

FOCUS



SERVICES DIRECTORY

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

2018

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 (\$1,859 monthly income for single person for 2017) 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**. Please mail your contribution to Clinton County Office for the Aging. **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.



Make checks payable to the Clinton County Office for the Aging and mail to 135 Margaret Street, Suite 105, Plattsburgh, NY 12901-2966.

April 23, 2018

Dear Users of this Guide:

Senior citizens of Clinton County are fortunate to have available a variety of services designed to help them retain their independence as long as possible. Senior citizens 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 booklet available. It lists and briefly describes services provided by this agency and a number of other agencies that together comprise "the aging network." They include health care, housing, nutrition, transportation and a number of other services.

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

All information herein is accurate as of April 23, 2018. 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.clintoncountygov.com We are here to serve you!

TABLE OF CONTENTS

AARP	1
TEL: (202) 434-2277	1
TOLL FREE: (800) 424-3410	1
AARP INCOME TAX ASSISTANCE	1
TEL: (518) 335-8599	1
ADVOCACY & RESOURCE CENTER (A.R.C.)	1
TEL: (518) 563-0930	1
ALCOHOLICS ANONYMOUS	2
TEL: (518) 561-8444 HOT LINE/INFO	2
TOLL FREE: (800) 281-1190	2
AL-ANON, AL-A-TEEN	2
TEL: (518) 561-0838 HOT LINE/INFO	2
ALZHEIMER'S ASSOCIATION NORTHEASTERN NY	2
TEL: (518) 867-4999	2
TOLL FREE: (800) 272-3900.....	2
AMERICAN CANCER SOCIETY	3
TEL: (518) 792-5358, OPTION #3.....	3
TOLL FREE: (800) 227-2345	3
AMERICAN HEART ASSOCIATION	3
TEL: (518) 869-1961	3
AMERICAN LUNG ASSOCIATION OF THE NORTHEAST	3
TOLL FREE: (800) 586-4872	3
AMERICAN RED CROSS NORTH COUNTRY CHAPTER	3
TEL: (518) 561-7280	3
BEHAVIORAL HEALTH SERVICES NORTH, INC. (BHSN)	4
TEL: (518) 563-8206	4
BHSN - CLINIC.....	4
TEL: (518) 563-8000	4
BHSN – ELDERCARE SERVICES.....	4
TEL: (518) 324-3881	4
BHSN - PROS LEARNING CENTER.....	5
TEL: (518) 563-8000	5
BHSN - STOP DOMESTIC VIOLENCE	5
TEL: (518) 563-6904 WEEKDAYS.....	5
TOLL FREE: (888) 563-6904 NIGHTS & WEEKENDS.....	5
CANCER SERVICES PROGRAM	5
TEL: (518) 324-7660	5
CAPTEL – CAPTIONED TELEPHONE	5
TEL: (518) 681-9445	5
CATHOLIC CHARITIES OF THE DIOCESE OF OGDENSBURG	6
TEL: (315) 393-2255	6
CENTER FOR DISABILITY RIGHTS, INC.	6

TEL: (585) 546-7510	6
TTY (585) 546-7512	6
CENTER FOR NEUROBEHAVIORAL HEALTH (CNBH).....	6
TEL: (518) 564-3369	6
CNBH PROGRAMS	6
ADIRONDACK REGIONAL TECHNOLOGY CENTER (ARTC)	6
TEL: (518) 563-6180 ADULTS	6
TEL: (518) 564-3362 EARLY INTERVENTION	7
NEUROPSYCHOLOGY CLINIC	7
TEL: (518) 564-3377	7
TOLL FREE: (800) 388-0199	7
EASTERN ADIRONDACK HEALTH CARE NETWORK (EAHCN)	7
TEL: (518) 564-3371	7
TOLL FREE: (800) 388-0199	7
THIRD AGE ADULT DAY PROGRAM	8
TEL: (518) 564-2329	8
TRAUMATIC BRAIN INJURY (TBI) CENTER.....	8
TEL: (518) 564-5048	8
CHAMPLAIN VALLEY FAMILY CENTER.....	8
TEL: (518) 561-8480	8
CHAMPLAIN VALLEY EDUCATIONAL SERVICES.....	9
TEL: (518) 561-0100, EXT. 291	9
THE UNIVERSITY OF VERMONT HEALTH CARE NETWORK - CHAMPLAIN VALLEY PHYSICIANS HOSPITAL (CVPH)	9
TEL: (518) 561-2000	9
CVPH - SKILLED NURSING FACILITY	9
TEL: (518) 562-7760	9
CHILD CARE COORDINATING COUNCIL AND FAMILY CONNECTIONS.....	9
TEL: (518) 561-4999	9
TOLL FREE: (800) 540-2273	9
CHOICE MAGAZINE LISTENING.....	10
TEL: (516) 883-8280	10
CLINTON COUNTY BOARD OF ELECTIONS	10
TEL: (518) 565-4740	10
CLINTON COUNTY DEPARTMENT OF HEALTH.....	11
TEL: (518) 565-4840	11
DOH - CHILDREN WITH SPECIAL HEALTH CARE NEEDS PROGRAM (CSHCN).....	11
TEL: (518) 565-4848	11
DOH - DEVELOPMENTAL SERVICE UNIT	11
EARLY INTERVENTION PROGRAM.....	11
TEL: (518) 565-4848	11
CLINTON COUNTY DEPARTMENT OF SOCIAL	11
SERVICES	11

DSS - ADULT SERVICES	12
TEL: (518) 565-3363	12
DSS - CARE AT HOME PROGRAM (FOR PHYSICALLY DISABLED CHILDREN).....	12
TEL: (518) 565-3363.....	12
DSS - FAMILY TYPE HOMES FOR ADULTS	12
TEL: (518) 565-3363	12
DSS - HOME ENERGY ASSISTANCE PROGRAM (HEAP).....	13
TEL: (518) 565-3258	13
DSS - MEDICAID	13
TEL: (518) 565-3330	13
DSS - SNAP (FORMERLY FOOD STAMPS).....	13
TEL: (518) 565-3330	13
CLINTON COUNTY HOUSING ASSISTANCE PROGRAM.....	13
TEL: (518) 825-0800	13
CLINTON COUNTY NURSING HOME	14
TEL: (518) 563-0950, EXT.103	14
CLINTON COUNTY MENTAL HEALTH AND ADDICTION SERVICES CLINIC	14
TEL: (518) 565-4060	14
CLINTON COUNTY PROBATION DEPARTMENT	14
TEL: (518) 565-4648.....	14
CLINTON COUNTY PUBLIC TRANSPORTATION (CCPT)	15
TEL: (518) 565-4713	15
CLINTON COUNTY OFFICE FOR THE AGING SPONSORED TRANSPORTATION AT CCPT	15
CLINTON COUNTY OFFICE FOR THE AGING (OFA)	16
TEL: (518) 565-4620	16
OFA - EXPANDED IN-HOME SERVICES FOR THE ELDERLY (EISEP)	17
OFA - HEALTH INSURANCE INFORMATION COUNSELING AND ASSISTANCE PROGRAM (HIICAP)	17
OFA - LIFELINE.....	18
OFA - NUTRITION EDUCATION AND COUNSELING	18
TEL: (518) 561-8320	18
CLINTON COUNTY VETERANS SERVICE AGENCY	18
TEL: (518) 565-4720	18
NYS COMMISSION FOR THE BLIND AND VISUALLY HANDICAPPED	18
TEL: (518) 473-1675	18
DENTAL LIFELINE NETWORK	19
TEL: (303)5345360.....	19
ELDERLY PHARMACEUTICAL INSURANCE COVERAGE (EPIC)	19
TEL: (800) 332-3742	19
EYECARE AMERICA	19
TOLL FREE: (877) 887-6327	19
FIRST TRANSIT, INC.	20

