preschoolers, school aged children and adolescents. Parents anonymous support groups also available.

Child care provided free: open to the public, accepts referrals (call or drop in). Staff is available for both parents and professionals.

Clinton County Office for the Aging (OFA)
135 Margaret Street,
Suite 105
Plattsburgh, NY 12901-2966
Website:
www.clintoncountyny.gov/aging
Tel: (518) 565-4620
Fax: (518) 565-4812
E-mail: aging@clintoncountyny.gov
Hours: Monday - Friday
8 a.m. - 4 p.m.

The Clinton County Office for Aging is the advocacy, planning, and coordinating agency for senior citizens. Its mission is to understand and strive to meet the needs of the older people through direct services and referrals to the various agencies listed throughout this booklet. Primary activities include needs assessment, short and long range planning, application for Federal, State and County funds, program and budget monitoring, and coordination of services.

We describe the agency's role in providing information, referral, case assistance and benefits counseling services elsewhere in the directory. We have listed the subcontract agencies, which provide a range of services for the Clinton County Office for the Aging, at the end of this directory.

OFA – Caregiver Resource Center/ Caregiver Respite
135 Margaret Street, Suite 105
Plattsburgh, NY 12901-2966
Tel: (518) 565-4542
Fax: (518) 565-4812
Contact: Nicole Durgan, Case Manager
Email:
nicole.durgan@clintoncountyny.gov

M-F: 8:00 a.m. – 4:00 p.m.

The goal of the Caregiver Resource Center is to help older citizens continue to live in the community as long as possible by assisting their caregiving family members through Caregiver Respite, information and assistance accessing programs, a lending library, and caregiver support groups and training.

OFA - Expanded In-Home Services for the Elderly (EISEP)
135 Margaret Street,
Suite 105
Plattsburgh, NY 12901
Contact: Colleen Monty, Case Manager
Tel: (518) 565-4649
E-mail:
colleen.monty@clintoncountyny.gov

Contact: Stephanie Richards, Case Manager
Tel: (518) 565-4623
E-Mail:
Stephanie.richards@clintoncountyny.gov

Contact: Nicole Durgan, Case Manager
Tel: (518) 565-4542
E-mail:
nicole.durgan@clintoncountyny.gov

Fax: (518) 565-4812
Hours: Monday - Friday
8 a.m. - 4 p.m.

The EISEP Program provides case management and non-medical in-home services such as housekeeping and personal care to frail/disabled residents of Clinton County. The program is designed to help individuals eliminate or delay the need to enter a nursing home or other institution and to assist family members in the care of the person who is frail and disabled. Individuals 60 years or older are eligible if they are functionally limited and have unmet needs and are unable to receive Medicaid or Medicare reimbursement for the same or similar services. Individuals must be able to be maintained safely at home.

HCR Home Care – Certified Home Health Care Agency (CHCA) & License Home Care Service Agency
176 US Oval, Suite 3
Plattsburgh, NY 12903
Tel: (518) 310-0900
Contact: Kari Charette RN BSN
E-mail: kcharette-furnia@hcrhealth.com
Hours: Monday - Friday
8:30 a.m. – 5:00 p.m.
HCR provides a 24 hour service

Hospice of the North Country
358 Tom Miller Road
Plattsburgh, NY 12901
TEL: (518) 561-8465
Fax: (518) 561-3182
Website: www.hospicenc.org/
OR
3909 State Route 11
Malone, NY 12953
Website: www.hospicenc.org/
Tel: (518) 483-3200
Fax: (518) 481-6694

Hospice of the North Country is a dedicated team of professional staff and trained volunteers who work with the patient's own physician, and other community resources, to provide patient-

focused, family-centered, end-of-life care...without regard to disease, age, race, gender, orientation, color, creed, or insurance coverage or level of income. Hospice cares for those with terminal illness in the comfort of their chosen setting, in the company of their family and friends. Hospice care is usually provided in the patient's home, or, by arrangement, in nursing homes, hospitals, or other care facilities. Hospice can be initially contacted by the physician, patient, or family. A visit by the Hospice admission team will determine eligibility and the special needs of the person with terminal illness and their loved ones. Hospice services include: pain and symptom control, regular skilled nursing visits, home health aide assistance, volunteer services, all medical supplies and medications related to the terminal illnesses, 24 hour on-call home visits, as needed, by a registered nurse or social worker, help accessing community resources, emotional and spiritual support and bereavement care for family and friends for thirteen months after the death of a loved one.

JCEO - Senior Care/Senior Repair
54 Margaret Street
Plattsburgh, NY 12901
Website: www.jceo.org
Tel: (518) 561-6310
Fax: (518) 562-2947
Contact: Raelyn Longtemps, Senior Outreach Specialist
E-mail: rlongtemps@jceo.org
M-F: 8:30 a.m. - 4 p.m.

Seniors are linked with individuals who are interested in providing shopping assistance, housekeeping, personal assistance, yard or home repair work. Potential employees and volunteers are screened and references checked.

Medicaid Community Based Long Term Care Services and Supports

You must have Medicaid to get community based long term care services and supports (CBLTSS).

There are eligibility requirements for CBLTSS. To find if you qualify for one or more of these services, you must have an assessment. You may qualify for adult CBLTSS if you are 18 years of age or older and need at least one of these services for more than 120 days (4 months) in a row:

- Nursing services in the home
- Home health aide services
- Private duty nursing
- Adult day health care
- Therapies in the home (physical, occupational, respiratory, or speech pathology)
- Personal care services
- Consumer directed personal assistance services

Call the New York Independent Assessor Program to schedule an assessment at 1-855-222-8350 (TTY 1-888-329-1541. If you are in a managed care plan, your plan will call us to schedule an assessment.

New York Caregiving Portal
www.newyork-caregivers.com
Powered by Trualta

Our learning platform addresses real issues, showing you how with in-depth lessons, practical steps, and guided support from a care manager. This platform is provided free of charge to caregivers in New York State by NYSOFA and Aging NY.

New York State Caregiving & Respite Coalition (NYSCRC)
1900 South Clinton Avenue
Rochester, NY 14618
Tel: (585) 287-6393
E-mail: nyscrc@lifespan-roch.org
Website: nyscrc.org

The New York State Caregiving & Respite Coalition is a partnership of dedicated organizations and individuals committed to supporting the millions of New York State caregivers. Services include:

- Caregiver education
- Help paying for respite services
- Information from NYS Office for the Aging
- Caregiver Wellness & Respite Center
- Family consultations, coaching, and supportive connections

North Country Home Services, Inc.
Saranac Lake (Main Office)
25 Church Street
Saranac Lake, NY 12983
Tel: (518) 891-2641 Saranac Lake
Contact: Patricia Sauvie
E-mail: plittlefield@nchs-intranet.com
OR
Plattsburgh (Branch Office)
151 Bridge Street
Plattsburgh, NY 12901
Tel: (518) 566-0183 Plattsburgh
Fax: (518) 566-0186
Contact: Katie Maulding
E-mail: Kmaulding@nchs-intranet.com
M-F: 8 a.m. - 4:30 p.m.

Home Care Nursing Services: Nursing care is provided in the home environment by licensed registered and practical nurses. The client's needs are assessed; a nursing care plan developed and trained staff assigned to address the needs of the client.

Personal Care Services: Home Care Aides instructed through a NYS-licensed training program provide Services. Degree of care required is evaluated, planned, and supervised by registered professional nurses. Services may include personal and bath care, light housekeeping, laundry, meal preparation, and errands.

Homemaker Support Aides: Services of Homemaker Support Aides are also planned and supervised by registered professional nurses. Services may include light housekeeping, laundry, meal preparation, and errands.

Parkinson's Foundation
New York Chapter
Website: NewYork@parkinson.org
Tel: (585) 743-1266
Helpline: 1-800-473-4636
Email: helpline@parkinson.org

Offering: Support groups, exercise & wellness programs, moving day, volunteer opportunities, and education.

Plattsburgh Rehabilitation & Nursing Services
8 Bushey Boulevard
Plattsburgh, NY 12901
Website: www.plattsburghrehab.com
Tel: (518) 563-3261
Fax: (518) 562-3294
Contact: Elena Vega-Castro, Administrator
Contact: Cynthia Jennett, Social Worker
Phone: (518) 534-7041
M-F: 8:30 a.m. - 4:30 p.m.

Plattsburgh Rehabilitation & Nursing Services is an eighty-nine (89) bed nursing facility providing 24 hour skilled nursing care.

Adult Day Health Center – Medical Model
Adult Day
Fax (518) 534-7044

Plattsburgh Rehabilitation & Nursing Center's Adult Day Services is a medical model adult day program that provides supportive services for families or caregivers who desire to keep their loves ones at home.

Serving the communities of Clinton, Franklin, and Essex County, we provide our participants with a comprehensive variety of health services (including medication management, personal care, and physical, occupational, and speech therapy) all within a therapeutic social environment.

Open Monday-Friday from 7:30am-5:00pm, our Adult Day Services offers the opportunity for participants to remain at home and gives caregivers the freedom to work and enjoy their lives while maintaining a close relationship with and responsibility for their loved one.

Seniors Helping Seniors of the Adirondacks
Tel:(518) 860-5277
Website:
www.seniorcarenorthernny.com

In-home service for seniors by seniors. Provides help for seniors with light housekeeping, meal preparation, transportation to medical appointments, shopping and hair appointments. Also offers respite care and companionship.

Third Age Adult Day Program
Sibley Hall, Room 320A
SUNY Plattsburgh
101 Broad Street
Plattsburgh, NY 12901
Tel: (518) 564-3367
Fax: (518) 564-3347
Contact: Nick Drown Program Director
Email: ndrown001@plattsburgh.edu
Hours: Monday - Friday
8 a.m. - 4 p.m.
The Third Age Adult Day Program for memory impaired, developmentally disabled and frail adults offers socialization, exercise, dance and movement, group activities, music, noon meals and snacks.

Developmental Services

Advocacy & Resource Center (ARC)
P.O. Box 826

231 New York Road
Plattsburgh, New York 12903
Website: www.cviarc.org
Tel: (518) 563-0930
Contact: Robin Pierce, Executive Director
Hours: Monday - Friday
8:30 a.m. - 4:30 p.m.

Services provided for developmentally disabled individuals include the following:

ExplorAbility: Provides individuals and group training for disabled adults who need help to function in one or more areas of daily living, such as speech, hygiene, homemaking, social behavior, and community integrating.

Champlain Valley Industries: Provides pre-vocational habilitation services that assist individuals with developmental disabilities to develop pre-employment readiness skills. Services consist of learning and work experience, including community volunteer work and exploration, providing a foundation which will contribute to an individual's ability to attain future competitive employment in the community.

Workforce Network: Individuals with disabilities receive on the job training with the assistance of a job coach to develop necessary employment skills and job development services.

Residential Services: Group homes emphasize individualized services for learning daily living skills, recreational activities and involvement in the community for individuals who are preparing to live independently.

Family Services: Service Coordinators are available to assist families with obtaining needed services at home, in school or in the community. Assistance is also provided to families in obtaining funding for adaptive equipment and environmental modifications to make their home handicap accessible.

Community Based Services: The program is located at 391 Tom Miller Road and offers Day Habilitation without Walls and Hourly Respite services. These services are intended to support individuals with developmental or other intellectual disabilities, living in the community independently or with family members. The focus is on individualized services that are designed to build skills and foster independence either in the home or throughout the community.

Fiscal Intermediary Services: The program is located at 231 New York Road. This service provides administrative and billing support to a person who choses self-direction. Self-direction enables a person to obtain an individualized budget tailored to meet their needs and hire their own staff. In order to self-direct and obtain an individualized budget a person must obtain a Start-Up Broker who is qualified in developing personalized budget.

Center for Disability Rights, Inc.
Albany Policy Office
497 State St. #1642
Rochester, NY 14608
Website: www.cdrnys.org
Tel: (585) 546-7510

TTY (585) 546-7512
FAX (585) 546-5643

CDR has recently started a "Pooled Trust" or "Supplemental Needs Trust" for individuals with disabilities, regardless of age, in order to qualify for the Medicaid services needed without 'spending down' into poverty. The Pooled Trust enables an individual to turn some assets or income over to the trust. Then, with the trusts' authorization, use that income to pay vital expenses, like rent!

Center for Neurobehavioral Health (CNBH)
Sibley Hall, Room 520
SUNY Plattsburgh
101 Broad Street,
Plattsburgh, NY 12901
Website:
https://web.plattsburgh.edu/about/centers/cnbh
Tel: (518) 564-3367
Fax: (518)564-2328
Email: ncpsclinic@plattsburgh.edu
Contact: Amy Hackett, Office Manager
Office: Sibley Hall 518A
Tel: (518)564-3388
Fax: (518) 564-3313
Hours: Monday – Friday
8:00 a.m. – 4:30 p.m.

The Neuropsychology Clinic and Psychoeducational Services provides assessment/diagnostic services and education and treatment planning for children and adults. There are also several other programs and services the Center provides. Please contact us or visit our website to learn more

CNBH Programs

Adirondack Regional Technology Center (ARTC)
Technology Related Assistance for Individuals with Disabilities (TRAID)

Senior Citizens Council of Clinton County
5139 North Catherine Street
Plattsburgh, NY 12901
Website:
www.seniorsinclintoncounty.org
Tel: (518) 563-6180 adults
Fax: (518) 563-0908
Hours: Monday - Friday
8:30 a.m. - 4 p.m.

TRAID is a grant-funded program that assists individuals of all ages with disabilities to access equipment that will make their lives easier. From bath chairs to walkers, to adaptive devices, TRAID can help. Service areas include: Clinton, Essex, Franklin and St. Lawrence Counties.

For Early Intervention and General TRAID needs, contact:
Adirondack Regional Technology Center
Sibley Hall, Room 309
SUNY Plattsburgh
101 Broad Street
Plattsburgh, NY 12901
Tel: (518) 564-3362 Early Intervention
Fax: (518) 564-2328
Hours: Monday -Friday
8 a.m. - 4:00 p.m.
We are here to promote and distribute innovative technology-based products that support independence, enhance productivity, and change the lives of individuals with disabilities.

Neuropsychology Clinic
SUNY Plattsburgh
101 Broad Street
Sibley Hall 518A and 520
Plattsburgh, New York 12901-2681
Website:
www.plattsburgh.edu/about/centers/cnbh/ncps.html
Phone: (518) 564-2046
Fax: (518) 564-3313
8:30 a.m. - 4:00 p.m.
Closed noon - 1 p.m.

We provide consultation and diagnostic assessment, outreach and counseling for victims of Alzheimer's disease and other types of memory impairment. The center staff provides caregiver support. Participating Blue Shield Northeastern New York accepts Medicare and other insurance. Services also provided in Spanish.

Third Age Adult Day Program
Sibley Hall, Room 320A
SUNY Plattsburgh
101 Broad Street
Plattsburgh, NY 12901
Tel: (518) 564-3367
Fax: (518) 564-3347
Contact: Nick Drown Program Director
Email: ndrown001@plattsburgh.edu
Hours: Monday - Friday
8 a.m. - 4 p.m.

The Third Age Adult Day Program for memory impaired, developmentally disabled and frail adults offers socialization, exercise, dance and movement, group activities, music, noon meals and snacks

Traumatic Brain Injury (TBI) Center
520 Sibley Hall
SUNY Plattsburgh
101 Broad Street
Plattsburgh, NY 12901
TEL: (518) 564-564-3367
FAX (518) 564-3397
Contact: Nick Drown Program Director
Email: ndrown001@plattsburgh.edu
Hours: Monday – Friday
8 a.m. – 4 p.m,

North Country Regional Traumatic Brain Injury (TBI) Center provides assessment/diagnostic services, education and treatment planning for children and adults. Recreation, socialization, counseling, services coordination, and cognitive re-training offered to brain-injured adults.

Child Care Coordinating Council and Family Connections
194 US Oval
PO Box 2640
Plattsburgh, New York 12901
Website: www.ccccnc.org
Tel: (518) 561-4999
Toll Free: (800) 540-2273
Fax: (518) 561-6956

Services provided:
Child care resources and referrals, Family Connections Resource Center (play groups, creative arts, talk-times, kids club and more). Supervised visitation services, information about community services and businesses, evening and day workshops and library resources on child development, positive discipline, child care and more are available. Participate in the Kinship Caregiver Project. Programs targeted for

parents of infants, preschoolers, school aged children and adolescents. Parents anonymous support groups also available.