TEL: (518) 563-3672	20
FRIENDS OF THE NORTH COUNTRY	20
TEL: (518) 834-9606, EXT. 21.....	20
GENETIC CENTER - VERMONT REGIONAL	21
TOLL FREE: (802) 847-4310	21
HCR HOME CARE – CERTIFIED HOME HEALTH CARE AGENCY (CHCA) & LICENSE HOME CARE SERVICE AGENCY	21
TEL: (518) 310-0900	21
HEAR NOW.....	21
TEL: (800) 648-4327	21
HOSPICE OF THE NORTH COUNTRY.....	22
TEL: (518) 561-8465	22
JOINT COUNCIL FOR ECONOMIC OPPORTUNITY (JCEO)	22
TEL: (518) 561-6310	22
JCEO - ENERGY SERVICES DEPARTMENT.....	22
JCEO - COMMUNITY OUTREACH PROGRAM.....	23
TOWN OF ALTONA	23
TOWN OF AUSABLE	23
TOWN OF BLACK BROOK.....	23
TOWN OF CHAMPLAIN	23
TOWN OF CHAZY – WEST CHAZY	24
TOWN OF CLINTON	24
TOWN OF DANNEMORA	24
TOWN OF DANNEMORA - LYON MOUNTAIN OFFICE	24
TOWN OF ELLENBURG	24
TOWN OF PERU	24
TOWN OF PLATTSBURGH	24
TOWN OF SARANAC	24
JCEO - HEALTH INSURANCE INFORMATION COUNSELING AND ASSISTANCE PROGRAM (HIICAP).....	24
JCEO - RURAL TRANSPORTATION PROGRAM (RTP)	25
JCEO - SENIOR CARE/SENIOR REPAIR	25
JCEO - SENIOR OUTREACH PROGRAM	25
JCEO - SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM - (TITLE V)	25
LICENSE PLATES AND PARKING PERMITS FOR PEOPLE WITH DISABILITIES	26
LEGAL AID SOCIETY OF NORTHEASTERN NY	26
TEL: (518) 563-4022	26
NUTRITION OUTREACH AND EDUCATION PROGRAM-CLINTON COUNTY	26
TEL: (518) 563-4022 EXT. 112.....	26
LIFELINE TELEPHONE DISCOUNT	26
LITERACY VOLUNTEERS OF CLINTON COUNTY	27
TEL: (518) 564-5332	27
MEADOWBROOK HEALTH CARE.....	27
TEL: (518) 563-5440	27

MEDICARE	28
TOLL FREE: 800-MEDICARE (800) 633-4227	28
SOCIAL SECURITY LOCAL: (866) 296-8271	28
MEDICARE RIGHTS CENTER	28
TEL: 212-869-3850.....	28
NATIONAL ALLIANCE ON MENTAL ILLNESS CHAMPLAIN VALLEY (NAMI: CV)	28
TEL: (518) 561-2685	28
NEW YORK RELAY SERVICE	29
TEL: 711 OR (800) 421-1220	29
NYS ATTORNEY GENERAL'S OFFICE	29
TEL: (518) 562-3282	29
TOLL FREE: (800) 771-7755	29
NYS CHILDREN & FAMILY SERVICES	30
EQUIPMENT LOAN FUND FOR THE DISABLED	30
TEL: (518) 474-0197	30
NYS DIVISION OF VETERANS' AFFAIRS	30
TEL: (518) 565-4720	30
TOLL FREE: (888) 838-7697	30
NYS DIVISION OF VETERANS' AFFAIRS	30
BLIND ANNUITY FOR VETERANS AND ELIGIBLE SPOUSES	30
TEL: (518) 486-3602	30
NY STATE OF HEALTH.....	30
TEL: (855) 355-5777	30
NYS OFFICE OF PARKS AND RECREATION.....	31
ACCESS PASS.....	31
TEL: (518) 474- 2324.....	31
TDD: 711	31
GOLDEN PARK PROGRAM.....	31
TEL: (518) 474- 2324.....	31
TDD: 711	31
NYS PUBLIC SERVICE COMMISSION	31
TEL: (518) 474-7080	31
NYS TALKING BOOK AND BRAILLE LIBRARY.....	32
TEL: (800) 342-3688	32
NORTH COUNTRY ASSOCIATION FOR THE VISUALLY IMPAIRED (NCAVI)	32
TEL: (518) 562-2330	32
NORTH COUNTRY CENTER FOR INDEPENDENCE (NCCI).....	32
TEL: (518) 563-9058 (V/TTY)	32
NCCI - LONG TERM CARE OMBUDSMAN PROGRAM	33

TEL: (518) 562-1732	33
NORTH COUNTRY HOME SERVICES, INC.....	33
TEL: (518) 891-2641 SARANAC LAKE	33
TEL: (518) 566-0183 PLATTSBURGH	33
OFFICE FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES (OPWDD)	33
TEL: (518) 561-8190	33
ONE WORKSOURCE.....	34
TEL: (518) 561-0430,	34
PLATTSBURGH REHAB & NURSING SERVICES	34
TEL: (518) 563-3261	34
RESIDENTIAL RESOURCES, INC.	35
TEL: (518) 324-3101	35
RSVP (RETIRED & SENIOR VOLUNTEER PROGRAM)	35
TEL: (518) 566-0944	35
RURAL LAW CENTER OF NEW YORK	35
TEL: (518) 561-5460	35
RURAL PRESERVATION COMPANY OF CLINTON COUNTY	36
TEL: (518) 293-7569	36
SCHOOL TAX RELIEF PROGRAM (STAR).....	36
SENIOR CITIZENS COUNCIL OF CLINTON COUNTY, INC. (SCCCC)	36
TEL: (518) 563-6180	36
CLINTON COUNTY	38
TEL: (518) 561-8320	38
SCCCC CONGREGATE SITES	38
DANNEMORA COMMUNITY CENTER	38
TEL: (518) 310-9089	38
ELLENBURG ADULT CENTER	38
TEL: (518) 594-7311	38
SAINT AUGUSTINE'S	38
TEL: (518) 420-4184	38
PLATTSBURGH BEEKMAN TOWERS	38
TEL: (518) 561-5360	38
PLATTSBURGH LAKEVIEW TOWERS.....	38
TEL: (518) 561-8696	39
PLATTSBURGH SENIOR CENTER.....	39
TEL: (518) 561-7393	39
ROUSES POINT	39
TEL: (518) 297-7361	39
SCCCC - HOME DELIVERED MEALS (HDM) PROGRAM	39
TEL: (518) 561-8320	39
SENIOR CITIZENS' PARTIAL EXEMPTION FROM PROPERTY TAXES	39
SENIOR HOUSING	39