Child care provided free: open to the public, accepts referrals (call or drop in). Staff is available for both parents and professionals.

Clinton County Health Department (CCHD)
133 Margaret Street
Plattsburgh, NY 12901
Website:
www.health.clintoncountyny.gov
Tel: (518) 565-4840
Fax: (518) 565-4717
Hours: Monday - Friday
8 a.m. - 5 p.m.

CCHD - Children with Special Health Care Needs Program (CSHCN)
133 Margaret Street
Plattsburgh, NY 12901
Website:
www.health.clintoncountyny.gov
Tel: (518) 565-4848

The Children with Special Health Care Needs (CSHSN) program seeks to improve the system of care for children with special health care needs from birth to 21 years of age and their families. The program helps families get the best health care for their children with a Public Health Nurse assisting with case management, referrals and access to care. Children served by the CSHCN Program have an illness or condition for which they need extra health care and support services. These children might have a serious or long-lasting: physical condition, intellectual or developmental disability, and/or behavioral or emotional condition. A few examples of such conditions include cerebral palsy or muscular dystrophy, asthma, sickle cell anemia, diabetes, heart conditions, depression, conduct disorder, and attention deficit hyperactivity disorder. There is no cost to the family for services.

CCHD - Early Intervention Program (EIP)
133 Margaret Street
Plattsburgh, NY 12901
Website:
www.health.clintoncountyny.gov
Tel: (518) 565-4848
Hours: Monday - Friday
8 a.m. - 5 p.m.

The Early Intervention Program offers children under the age of 3, developmental evaluation to determine program eligibility, and services for children diagnosed with a disability or developmental delay. For children eligible for services, service coordination, speech, special instruction as well as other services are available. There is no cost to the family for services.

NYS Children & Family Services
Bureau of Financial Operations
Equipment Loan Fund for the Disabled
52 Washington Street South Building Room 201
Rensselaer, NY 12144
Website: ocfs.ny.gov/main/
Tel: (518) 474-0197

The Equipment Loan Fund for the Disabled is a loan program to assist disabled resident New Yorkers in obtaining essential adaptive equipment

they might not otherwise be able to afford. For information and applications, write to the above address.

North Country Center for Independence (NCCI)
80 Sharron Avenue
Plattsburgh, NY 12901
Website: www.ncci-online.com
Tel: (518) 563-9058 (V/TTY)
Fax: (518) 563-0292
M-F: 8 a.m. - 4 p.m.

The Center provides a wide variety of disability-related information and services to people with disabilities of all ages, income levels, and degrees and types of disability. Services include, but are not limited to: peer counseling, individual advocacy, information & referral, independent living skills training, parent advocacy, traumatic brain injury services, adaptive equipment & technology, information on disability rights laws, benefits advisement and the consumer directed personal assistance program. The Center is governed and staffed primarily by people with disabilities. NCCI provides Long Term Care Ombudsman Program services including problem resolution assistance to residents of nursing homes, adult homes and family type homes for adults. The North East Radio Reading Service offers a closed circuit radio broadcast service free to visually impaired or blind individuals in Clinton County. Volunteers read from a wide variety of periodicals 24 hours a day. This program is sponsored by the North Country Center for Independence.

Radio receivers can be accessed at the Clinton-Essex-Franklin Library at 33 Oak Street in Plattsburgh.

Office for People with Developmental Disabilities (OPWDD)
Sunmount
7242 State Route 9 – Suite 101
Plattsburgh, New York 12901
Tel: (518) 536-3484
Fax: (518) 561-1558
Contact: Ashley Boutin,
M-F: 8 a.m. - 4:30 p.m.

Service coordination provides residential alternatives and placement into our family care program and group living opportunities; advocacy; information and referral. OPWDD can also assist families and individuals in obtaining services from other providers.
Serving people in Clinton and Essex Counties, who are mentally retarded, have cerebral palsy, epilepsy, neurological impairment, and/or autism or other developmental disabilities.
Sliding fee scale; reimbursement/cash subsidy; case management/ service coordination; counseling; behavior management; financial and life planning assistance;
information/referral/outreach; training; transportation; special adaptive equipment and environmental modifications.

Residential Resources, Inc.
14 New York Road
Plattsburgh, NY 12903
Website:
www.residentialresources.com
Toll free: (877) 643-0303
Fax: (518) 324-3101

M-F: 8:30 a.m. - 4 p.m.

In-home services for individuals with a brain injury. Case management and a care plan based upon need and goals of client. Home and community support available. Serving people with developmental disabilities. Case management and a care plan based upon need and goals of client. Intake meeting is required to determine eligibility and to provide additional information about programs.
We accept Medicaid billing and private insurance and serve Clinton, Essex and Franklin Counties.

SAIL - Traumatic Brain Injury (TBI) Regional Resource Development Center
194 US Oval Room 217
Plattsburgh, NY 12903
Tel: (518) 792-3537

A Medicaid program to provide services in the community to people with brain injuries and related conditions ages 18-64 that provides an alternative to institutional care. 12 services are provided in the community and paid for by Medicaid.

Social Security Administration
14 Durkee Street, Suite 230
Plattsburgh, NY 12901
Website: www.ssa.gov
Toll Free: (800) 772-1213
Local: (866) 964-7430
Fax: (518) 563-3402
Hours: Monday-Friday 9 a.m. - 3 p.m.
Social Security provides income for insured workers, and spouses, divorced spouses, children and surviving parents.

Special Olympics New York, Inc.
94 New Karner Rd, Suite 208
Albany, New York 12203
Website:
https://www.specialolympics-ny.org/
Tel: (518) 388-0790

Special Olympics New York provides inclusive opportunities for people with intellectual disabilities to discover and unleash the champion within. Our athletes experience the thrill of competing in authentic sports. They overcome defeat, taste victory and stay active for life.

To provide year-round sports training and athletic competition in a variety of Olympic-style sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

ELIGIBITLY REQUIREMENTS

Special Olympics New York athletes must be at least 8 years old and identified by an agency or professional as having one of the following:

- Intellectual disabilities
- Cognitive delays as measured by formal assessment
- Significant learning or vocational problems due to cognitive delay that require or required specially designed instruction

Speech and Hearing Center at SUNY Plattsburgh
Sibley Hall, Room 226
SUNY Plattsburgh
101 Broad Street
Plattsburgh, NY 12901
Ashley Gambino, Director of Clinical Audiology
E-mail:
ashley.gambino@plattsburgh.edu
Tel: (518) 564-2170
Fax: (518) 564- 5110
Hours: Monday - Friday
8:00 a.m. – 5:00 p.m.

The Center serves as an academic facility for student clinicians and also provides a community service for persons with communication disorders. The Center offers a full range of hearing, speech, voice, swallowing and language evaluation and treatment for clients across the lifespan. Clients include people with delayed speech or language, hearing impairments, stuttering, voice disorders resulting from stroke or other neurological conditions.

Call receptionist for an appointment. Speech and language services are a no fee based service.

Emergency Services

911 Emergency Service
Phone: 911

In an emergency, dial 911 from your phone immediately. An emergency is any situation that requires immediate assistance from police, fire department, or ambulance.

When you call 911, be prepared to answer the call-taker's questions, which may include: nature of the emergency, location of emergency, phone number you are calling from, and relevant details.

American Red Cross North Country Chapter
Office address:
26 Emory Street
Morrisonville, NY 12962
Website: www.redcross.org
Tel: (518) 561-7280

Mission – The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.

Emergency service: The American Red Cross turns compassion into action so that all people affected by disaster receive care, shelter and hope. So that our communities are ready and prepared for disasters and in an emergency, there are always trained individuals ready to use their Red Cross skills to save lives.

Emergency-related services are provided to members of the United States military forces and their families by Red Cross paid and volunteer staff. Services include: emergency communication, counseling, and referrals to military aid societies and assistance and information about the Veteran Affairs office. These services are provided 24 hours a day, 365 days a year at no charge to service personnel or their families.

Project Care: A program administered at the North Country Chapter-funding provided by National Grid. This service addresses Energy Emergencies for individuals over the age of 60 and customers of National Grid.

Program available once every 18 months. Program available while funding is available.

Neighbor helping Neighbor: A new program administered by the Chapter funded through Adirondack Community Trust and the Glitz family of Northern Insuring. Funds available to address needs not met with other community resources.

BHSN - STOP Domestic Violence
22 US Oval, Suite 218
Plattsburgh, NY 12903
Website: www.bhsn.org
Tel: (518) 563-6904 weekdays
Toll Free: (888) 563-6904 nights & weekends
E-mail: STOPDV@bhsn.org
Hours: Monday - Friday
8:30 a.m. – 4:30 p.m.

The STOP Domestic Violence program helps individuals and families who are victims of domestic violence by providing individual and supportive group counseling, advocacy, a 24-hour hotline, temporary safe dwelling and help with childcare in Clinton, Essex and Franklin Counties.

Employment & Training

A4TD – Associates for Training & Development - SCSEP
Senior Community Service Employment Program

Website: www.a4td.org
Tel: (802) 524-3200
Toll Free: (800) 439-3307
Email: info@a4td.org

This employment program is available to persons 55 or older who meet income guidelines. Enrollees are placed in subsidized employment in a variety of community service agencies while they pursue unsubsidized employment. Verification of income is required.

OneWorkSource
194 US Oval
Plattsburgh, NY 12903
Website: www.oneworksource.com
Tel: (518) 561-0430
Toll Free: (866) 967-5768
M–F: 8:00 a.m. – 4:00 p.m.

Established under the Workforce Investment Act, OneWorkSource Centers bring employment and training services to one location, making it easier for job seekers to find gainful employment and for employers to find trained employees.
The one-stop centers' services include list of job vacancies; career options; relevant employment trends; instruction on how to conduct a job search; write a resume; interview with an employer and referral to training programs.
The OneWorkSource Centers are required to meet the needs of job seekers (including people with disabilities), provide career development

services for youth and adults and support to employers in recruiting, staffing and training a viable workforce.

Health & Wellness

Alliance for Positive Health
202 Cornelia Street, Plattsburgh, NY
Tel: (518) 563-2437
Website:
www.allianceforpositivehealth.org

Combating HIV and its related epidemics of sexually transmitted infection, opioid addiction, and mental health crisis born out of poverty, stigma, and injustice. Services include testing, care and support.

American Cancer Society
Capital NY Region
1 Penny Ln
Latham, NY 12110
Website: www.cancer.org
Tel: (518) 220-6902
Toll Free: (800) 227-2345

American Heart Association
444 Liberty Ave Suite 1300
Pittsburgh, PA 15222
Website: www.americanheart.org
Tel: (518) 626-8750

American Lung Association
Website: www.lung.org
Toll Free: (800) 586-4872
Helpline: (800)548-8252
E-mail: info@lung.org
Hours: Monday - Friday
9:00 a.m. – 4; 00 p.m

Cancer Services Program
75 Beekman Street
Plattsburgh, NY 12901
Website: www.cvph.org
Tel: (518) 324-7660
Fax: (518) 324-7662
Contact: DiDi Remchuk, Cancer Screening Coordinator
Email: dremchuk@cvph.org
Hours: Monday – Friday
8:30 a.m – 4:30 p.m

The Cancer Services Program provides free breast, cervical and colorectal screening and diagnostic tests to eligible women and men who are uninsured and under insured. Most local doctors participate.

Clinton County Office for the Aging
Living Healthy With Chronic Conditions
135 Margaret Street, Suite 105
Plattsburgh, NY 12901-2966
Website:
www.clintoncountyny.gov/aging
Email aging@clintoncountyny.gov
Tel: (518) 565-4620
Fax: (518) 565-4812
Hours: Monday- Friday
8 a.m. - 4 p.m.

The six-week, evidence-based, workshop is offered by Clinton County Office for the Aging and is free for individuals age 18 or over who have one or more chronic conditions. Chronic conditions include, but not limited to: diabetes, heart disease, arthritis, anxiety, depression, and more. Come learn and

discover a range of strategies that can enhance your health and wellbeing.

Topics include:
Collaboration with healthcare experts
Nutrition and label comprehension
Improving communication abilities
Formulating action plans
Improving sleep quality
Relaxation techniques
Enhanced breathing
Physical activity
Problem-solving
Decision-making
Pain management
Stress Education
Preventing falls

Cornell Cooperative Extension Clinton County
6064 NY-22 Suite 5, Plattsburgh, NY 12901
Tel: (518) 561-7450
Website: www.cceclinton.org

Senior Fitness Classes. Start your day, stay active, and have fun in a supportive community. Evaluated programs provided by trained instructors in the Arthritis Foundation Range of Motion and Strong Bones and Balanced Programs. Funded by Clinton County Office for the Aging.

The University of Vermont Health Care Network - Champlain Valley Physicians Hospital (CVPH)
75 Beekman Street
Plattsburgh, NY 12901
Website: www.cvph.org
Tel: (518) 561-2000

The University of Vermont Health Network - Champlain Valley Physicians Hospital (CVPH) is part of a six-hospital network serving patients and their families in northern New York and Vermont. CVPH is licensed as a 300 bed acute care hospital and 54 bed skilled nursing facility. It provides a wide array of medical and surgical services.

Genetic Center - Vermont Regional
112 Colchester Ave.
Burlington, Vermont 05401
Toll Free: (802) 847-4310

These programs insure that individuals with genetic disorders, whether affected, at risk for transmitting, or simply concerned, have access to comprehensive genetics services which include diagnostic, counseling and preventive services.

EyeCare America
655 Beach St.
San Francisco, CA 94109
Toll Free: (877) 887-6327
Fax: (415) 561-8567
Email: www.eycareamerica@aao.org

EyeCare America is a nationwide outreach program designed to provide medical eye care to the nation's disadvantaged senior citizens. The program provides referrals for U.S. citizens or legal residents, age 65 or older who do not have access to an ophthalmologist they have seen in the past. EyeCare America will mail the name of a volunteer ophthalmologist in their community to callers who meet the eligibility requirements. Participating

doctors provide medical eye examinations and treatment for any condition or disease diagnosed. Qualified patients receive treatment at no out-of-pocket expense. Doctors accept insurance reimbursement as payment in full for their services. Services are provided at no charge for uninsured patients. Those who are enrolled in a prepaid health care plan (HMO) or obtain care through a government care facility (Armed Forces or VA Hospital) are not eligible. The program does not cover eyeglasses, prescriptions, hospital services and other medical services.

NYS Office of Parks and Recreation
Golden Park Program
Albany, NY 12238-0001
Website: www.nysparks.com
Tel: (518) 474- 0456
TDD: 711
M-F: 9 a.m. - 5 p.m.

Free admission to NY State parks and recreational facilities is available to NY State residents who are 62 or older. Free admission is available for day use only, Monday through Friday excluding holidays, no camping. Reductions are available for park activity fees. Special Golden Park passes are no longer required. A driver's license or non-driver's ID is required and may be obtained at any NYS Department of Motor Vehicles Office.

Senior Citizens Council of Clinton County, Inc. (SCCCC)
5139 North Catherine Street
Plattsburgh, NY 12901
Website:
www.seniorsinclintoncounty.com
Tel: (518) 563-6180
Fax: (518) 563-0908
Contact: Maria Alexander, Executive Director
E-mail: maria@seniorcouncil.net
M-F: 8:00 a.m. – 3:30 p.m.

Activities Include:
Senior Fitness
Osteo/Arthritis Exercise
Tai Chi
Zumba Gold
Yoga
Shuffleboard
Scrabble
Pickleball
Mah Jongg
Painting
Knitting
Crocheting & Quilting
Pinochle
Poker
Wii Bowling

***Senior Life**:* SCCCC publishes twelve editions of the Senior Life newspaper each year and distributes them in the Sun Community News.