ADULT CARE FACILITIES	39
ADIRONDACK MANOR HOME FOR ADULTS	40
TEL: (518) 643-2740	40
ADIRONDACK MANOR	40
ADIRONDACK MANOR HOME FOR ADULTS	40
CHAMPLAIN VALLEY SENIOR COMMUNITY	40
TEL: (518) 817-9108.....	40
THE FARRAR HOME.....	40
KEENE VALLEY NEIGHBORHOOD HOUSE	40
MOSES LUDINGTON ADULT CARE FACILITY	40
PINE HARBOUR, INC. – ASSISTED LIVING	40
TEL: (518) 561-5307	40
NYS CERTIFIED – ADULT HOME.....	40
SAMUEL F. VILAS HOME	40
TEL: (518) 563-4960	40
VICTORY PLACE	41
WEBSITE: WWW.VICTORYPLACELIVING.COM.....	41
TEL: (518) 562-5559	41
PRIVATELY-OWNED SENIOR APARTMENTS.....	41
260 LAKE STREET.....	41
TEL: (518)297-0260	41
ADIRONDACK APARTMENTS.....	41
TEL: (518) 891-6432	41
A & L GONYO	41
TEL: (518) 563-5011	41
FAX: (518) 563-5011	41
ALBERT CARRIERE FAMILY HOUSING	41
TEL: (518) 297-6911	41
APPLE VALLEY SENIOR HOUSING.....	41
TEL: (518) 643-6766	41
ARTHUR LEFEVRE APARTMENTS	41
TEL: (518) 561-1762	41
BEEKMAN TOWERS.....	41
TEL: (518) 561-7770	41
BLACK BROOK SENIOR HOUSING	42
TEL: (518) 647-8125	42
BREEZY ACRES (AHDFC).....	42
TEL: (518) 594-7249	42
CHURUBUSCO SCHOOL HOUSE APARTMENTS.....	42
TEL: (518) 497-6133	42
CORNERSTONE HOUSE.....	42
TEL: (518) 563-6180	42
EDWARD A. AND BEVERLY J. BECHARD SENIOR HOUSING	42
TEL: (518) 297-4101	42
EMERY HOUSE.....	42
TEL: (518) 566-0130	42
KEESEVILLE COUNTRY GARDENS.....	42
TEL: (518) 834-7725	42
LAKE FOREST	42
TEL: (518) 561-6431	42
MOUNTAIN TOP HOUSING	43

TEL: (518) 735-4669	43
NORTHERN HOUSING.....	43
TEL: (518) 298-3733	43
PLATTSBURGH HOUSING AUTHORITY - PHA.....	43
TEL: (518) 561-0720, EXT. 232.....	43
PHA - LAKEVIEW TOWERS.....	43
TEL: (518) 562-0230	43
PHA - RUSSELL H. BARNARD APARTMENTS	43
TEL: (518) 562-0230	43
RODERICK ROCK SENIOR HOUSING	43
TEL: (518) 562-0400	43
SARANAC VALLEY HOUSING.....	43
TEL: (518) 293-8518	44
TWIN OAKS SENIOR HOUSING	44
TEL: (518) 236-6650	44
WILLIAM WATSON MEMORIAL HOUSING.....	44
TEL: (518) 236-6188	44
WINDY ACRES (EHDFC)	44
TEL: (518) 594-7249	44
REAL PROPERTY TAX CREDIT FOR HOMEOWNERS AND RENTERS IT-214.....	44
SOUTHERN ADIRONDACK INDEPENDENT LIVING CENTER (SAIL)	44
TEL: (518) 792-3537	44
SAIL - NAVIGATOR PROGRAM	44
TEL: (518) 792-3537	44
SAIL - TRAUMATIC BRAIN INJURY (TBI).....	45
TEL: (518) 792-3537	45
SAIL - NURSING HOME TRANSITION AND DIVERSION (NHTD) RESOURCE	45
TEL: (518-792-1585).....	45
SAIL - MONEY FOLLOWS THE PERSON (MFP)	45
SOCIAL SECURITY ADMINISTRATION	45
TOLL FREE: (800) 772-1213	45
SPECIAL OLYMPICS NEW YORK, INC.....	45
TEL: (518) 388-0790	45
SPEECH AND HEARING CENTER AT SUNY PLATTSBURGH.....	46
TEL: (518) 564-2170	46
SENIOR PASS - U. S. GEOLOGICAL SURVEY NATIONAL CENTER.....	46
TEL: (888) ASK-USGS (275-8747)	46
VERIZON ASSISTIVE EQUIPMENT DISTRIBUTION PROGRAM CENTER	46
MARIANNE.B.MCARDLE@VERISZON,COM	46
TOLL FREE: (888) 774-4678	46
TOLL FREE: (800) 974-6006 FOR DISABILITY CUSTOMER SERVICE	46
VETERANS AFFAIRS OUTREACH SERVICES	47
TEL: (518) 593-0323	47
PLATTSBURGH VA PRIMARY CARE.....	47

TEL: (518) 561-6247	47
SARANAC LAKE VA PRIMARY CARE	47
TEL: (518) 626-5237	47
TEL: (518) 626-5236	47
TRICARE INFORMATION – NORTH REGION.....	47
TEL: (877) TRICARE.....	47
TRICARE FOR LIFE	47
TOLL FREE: (866) 773-0404	47
YMCA.....	48
TEL: (518) 561-4290	48
GLOSSARY OF TERMS/ABBREVIATIONS	49
MEDICAL ORDERS FOR LIFE-SUSTAINING TREATMENT (MOLST)	50
INDEX	61
OFFICE FOR THE AGING - CONTRACT AGENCIES & CONSULTANTS	62

AARP
601 E Street, N.W.
Washington, D.C. 20049
Website: www.aarp.org
Tel: (202) 434-2277
Toll Free: (800) 424-3410

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) 335-8599

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. Donations are accepted.

Advocacy & Resource Center (A.R.C.)
P.O. Box 826
231 New York Road
Plattsburgh, New York 12903
Website: www.cviarc.org
Tel: (518) 563-0930
Contact: Theresa Garrow, Executive
Director
Hours: Monday - Friday
8:30 a.m. - 4:30 p.m.

Services provided for developmentally disabled individuals include the following:

Personal Achievement thru Habilitation: 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.

Free Standing Respite Home Service: located at 2053 Military Turnpike in Plattsburgh, the Respite Home offers families a supervised setting for their loved ones to spend the weekend while giving the primary caregiver a “respite” or break from the daily responsibilities. Open every weekend, the Respite Home offers a chance for individuals to spend time with people of similar age and interests, while participating in fun, meaningful recreational and social activities.

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 chooses 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.