SCCCC – Nutrition Program
Congregate Meals
Clinton County
45 Veterans Lane
Plattsburgh, NY 12901
Website:
www.seniorsinclintoncounty.com
Tel: (518) 561-8320
Fax: (518) 561-7908
Contact: Debbie Alexander, Director
E-mail: *sccccongregate@gmail.com*
M-F: 8:00 a.m. – 3:30 p.m.

All older adults age 60 and over and their spouses, regardless of age, are welcome at any of our Senior Dining Centers. Each site serves a nutritious midday meal along with socialization, education, and recreational opportunities. Reservations one day in advance are required and we suggest a donation of $3.00; however, we do not deny anyone a meal due to inability or unwillingness to contribute.

Sites are open Monday through Friday, unless otherwise noted, excluding holidays, at the following locations:

SCCCC Congregate Meal Sites

Dannemora Community Center
40 Emmons Street
Dannemora, NY 12929
Tues & Thurs. 9:00 a.m. to 1:00 p.m.
Lunch served at 11:45 a.m.
Tel: (518) 310-9089

Ellenburg Adult Center
St. Edmund's Church Hall
5538 Route 11
Ellenburg, NY
Open daily 8:30 a.m. – 12:30 p.m.
Lunch served at 11:00 a.m.
Tel: (518) 594-7311

Plattsburgh Beekman Towers Nutrition Site
Beekman Towers
50 Truman Avenue
Plattsburgh, NY
Open daily 10:00 a.m. to 1:00 p.m.
Lunch served : 11:00 a.m.
Tel: (518) 561-5360

Plattsburgh Lake View Towers Nutrition Site
Lake View Towers
34 Flynn Avenue
Plattsburgh, NY
Lunch served at 11:45 a.m.
Open daily 9:00 a.m.-1:00 p.m.
Tel: (518) 561-8696

Plattsburgh Senior Center
5139 North Catherine Street
Plattsburgh, NY
Open daily 8:00 a.m. to 3:30 p.m.
Lunch served at noon
Tel: (518) 561-7393

Rouses Point Nutrition Site
St. Patrick's Parish Center
9 Liberty Street
Rouses Point, NY 12979
Lunch served at 11:30 a.m.
Tel: (518) 534-1852

SCCCC - Home Delivered Meals (HDM) Program
Clinton County Nutrition Program
45 Veterans Lane
Plattsburgh, NY 12901
Website:
www.seniorsinclintoncounty.com
Tel: (518) 561-8320
Fax: (518) 561-7908
Contact: Terry Lemieux, Director
E-mail:
sccchomedeliveredmeals@gmail.com
M-F: 8:00 a.m. – 3:30 p.m.

HDM delivers meals five days a week to the homebound throughout Plattsburgh and most of Clinton County. A frozen meal is provided for Saturdays and all holidays. This program is more than a meal. Clients are visited daily by the meal transporters and program staff contacts them regularly. Referrals are made by

physicians, discharge planners, visiting nurses, family and friends of the homebound. Home assessments are made to determine the appropriateness of the referral and monitor the status of clients. Physicians may prescribe one of five diets: regular, no added salt, no concentrated sweets, mechanical soft, and pureed.

HDM suggests a donation of $3.00; however, no one is denied a meal due to their inability or unwillingness to contribute.

Each Home-Delivered-Meal recipient is contacted by the Assessment Specialist. The assessment specialist will arrange a home visit to determine the client's needs, share information and make referrals for other services needed.

YMCA – Senior Water Exercise Class
17 Oak Street
Plattsburgh, NY 12901
Tel: (518) 561-4290
Fax: (518) 561-0124
Website: www.plattsburghymca.org
Contact: Rick Almond-Goerlitz, Senior Program Director
E-mail: ralmondgoerlitz@plattsburghymca.org
Hours: Monday - Friday
5:30 a.m. – 10:00 p.m.
Saturday 7:00 a.m. - 5 :00 p.m.
Sunday 7:00 a.m. – 5:00 p.m.

You do not have to be a member of the YMCA to participate in the water exercise classes sponsored by the Clinton County Office for the Aging. There is a suggested donation for each class. A doctor's referral is required.

Senior Water Exercise Class: Your face and hair don't get wet! Exercises that improve strength, endurance, range of motion and balance can be done in the shallow or deep end of the pool. Water exercise is "joint friendly" because there is less impact compared to land exercises. You are encouraged to work at your pace and ability.
Monday & Wednesday 11:00 a.m.-12:00

Educational material is available and health topics are addressed. Socialization and fun is guaranteed.

Housing

Adirondack Roots
24 Margaret Street, Suite 1
Plattsburgh, NY 12901
Tel: (518) 825-0801
Fax: (518) 563-2824
Hours: Monday - Friday
9 a.m. - 4 p.m.
Closed Noon - 1 p.m.

Subsidizes rents for very low-income tenants to eligible Clinton County senior citizens, disabled persons and families outside the City of Plattsburgh. Also provides grant funding for first-time home buyers in Clinton County, outside the city of Plattsburgh.

DSS - Family Type Homes for Adults
13 Durkee Street
Plattsburgh, NY 12901
Tel: (518) 565-3363
Fax: (518) 565-3440

Website:
www.clintoncountyny.gov/dss
Contact: Dawn Rushford, Family Type Home Coordinator
Hours: Monday - Friday
8: a.m. – 5:00 p.m.

NYS Department of Social Services Certified Family Type Homes for Adults provides room and board, laundry, transportation and some assistance with personal care. Home operators accept either private pay or SSI.

Friends of the North Country
1387 Hardscrabble Road
Cadyville, NY 12918
Website:
www.friendsofthenorthcountry.org
Tel: (518) 293-5045 ext. 125 or 126
Fax: (518) 293-5017
Contact: Crystal Narducci, Executive Director
E-mail:
cnarducci@friendsofthenorthcountry.org
Hours: Monday - Friday
8 a.m. - 3:30 p.m.

Friends of the North Country provide assistance to the counties of Clinton, Essex and Franklin in applying for grants for housing rehabilitation and community revitalization projects, as well as to not-for-profit organizations seeking funds to construct senior citizen housing. Friends of the North Country is a HUD-certified Housing Counseling Agency providing pre- and post-purchase counseling, mortgage foreclosure prevention assistance as well as budgeting and home maintenance counseling free of charge.

JCEO - Senior Care/Senior Repair
54 Margaret Street
Plattsburgh, NY 12901
Website: www.jceo.org
Tel: (518) 561-6310
Fax: (518) 562-2947
Contact: Raelyn Longtemps, Senior Outreach Specialist
E-mail: rlongtemps@jceo.org
M-F: 8:30 a.m. - 4 p.m.

Seniors are linked with individuals who are interested in providing shopping assistance, housekeeping, personal assistance, yard or home repair work. Potential employees and volunteers are screened and references checked

Meadowbrook Health Care
Limited Assistance Neighborhood
154 Prospect Avenue
Plattsburgh, NY 12901
Website:
www.meadowbrookhealth.com
Tel: (518) 563-5440
Fax: (518) 563-1206

At Meadowbrook Healthcare you can live comfortably in an upscale resort-style atmosphere in our Limited Assistance Neighborhood; you can recover from an illness, injury or surgery in our Subacute Rehabilitation Unit; you can gain strength and independence through our restorative Therapy Program or you can receive quality individual 24-hour care on our Skilled Nursing Neighborhoods.

NYS Public Service Commission
Empire State Plaza Building 3
Albany, NY 12223
Website: www.dps.ny.gov

Tel: (518) 474-7080
Contact: James Denn, Director of Public Affairs
E-mail: James.denn@dps.ny.gov
M-F: 8:30 a.m. - 5 p.m.

This program insures a special year-round safeguard against shutoff of electric, natural gas, steam and telephone utilities. If you are 62 or older, blind or disabled you are eligible for special protections. It's important for seniors to know that utility companies generally cannot require deposits from customers 62 or older, unless the customer has been disconnected for non-payment within the past 6 months. Client must obtain application from their utility company.

Office for People with Developmental Disabilities (OPWDD)
Sunmount
7242 State Route 9 – Suite 101
Plattsburgh, New York 12901
Tel: (518) 561-8190
Fax: (518) 561-1558
M-F: 8 a.m. - 4:30 p.m.

Service coordination provides residential alternatives and placement into our family care program and group living opportunities; advocacy; information and referral. OPWDD can also assist families and individuals in obtaining services from other providers.

Serving people in Clinton and Essex Counties with developmental disabilities, including intellectual disabilities, cerebral palsy, Down syndrome, autism spectrum disorders, Prader-Willi syndrome, and other neurological impairments.

Sliding fee scale; reimbursement/cash subsidy; case management/ service coordination; counseling; behavior management; financial and life planning assistance; information, referral, outreach; training; transportation; special adaptive equipment and environmental modifications.

NCCI - Long Term Care Ombudsman Program
80 Sharron Avenue
Plattsburgh, NY 12901
Website: www.ncci-online.com
Tel: (518) 562-1732
Fax: (518) 563-0292
Contact: Amy Gehrig
E-mail: amy@ncci-online.com
M-F: 8 a.m. - 4 p.m.

The Long Term Care Ombudsman Program provides problem resolution assistance to residents of nursing homes, adult homes, and family type homes for adults.

Rural Preservation Company of Clinton County
48 Ganong Drive, Suite 1
Saranac, NY 12981-0128
Tel: (518) 293-7569
Contact: Jennifer Amell, Executive Director
E-mail: rpc@clintonrpc.org
M-F: 8 a.m. - 3:30 p.m.

The Rural Preservation Company of Clinton County operates, through various towns and villages, a program which provides direct grants and low interest loans to low and moderate income home

owners and renters to upgrade existing structures, bringing them up to HUD housing quality standards. Assistance is also provided to municipalities in applying for grants for housing rehabilitation and community revitalization projects. The RPC also assists other not-for-profit organizations to obtain funds to construct senior citizen/handicapped housing projects.

- must provide proof of ownership
- land & school tax must be current
- must meet income criteria
- must have homeowners Insurance on dwelling

Senior Housing

Adult Care Facilities
New York State Department of Health certified and routinely inspected Adult Homes that are located in and near Clinton County. Meals and twenty-four-hour supervision are provided. Social and medical histories are required as part of the admission process.

Champlain Valley Senior Community
Assisted Living & Memory Care
10 Gilliland Lane
Willsboro, NY 12996
Website:
www.ChamplainAssistedLiving.com
Tel: (518) 817-9108
Fax: (888) 963-1110
Contact: Eli Scwartzberg, Owner
Email:
info@ChamplainAssistedLiving.com
Skilled Nursing and Respite Stays Available

The Farrar Home
46 Constable Street
Malone, NY 12953
Tel: (518) 483-7550
Fax: (518) 483-8107
Contact: Kristie Sherry-Keating
E-mail: ksk@farrarhome.org

Keene Valley Neighborhood House
1782 NY - 73
Keene Valley, NY 12943
Tel: (518) 576-4474
Fax: (518) 576-2012
Admissions: (518) 576-4474
E-mail: kvnh@kvvi.net

Montcalm Manor HFA (formerly Adirondack Manor)
45 Montcalm Street
Ticonderoga, NY 12883
Tel: (518) 585-6230
Fax: (518) 585-6467
Contact: Trisha Stricker
E-mail:
Tstricker@montcalmmanor.com

Moses Ludington Adult Care Facility
1019 Wicker Street
Ticonderoga, NY 12883
Tel: (518) 585-3871
Fax: (518) 585-2576

Pine Harbour, Inc. – Assisted Living
15 New Hampshire Street
Plattsburgh, NY 12903
Website: www.pineharbour.org
Tel: (518) 561-5307
Fax: (518) 561-5377
M–F: 8 a.m. – 8 p.m.

NYS Certified – Adult Homes

Samuel F. Vilas Home
61 Beekman Street
Plattsburgh, NY 12901
Tel: (518) 563-4960
Fax: (518) 563-5406
Website: www.vilashome.com
Contact: Jamie McAuliffe
E-mail: info@vilashome.com
M-F: 6 a.m. - 4 p.m.

Valehaven
2989 North Main Street
P.O. Box 683
Peru, NY 12972
Tel: (518) 643-2740
Fax: (518) 643-0923
Contact: Erin Wood (option 1 phone)
Tel: (518) 261-2475
Email:
Ewood@adirondackmanoral.com
Contact: Lindsey Ashline, Administrator
E-mail:
lashline@valehavenhome.com
M-F: 8 a.m. - 5 p.m.

Senior Independent Community

260 Lake Street Senior Resort Community
260 Lake Street
Rouses Point, NY
Website: www.260lakestreet.com
Tel: (518) 297-0260 Ext 0
Contact: Paul Hamilton and Lori Hamilton, Owners
Julie Kirby, Director
E-mail: info@260lakestreet.com
Email: Paul@260lakestreet.com
M-F: 8 a.m. - 4:30 p.m.

Lake Forest Independent Living
8 Lake Forest Drive
Plattsburgh, NY 12903
Website: www.onlakeforest.org
Tel: (518) 561-6431
Fax: (518) 561-1499
Contact: Brian Minchoff, Executive Director
E-mail: info@onlakeforest.org
Contact: Victoria Felio, Office Administrator
Hours: Monday - Friday
8 a.m. – 4:00 p.m.

Victory Place Senior Community
4907 South Catherine Street
Plattsburgh, NY 12901
Website: www.victoryliving.com
Tel: (518) 562-5559
Fax: (518) 825-0338
Email: victoryplaceny@gmail.com
Contact: Paul Hamilton & Lori Hamilton, Owners
Barbara McNierney, Director
Email:BJMVictoryplaceny@gmail.com
M-F: 8 A.M. - 4:30 P.M.

Privately-Owned Senior Apartments

A & L Gonyo Apartments/Beekmantown Senior Housing

80 O'Neill Road
West Chazy, NY 12992
Tel: (518) 563-5011
Contact: Mary McCaffrey, Manager
E-mail: manager@algonyo.com
Tuesday and Thursday: 9:00 a.m.-12:00 p.m.

Adirondack Apartments (VOA)
225 Lake Street
Saranac Lake, NY 12983
Tel: (518) 891-6432
Fax: (518) 891-1264
Website: www.voans.org/locations/adirondack-apartments/
Contact: Dawn Brungard, Manager
M-F: 9 a.m. - 2:00 p.m.

Apple Valley Senior Housing
1 Apple Valley Drive, A-7
Peru, NY 12972
Tel: (518) 643-6766
Fax: (518) 643-2258
Website: www.applevalleysh.org
Contact: Kathleen Flynn
E-mail: KFlynn@applevalleysh.org
M-F: 8:30 a.m. – 2:30 p.m.

Arthur LeFevre Apartments
173 Rand Hill Road
Morrisonville, NY 12962
Tel: (518) 561-1762
Contact: Mary McCaffrey, Manager
E-mail: manager@arthurlefevreapts.com
M-W-F: 8:00 a.m. – 1:00 p.m.

Beekman Towers
50 Truman Avenue
Plattsburgh, NY 12901
Tel: (518) 561-7770
Fax: (518) 561-1884
E-mail: beekmantowers@hmrproperties.com
M-F: 8:00 a.m. - 4:00 p.m.
Closed 12 p.m. – 1 p.m.

Black Brook Senior Housing
55 Hopkinton Lane
AuSable Forks, NY 12912
Tel: (518) 647-8125
Contact: Heidi Lessor, Manager
blackbrook@coniferllc.com
Mon & Wed: 8 a.m. - 4 p.m.

Breezy Acres (AHDFC)
28 Glenns Way, Suite 11
Ellenburg Center, NY 12934
Tel: (518) 594-7249
Fax: (518) 594-3167
Contact: Jeff Matthews, Manager
E-mail: windy-breezyacres@centralny.twcbc.com

Catherine Gardens
5135 North Catherine St #206
Plattsburgh, NY 12901
Tel: (518) 324-4626
Contact: Nancy Hamilton, community Manager
Email: catherinegardens@twoplusfour.com
M-F: 8:00 a.m. – 3:30

Edward A. and Beverly J. Bechard Senior Housing
16 Manor Drive
Rouses Point, NY 12979

Tel: (518) 297-4101
Contact: Ellen Boire, Manager
E-mail:
rousesptapts@belmontmgmt.com
Hours: Tuesday & Thursday
9:00 a.m. – 3:00p.m.

Keeseville Country Gardens
164 Hill Street
Keeseville, NY 12944
Tel: (518) 834-7725
Fax: (518) 834-1500
Website:
www.nationalchurchresidences.org
Contact: Chris Marsha, Manager
E-mail:
0837@nationalchurchresidences.org
Hours: Monday - Thursday
8:00 a.m. - 2:00 p.m.
E-mail:
0837sc@nationalchurchresidences.org
Hours: Monday - Thursday
8 a.m. - 2:00 p.m.

Northern Housing
Northern Tier Way
P.O. Box 597
Champlain, NY 12919-0597
Tel: (518) 298-3733
Contact: Carrie Seller, Manager
E-mail: northernhousing@yahoo.com
Hours: Monday - Friday
7:45 a.m. – 3:00 p.m.

Plattsburgh Housing Authority - PHA
Rental Assistance Program
4817 South Catherine Street
Plattsburgh, NY 12901
Tel: (518) 561-0720,
Fax: (518) 561-1769
Contact: Lori Agnew, Housing Assistance Specialist – Voucher Program Ext 232
E-mail: lori@phaplattsburgh.com
Hours: Monday - Friday
9:000 a.m. – 3:00 p.m.

This program offers rental assistance for eligible senior citizens residing within the City of Plattsburgh.

PHA – Lake View Towers
34 Flynn Avenue
Plattsburgh, NY 12901
Tel: (518) 562-0230
Fax: (518) 561-1769
Contact: Julie Walters, Senior Coordinator
E-mail: julie@phaplattsburgh.com
Hours: Monday - Friday
7:45 a.m. – 3:15 p.m.

PHA-Mountain Top Housing
3921 Route 374, PO Box 20
Lyon Mountain, NY 12952
Tel: (518) 561-0720
Fax (518) 561-1769
Contact: Debra Stevenson, Manager
E-mail: debra@phaplattsburgh.com

PHA – Robert S. Long Apartments
39 Oak Street
Plattsburg, NY 12901
Tel: (518)562-0230
Fax: (518 561-1769
Contact: Julie Walters, Senior Coordinator
E-mail: julie@phaplattsburg.com
Hours: Monday – Friday
7:45 a.m. – 3:15 p.m.

PHA - Russell H. Barnard Apartments
46 Flynn Avenue
Plattsburgh, NY 12901

Tel: (518) 562-0230
Fax: (518) 561-1769
Contact: Julie Walters, Senior Coordinator
E-mail: julie@phaplattsburgh.com
Hours: Monday - Friday
7:45 a.m. – 3:15 p.m.

Roderick Rock Senior Housing
2025 Route 22-B
Morrisonville, NY 12962
Tel: (518) 562-0400
Hours: 8 a.m.- 4 p.m. Tuesday & Thursday

Saranac Valley Housing
56 McCutcheon Lane
Saranac, NY 12981
Tel: (518) 293-8518
Website www.clintonrpc.org/saranac-valley-housing
Contact: Chris Marsha, Manager
E-mail: svh@clintonrpc.org
Hours: Friday
9:00 a.m. – 3:30 p.m.

Twin Oaks Senior Housing
16 Station Street
Altona, NY 12910
Tel: (518) 236-6650
Fax: (518) 236-6650
E-mail: twinoaks@clintonrpc.org
Contact: Kara Goff, Manager
E-mail: Karagoff@clintonrpc.org
Hours: Tuesday, Thursday & Friday
9:00 a.m. – 1:00 p.m.

William Watson Memorial Housing
2448 Route 11
P.O. Box 41
Mooers, NY 12958
Tel: (518) 236-6188
Contact: Steve Bulriss, Manager
Monday-Friday 8a.m.-10:00 a.m.

Windy Acres (EHDFC)
12 Glenns Way, Suite 20
Ellenburg Center, NY 12934-2988
Tel: (518) 594-7249
Fax: (518) 594-3167
E-mail:
windy-breezyacres@centralny.twcbc.com

Legal Services

Legal Aid Society of Northeastern NY
100 Court Street
Plattsburgh, NY 12901
Tel: (518) 563-4022
Fax: (518) 563-4058
Toll Free: (800) 722-7380
Contact: Erica Zimny, Deputy Director
Phone: (518) 842-9466 Ext 231
E-Mail: Ezimny@lasnny.org
M-F: 9 a.m. - 5 p.m.

Free legal counseling in a variety of civil areas specializing in special education law for students with disabilities; rights of the mentally ill; disability claims; public entitlements; land/tenant problems; family problems; consumer issues; unemployment; compensation issues and protection and advocacy for the disabled and mentally ill. North Country residents who have the need for free legal services. Serving the needs of the disabled, low income and victims of domestic violence.

NYS Attorney General's Office
43 Durkee Street, Suite 700
Plattsburgh, NY 12901
Website: www.ag.ny.gov
Tel: (518) 562-3282
Tel: (518) 562-3288
Toll Free: (800) 771-7755
Fax: (518) 562-3293
Contact: Susan Driskonis , Assistant Attorney General in Charge Consumer Frauds (518)562-3282
M-F: 8:30 a.m. - 5 p.m.

The Attorney General's Office offers many programs and services specially geared to help protect seniors from consumer scams, as well as valuable information about investments, charitable donations, and protecting yourself from discrimination. The Consumer Frauds Bureau provides information about how seniors may protect themselves from telemarketing, sweepstakes and home improvement scams and much more. If you have a problem with a product, service or merchant, first contact the store where you made the purchase. If you don't receive satisfaction, the Attorney General's Consumer Frauds Bureau will provide you with an official consumer complaint form and instructions on how to file a complaint with the office. If you suspect that you or someone you know is a victim of elder abuse, contact the police or the Attorney General's Criminal Division immediately. Elder abuse refers to physical and psychological mistreatment, financial exploitation, passive neglect, confinement, abandonment, hazardous living conditions, intimidation, and sexual abuse involving senior citizens. The Health Care Bureau is available to advocate on behalf of consumers and providers with complaints or questions regarding health care issues, including HMOs. The Health Care Bureau has a toll-free hotline: (888) 692-4422.

Rural Law Center of New York
22 U.S. Oval, Suite 101
Plattsburgh, NY 12903
Website:
www.rurallawcenter.org
Tel: (518) 561-5460
Toll Free: (866) 324-1183
Fax: (518) 561-5468
Contact: Heidi Dennis, Executive Director
E-mail: Heidi@rurallawcenter.org
Maryann Joyner, Program Director
E-mail: maryann@rurallawcenter.org
M-F: 9 a.m. - 4:30 p.m.

Income restricted; case by case issues accepted. Call to see if eligible for legal services under their guidelines. Serving 44 counties including Clinton, Essex, and Franklin Counties

Medical Services

Cancer Services Program
75 Beekman Street
Plattsburgh, NY 12901
Website: www.cvph.org
Tel: (518) 324-7660
Fax: (518) 324-7662
Contact: DiDi Remchuk, Cancer Screening Coordinator
Email: dremchuk@cvph.org
Hours: Monday – Friday
8:30 a.m – 4:30 p.m

The Cancer Services Program provides free breast, cervical and colorectal screening and diagnostic tests to eligible women and men who are uninsured and under insured. Most local doctors participate.

Center for Neurobehavioral Health (CNBH)
Sibley Hall, Room 520
SUNY Plattsburgh
101 Broad Street,
Plattsburgh, NY 12901
Website:
www.plattsburgh.edu/about/centers/cnbh/ncps.html
Contact: Amy Hackett, Office Manager
Office: Sibley Hall 518A
Tel: (518)564-3388
Fax: (518) 564-3313
Hours: Monday – Friday
8:00 a.m. – 4:30 p.m.

The Neuropsychology Clinic and Psychoeducational Services provides assessment/diagnostic services and education and treatment planning for children and adults. There are also several other programs and services the Center provides. Please contact us or visit our website to learn more

Neuropsychology Clinic
Beaumont Hall, Room 260A
SUNY Plattsburgh
101 Broad Street,
529 Sibley Hall
Plattsburgh, New York 12901-2681
Website:
www.plattsburgh.edu/about/centers/cnbh/ncps.html
Phone (518) 564-2046
Fax: (518) 564-3313
8:30 a.m. - 4:00 p.m.
Closed noon - 1 p.m.

We provide consultation and diagnostic assessment, outreach and counseling for victims of Alzheimer's disease and other types of memory impairment. The center staff provides caregiver support. Participating Blue Shield Northeastern New York accepts Medicare and other insurance. Services also provided in Spanish.

Traumatic Brain Injury (TBI) Center
Beaumont Hall, Room 260
Sibley Hall
SUNY Plattsburgh
101 Broad Street
Plattsburgh, NY 12901
TEL: (518)564-3367
Center Phone: (518) 564-564-2329
FAX (518) 564-3397
Contact Nick Drown Program Director
Email: ndrown001@plattsburgh.edu
Contact: Jessica Agoney Program Manager
Email: Jagoney@plattsburgh.edu
Hours: Monday – Friday
8 a.m. – 4 p.m,

North Country Regional Traumatic Brain Injury (TBI) Center provides assessment/diagnostic services, education and treatment planning for children and adults. Recreation, socialization, counseling, services coordination, and cognitive re-training offered to brain-injured adults.

The University of Vermont Health Care Network - Champlain Valley Physicians Hospital (CVPH)
75 Beekman Street
Plattsburgh, NY 12901
Website: www.cvph.org
Tel: (518) 561-2000

The University of Vermont Health Network - Champlain Valley Physicians Hospital (CVPH) is part of a six-hospital network serving patients and their families in northern New York and Vermont. CVPH is licensed as a 300 bed acute care hospital and 54 bed skilled nursing facility. It provides a wide array of medical and surgical services.

EyeCare America
655 Beach St.
San Francisco, CA 94109
Toll Free: (877) 887-6327
Fax: (415) 561-8567
Email: www.eycareamerica@aao.org

EyeCare America is a nationwide outreach program designed to provide medical eye care to the nation's disadvantaged senior citizens. The program provides referrals for U.S. citizens or legal residents, age 65 or older who do not have access to an ophthalmologist they have seen in the past. EyeCare America will mail the name of a volunteer ophthalmologist in their community to callers who meet the eligibility requirements. Participating doctors provide medical eye examinations and treatment for any condition or disease diagnosed. Qualified patients receive treatment at no out-of-pocket expense. Doctors accept insurance reimbursement as payment in full for their services. Services are provided at no charge for uninsured patients. Those who are enrolled in a prepaid health care plan (HMO) or obtain care through a government care facility (Armed Forces or VA Hospital) are not eligible. The program does not cover eyeglasses, prescriptions, hospital services and other medical services.

Genetic Center - Vermont Regional
112 Colchester Ave.
Burlington, Vermont 05401
Toll Free: (802) 847-4310

These programs insure that individuals with genetic disorders, whether affected, at risk for transmitting, or simply concerned, have access to comprehensive genetics services which include diagnostic, counseling and preventive services.

HCR Home Care – Certified Home Health Care Agency (CHCA) & License Home Care Service Agency
176 US Oval, Suite 3
Plattsburgh, NY 12903
Tel: (518) 310-0900
Contact: Kari Charette RN BSN
E-mail: kcharette-furnia@hcrhealth.com
Hours: Monday - Friday
8:30 a.m. – 5:00 p.m.
HCR Home Care has been providing superior home health care to New York State since 1978. HCR is a Certified Home Health Agency, caring for patients receiving Medicare and Medicaid benefits, those who have commercial insurance plans, or those who wish to pay privately. HCR also operates a license Home Health Care Service

Agency (HHCSA) offering a variety of home and community services to assist people who wish to live in the community rather than a nursing home. The HCR offers needed medical and nonmedical support services to improve or maintain the health or daily functions of individuals who would otherwise require nursing home care. HCR provides in-home specialized home care nursing; physical, occupational, and speech therapy; medical social work; and personal care assistance with home health aides. Our clinical experts work with your physician to keep you safe, healthy, and independent at home.

HCR provides a 24 hour service

Hospice of the North Country
358 Tom Miller Road
Plattsburgh, NY 12901
TEL: 518-561-8465
Fax: 518-561-3182
Website: www.hospicenc.org/
OR
3909 State Route 11
Malone, NY 12953
Website: www.hospicenc.org/
Tel: (518) 483-3200
Fax: (518) 481-6694

Hospice of the North Country is a dedicated team of professional staff and trained volunteers who work with the patient's own physician, and other community resources, to provide patient-focused, family-centered, end-of-life care...without regard to disease, age, race, gender, orientation, color, creed, or insurance coverage or level of income. Hospice cares for those with terminal illness in the comfort of their chosen setting, in the company of their family and friends. Hospice care is usually provided in the patient's home, or, by arrangement, in nursing homes, hospitals, or other care facilities. Hospice can be initially contacted by the physician, patient, or family. A visit by the Hospice admission team will determine eligibility and the special needs of the person with terminal illness and their loved ones. Hospice services include: pain and symptom control, regular skilled nursing visits, home health aide assistance, volunteer services, all medical supplies and medications related to the terminal illnesses, 24 hour on-call home visits, as needed, by a registered nurse or social worker, help accessing community resources, emotional and spiritual support and bereavement care for family and friends for thirteen months after the death of a loved one.

North Country Home Services, Inc.
Saranac Lake (Main Office)
25 Church Street
Saranac Lake, NY 12983
Tel: (518) 891-2641 Saranac Lake
Contact: Patricia Sauvie
E-mail: plittlefield@nchs-intranet.com
OR
Plattsburgh (Branch Office)
151 Bridge Street
Plattsburgh, NY 12901
Tel: (518) 566-0183 Plattsburgh
Fax: (518) 566-0186
Contact: Katie Maulding
E-mail: Kmaulding@nchs-intranet.com
M-F: 8 a.m. - 4:30 p.m.

Home Care Nursing Services: Nursing care is provided in the home environment by licensed registered and practical nurses. The client's needs are assessed; a nursing care plan developed and trained staff assigned to address the needs of the client.

Personal Care Services: Home Care Aides instructed through a NYS-licensed training program provide Services. Degree of care required is evaluated, planned, and supervised by registered professional nurses. Services may include personal and bath care, light housekeeping, laundry, meal preparation, and errands.
Homemaker Support Aides: Services of Homemaker Support Aides are also planned and supervised by registered professional nurses. Services may include light housekeeping, laundry, meal preparation, and errands.

Mental Health & Addiction Services

Alcoholics Anonymous
3 Roosevelt Terrace Plattsburgh, NY
Website: www.ny-aa.org
Tel: (518) 561-8444 Hot Line/Info

Alcoholics' Anonymous meetings are held every day of the week in 15 different locations.

Al-Anon, Alateen
Website: www.al-anon.alateen.org
Tel: (518) 561-0838 Hot Line/Info

There is also help for family members of alcoholics through Al-Anon & Alateen

Behavioral Health Services North, Inc. (BHSN)
22 US Oval, Suite 218
Plattsburgh, NY 12903
Website: www.bhsn.org
Tel: (518) 563-8206
Fax: (518) 563-9958
Hours: Monday - Friday
8:30 a.m. - 4:30 p.m.

Services offered at this location: STOP Domestic Violence, Violence Intervention Project, Home Visiting Programs (Parent Aide & Early Advantages), Employee Assistance Services, Mental Health Advocacy.

BHSN - Clinic
2155 Route 22B
Morrisonville, NY 12962
Website: www.bhsn.org
Tel: (518) 563-8000
Fax: (518) 563-9001
Contact: Liz Cole, Director
E-mail: ecole@bhsn.org

This licensed mental health clinic is open to any Clinton County resident 18 years of age and older. Call for an appointment with our Intake Coordinator.

Services offered at this location include: Child/ Family Clinic, Adventure-Based Counseling, Families Involved Together, Primary Mental Health Program, Waiver Program, Family Respite Program and Family-Based Treatment Program.

BHSN - PROS Learning Center
2155 Route 22B
Morrisonville, NY 12962
Tel: (518) 563-8000
Fax: (518) 563-9001
Hours: Monday - Friday
7:30 a.m. – 3:30 p.m.