Alcoholics Anonymous

Website: www.ny-aa.org

Tel: (518) 561-8444 Hot Line/Info

Toll Free: (800) 281-1190

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

Al-Anon, Al-A-Teen

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 & Al-A-Teen.

Alzheimer's Association

Northeastern NY

4 Pine West Plaza, Suite 405

Albany, NY 12205

Website: www.alz.org/northeasternny

Tel: (518) 867-4999

Toll Free: (800) 272-3900

E-mail: infoneny@alz.org

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 - #524 Sibley Hall

Parking lot #20/21 George Angell Dr.

Plattsburgh, NY 12901

Website:

www.WeHelpCaregivers.com

Tel: (518) 564-3363

Toll Free: (800) 388-0199

Fax: (518) 564-3352

Contact: Richard Durant, Director

E-mail: rdur003@plattsburgh.edu
Contact: Valarie Drown, Co-Director
E-mail: drownvl@plattsburgh.edu
Hours: Monday – Friday
8:00 a.m. – 4:30 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.

American Cancer Society
Capital NY Region
959 State Route 9
Mount Royal Plaza
Queensbury, NY 12804
Website: www.cancer.org
Tel: (518) 792-5358, Option #3
Toll Free: (800) 227-2345
Fax: (518) 792-9204

American Heart Association
4 Atrium St. Suite 100
Albany, NY 12205
Website: www.americanheart.org
Tel: (518) 869-1961

American Lung Association of the Northeast
418 Broadway
Albany, NY 12207
Website: www.lungne.org
Toll Free: (800) 586-4872
Helpline: (800)548-8252
E-mail: info@lungne.org
Hours: Monday - Friday
8:30 a.m. - 4:30 p.m.

American Red Cross North Country Chapter
Mailing address:
203 N. Hamilton St.
Watertown, NY 13601
Office address:
26 Emory Street
Morrisonville, NY 12962
Website: www.redcross.org
Tel: (518) 561-7280
Fax: (518) 566-7110
Contact: Jane Gendron
E-mail:
Jane.Gendron@redcross.org/eny
Hours: Tuesday - Friday
8:30 a.m. - 4:30 p.m.

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.

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
Contact: Mark Lukens
Executive Director
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 – Eldercare Services
46 Flynn Avenue, Suite 612 A
Plattsburgh, NY 12901

Website: www.bhsn.org
Tel: (518) 324-3881
Contact: Mary Buckley-LaBonte,
Program Coordinator
E-mail: mbuckleylabonte@bhsn.org
Hours: Monday - Friday
8 a.m. - 4 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 with the following services:

- ✚ Caregiver Respite: Staff providers are trained to go into homes for 2 to 4 hours, providing the caregiver with a break.
- ✚ Information about, and help with, accessing services.
- ✚ The Resource Center has a lending library of books, video tapes and

periodicals pertaining to caregiving and aging.

- ✚ Support group for caregivers 4th Wednesday, 6:30 p.m. – 7:30 p.m. at St. Peter's Church, Emmaus Room.

BHSN - PROS Learning Center
2155 State Route 22B
Morrisonville, NY 12962
Website: www.bhsn.org/rehab.php
Tel: (518) 563-8000
Fax: (518) 563-9001
Contact: Paul Ferrari, Program Director
E-mail: pferrari@bhsn.org
Hours: Monday - Friday
8 a.m. - 4 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.

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
Contact: Director
E-mail: STOPDV@bhsn.org
Hours: Monday - Friday
9 a.m. - 5 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 and Essex Counties.

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 – 4:30

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.

CapTel – Captioned Telephone
Website: www.CapTel.com
Website: www.oeius.org
Tel: (518) 681-9445
Contact: Kasey Granger
Lead Outreach Representative
E-mail: kasey.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 Kasey for a free internet Cap Tel. Those who do not have

internet are also welcome to call her for more information,

Catholic Charities of the Diocese of Ogdensburg
Wadhams Hall
6866 State Highway 37
Ogdensburg, NY 13669
Tel: (315) 393-2255

Services include but not limited to: financial assistance; assess personal needs; verify and referral. Services provided to anyone who requests them regardless of religious affiliation or ability to pay.

Sliding schedule based upon income level and number of people in family.

Center for Disability Rights, Inc.
Albany Policy Office
497 State St.
Rochester, NY 14608
Website: www.cdrnys.org
Tel: (585) 546-7510
TTY (585) 546-7512
FAX (585) 546-5643
Director: Marsha Sweet
Contact persons: Member Specialists, Annette Otaro & Anne Cooney

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/offices/center/cisp/>

Tel: (518) 564-3369

Fax: (518)564-2328

Contact: Dr. Michael Morales,
Executive Director

Email: moralem@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. 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)

5139 North Catherine Street
Plattsburgh, NY 12901

Website:

www.seniorsinclintoncounty.org

Tel: (518) 563-6180 adults

Fax: (518) 563-0908

Contact: Patti Killeen

E-mail: patti@seniorcouncil.net

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, TRAIID 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

Contact: Kathy Scott, Program Coordinator

Hours: Monday, Tuesday,

Wednesday

8 a.m. - 4:00 p.m.

Closed 12:00 p.m. - 12:30 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

Beaumont Hall, Room 260A

SUNY Plattsburgh

101 Broad Street,

Plattsburgh, New York 12901-2681

Website:

www.plattsburgh.edu/offices/centers/cisp/adac

Tel: (518) 564-3377

Toll Free: (800) 388-0199

Fax: (518) 564-3313

Contact: Richard Durant, Director

E-mail: rdura003@plattsburgh.edu

Contact: Amy Hackett

E-mail: seco2136@plattsburgh.edu

Hours: Monday - Friday

8 a.m. - 4:30 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.

Eastern Adirondack Health Care Network (EAHCN)

Sibley Hall, Room 323

SUNY Plattsburgh

101 Broad Street,

Plattsburgh, New York 12901-2681

Website:

www.plattsburgh.edu/offices/centers/cisp/eahcn

Tel: (518) 564-3371

Toll Free: (800) 388-0199

Fax: (518) 564-2328

Contact: Lee Vera, Project Manager

E-mail: veratol@plattsburgh.edu

Hours: Monday - Thursday

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

Closed Noon - 1 p.m.

Eastern Adirondack Health Care Network (EAHCN) is committed to improving the health status of our rural region, spanning Clinton, Essex, and Franklin counties, and increasing

access and delivery of health care in the region.

Health care programs and services include: Arthritis Self-Management courses, "Get Moving" Physical Activity Guide, Geriatric Mental Health Information, Long Term Care Information, and the Chronic Disease Self-Management Program.

Third Age Adult Day Program
Sibley Hall, Room 320A
SUNY Plattsburgh
101 Broad Street
Plattsburgh, NY 12901
Tel: (518) 564-2329
Fax: (518) 564-2328
Contact: Christine Ouellette, Program Manager
E-mail: martinc@plattsburgh.edu
Hours: Monday - Friday
8 a.m. - 5 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
Beaumont Hall, Room 260
SUNY Plattsburgh
101 Broad Street
Plattsburgh, NY 12901
Website: www.tbicenter.org
Tel: (518) 564-5048
Fax: (518) 564-3397
Contact: Michael Morales, Director
E-mail: moralem@plattsburgh.edu
Contact: Tiffany Cowen
E-mail: rock9473@plattsburgh.edu
Hours: Monday - Friday
8 a.m. - 4:30 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.

Champlain Valley Family Center
20 Ampersand Drive
Plattsburgh, NY 12901
Website: www.cvfamilycenter.org
Tel: (518) 561-8480
Fax: (518) 566-6382
Contact: Connie Wille, Executive Director
Contact: Jennifer King, Human Resources
E-mail: jking@cvfamilycenter.org
Hours: Monday - Thursday
8 a.m. - 8 p.m.
Friday 8 a.m. - 5 p.m.

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 denied service due to a demonstrated inability to pay. Public transportation is available.

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. 291

Contact: Reggie McDonald, Director of Special Education

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.

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.

CVPH - Skilled Nursing Facility

75 Beekman Street

Plattsburgh, NY 12901

Website: www.cvph.org

Tel: (518) 562-7760

Fax: (518) 562-7324

Contact: Amanda Seymour, MSW

E-mail: aseymour@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.

Child Care Coordinating Council and Family Connections

194 US Oval

PO Box 2640

Plattsburgh, New York 12901

Website: www.cccnc.org

Tel: (518) 561-4999

Toll Free: (800) 540-2273

Fax: (518) 561-6956

Contact: Jamie Basiliere, Executive Director

E-mail: Jamie@primelink1.net
Hours: Monday, Wednesday,
Thursday and Friday 8 a.m. - 4 p.m.
Tuesday 8 a.m. - 6:30 p.m.

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.

Choice Magazine Listening
85 Channel Drive
Port Washington, NY 11050
Website:
www.choicemagazinelisting.org
Tel: (516) 883-8280
Toll Free: (888) 724-6423
Fax: (516) 944-6849
Contact: Annie Kyrkstas
E-mail: choicemag@aol.com

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.clintoncountygov.com
Tel: (518) 565-4740
Fax: (518) 565-4508
E-mail: BOE@clintoncountygov.com

You can obtain a mail registration form by calling your County Board of Elections or by calling 800-FOR-VOTE, Registrations 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.

Clinton County Department of Health (DOH)

**133 Margaret Street
Plattsburgh, NY 12901**

Website: www.clintonhealth.org

Tel: (518) 565-4840

Fax: (518) 565-4717

Contact: John Kanoza, Director of Public Health

E-mail:

john.kanoza@clintoncountygov.com

Ellen Hemingway

E-mail:

ellen.hemingway@clintoncountygov.com

Hours: Monday - Friday
8 a.m. - 5 p.m.

DOH - Children with Special Health Care Needs Program (CSHCN)

**133 Margaret Street
Plattsburgh, NY 12901**

Website: www.clintonhealth.org

Tel: (518) 565-4848

Contact: Nichole Louis, Supervising Public Health Nurse

E-mail:

Nichole.Louis@clintoncountygov.com

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.

**DOH - Developmental Service Unit
Early Intervention Program**

**133 Margaret Street
Plattsburgh, NY 12901**

Website: www.clintonhealth.org

Tel: (518) 565-4848

Contact: Christa VanCour, Children's Service Coordinator

E-mail:

Christa.Vancour@clintoncountygov.com

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.

Clinton County Department of Social Services

DSS - Adult Services
13 Durkee Street
Plattsburgh, NY 12901
Website: www.clintoncountygov.com
Tel: (518) 565-3363
Fax: (518) 565-3440
Contact: Betty Rabideau, Adult Services Supervisor
E-mail: betty.rabideau@clintoncountygov.com
Hours: Monday - Friday
9 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 - Care at Home Program (for Physically Disabled Children)
13 Durkee Street
Plattsburgh, NY 12901
Tel: (518) 565-3363
Fax: (518) 565-3440
Contact: Colleen Corrice, Care at Home Coordinator
Hours: Monday - Friday
8 a.m. - 5 p.m.

Care at Home Program provides a Medicaid-financed plan of community-based services to enable physically disabled children who might otherwise qualify for hospital or nursing home

placement to live instead with their families. All Medicaid and additional services, such as case management and home adaptations, are available to assist a family in caring for their child.

- Must be under 18 years of age
- Have a determined physical disability according to standards in the Social Security Act
- Have an in-patient stay of at least 30 days
- Be ineligible for Medicaid because of parents' excess income and/or resources
- Must be Medicaid eligible when parents' income and/or resources are not counted and
- Can be cared for at home safely and at not greater cost than in the appropriate facility

DSS - Family Type Homes for Adults
13 Durkee Street
Plattsburgh, NY 12901
Tel: (518) 565-3363
Fax: (518) 565-3440
Contact: Frank Ocasio, Family Type Home Coordinator
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.

DSS - Home Energy Assistance Program (HEAP)
13 Durkee Street
Plattsburgh, NY 12901
Tel: (518) 565-3258
Contact: Gretchen Crowningshield
E-mail:
gretchen.crowningshield@clintoncounty.gov
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.

DSS - Medicaid
13 Durkee Street
Plattsburgh, NY 12901
Website:
www.health.ny.gov/health_care/medicaid/
Tel: (518) 565-3330
Fax: (518) 561-8101
Contact: Tammie Pageau, Supervisor
E-mail:
tammie.pageau@clintoncountygov.com
Hours: Monday - Friday
8 a.m. - 5 p.m.
Thursday: 8 a.m. - 8 p.m.
By appointment only after 5:30 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) 565-3432
Contact: Tammy Pageau, Supervisor
Hours: Monday - Friday
8 a.m. - 5 p.m.
Thursday: 8 a.m. - 8 p.m.
By appointment only after 5:30 p.m.

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

Clinton County Housing Assistance Program
24 Margaret Street, Suite 7
Plattsburgh, NY 12901
Tel: (518) 825-0800
Fax: (518) 563-2824
Contact: Debbie Laundry, House Manager
E-mail:
Debbie@clintoncountyhap.org
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.

Clinton County Nursing Home
16 Flynn Avenue
Plattsburgh, NY 12901
Website: www.clintoncountygov.com
Tel: (518) 563-0950, ext.103
Fax: (518) 563-1060
Contact: Wendie Bishop,
Administrator
E-mail:
wendie.bishop@clintoncounty.gov
E-mail:
beth.miller@clintoncountygov.com
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.

Clinton County Mental Health and Addiction Services Clinic
1300 Arizona Ave Suite 1500
Plattsburgh, NY 12903
Website: www.clintoncountygov.com
Tel: (518) 565-4060
Fax: (518) 566-0168
Contact: Richelle Gregory, Director of Community Services
E-mail:
mentalhealth@clintoncountygov.com
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.

Clinton County Probation Department Advocacy Center
34 Court Street
Plattsburgh, NY 12901
Contact: Victim Services Advocate
Tel: (518) 565-4648
Fax: (518) 565-4651
Hours: Monday - Thursday
8 a.m. - 5:00 p.m.