This BHSN program provides services to adults with mental illness to help them achieve goals related to employment, education, housing, joining community groups, health, symptoms, legal system involvement, and/or substance abuse. This program can also provide information on residential services and other community resources.

Champlain Valley Family Center
20 Ampersand Drive
Plattsburgh, NY 12901
Website: www.cvfamilycenter.org
Tel: (518) 561-8480
Fax: (518) 566-6382

The Outpatient Substance Abuse Treatment Service provides assessment and treatment for youth and adults. Programs include school based prevention services, community based education, and a mentoring program, Reality Check (tobacco prevention) for Clinton and Essex County and Intensive Family Support Program. A Medical Director and multi-disciplinary team of clinicians provide: individual, group and family counseling and facilitates referrals to inpatient, detoxification facilities or other appropriate services. The service is licensed by the New York Office of Alcoholism and Substance Abuse Services and operates on a fee for service basis, accepting most major insurances and Medicaid, cash and check. Income based sliding fee scale. No one is denied service due to a demonstrated inability to pay.
Public transportation is available.

Clinton County Mental Health and Addiction Services Clinic
130 Arizona Ave Suite 1500
Plattsburgh, NY 12903
Website:
www.clintoncountyny.gov/mental-health-addiction-services
Tel: (518) 565-4060
Fax: (518) 566-0168
Contact: Richelle Gregory, Director of Community Services
E-mail:
mentalhealth@clintoncountyny.gov
Hours: Monday 8:30 a.m. to 6 p.m.
Tuesday 8:30 a.m. to 7 p.m.
Wednesday 8:30 a.m. to 7 p.m.
Thursday 8:30 a.m. to 6 p.m.
Friday 8:30 a.m. to 5 p.m.

Services offered for Clinton County residents include evaluations; individual, group, and family therapy: and medication evaluation and management. Services are provided to children and adults in both the mental health and addiction clinics. The first appointment for evaluation is available on a walk in basis Monday thru Friday 8:30 am to 3:00 pm. Reimbursement for services includes commercial insurance and Medicaid/Medicare. A sliding fee scale based on income is available to those without insurance. All services are confidential. The Cart bus is available hourly.

Conifer Park
80 Sharron Avenue
Plattsburgh, NY 12901
Tel: (518) 561-0130

Conifer Park's Plattsburgh Outpatient Clinic provides a wide range of services, addressing the needs of a diverse client base. We provide chemical dependency treatment for the general population as well as those with specialized treatment needs 6 days a week.

Nursing Home Services

CVPH - Skilled Nursing Facility
75 Beekman Street
Plattsburgh, NY 12901
Website:
www.cvph.org/Departments-and-Programs/Skilled-Nursing/
Tel: (518) 562-7760 Ext.7164
Fax: (518) 562-7324
Contact: Melinda Clark
E-mail: mclark@cvph.org

The Skilled Nursing Facility at CVPH is home to 34 residents. A total of 34 reside on 5 Main. Accommodations include 32 private rooms, two dining rooms, a large activity room, a smaller activity room, and spaces for families to visit their loved ones. The unit is equipped with auditory alarms to provide a safe environment for ambulatory residents who might wander.

Clinton County Nursing Home
16 Flynn Avenue
Plattsburgh, NY 12901
Website:
www.clintoncountyny.gov/nursinghome
Tel: (518) 563-0950, ext.103
Fax: (518) 563-1060
Contact: Ike Bogosian, Administrator
E-mail:
Ike.Bogosian@clintoncountyny.gov
Hours: Monday - Friday
8 a.m. - 4 p.m.

Clinton County Nursing Home has been providing quality long-term health care and skilled nursing services to the community since 1874. We are committed to caring and excellence in the provision of health care services to our 80 residents in a safe and home-like atmosphere.

Meadowbrook Health Care
154 Prospect Avenue
Plattsburgh, NY 12901
Website:
www.meadowbrookhealth.com
Tel: (518) 563-5440
Fax: (518) 563-1206
Contact: Paul Richards
Administrator

Meadowbrook Healthcare in Plattsburgh, New York, is a 287-bed healthcare facility providing a Full Continuum of Skilled Nursing Care including: limited Assistance (similar to Assisted Living), Subacute Rehabilitation, Restorative Therapy and Skilled Nursing Services.

Plattsburgh Rehab & Nursing Services
8 Bushey Boulevard
Plattsburgh, NY 12901
Website: www.plattsburghrehab.com
Tel: (518) 563-3261
Fax: (518) 562-3294

Contact: Elena Vega-Castro, Administrator
Contact: Cynthia Jennett, Social Worker
Phone: (518) 534-7041
M-F: 8:30 a.m. - 4:30 p.m.

Plattsburgh Rehabilitation & Nursing Services is an eighty-nine (89) bed nursing facility providing 24 hour skilled nursing care.
Adult Day Services – Medical Model
Adult Day Fax (518) 563-1710

Plattsburgh Rehabilitation & Nursing Center's Adult Day Services is a medical model adult day program that provides supportive services for families or caregivers who desire to keep their loves ones at home.

Serving the communities of Clinton, Franklin, and Essex County, we provide our participants with a comprehensive variety of health services (including medication management, personal care, and physical, occupational, and speech therapy) all within a therapeutic social environment.

Open Monday-Friday from 7:30am-5:00pm, our Adult Day Services offers the opportunity for participants to remain at home and gives caregivers the freedom to work and enjoy their lives while maintaining a close relationship with and responsibility for their loved one.

NCCI - Long Term Care Ombudsman Program
80 Sharron Avenue
Plattsburgh, NY 12901
Website: www.ncci-online.com
Tel: (518) 562-1732
Fax: (518) 563-0292
Contact: Amy Gehrig
E-mail: amy@ncci-online.com
M-F: 8 a.m. - 4 p.m.

The Long Term Care Ombudsman Program provides problem resolution assistance to residents of nursing homes, adult homes, and family type homes for adults.

SAIL - Nursing Home Transition and Diversion (NHTD) Resource Development Center
194 US Oval Room 217
Plattsburgh, NY 12903
Tel: (518) 792-3537

SAIL provides an alternative to institutional medical and rehabilitation services by giving options for community-based services and supports. 17 services are provided in the community and paid for by Medicaid.

SAIL – Open Doors (formerly Money Follows the Person)
194 US Oval Room 217
Plattsburgh, NY 12903

Provides community based options for residents who have expressed an interest in leaving institutional placement.

Social Connections

Child Care Coordinating Council and Family Connections
194 US Oval

Plattsburgh, New York 12901
Website: www.ccccnc.org
Tel: (518) 561-4999
Toll Free: (800) 540-2273
Fax: (518) 561-6956

Services provided:
Child care resources and referrals, Family Connections Resource Center (play groups, creative arts, talk-times, kids club and more). Supervised visitation services, information about community services and businesses, evening and day workshops and library resources on child development, positive discipline, child care and more are available. Participate in the Kinship Caregiver Project. Programs targeted for parents of infants, preschoolers, school aged children and adolescents. Parents anonymous support groups also available.

Child care provided free: open to the public, accepts referrals (call or drop in). Staff is available for both parents and professionals.

Cornell Cooperative Extension Clinton County
Exercise Programs
6064 NY-22 Suite 5, Plattsburgh, NY 12901
Tel: (518) 561-7450
Website: www.cceclinton.org

Senior Fitness Classes. Start your day, stay active, and have fun in a supportive community. Evaluated programs provided by trained instructors in the Arthritis Foundation Range of Motion and Strong Bones and Balanced Programs. Funded by Clinton County Office for the Aging.

Clinton County Office for the Aging (OFA)
Creative Aging Programs
135 Margaret Street,
Suite 105
Plattsburgh, NY 12901-2966
Website:
www.clintoncountyny.gov/aging
Tel: (518) 565-4620
Fax: (518) 565-4812
E-mail: aging@clintoncountyny.gov
Hours: Monday - Friday
8 a.m. - 4 p.m.

Programs focus on engaging older adults in arts and cultural activities to promote well-being and social connection. Workshops include writing, visual arts, and other creative pursuits, fostering a sense of lifelong learning and personal growth.

SCCCC – Nutrition Program
Congregate Meals
Clinton County
45 Veterans Lane
Plattsburgh, NY 12901
Website:
www.seniorsinclintoncounty.com
Tel: (518) 561-8320
Fax: (518) 561-7908
Contact: Debbie Alexander, Director
E-mail: *sccccongregate@gmail.com*
M-F: 8:00 a.m. – 3:30 p.m.

All older adults age 60 and over and their spouses, regardless of age, are welcome at any of our Senior Dining Centers. Each site serves a nutritious midday meal

along with socialization, education, and recreational opportunities. Reservations one day in advance are required and we suggest a donation of $3.00; however, we do not deny anyone a meal due to inability to contribute. A sample menu can be found in the Senior Sentinel and on the Senior Page of the Press Republican on the first Wednesday of the month.

Sites are open Monday through Friday, unless otherwise noted, excluding holidays, at the following locations:

SCCCC Congregate Meal Sites

Dannemora Community Center
40 Emmons Street
Dannemora, NY 12929
Tues & Thurs. 9:00 a.m. to 1:00 p.m.
Lunch served at 11:45 a.m.
Tel: (518) 310-9089

Ellenburg Adult Center
St. Edmund's Church Hall
5538 Route 11
Ellenburg, NY
Open daily 8:30 a.m. –
12:30 p.m.
Lunch served at 11:00 a.m.
Tel: (518) 594-7311

Plattsburgh Beekman Towers
Nutrition Site
Beekman Towers
50 Truman Avenue
Plattsburgh, NY
Open daily 10:00 a.m. to
1:00 p.m.
Lunch served : 11:00 a.m.
Tel: (518) 561-5360

Plattsburgh Lakeview Towers
Nutrition Site
Lakeview Towers
34 Flynn Avenue
Plattsburgh, NY
Lunch served at 11:45 a.m.
Open daily 9:00 a.m.-1:00 p.m.
Tel: (518) 561-8696

Plattsburgh Senior Center
5139 North Catherine Street
Plattsburgh, NY
Open daily 8:00 a.m. to 3:30 p.m.
Lunch served at noon
Tel: (518) 561-7393

Rouses Point Nutrition Site
St. Patrick's Parish Center
9 Liberty Street
Rouses Point, NY 12979
Lunch served at 11:30 a.m.
Tel: (518) 534-1852

YMCA
17 Oak Street
Plattsburgh, NY 12901
Tel: (518) 561-4290
Fax: (518) 561-0124
Website: www.plattsburghymca.org
Contact: Rick Almond-Goerlitz,
Senior Program Director
E-mail:
Ralmondgoerlitz@plattsburghymca.org
Hours: Monday - Friday
5:30 a.m. – 9:00 p.m.
Saturday & Sunday 7:00 a.m. - 5 :00 p.m.

Senior Water Exercise Class: Your face and hair don't get wet! Exercises that improve strength, endurance, range of motion and balance can be done in the

shallow or deep end of the pool. Water exercise is “joint friendly” because there is less impact compared to land exercises. You are encouraged to work at your pace and ability.
Monday & Wednesday 11:00 a.m.-12:00

Educational material is available and health topics are addressed. Socialization and fun is guaranteed.

You do not have to be a member of the YMCA to participate in the Senior Water Exercise classes. The Office of the Aging sponsors these classes and there is a suggested donation for each class. A doctor’s referral is required.

Transportation:

Clinton County Public Transportation (CCPT)
135 Margaret Street,
Suite124
Plattsburgh, NY 12901
Website:
transit.clintoncountyny.gov
Tel: (518) 565-4567
Dispatch Tel: (518) 561-1452
Contact: Shannon Thayer, Director
Hours: Monday - Friday
8:00 a.m. – 4:00 p.m.

Clinton County Public Transit (CCPT) is a public bus system serving all of Clinton County, New York. Schedules, maps, and information about CCPT services may be found on our website or by calling CCPT dispatch at 518-561-1452. Schedules are available on CCPT buses, at the Clinton County Planning Office on Margaret Street and at the bus facility. Service information is also found on the CCPT website: www.clintoncountypublictransit.com

Clinton County Office for the Aging Sponsored Transportation through CCPT:

Rural Zone Service:
Clinton County Office for the Aging covers the fare on the "Rural Zone" Dial-A-Ride service offered by CCPT for those seniors 60 years old and older who have completed the release form which allows Clinton County Office for the Aging to collect information about the use of the services that they sponsor. The form that needs to be completed in order to have the fare covered by Clinton County Office for the Aging is available on the bus and can be completed when you are picked-up for the first time by the Rural Zone service. For persons under 60 years old or for those who do not wish to sign the release form, the fare is $10 each way

JCEO - Rural Transportation Program (RTP)
54 Margaret Street
Plattsburgh, NY 12901
Website: www.jceo.org
Tel: (518) 561-6310
Fax: (518) 562-2947
Contact: Raelyn Longtemps
Email: RIongtemps@JCEO.org
M-F: 8:30 a.m. - 4 p.m.

The Rural Transportation Program is designed to assist the frail older person who is without other means of transportation to get to medical appointments. Rides are arranged by Community Outreach Center workers located throughout Clinton County. Individuals residing in Beekmantown, Mooers and Schuyler Falls may call the JCEO Senior Outreach Program (561-6310) for assistance

First Transit, Inc.
27 Flanagan Drive
Plattsburgh, NY 12901
Contact: Heather Manor
Tel: (518) 563-3672
E-mail:
Heather.Manor@transdev.com
Hours: Monday - Friday
8 a.m. - 5 p.m.

Free transportation for grocery shopping available to everyone who resides at housing listed below or who can get to stops listed below.

- Market 32 Schedule: Every other Tuesday
- Hannaford Schedule: Every other Thursday
- Schedule for stores:
    - 9:30 a.m. – Lakeview Towers
    - 9:40 a.m. – Robert S. Long Apartments
    - 9:45 a.m. -- Sterns Apartments
    - 9:50 a.m. – Beekman Towers
    - 10:00 a.m. – Arrival at Store
    - 11:00 a.m. – Return Trip Begins

Also: Round trip from Plattsburgh to Malone twice a day and Plattsburgh to Potsdam once a day. Call for fees and schedules.

First Transit also has a bus service that runs from Plattsburgh to Malone to Potsdam called the North Country Express. Their website will provide a schedule.
Website:
www.northcountryexpress.net

WeCare Transport Service
376 Rugar Street
Plattsburgh, NY 12901
Website: www.wecare-transport.com
Tel: 518-651-7499
Email: info@wecare-transport.com
Hours: Monday-Friday
7 a.m.- 5 p.m.
Sat 9 a.m.- 3 p.m.

WeCare Transport Service is a locally owned, non-emergency transport provider. Services include transport to doctor's offices, healthcare practices, rehabilitation facilities, adult day care, cancer treatment centers and senior communities. Vans are equipped to transport wheelchairs, stretchers and access lifts.

Volunteerism:

AARP
Website: www.aarp.org
Toll Free: 1-888-687-2277
Hours: Monday-Friday
8:00 a.m. -8:00 p.m.

AARP is the nation's largest organization of Americans age 50 and older. Its bi-monthly magazine, Modern Maturity, and monthly AARP Bulletin provide timely information on issues of interest to senior citizens.

AARP Income Tax Assistance
Senior Citizens Council of Clinton County
5139 North Catherine Street
Plattsburgh, NY 12901
Website:
www.seniorsinclintoncounty.org
Tel: (518) 314-9762

Trained AARP volunteers provide assistance with income taxes each year, from February 1 to April 15, to low income individuals of all ages; however, priority is given to senior citizens. Phone the Senior Center for the current schedule.

AmeriCorps Seniors
Clinton and Essex County RSVP
Catholic Charities of the Diocese of Ogdensburg
1349 Military Turnpike
Plattsburgh, NY 12901
Tel: (518) 566-0944
Fax: (518) 566-0945
Kate Gardner, Project Director
AmeriCorps Seniors
Phone: 518-566-0944
Fax: 518-825-0699
kgardner@cathcharities.org
Hours: Monday - Friday 8AM-4PM

AmeriCorps Seniors RSVP
This program provides volunteer opportunities for adults aged 55 and older to provide rides, grocery shopping, friendly visiting, spiritual companionship, assistance with bill paying, and transport to medical appointments. The program also matches these volunteers with folks in the community who contact RSVP in need a volunteer.