The CCAC specializes in educating crime victims about their rights and assisting them with access to services. Under a grant from the NYS Crime Victims Board, a Victim Services Advocate may offer counseling, claims assistance, referrals to other agencies throughout the county, legal advocacy and more. If you were injured during the commission of a crime, an Advocate may be able to help you get compensation for your out-of-pocket expenses, including medical expenses, lost earnings, burial expenses, counseling, repair or replacement of property, transportation expenses (to court or counseling appointments) or

costs incurred to utilize a domestic violence shelter. If you were not injured but are disabled, under 18, or over 60, you may still be eligible for compensation.

Clinton County Public Transportation (CCPT)

135 Margaret Street, Suite 124

Plattsburgh, NY 12901

Website:

www.clintoncountypublictransit.com

Tel: (518) 565-4713

Contact: James Bosley

E-mail:

james.bosley@clintoncountygov.com

Hours: Monday - Friday

8 a.m. - 5 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

www.clintoncountypublictransit.com. S

chedules can be purchased on CCPT buses or obtained from the County Planning Office at 135 Margaret Street. For additional information please contact CCPT dispatch at 561-1452.

Clinton County Office for the Aging Sponsored Transportation at CCPT

Services are subject to change. For any questions about CCPT services, please contact CCPT dispatch at (518) 561-1452.

Rural Zone Service as of 2/20/2018
(Changes may be implemented May 1st, 2018)

Service Availability by Zone:

Northern Clinton County (Zones 1 & 2):
Tuesday, Thursday, Saturday.

Southern Clinton County (Zones 3 & 4):
Monday, Wednesday, Friday.

Rural Zone Service is a by-appointment (demand response) public bus service to Clinton County's rural areas. The goal is to provide transportation from the rural areas to Plattsburgh and then back home.

To be picked up by the Rural Zone Service, call CCPT dispatch at (518) 561-1452 to make arrangements. CCPT dispatch is available Monday through Friday between 8:00 am and 5:00 pm. You must make your arrangements the day before or up to two weeks in advance of when you plan to travel. Subscription service is also available if you will need the same pick-ups every week. You can make subscription service arrangements through CCPT dispatch as well.

There are four zones which together cover all of Clinton County outside of the greater Plattsburgh area. For the exact zone boundaries, please consult the Rural Zone Service Map. Generally speaking the zones cover the following areas:

Zone 1: Beekmantown, Champlain, Chazy, Mooers and Rouses Point.

Zone 2: Altona, Churubusco, Clinton, and Ellenburg.

Zone 3: Cadyville, Clayburg, Dannemora, Lyon Mountain, Redford and Saranac.

Zone 4: AuSable Forks, Black Brook, Clintonville, Keeseville, Peru and Schuyler Falls.

Each zone will have one opportunity to come into Plattsburgh and one opportunity to return home on the days Rural Zone Service is available for that zone.

The timing of the bus availability will depend on where you are being picked-up from and is subject to change. The tentative times for each zone are as follows:

Zones 1 & 4: Pick-up between 8:45 am and 10:15 am. Arriving home between 4:00 pm and 5:30 pm.

Zones 2 & 3: Pick-up between 12:15 pm and 1:45 pm. Arriving home between 7:30 pm and 9:00 pm.

The Rural Zone Service will pick people up at home within the service area (zones), and will drop them off at designated stops in Plattsburgh. Flag stops along the way are also allowed provided it is safe for the driver to stop. The designated stops in Plattsburgh are: H.K. Freedman Renal Center, Champlain Centre Mall, Price Chopper, Wal-Mart, University of Vermont Health Network Champlain Valley Physicians Hospital, and Clinton County Government Center.

Passengers interested in other destinations should consider using other CCPT services in conjunction with the Rural Zone Service. CCPT regular routes can be connected with at the Government Center and other stops. Individuals with disabilities should apply for CCPT Paratransit Service which also serves the greater Plattsburgh area. Please contact the Planning Office at (518) 565-4713 to have an application

mailed to you or if you have questions about the application process.

The fare to ride the Rural Zone Service is \$5.00 each way. Fare for seniors 60 years of age and older are covered by Clinton County Office for the Aging.

Senior Bus Pass

Senior bus passes can be picked up at either the Office for the Aging or at the Planning Office at 135 Margaret St. Plattsburgh, NY 12901 Suite 105 or 124. Reduced fares on CCPT regular routes and Paratransit service are available to seniors 60 years of age or older and can be accessed by showing the bus pass to the driver for each ride.

Charter Trips for Seniors

The Clinton County Office for the Aging sponsors special trips within Clinton County. If you or your organization would like to make use of the bus, please contact the Office for the Aging at **518-565-4620**. There is no fare for persons 60 years of age or older but contributions are always welcome.

Clinton County Office for the Aging (OFA)

135 Margaret Street, Suite 105

Plattsburgh, NY 12901-2966

Website: www.clintoncountygov.com

Tel: (518) 565-4620

Fax: (518) 565-4812

Contact: Crystal L. Carter, Director

E-mail: aging@clintoncountygov.com

Hours: Monday - Friday

8 a.m. - 5 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. EISEP and Caregiver services are housed in the Office for the Aging. 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 - Expanded In-Home Services for the Elderly (EISEP)

**135 Margaret Street, Suite 105
Plattsburgh, NY 12901**

Contact: Colleen Monty

Tel: (518) 565-4649

E-mail:

colleen.monty@clintoncountygov.com

Contact: Sally Whitman

Tel: (518)-565-4623

E-mail:

sally.whitman@clintoncountygov.com

Fax: (518) 565-4812

Hours: Monday - Friday

8 a.m. - 5 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 - Health Insurance Information Counseling and Assistance Program (HIICAP)

**135 Margaret Street, Suite 105
Plattsburgh, NY 12901-2966**

Website:

www.aging.ny.gov/healthbenefits

Tel: (518) 565-4620

Fax: (518) 565-4812

Hours: Monday- Friday

8 a.m. - 5 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@clintoncountygov.com

Hours: Monday- Friday

8 a.m. - 5 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.

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.

Clinton County Veterans Service Agency

137 Margaret Street

Plattsburgh, NY 12901

Website: www.clintoncountygov.com

Tel: (518) 565-4720

Fax: (518) 565-4721

E-mail:

veterans@clintoncountygov.com

Contact: Steven Bowman, Director

E-mail:

steve.bowman@clintoncountygov.com

Hours: Monday - Friday

8 a.m. - 5 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 Tax Exemption

NYS Commission for the Blind and Visually Handicapped

52 Washington Street

Rensselaer, NY 12144

Tel: (518) 473-1675

Fax: (518) 473-9255

Contact: Amanda Hladik

Senior Counselor

Hours: Monday - Friday

8:30 a.m. – 4:30 p.m.