Cycling Without Age Adirondack Coast
518 Fiske Road
West Chazy, NY 12992
Website:
www.cyclingwithoutageadkcoast.com
E-mail-
AdirondackCoast@cyclingwithoutage.com
Tel: (**518) 314-9222 or 518-578-2369**

Provides the opportunity to experience life beyond the confines of a home, residence or facility by giving free rides on e-assisted three-wheeled bikes (Trishaws) by dedicated volunteer cyclists (Pilots)

Joint Council for Economic Opportunity (JCEO)
54 Margaret Street
Plattsburgh, NY 12901
Website: www.jceo.org
Tel: (518) 561-6310
Fax: (518) 562-2947
Contact: Nicole Laurin, Chief Executive Officer
Hours: Monday - Friday
8:30 a.m. - 4 p.m.

JCEO works closely with the low-income community in Clinton County. The organization is dedicated to providing resources and services that enhance people's dignity and self-reliance.

Literacy Volunteers of Clinton County
Hawkins Hall, Room 052
SUNY Plattsburgh
101 Broad Street
Plattsburgh, NY 12901
Website: www.literacynewyork.org
Tel: (518) 564-5332
Contact: Sarah Wright
E-mail: Sarah@lvcef.org

Literacy Volunteers provides one-to-one tutoring for people who want help in improving their skills in reading, basic math or English for Speakers of Other Languages (ESOL).

Additional Resources:

CapTel – Captioned Telephone
Website: www.CapTel.com
Website: www.oeius.org
Tel: (518) 681-9445
Contact: Kassey Granger
Lead Outreach Representative
E-mail: kassey.granger@oeius.org

Ideal for people with some degree of hearing loss, the Captioned Telephone, or CapTel, works like any other telephone with one important addition: It displays every word the caller says throughout the conversation. CapTel phone users can listen to the caller, and can also read the written captions in the CapTel's bright display window.

Please call Kassey for a free internet Cap Tel. Those who do not have internet are also welcome to call her for more information

Choice Magazine Listening
85 Channel Drive
Port Washington, NY 11050
Website:
www.choicemagazinelistening.org
Tel: (516) 883-8280
Toll Free: (888) 724-6423
Fax: (516) 944-6849

Choice Magazine Listening is a nonprofit organization that provides audio recordings of memorable articles, stories, interviews, essays and poems from outstanding current magazines, completely free of charge, to blind, visually impaired, physically disabled or dyslexic adults. Based in Port Washington, NY, CML has proudly served the blind and print-disabled community since 1962.

Clinton County Board of Elections
137 Margaret Street, Suite 104
Plattsburgh, NY 12901
Website:
www.clintoncountyny.gov/boe
Tel: (518) 565-4740
Fax: (518) 565-4508
E-mail: BOE@clintoncountyny.gov

You can obtain a mail registration form by calling your County Board of Elections or by calling 800-FOR-VOTE, registration forms are also available at most government offices, post offices, libraries, and on-line. You may also register in person at your County Board of Elections.

Clinton County Office for the Aging is a National Voter Registration Site.

To register to vote, you must:

- Be a citizen of the United States
- Be 18 years of age by the day of the elections in which you want to vote;
- Be a resident of the county for at least 30 days before the election;
- Not be in jail or on parole for a felony conviction;
- And not claim the right to vote elsewhere.

You need to re-register to vote if:

- You move into the county;
- Changed your name;
- Changed your address;
- Or changed your party enrollment. (any change in party enrollment will become effective seven (7) days after the following general election)

If you move out of Clinton County and register to vote in a new county, your new county will notify Clinton County of your change.

Cycling Without Age Adirondack Coast
518 Fiske Road
West Chazy, NY 12992
Website:
www.cyclingwithoutageadkcoast.com
E-mail-
AdirondackCoast@cyclingwithoutage.com
Tel: (**518) 314-9222 or 518-578-2369**

Provides the opportunity to experience life beyond the confines of a home, residence or facility by giving free rides on e-assisted three-wheeled bikes (Trishaws) by dedicated volunteer cyclists (Pilots).

Enhanced STAR Exemption
Clinton County Real Property Office
Clinton County Government Center
137 Margaret Street Suite 210
Plattsburgh, NY 12901
Phone: (518) 565-4760
Fax: (518) 565-4773

The Enhanced STAR program in New York State is a property tax relief program that offers an increased benefit specifically for eligible seniors.

HEAR NOW
Starkey Hearing Foundation
PO Box 1514
Minneapolis, MN 55441
Website:
www.starkeyhearingfoundation.org
Tel: (866) 354-3254
E-mail: info@starkeyfoundation.org
Hear Now is a national non-profit program committed to assisting deaf and hard-of-hearing persons with limited financial resources who permanently reside within the United States. The work of Hear Now is supported through the contributions of many benefactors. We receive no government funding. All donations – money, time, hearing aids – allow the program to survive and give the gift of hearing domestically.

Salvage Hearing Aid Donations
Hear Now collects hearing aids for recycling purposes. Any make or model, regardless of age, can be donated to the hearing aid recycling program. All donations are tax deductible and a letter of acknowledgement will be sent to all identified donors. If you wish to donate a salvaged hearing aid or other assistive

device, please securely package the donation and mail.

NYS Office of Parks and Recreation
Access Pass
Albany, NY 12238-0001
Website: www.nysparks.com
Tel: (518) 474- 2324
TDD: 711
M-F: 9 a.m. - 5 p.m.

Residents of NY State with certain medically verified permanent disabilities may apply for free use of NYS parks, historic sites and recreational facilities. Applications are available at the Clinton County Office for the Aging or by calling the above phone number. Restrictions apply.

NYS Office of Parks and Recreation
Golden Park Program
Albany, NY 12238-0001
Website: www.nysparks.com
Tel: (518) 474- 2324
TDD: 711
M-F: 9 a.m. - 5 p.m.

Free admission to NY State parks and recreational facilities is available to NY State residents who are 62 or older. Free admission is available for day use only, Monday through Friday excluding holidays, no camping. Reductions are available for park activity fees. Special Golden Park passes are no longer required. A driver's license or non-driver's ID is required and may be obtained at any NYS Department of Motor Vehicles Office.

License Plates and Parking Permits for People with Disabilities

To request a form to apply for special license plates or a parking permit for people with disabilities, please call or visit your City of Plattsburgh or Town Hall. Medical certification of the disabling condition is required to qualify the applicant for special plates or a permit. Handicap license plates are obtained from the department of Motor Vehicles.

Lifeline Telephone Discount
Website: www.lifelinesupport.org

Lifeline helps you stay connected and save money on your monthly telephone bill. The Lifeline discount can be applied to either home telephone service (landline or cable) or wireless service. The discount is available for only one line per household.

- Lifeline discounts* on home telephone service can save consumers as much as $250 a year through lower basic local service charges and a waiver of the federal subscriber line charge.
- Wireless customers can receive Lifeline benefits such as free minutes, reduced rates and free phones.

* Total savings and benefits will vary depending on your telephone service provider.

Only **ONE** Lifeline discount is allowed per household. The discount can be

applied to a landline or a wireless service, but not at the same time.

Your "household" is everyone who lives together at your address as one economic unit, (including people who are not related to you). Adults living with you are part of the economic unit if they contribute to and share in the income and expenses of the household.

Individuals who are eligible for Supplemental Security Income (SSI)

- Home Energy Assistance Program (HEAP)
- Supplemental Nutrition Assistance Program (SNAP)
- Medicaid
- Non-Service Related Veteran's Disability Pension or Veteran's Surviving Spouse Pension
- Family Assistance
- Safety Net Assistance
- Federal Public Housing Assistance (Section 8)
- National School Lunch Program

National Library Service For the Blind and Print Disabled Library of Congress
Website: www.loc.gov/ThatAllMayRead
Tel: (888) 657-7323

This program offers a free library service for individuals who are unable to read or use regular print materials because of visual, physical, or reading disability. Through a network of cooperating libraries, eligible residents of the United States and its territories and US citizens living abroad may borrow audio and braille books free of charge.

NYS Public Service Commission
Empire State Plaza Building 3
Albany, NY 12223
Website: www.dps.ny.gov
Tel: (518) 474-6530
M-F: 8:30 a.m. - 5 p.m.

This program insures a special year-round safeguard against shutoff of electric, natural gas, steam and telephone utilities. If you are 62 or older, blind or disabled you are eligible for special protections. It's important for seniors to know that utility companies generally cannot require deposits from customers 62 or older, unless the customer has been disconnected for non-payment within the past 6 months. Client must obtain application from their utility company.

NYS Talking Book and Braille Library
Cultural Education Center
Empire State Plaza
Albany, NY 12230
Website: www.nysl.nysed.gov/tbbl
Tel: (800) 342-3688
Tel: (518) 486-4986
E-mail: tbbl@mail.nysed.gov

This library provides free library services to eligible residents of Upstate New York who cannot read or hold standard print materials. It makes available recorded and Braille materials provided by the Library of Congress, and provides other services to eligible readers.

North Country Center for Independence (NCCI) Vision Services
80 Sharon Ave
Plattsburgh, NY 12903
Website: www.ncci-online.com/vision-services
Tel: (518) 563-9058
Fax: (518) 563-0292
Contact: Robert Poulin, Executive Director
M-F: 8 a.m. - 4 p.m.

The North Country Association for the Visually Impaired (N.C.A.V.I.) provides rehabilitative services, and adaptive equipment free of charge to the legally blind, and blind individuals (of all ages) in the four counties, of Clinton, Essex, Franklin, and St. Lawrence. Services offered are rehabilitation teaching, social casework, orientation and mobility instruction (safe travel), services for the older person, job save skills, job placement services, referral services and vocational training. Low vision aids and equipment are also dispensed. Services are free to the blind and legally blind.

NYS Hearing Impaired Relay Service
Tel: (800) 676-3777
Fax: (877) 877-3291

Real Property Tax Credit for Homeowners and Renters IT-214
Website:
https://www.tax.ny.gov/pdf/current_forms/it/it214_fill_in.pdf

Homeowners whose gross income is $18,000 or less may qualify for a reduction in taxes if they have lived in the same residence for six months or more and the home has a current market value of $86,000 or less. Renters whose gross income is $18,000 or less and whose average monthly rent is $450 or less, (not counting charges for heat, gas, electricity, furnishings or board) and who have occupied the residence for 6 months or more may qualify

Senior Citizens Council of Clinton County, Inc. (SCCCC)
5139 North Catherine Street
Plattsburgh, NY 12901
Website:
www.seniorsinclintoncounty.com
Tel: (518) 563-6180
Fax: (518) 563-0908
Contact: Maria Alexander, Executive Director
E-mail: maria@seniorcouncil.net
M-F: 8:00 a.m. – 3:30 p.m.

Senior Pass - U. S. Geological Survey National Center
12201 Sunrise Valley Drive
Reston, VA 20192
Website: www.nps.gov/index.htm
Tel: (888) ASK-USGS (275-8747)
Choose option 1 for America the Beautiful Park Pass Related Questions
E-mail: fedrecpass@usgs.gov
Hours: Monday – Friday (excluding Federal Holidays)
8:00 a.m. – 4:00 p.m.

The Senior Pass is available for a $80.00 fee to citizens or permanent residents of the United States who are 62 years of age or older. The pass is good for the lifetime of the holder. The pass admits the holder to all designated National Parks. It also provides a 50% discount on

camping and other user fees for designated recreational facilities and services provided by the federal government. The discount does not apply for special recreational permits fees charged for group activities, nor for fees charged by private concessionaires.

Senior Passes may be obtained at the entrances of designated National Parks. They must be applied for in person and proof of age must be furnished.

Better description of the Senior Pass and its use go to
www.nps.gov/planyourvisit/senior-pass-changes.htm

Verizon Assistive Equipment Distribution Program Center
Toll Free: (888) 262-1999
Toll Free: (800) 974-6006 for disability customer service

Verizon makes available assistive equipment designed to meet the needs of people with disabilities. The equipment is available for rent, lease or sale to qualified customers with certified disabilities. Equipment offered by Verizon from various manufacturers includes: Teletypewriters (TTY), amplified handsets, portable snap-on amplifiers, loud ringers and signalers, weak speech handsets, speaker phones, large button phones and many free dialing aids to assist you when using the telephone. Bell Atlantic also offers Braille or large print bills for customers who are blind or visually impaired.

GLOSSARY OF TERMS & ABBREVIATIONS:

ASSISTED LIVING AND MEMORY CARE

Assisted living facilities are for people needing assistance with Activities of Daily Living (ADLs) but wishing to live as independently as possible for as long as possible. Assisted living exists to bridge the gap between independent living and nursing homes. Residents in assisted living centers are not able to live by themselves but do not require constant care either. Assisted living facilities offer help with ADLs such as eating, bathing, dressing, laundry, housekeeping, and assistance with medications.

ELDERLY PHARMACEUTICAL INSURANCE COVERAGE (EPIC)

The Elderly Pharmaceutical Insurance Coverage (EPIC) program is a New York State program for seniors administered by the Department of Health. It helps more than 280,000 income-eligible seniors aged 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs. Seniors can apply for EPIC **at any time of the year** and must be enrolled or eligible to be enrolled in a Medicare Part D drug plan to receive EPIC benefits and maintain coverage.

EPIC provides secondary coverage for Medicare Part D and EPIC-covered drugs purchased after **any Medicare Part D deductible is met**. EPIC also covers approved Part D-excluded drugs once a member is enrolled in Part D.

Call EPIC hotline (800) 332-3742.

HEATH CARE PROXY

The Health Care Proxy law authorizes any competent adult to sign a statement appointing a "health care agent" if the patient loses the capacity to make health care decisions. The agent will have the same rights the patient ordinarily has in making health care decisions. The statement includes limitations on the agent's authority and instructions to the agent about the patient's wishes. For additional information and copies of a proxy form, write: Health Care Proxy Form, New York State Department of Health, Box 2000, Albany, N.Y. 12220.

As with any other important decision made in your life, before establishing any of these documents please discuss it first with family members or a person you trust. Many people already deal with a trusted attorney or one may be contacted before proceeding with any of these procedures.

http://www.ag.ny.gov/sites/default/files/pdfs/publications/Planning_Your_Health_Care_in_Advance.pdf

HOME CARE AGENCIES PROVIDING CARE IN THE HOME

Home care services can assist family members and friends in providing care for an older or disabled individual in their own home in the community. Home care services are available to help people who have no family caregivers or they may supplement the care of relatives and friends. These services may be required on a temporary or permanent basis and may be needed for just a few hours per week or on a routine daily basis. In-home assessments and plans of care are made by registered nurses and/or case managers in order to assess needs in order to maximize independence of the individual. Specific home care services required will differ based on individual needs.

LIVING WILL

This document expresses an individual's wishes regarding serious and/or terminal illness. Although New York State has not yet adopted legislation approving living wills, such legal documents have been recognized by both physicians and the court system.

LONG TERM CARE

Long-term care includes a wide range of services such as, transportation, housekeeping, financial planning, housing options, chore services and many others.

LONG-TERM CARE OR NURSING HOME INSURANCE

The New York State Partnership for Long Term Care was initiated in order to encourage more people to purchase long-term care insurance policies. The Partnership Program allows those people who purchase approved policies to apply for Medicaid without spending down their assets once the benefits under the long-term care policy are exhausted. Income, however, would still have to be contributed toward the cost of their nursing home costs according to Medicaid Regulations. Insurance policies covering long-term care services are a relatively new form of insurance

and are not useful for everyone. Before purchasing a policy or this type, please discuss the matter with a family member or an attorney.

For more information on the Long-Term Care Partnership Program, you can obtain a copy of the "Consumer Booklet – Affordable Financing for Long Term Care", which is available from the New York State Department of Social Services or the New York State Insurance Department, 160 West Broadway, New York, NY 10013-3393 or from the Clinton County Office for the Aging at (518) 565-4620.

MEDICAID

Medicaid is a government funded and administered program covering medical expenses for eligible low-income individuals.

Medicaid is a State and Federal Program based upon income and resource. It pays for medical costs for individuals who receive Supplemental Security Income or who are otherwise eligible under financial guidelines for medical need.

Medicaid can pay for Medicare premiums, co-insurance payments and deductibles, health insurance premiums when cost effective, and Medigap insurance premiums when appropriate.

Medicaid can pay for home health services, nursing home costs and alternate level of care in hospital, besides paying for necessary medical care in the community and in the acute care hospital. High health care expenses may qualify an individual for Medicaid coverage even if resources and monthly income are above the Medicaid eligibility levels.

Medicaid, the government program for low income individuals and families, is currently the major source of funding for long term care services. In order to qualify for nursing home coverage, persons may need to "spend down" their resources to reach allowable levels.

The Spousal Impoverishment Program is designed to increase financial protection for one spouse when the other spouse enters a nursing home or requires the Long Term Home Health Care Program in the community. The spouse remaining at home may keep their home, an automobile, and income and resources above the regular Medicaid eligibility levels.

If you have large medical or prescription drug expenses, Medicaid might pay a portion of them even if you would not otherwise qualify under the income guidelines alone. If you think you might qualify for Medicaid, for information and an application contact either:

- The Clinton County Office for the Aging (518) 565-4620, or
- JCEO (518) 561-6310

Applications for Medicaid are available at the Department of Social Services for the following groups of people:

- Applying for Nursing Home Coverage
- Lives in Congregate Care Facility
- 65 or older with no children under 21

- Disabled through Social Security w/no children under 21 and has Medicare
- Approved Disabled through DSS w/no children under 21 and has Medicare
- Currently receiving Foster Care
- Medicare Savings program
- Requires Waiver Services and no parental income to be used (TBI, HCBS, OPWDD, Waivers)

Any other people needing a Medicaid application can contact a Navigator at:

- Adirondack Health Institute (866)-872-3740
- Southern Adirondack Independent Living Center (518)-792-3537

MEDICAID CONSUMER DIRECTED PERSONAL ASSISTANT PROGRAM (CDPAP)

The Consumer Directed Personal Assistant Program (CDPAP) is a Medicaid home care program that is designed to empower individuals with disabilities.

Medicaid recipients must be currently receiving or be eligible for personal care assistance and expect to need those services for at least 180 days, be medically stable and be self-directing or have a family member or friend take responsibility for the personal assistance service.

The consumer is responsible for hiring, training, supervising and dismissing their personal assistants, insuring completion and accuracy of time sheets, arranging for back-up care and maintaining a working employer/employee relationship.

MANAGED MEDICAID

Medicaid Managed Care offers many New Yorkers a chance to choose a Medicaid health plan. Managed Care plans focus on preventive health care and provide enrollees with a medical home for themselves and their families. In many counties, once you are eligible for Medicaid, you can join a plan if there is one available and you want to join. However, there are some counties where families will have to join a plan. In these counties there are some individuals who don't have to join. Enrollment in Medicaid managed care is available at any local Department of Social Services.

MEDICAID AND NURSING HOMES

Medicaid is an assistance program that can help pay for the costs of nursing home care for medically and financially needy people. You are considered medically needy if your resources (stocks, bonds, bank accounts, real estate, etc.) are below the New York State Resource Levels (which change annually) and your monthly income is less than the monthly nursing home cost.

Applying for Medicaid is not an automatic application for nursing home placement. You or your representative must call the nursing home(s) that you are interested in and make application for residing there.

A nursing home resident eligible for New York State Medicaid is allowed the

annual maximum resource level. In addition, a Prepaid Burial Fund is allowed. A Burial Fund must be placed in an Irrevocable Burial Trust to be considered an exempt resource.
Under Medicaid, upon nursing home admission all monthly income must be paid towards the cost of care except for a $50 personal incidental allowance. Exemptions of income will be deducted for payment towards private health insurance and Medicaid premiums.

Once a single individual has moved permanently into a nursing home, any homestead property owned is no longer considered an exempt resource. New York State regulations will not allow Medicaid to be authorized for any applicant owning resources with value exceeding the Medicaid maximum resource level. A Medicaid worker can explain the only circumstances where an exception can be made or property transferred.
Excess resources over the allowable level many not be transferred or given away to become eligible for Medicaid coverage for nursing home care. Any excess resources must be spent on medical expenses and/or nursing home costs to become eligible for Medicaid.

MEDICAID SHARED AIDE PROGRAM

With Shared Aide Service (SAS) aides will be scheduled to be in a designated building to help consumers with specific needs as indicated on the care plan. The aides will be attending to consumers as long as needed to finish the designated tasks.

Shared Aide Services provide home care support for the older and physically disabled allowing them to maintain dignity, independence, and quality of life while living comfortably and safely in their own apartment.
In contrast to the traditional person care system, the aide will not be assigned to you on an hourly basis. Instead, he/she will be coming in and out to assist you with specific tasks when you need them done. In this way, you will be “sharing” the aide with other residents in the complex.

This program is available to residents of Clinton County who are Medicaid eligible. It is also possible to pay privately for the Shared Aide Services.
To receive personal care services through Medicaid, your physician must order the services. He/she will advise the program of your condition and make recommendations for care.

If you are a private pay consumer, physician orders are not required, but his/her advice and recommendations may be sought.

MEDICAID SPOUSAL IMPOVERISHMENT PROGRAM

The Medicare Catastrophic Coverage Act of 1988 and subsequent New York State implementation requires that there are different rules for Medicaid income and resource eligibility for married couples with one institutionalized spouse. These income and resource levels, which change annually dependent upon the Consumer Price Index, protect some of the income and resources of the couple for the community spouse.

In order to determine the community spouse resource allowance, the combined total resources of the married couple will be counted at the time of Medicaid application. When determining the total value of the countable resources, the value of the home (provided the community spouse resides there), household goods, personal property, an automobile and certain funds established for burial needs will be exempted. It is, therefore, to the advantage of the community spouse to request a "Spousal Assessment" to make sure that allowable resources are not depleted due to the cost of care for the nursing home spouse. Spousal impoverishment rules can also be applied to couples where on is receiving services form a Medicaid Waiver Program.

MEDICAID COMMUNITY BASED LONG TERM CARE SERVICES AND SUPPORTS

You must have Medicaid to get community based long term care services and supports (CBLTSS).

There are eligibility requirements for CBLTSS. To find if you qualify for one or more of these services, you must have an assessment. You may qualify for adult CBLTSS if you are 18 years of age or older and need at least one of these services for more than 120 days (4 months) in a row:

- Nursing services in the home
- Home health aide services
- Private duty nursing
- Adult day health care
- Therapies in the home (physical, occupational, respiratory, or speech pathology)
- Personal care services
- Consumer directed personal assistance services

Call the New York Independent Assessor Program to schedule an assessment at 1-855-222-8350 (TTY 1-888-329-1541. If you are in a managed care plan, your plan will call us to schedule an assessment.

Medical Orders for Life-Sustaining Treatment (MOLST)

Honoring patient preferences is a critical element in providing quality end-of-life care. To help physicians and other health care providers discuss and convey a patient's wishes regarding cardiopulmonary resuscitation (CPR) and other life-sustaining treatment, the Department of Health has approved a physician order form (DOH-5003), Medical Orders for Life-Sustaining Treatment (MOLST) , which can be used statewide by health care practitioners and facilities. MOLST is intended for patients with serious health conditions who:

- Want to avoid or receive any or all life-sustaining treatment;
- Reside in a long-term care facility or require long-term care services; and/or
- Might die within the next year.

The MOLST form is one way of documenting a patient's treatment preferences concerning life-sustaining treatment – providers may choose to use

other forms. However, under State law, the MOLST form is the only authorized form in New York State for documenting both nonhospital DNR and DNI orders. In addition, the form is beneficial to patients and providers as it provides specific medical orders and is recognized and used in a variety of health care settings.

MEDICARE

Medicare is a federal health insurance program for persons age 65 and over who are eligible for Social Security or Railroad Retirement benefits and for some disabled people under age 65.
Many people assume that Medicare will pay for all their medical costs. The fact is that most nursing home services, home care services, and other long-term community services are **not** paid for by Medicare.

Medicare is the Federal insurance program for persons age 65 or older and certain disabled people. Medicare is designed to provide coverage primarily for acute conditions.

Home Care Services can be paid for under Medicare if: the individual is confined to their home and is assessed to need short-term rehabilitation or part-time skilled nursing care (as prescribed by Medicare guidelines). Medicare does **not** pay for custodial care for persons with chronic conditions.

Co-insurance – the portion or percentage of Medicare's approved amounts for covered services that a beneficiary is responsible for paying.

Deductible – the initial amount that must be paid before Medicare or a private health insurance begins paying for covered services and supplies.

MEDICARE PART A
Hospital Insurance

Part A helps to cover inpatient hospital care, medically necessary inpatient care in a skilled nursing facility after a hospital stay, home health care and hospice care.

You are automatically covered under Part A if you and your spouse are entitled to benefits under the Social Security System, Railroad Retirement System, or have paid the Medicare portion of the Social Security payroll (FICA) tax. In addition, some disabled persons under age 65 may qualify for benefits. For those who do not automatically qualify, Part A may be purchased.

Part A can help to pay for up to 100 days of care in a skilled nursing facility during a benefit period if your condition requires skilled nursing or rehabilitation services. This skilled nursing is meant to be temporary since it is designed to treat a medical condition which is expected to improve. Custodial nursing home care is **not** paid for by Medicare.

Home Health Care Expenses covered by Medicare can be: part-time or intermittent skilled nursing care, occupational/physical/speech therapy and medically necessary services such as part-time home health aides, medical social services, and medical supplies/equipment. All the Home Health Care Services must be provided by a Medicare-participating home health agency.

Hospice Care can be paid for if: a doctor certifies the patient is terminally ill, the patient chooses to receive care from hospice instead of standard Medicare benefits for the terminal illness, and care is provided by a Medicare certified Hospice program.

MEDICARE PART B

This coverage is optional and is offered to all Medicare beneficiaries upon enrollment in Part A. It may be purchased by those who do not qualify for automatic Part A coverage. This premium is usually deducted from a beneficiary's monthly Social Security check and the amount is subject to change each calendar year.

Part B benefits are subject to an annual deductible and a 20% co-insurance requirement of Medicare's "Reasonable Charges."

Part B pays for medically necessary physician services received at home, in the doctor's office, in a clinic, nursing home or hospital. It also covers related medical services and supplies, x-rays, medically necessary outpatient hospital services, and laboratory tests. Coverage is also provided for certain ambulance services and the in-home use of durable medical equipment such as wheelchairs and hospital beds. Mental health services are covered along with mammograms and pap smears.

Federal Law requires that State Medicaid programs pay Medicare costs for certain older and disabled person with low-incomes and limited assets. To find out if you qualify, contact the Clinton County Department of Social Services Medicaid Unit at (518) 565-3330 for an application.

MEDICARD PART C
Medicare Advantage Plans

A Medicare Advantage Plan is a type of Medicare health plan offered by a private company that contracts with Medicare to provide you with all your Part A and Part B benefits. Medicare Advantage Plans include Health Maintenance Organizations, Preferred Provider Organizations, Private Fee-for-Service Plans, Special Needs Plans, and Medicare Medical Savings Account Plans. If you're enrolled in a Medicare Advantage Plan, Medicare services are covered through the plan and aren't paid for under Original Medicare. Most Medicare Advantage Plans offer prescription drug coverage.

MEDICARE PART D
Prescription Coverage

It is provided through

- Prescription Drug Plans (PDPs)
- Medicare Advantage Plans (MA-PDs)
- Some employers and unions to retirees

Medicare PDPs must offer drug benefits (standard benefit) and may offer supplemental benefits for an additional premium. The PDPs have flexibility in how they design their prescription drug coverage. For example, they can establish a formulary (a list) to designate specific drugs that will be available within each class of therapeutic medications, or they can have cost sharing structures other than the standard benefit structure.

Examples of Standard Prescription coverage:

- generally, less than $39 monthly
- $590 deductible
- $2000.00 out of pocket limit
- Payment plans now available for drug costs

You must be entitled to Part A and/or enrolled in Part B to enroll in Part D.

Medicare prescription drug coverage is available to all people with Medicare.

MEDICARE MEDIGAP INSURANCE

Medigap is a private health insurance policy that fills in some of the "gaps" in Medicare's coverage when Medicare is the primary payer. It is an insurance that supplements Medicare.

According to the Federal 1990 Omnibus Budget Reconciliation Act, every Medigap insurance must offer a policy that includes a core package of benefits. The package includes:

- Coverage of Part A Medicare eligible expenses for hospitalization to the extent not covered by Medicare from the 61st day through the 90th day in any Medicare benefit period.
- Coverage of Part A Medicare eligible expenses incurred as daily hospital charges during use of Medicare's lifetime hospital inpatient reserve days.
- Upon exhaustion of all Medicare days' hospital coverage including the lifetime reserve days, coverage of the Medicare Part A eligible expenses for hospitalization subject to a lifetime maximum benefits of an additional 365 days.
- Coverage for the reasonable cost of the first three pints of blood.
- Coverage for the co-insurance amount (20%) of Medicare eligible expenses under Part B regardless of hospital confinement, subject to the Medicare Part B deductible.

In addition to the core package of benefits that Medigap insurers are required to offer, there are nine other packages of benefits which companies can sell. The other nine packages include various combinations of the following benefits:

- Skilled Nursing Facility Care or Residential Health Care Facility Care
- Part A Deductible
- Part B. Deductible
- 100% of the Part B Excess (difference between doctor's bill and the Medicare approved payment amount)
- 80% of the Part B Excess
- Medically necessary emergency care while in a foreign country.
- At home recovery benefit (in addition to Medicare's home health care benefit)
- Extended Prescription Drug Benefit
- Basic Prescription Drug Benefit
- Preventative Medical Care (for certain preventative tests and screenings).

Shop carefully before you buy; policies differ as to coverage and cost, and companies differ as to service. Contact different companies and compare the benefits and cost before you buy. Don't buy more policies than you need. Duplicate coverage is expensive and unnecessary. A single comprehensive policy is better than several policies with

overlapping or duplicate coverage. The Federal Law prohibits issuing duplicate coverage to Medicare beneficiaries even if both policies would pay full benefits. For assistance in understanding Medigap polices and choices, contact the HIICAP coordinator at Clinton County Office for the Aging (565-4620) or at JCEO (561-6310).

NURSING HOMES

The term “nursing home” generally refers to a long-term care facility, which provides services to consumers who are no longer able to live independently in the community. In compliance with Federal and State Regulations, all the Clinton County Skilled Nursing Facilities admit and provide services to residents without regard to sex, age, race, color, religion, marital status, disability, or sponsorship.

If an application for nursing home admission is made for a patient in the hospital, the hospital staff will complete a UAS-NY. The applicant or their representative can request that a copy of this be forwarded to the nursing home(s) of their choice. For community-based applicants the UAS-NY may be completed by a Community Home Health Agency or by the Department of Social Services if the applicant is an active Medicaid consumer.

PERSON EMERGENCY RESPONSE SYSTEM (PERS)

PERS is a service utilizing a voice communicator and a button when pressed will alert appropriate persons to respond to the emergency situation in the client’s home 24 hours every day.

PERS also known as **Lifeline** offers peace of mind and independence to the user and provides respite and reassurance for the concerned family. In an emergency, one touch of your portable HELP button will bring help within minutes. With Lifeline, help is always at your fingertips 24 hours a day

POWER OF ATTORNEY

Creating and signing a power of attorney gives another person legal authority to act on your behalf. This power of attorney should be a trusted person because they are given the power to handle financial and business matters on your behalf should it ever become necessary. A “durable power of attorney” stays valid even if you become unable to handle your own affairs or incapacitated. If “durable” is not specified, the power of attorney will automatically end if you do become incapacitated. If you are married, do not assume your spouse will automatically be able to manage your finances without a durable power of attorney. Some people prefer making a “Springing Power of Attorney” since it establishes power of attorney only **after** a specific event occurs such as incapacitation of the creator.