Provide Vocational Rehabilitation Services: counseling, medical examinations, vocational evaluations, training, job placement, and follow-up. Accommodation for blindness: Adaptive skills and equipment for communication, home management, access to print, and orientation and mobility training. Services available to all legally blind individuals with a vocational handicap; diagnosis is made by ophthalmologist when visual acuity is 20/200 or less in better eye with best correction, or visual field is restricted to 20 degrees or less. Referrals can be made by any person or agency. Some services are based on financial eligibility. Services are for job seekers only. NYS Commission for the Blind and Visually Handicapped partner with North Country Center for the Visually Impaired.

Dental Lifeline Network
1800 15th Street, Suite 100
Denver, CO 80202
Website: www.dentallifeline.org
Tel: (303)5345360
Fax: (303) 534-5290

The Dental Lifeline Network is a program that serves people with disabilities, people who are medically compromised, and seniors who dental needs have been neglected because they do not have the financial resources for comprehensive treatment and are unable to access such care through Medicaid or other public programs.

To be eligible for this program a person must be without financial resources to pay for care and may not be eligible for Medicaid or other public aid and need comprehensive dental treatment. Emergency services and routine

checkups and cleanings are not included in the program. An application needs to be filled out and upon receipt; it will be placed on a waiting list. Notification will be made when the application is approved and the name, address and phone number of the dentist will be given to the applicant and the applicant is responsible to schedule an appointment.

Elderly Pharmaceutical Insurance Coverage (EPIC)

Website:

www.health.state.ny.us/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.

EyeCare America
P.O. Box 429098
San Francisco, CA 94142-9098
Toll Free: (877) 887-6327
Fax: (415) 561-8567

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.

First Transit, Inc.
27 Flanagan Drive
Plattsburgh, NY 12901
Tel: (518) 563-3672
Contact: Melvin Desrocher
E-mail:
melvindesrocher@firstgroup.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.

- Price Chopper Schedule: Every other Tuesday
- Hannaford Schedule: Every 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

Friends of the North Country
1 Mill Street
P.O. Box 446
Keeseville, NY 12944
Website:
www.friendsofthenorthcountry.org
Tel: (518) 834-9606, ext. 21
Fax: (518) 834-9687
Contact: Scott Campbell, Executive Director
E-mail:
scampbell@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.

**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-Furnia RN
BSN
E-mail: kcharette-furnia@hcrhealth.com
Hours: Monday - Friday
8:00 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.

**HEAR NOW
The Starkey Hearing Foundation
6700 Washington Avenue, S.
Eden Prairie, MN 55344-3405**

Website:
www.starkeyhearingfoundation.org
Tel: (800) 648-4327
E-mail: hearnow@starley.com

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.

Hospice of the North Country

**358 Tom Miller Road
Plattsburgh, NY 12901**

OR

**3909 State Route 11
Malone, NY 12953**

Website: www.hospicenc.org/

Tel: (518) 561-8465

Fax: (518) 561-3182

**Contact: Natalie Whitehurst,
Executive Director**

E-mail: nwhitehurst@hospicenc.org

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.

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: Bruce Garcia, Executive
Director**

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: Belinda Parent, Director

E-mail: parentbj@jceo.org

Hours: Monday - Friday

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 home owners 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: Sally Soucia, Outreach Program Director

E-mail: souciasa@jceo.org

Hours: Monday - Friday

8 a.m. - 4 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 are designed to help families attain self-reliance.

Outreach Centers

Town of Altona

P.O. Box 83

Altona Town Hall

Altona, NY 12910

Ellen Montgomery

Tel: (518) 236-7621 ext. 107

Fax: (518) 236-7621

Monday – Friday 8:30 a.m. – 3:00 p.m.

Town of AuSable

1908 Route 22

Keeseville, NY 12944

Tara Hogan

Tel: (518) 834-9043

Fax: (518) 834-5510

Monday – Wednesday 8:30 a.m. – 4:00 p.m.

Town of Black Brook

P.O. Box 715

AuSable Forks Town Hall

AuSable Forks, NY 12912

Tara Hogan

Tel: (518) 647-5411 ext. 23

Fax: (518) 647-1294

Tuesday & Thursday
8:30 a.m. - 4:00 p.m.

Town of Champlain

1104 Route 9

Champlain, NY 12919

Julie Bouchard

Tel: (518) 298-2373

Fax: (518) 298-2373

Monday – Friday 8:30 a.m. – 12:00 noon

Town of Chazy – West Chazy

West Chazy Town Hall, Route 22
P.O. Box 151
West Chazy, NY 12992
Jamie McIntyre
Tel: (518) 493-3491
Fax: (518) 493-3491
Monday – Friday 8:30 a.m. – 12:00 p.m.

Town of Clinton

P.O. Box 62, 23 Smith Street
Churubusco Town Hall
Churubusco, NY 12923
Diane Lagree
Tel: (518) 497-6133
Fax: (518) 497-6133
Monday – Friday
8:30 a.m. – 12:00 noon

Town of Dannemora

P.O. Box 397
Dannemora Methodist Church
88 Clark Street
Dannemora, NY 12929
Shirley Durnin
Tel: (518) 492-7357
Fax: (518) 492-7357
Tuesday, Wednesday, Thursday
9:00 a.m. – 1:00 p.m.

Town of Dannemora - Lyon Mountain Office

St. Bernard's Convent
Lyon Mountain, NY 12952
Shirley Durnin
Tel: (518) 735-4334
1st Wednesday of the month
9:00 a.m.-1:00 p.m.

Town of Ellenburg

P.O. Box 153
Municipal Building
Ellenburg, NY 12933

Contact: Tina Trombley

Tel: (518) 594-3007
Fax: (518) 594-7414
Monday – Friday: 8:30 a.m. – 4:00 p.m.

Town of Peru

P.O. Box 596, 3036 Main Street
Peru Town Hall
Betsy Ero
Tel: (518) 643-8455
Fax: (518) 643-8455
8:30 a.m. – 4:00 p.m.

Town of Plattsburgh

1403 Military Turnpike
Plattsburgh, NY 12901
Tammy Wells
Tel: (518) 563-2836
Fax: (518) 563-2836
8:30 – 4:00 p.m.

Town of Saranac

Saranac Town Hall
3668 Route 3
Saranac, NY 12981
Cindy Waldron
Tel: (518) 293-6661
Fax: (518) 293-6661
Monday – Friday 8:30 a.m. – 4 p.m.

JCEO - Health Insurance Information Counseling and Assistance Program (HIICAP)

Tel: (518) 561-6310
Fax: (518) 565-4812
Hours: Monday- Friday
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: Julie Stalker, Director
Email: stalker@jceo.org
Hours: Monday - Friday
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 Care/Senior Repair
54 Margaret Street
Plattsburgh, NY 12901
Website: www.jceo.org**



**Tel: (518) 561-6310
Fax: (518) 562-2947
Contact: Raelyn Woodside, Senior Outreach Specialist
E-mail: rwoodside@jceo.org
Hours: Monday - Friday
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.

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
Hours: Monday - Friday
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.

JCEO - Senior Community Service Employment Program - (Title V)

**54 Margaret Street
Plattsburgh, NY 12901
Website: www.jceo.org
Tel: (518) 561-6310
Fax: (518) 562-2947**



Contact: Sean Burke
E-mail: burkes@jceo.org
Hours: Monday - Friday
8:30 a.m. - 4 p.m.