The person designated in the power of attorney to act on your behalf is the **attorney in fact.** An attorney in fact has an obligation to act honestly and prudently, on your behalf; they have no right to act in a way that he/she personally stands to benefit.

Creating a legally valid, durable power of attorney is relatively simple. A blank power of attorney form must be properly

completed and then signed in front of a notary public.

If you become incapacitated, someone will need to make medical decisions as well as financial decisions. A durable power of attorney does not give legal authority to your attorney in fact to make medical decisions for you.

RESIDENTIAL HEALTH CARE FACILITY (RFCF)

RFCF is a term for nursing home certified for Medicare coverage.

RESPITE CARE

Respite care provides time off for family members caring for a chronically dependent person.

SKILLED NURSING CARE

Skilled Nursing care is 24-hours a day supervision and medical treatment by a registered nurse under physician's orders.

SKILLED NURSING FACILITY (SNF) – SNF is a term for nursing home certified for Medicare coverage.

SUPPLEMENTAL NEEDS TRUST

Supplemental Needs Trusts (SNTs) are legal tools used to help disabled people keep more of their income or assets without losing their public benefits.

SNTs were originally invented to allow parents of children with developmental disabilities to provide for them after they grow up without making them ineligible for public benefits (like SSI and Medicaid). Ordinarily, if a parent set up a trust fund for their disabled child with $100,000 in it (for example), this would make them ineligible for public health insurance such as Medicaid. To avoid this, lawyers created special trust funds, which are structured in such a way that they do not impair a person's eligibility for public benefits. They *supplement* the disabled beneficiary's benefits, rather than replace them; hence the name Supplemental Needs Trust.

Another way that SNTs are used is to shield excess income for Medicaid purposes. By using an SNT in this way, a disabled Medicaid recipient can actually keep the benefit of almost all of their income, rather than having to pay a portion of it towards the cost of their care (e.g., for home care services). Income placed in an SNT can also qualify someone for a Medicare Savings Program.

SUPPLEMENTAL SECURITY INCOME (SSI) - Social Security Administration

SSI provides basic income (or additional income) to combine with Social Security, pension, or earnings. Individuals 65 or older, or any age if disabled or blind, whose income and resources are below threshold, may be entitled to this benefit. This includes disabled children of any age. Eligibility is based upon income and resources.
Individuals who qualify for SSI automatically qualify for full Medicaid.

Must file an application and receive a decision regarding disability. Call for

information and to set up an appointment for an interview.

UNIVERSAL ASSESSMENT SCREEN – UAS

The UAS-NY includes the following three assessment instruments:

- UAS-NY Community Assessment, a comprehensive assessment used for adults, age 18 and over, in home and community-based long-term care programs
- UAS-NY Pediatric Assessment for Ages 4 through 17
- UAS-NY Pediatric Assessment from Birth through Age 3

The UAS-NY contains reporting functionality for information on individuals assessed, as well as aggregate or agency-wide information, which will be immediately available to users during and upon completion of the assessment. The UAS-NY also includes an ad hoc reporting function that will enable users to create customized reports and to download information from the UAS-NY. This data can then be uploaded to an organization's local management system

VETERANS AFFAIRS BENEFITS

Healthcare:

- Primary care services
- Long term care
- Prescription services
- Mental health services
- Training for caregivers

Note: Healthcare services are available for those veterans who qualify.

Compensation or Pension Disability Benefits:

- These benefits are available to veterans and their family and widows of veterans who qualify.

Aid and attendance:

- The recipient must first qualify for either compensation disability or pension disability benefits before aid and attendance can be granted.

Visit the Clinton County Veterans Agency to determine eligibility.

Phone Number Quick Reference

260 Lake Street – Senior Resort Community……(518) 297-0260 ext. 0

A & L Gonyo Apartments……(518) 563-5011

AARP……(888) 687-2277
AARP Income Tax Assistance……(518) 314-9762

Adirondack Apartments (VOA)……(518) 891-6432

Adirondack Roots……..……..(518) 825-0801

Advocacy & Resource Center (ARC)……..……(518) 563-0930

Al-Anon, Alateen……(518) 561-0838

Alcoholics Anonymous……(518) 561-8444

Alliance for Positive Health……(518) 563-2437

Alzheimer's Association – Northeastern NY……(518) 867-4999

Alzheimer's Disease Caregiver Support Initiative (ADCSI)……(518) 564-3364

American Cancer Society – Capital NY Region……(518) 220-6902

American Heart Association……..(518) 626-8750

American Lung Association…….……..(800) 586-4872

American Red Cross North Country Chapter……..……(518) 561-7280

AmeriCorps Seniors – Clinton & Essex County RSVP……(518) 566-0944

Apple Valley Senior Housing……(518) 643-6766

Arthur LeFevre Apartments……(518) 561-1762

Associates for Training & Development (A4TD)…….……..(802) 524-3200

Beekman Towers……..……(518) 561-7770

Behavioral Health Services North (BHSN)……(518) 563-8206

BHSN Clinic……..……..(518) 563-8000
BHSN – PROS Learning Center…….…….(518) 563-8000

Black Brook Senior Housing……..(518) 647-8125

Breezy Acres……..(518) 594-7249

Cancer Services Program – CVPH……(518) 324-7660

CapTel – Captioned Telephone…….(518) 681-9445

Caregiver Resource Center/Caregiver Respite (OFA)…….(518) 565-4542

Catherine Gardens……(518) 324-4626

Catholic Charities of the Diocese of Ogdensburg..…….(518) 566-0944
AmeriCorps Seniors – Clinton & Essex County RSVP……(518) 566-0944

Center for Disability Rights, Inc. (CDR)……..……(585) 546-7510
TTY……(585) 546-7512

Center for Neurobehavioral Health (CNBH)……(518) 564-3367
Adirondack Regional Technology Center……...…(518) 564-3362
Neuropsychology Clinic…….……..(518) 564-2046
TRAID……..……(518) 563-6180

Champlain Valley Educational Services…….(518) 561-0100 ext. 299

Champlain Valley Family Center…….……..(518) 561-8480

Champlain Valley Senior Community
Assisted Living & Memory Care…….(518) 817-9108

Choice Magazine……(516) 883-8280

Child Care Coordinating Council & Family Connections…….……(518) 561-4999

Clinton County Board of Elections…….……..(518) 565-4740

Clinton County Department of Social Services…….(518) 565-3300
Adult Services……..…….(518) 565-3363
Family Type Homes for Adults……...…(518) 565-3363
HEAP……...(518) 565-3258
Medicaid……..……(518) 565-3330

SNAP……..……..(518) 565-3300

Clinton County Health Department……..……(518) 565-4840
Children with Special Health Care Needs……(518) 565-4848
Early Intervention Program……..……..(518) 565-4848

Clinton County Mental Health & Addictions……..(518) 565-4060

Clinton County Nursing Home…….…….(518) 563-0950 ext. 103

Clinton County Office for the Aging…….……(518) 565-4620

Clinton County Public Transportation…….……(518) 565-4567
Dispatch Office……..……(518) 561-1452

Clinton County Real Property – Enhance STAR Exemption…….(518) 565-4760

Clinton County Veterans Service Agency…….…….(518) 565-4720

Conifer Park……(518) 561-0130

Cornell Cooperative Extension Clinton County……(518) 561-7450

CVPH Skilled Nursing Facility……..……(518) 562-7760 ext. 7164

Cycling Without Age – Adirondack Coast…….(518) 314-9222 or (518) 578-2369

Edward A. and Beverly J. Bechard Senior Housing……...…….(518) 297-4101

Elderly Pharmaceutical Insurance Coverage (EPIC)……..…….(800) 332-3742
TTY…….……(800) 290-9138

EyeCare America……..……(877) 887-6327

First Transit, Inc…….(518) 563-3672

Friends of the North Country…….(518) 293-5045 ext. 125 or 126

Genetic Center – Vermont Regional…….(802) 847-4310

HCR Home Care…….(518) 310-0900

HEAR NOW – Starkey Hearing Foundation……...…….(866) 354-3254

Hospice of the North Country……..…….(518) 561-8465

Joint Council for Economic Opportunity (JCEO)…….(518) 561-6310
Rural Transportation Program……..……(518) 561-6310
Senior Care/Senior Repair……..……(518) 561-6310
Senior Outreach Program……(518) 561-6310
Town of Altona Community Outreach…….……(518) 236-7035 ext. 107
Town of AuSable Community Outreach…….……..……..(518) 834-9043
Town of Black Brook Community Outreach – AuSable Forks……..(518) 647-5411
Town of Black Brook Community Outreach – Keeseville……(518) 647-5411 ext. 3
Town of Champlain Community Outreach……..(518) 298-2373
Town of Chazy Community Outreach – West Chazy……(518) 493-3941
Town of Dannemora Community Outreach……..……(518) 802-8003
Town of Ellenburg Community Outreach...…….(518) 594-3007
Town of Peru Community Outreach…...……..(518) 565-9803
Town of Plattsburgh Community Outreach…….……(518) 563-6301 ext. 6
Town of Saranac Community Outreach…….……..(518) 293-6661
Town of Schuyler Falls Community Outreach……..(518) 563-1129 ext.7697

Keene Valley Neighborhood House…….……(518) 576-4474

Keeseville Country Gardens……..(518) 834-7725

Lake Forest Independent Living……(518) 561-6431

Legal Aid Society……..(518) 563-4022

Literacy Volunteers of Clinton County……(518) 564-5332

Meadowbrook Health Care & Limited Assistance Neighborhood…...(518) 563-5440

Medicare…….……(800) 633-4227

Medicare Rights Center……..……(212) 869-3850

Montcalm Manor HFA…….……..(518) 585-6230

Moses Ludington Adult Care Facility……..(518) 585-3871

National Library Service for the Blind & Print Disabled…...……..(888) 657-7323

New York Independent Assessor Program (NYIAP)…….…..(855) 222-8350
TTY…….(888) 329-1541

New York State Attorney General's Office – Plattsburgh……..……(518) 562-3282

New York State Caregiver Respite Coalition (NYSCRC)…….(585) 287-6393

New York State Children & Family Services Equipment Loan Fund...(518) 474-0197

New York State Division of Veterans Affairs..……..(518) 486-3602 or (518) 474-3958

New York State of Health…….(855) 355-5777

New York State Hearing Impaired Relay Service…….…….(800) 676-3777

New York State Office of Parks & Recreation……...(518) 474-0456

New York State Public Service Commission…….(518) 474-7080

New York State Talking Book & Braille Library…….……(800) 342-3688

North Country Center for Independence (NCCI)…….…….(518) 563-9058
Long Term Care Ombudsman Program…….……..(518) 563-9058
Vision Services……..……(518) 563-9058

North Country Home Services, Inc (NCHS) - Plattsburgh……..…(518) 566-0183
Saranac Lake……..……(518) 891-2641

Northern Housing……..(518) 298-3733

Office for People with Developmental Disabilities (OPWDD)...…….(518) 536-3484

OneWorkSource…….(518) 561-0430

Parkinson's Foundation – New York Chapter……(585) 743-1266

Pine Harbour, Inc……..……(518) 561-5307

Plattsburgh Housing Authority
Lake View Towers……..(518) 562-0230
Mountain Top Housing…….(518) 561-0720
Rental Assistance Program…….(518) 561-0720 ext. 232
Robert S. Long Apartments…….(518) 562-0230
Russell H. Barnard Apartments……..……..(518) 562-0230

Plattsburgh Rehabilitation & Nursing……..(518) 563-3261
Adult Day Health Center……..……(518) 534-7044

Plattsburgh VA Primary Care……..……..(518) 561-6247

Residential Resources, Inc…….……(877) 643-0303

Roderick Rock Senior Housing…….(518) 562-0400

Rural Law Center of New York…….……..(518) 561-5460

Rural Preservation Company of Clinton County……..(518) 293-7569

SAIL – Navigator Program……(518) 792-3537 ext. 1120
SAIL – Nursing Home Transition & Diversion (NHTD)…….……(518) 792-3537
SAIL – TBI Regional Resource Development Center…….…….(518) 792-3537

Samuel F. Vilas Home……..……...(518) 563-4960

Saranac Lake VA Primary Care…….(518) 626-5237 ext. 62729

Saranac Valley Housing……..……(518) 293-8518

Senior Citizens Council of Clinton County, Inc……(518) 563-6180
Nutrition Program – Congregate & Home Delivered Meals……(518) 561-8320
Dannemora Congregate Meal Site…….(518) 310-9089
Ellenburg Adult Center Congregate Meal Site……...…(518) 594-7311
Plattsburgh Beekman Towers Congregate Meal Site……..……(518) 561-5360
Plattsburgh Lake View Towers Congregate Meal Site…….(518) 561-8696
Plattsburgh Senior Center Congregate Meal Site…….(518) 561-7393
Rouses Point Congregate Meal Site…….(518) 534-1852

Senior Pass – U.S. Geological Survey National Center…….…….(888) 275-8747

Seniors Helping Seniors…….…….(518) 860-5277

Social Security Administration……..(800) 772-1213
Local……..(866) 964-7430

Special Olympics New York, Inc……(518) 388-0790

Speech and Hearing Center at SUNY Plattsburgh……(518) 564-2170

STOP Domestic Violence Program – BHSN……..……(518) 563-6904

The Farrar Home……(518) 483-7550

The University of Vermont Health Care Network CVPH……..(518) 561-2000

Third Age Adult Day Program……..…….(518) 564-3367

Traumatic Brain Injury (TBI) Center……..……..(518) 564-3367

TRICARE for Life……(866) 773-0404

Twin Oaks Senior Housing…….……(518) 236-6650

Valehaven……..…….(518) 643-2740

Verizon Assistive Equipment Distribution Program……(888) 262-1999
For Disability Customer Service……(800) 974-6006

Veterans Affairs Outreach Services……..……..(518) 561-6247

Victory Place Senior Community……..(518) 562-5559

Westport VA Primary Care…….….(518) 626-5236

William Watson Memorial Housing……..……(518) 236-6188

Windy Acres……(518) 594-7249

YMCA……..…….(518) 561-4290

NOTES

NOTES

OFFICE FOR THE AGING

CONTRACT AGENCIES & CONSULTANTS

Clinton County Public Transportation
Transportation

Cornell Cooperative Extension
Senior Gym Program

HCR Home Care
Personal Care Aide Service

Joint Council for Economic Opportunity of Clinton and Franklin Counties, Inc.
Senior Outreach Program, Rural Transportation Program, Health Insurance Information, Counseling and Assistance, Comprehensive in-home Assessments, Residential Repair, Friendly Visitor, Telephone Reassurance, Senior Care, Senior Repair

Jo Dragoon-Morse, Registered Dietitian
Nutrition Education and Counseling

Lifeline Systems Company
Lifeline Personal Emergency Response System

North Country Home Services
Personal Care Aide Services

Research Foundation of SUNY
Adult Day Services

Rural Law Center of New York
Legal Counseling

Senior Citizens Council of Clinton County
Senior Center, Nutrition Program, Comprehensive in-home Assessments

Seniors Helping Seniors (Adirondack Senior Services, LLC)
Personal Care Aide Service

YMCA
Senior Water Exercise

CLINTON COUNTY OFFICE FOR THE AGING
135 MARGARET STREET, SUITE 105
PLATTSBURGH, NY 12901
(518) 565-4620
www.clintoncountygov.com

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Attention - attention - – Atención - 注意 -

Clinton County Office for the Aging offers interpretation services for more than 200 languages to inquire about our agency's services for the aging, at no cost to you. Please call (518) 565-4620

Bureau de comté de Clinton pour le vieillissement offre des services d'interprétation pour plus de 200 langues pour se renseigner sur les services de notre agence pour le vieillissement , sans frais pour vous . S'il vous plaît appelez (518) 565-4620

Oficina del condado de Clinton para las Personas Mayores ofrece servicios de interpretación para más de 200 idiomas para preguntar acerca de los servicios de nuestra agencia para el envejecimiento , sin costo alguno para usted. Por favor llame a (518) 565-4620

克林顿县办公室的老化提供口译服务超过200种语言，以咨询有关老龄化我们的机构的服务，在没有你的成本。请致电（ 518 ） 565-4620

Translation services are available.

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