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.

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.

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: Peter Racette, Deputy
Director
E-Mail: pracette@lasnny.org
Hours: Monday - Friday
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.

Nutrition Outreach and Education Program-Clinton County **Legal Aid Society of Northeastern NY** **100 Court Street**

Plattsburgh NY 12901
Tel: (518) 563-4022 ext. 112
Fax: (518) 563-4058
Toll Free: (800)722-7380

Contact: Mandy Beaudin,
Paralegal/NOEP Program Coordinator
E-mail: mbeaudin@lasnny.org
Hours: Monday - Friday
9 a.m. to 5 p.m.

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-screenings 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.

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

Literacy Volunteers of Clinton County
Hawkins Hall, Room 052
SUNY Plattsburgh
101 Broad Street
Plattsburgh, NY 12901
Website: www.lva-cc.org
Tel: (518) 564-5332
Fax: (518) 564-5335
Contact: Linda Carela
Executive Director
E-mail: lcare003@plattsburgh.edu
Hours: Monday - Thursday
8 a.m. - 4 p.m.
Friday 8 a.m. - 3 p.m.

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).

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. Our full range of services affords individuals the opportunity to comfortably age in place at Meadowbrook. Our facility is tastefully appointed in warm Adirondack tones with modern furnishings. Our licensed, professional personnel provide quality individual care in an atmosphere that promotes healing and enrichment.

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.

Since 1974, thousands of families have entrusted Meadowbrook Healthcare with providing care for their loved ones. Our entire staff takes the responsibility of earning and keeping your trust very seriously. Throughout our region, we are known as the "Facility of Choice" for both the care we extend to our residents as well as the engaging atmosphere our employees foster each and every day.

Medicare

Website: www.medicare.gov

Toll Free: 800-medicare (800) 633-4227)

Or

Social Security Local: (866) 296-8271

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

520 Eighth Avenue

North Wing, 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.

National Alliance on Mental Illness

Champlain Valley (NAMI: CV)

34 New York Road

Plattsburgh, NY 12903

Website: www.nami-cv.org

Tel: (518) 561-2685

Fax: (518) 561-2689

Contact: Amanda Allen, Executive Director

E-mail: amanda@nami-cv.org

Hours: Monday - Friday

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

The National Alliance for the Mentally Ill of Champlain Valley (NAMI: CV) is a grassroots organization that provides education, advocacy, and support to all those affected by mental illnesses in Clinton, Franklin, and Essex Counties. NAMI: CV is a member agency of the United Way of Clinton and Essex Counties and a member in good standing of NAMI New York State and NAMI National. NAMI: CV provides a variety of supports and educational programs for both family members who have a loved one with a mental illness and for consumers of mental health services. Grief support is also provided for survivors of suicide. Please call for more information. All services are free of charge.

New York Relay Service

Website: www.nyrelay.com

Tel: 711 or (800) 421-1220

New York Relay service is a statewide service that connects standard (voice) telephone users with deaf, hard-of-hearing, deaf-blind, speech-disabled, or late-deafened people who use text telephones (TTYs) or voice carry-over (VCO) phones. All you have to do is dial 7-11. It is that easy!

NYS Attorney General's Office

43 Durkee Street, Suite 700

Plattsburgh, NY 12901

Website: www.ag.ny.us

Tel: (518) 562-3282

Toll Free: (800) 771-7755

Fax: (518) 562-3293

Contact: Glen Michaels, Assistant Attorney General in Charge

Contact: Christopher Fleury

E-mail: Christopher.fleury@ag.ny.gov

Hours: Monday - Friday

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.

**NYS Children & Family Services
Bureau of Financial Operations
Equipment Loan Fund for the
Disabled
52 Washington Street
Rensselaer, NY 12144
Website: www.ofcs.ny.gov
Tel: (518) 474-0197
Fax: (518) 486-5819
Hours: Monday - Friday
8 a.m. - 5 p.m.**

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.

**NYS Division of Veterans' Affairs
Clinton County Government Center
137 Margaret Street
Plattsburgh, NY 12901
Website: www.veterans.ny.gov
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
Hours: Monday – Friday
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
Fax: (518) 473-0379
Contact: Joella Grayson
E-mail:
joella.grayson@veterans.ny.gov
Hours: Monday - Friday
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

**NY State of Health
Tel: (855) 355-5777
Website:
www.healthbenefitexchange.ny.gov
www.nystateofhealth.ny.gov/
Hours: Monday – Friday**

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

NYS Office of Parks and Recreation
Access Pass
Albany, NY 12238-0001
Website: www.nysparks.com
Tel: (518) 474- 2324
TDD: 711
Contact: Megan Lawyer, Program Coordinator
E-mail: megan.lawyer@parks.ny.gov
Hours: Monday - Friday
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
Contact: Megan Lawyer, Program Coordinator
E-mail: megan.lawyer@parks.ny.gov
Hours: Monday - Friday
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.

NYS Public Service Commission
3 Empire State Plaza
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
Hours: Monday - Friday
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
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 Association for the Visually Impaired (NCAVI)
22 US Oval, Suite B-15
Plattsburgh, NY 12903
Website: www.ncavi.org
Tel: (518) 562-2330
Fax: (518) 562-2331
Contact: Amy Kretser, Executive Director
E-mail: www.ncavi2001@yahoo.com
or info@ncavi.org
Hours: Monday - Friday
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.

**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
Contact: Robert Poulin, Director
E-mail: robert@ncci-online.com
Hours: Monday - Friday
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.

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
Hours: Monday - Friday
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.

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

**North Country Home Services, Inc.
Saranac Lake (Main Office)
25 Church Street
Saranac Lake, NY 12983
Tel: (518) 891-2641 Saranac Lake
Contact: Patricia Littlefield,
Compliance
E-mail: plittlefield@nchs-intranet.com
OR
Plattsburgh (Branch Office)**

**21 McKinley Avenue
Plattsburgh, NY 12901
Tel: (518) 566-0183 Plattsburgh
Fax: (518) 566-0186
Contact: RN Office Manager
E-mail:
Hours: Monday - Friday
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.

Personal Emergency Services provided for a fee.

**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**

Contact: Scott Sayward, Office Manager
E-mail: scott.sayward@opwdd.ny.gov
Hours: Monday - Friday
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.

One WorkSource
194 US Oval
Plattsburgh, NY 12903
Website:
www.nconeworksource.com
Tel: (518) 561-0430,
Fax: (518) 561-9566
Kathy Bishop, Senior Training Counselor, ext.3060
E-mail:
Kathy.bishop@clintoncountygov.com
Contact: Caroline Renadette, for Adults and dislocated workers ext. 3031
E-mail:
caroline.renadette@clintoncountygov.com

Hours: Monday – Friday
8:00 a.m. – 4:00 p.m.

For youths, adults and dislocated workers including those over 55 years, One WorkSource can provide based on customer choice: informational workshops; listings of local jobs. job seeking skills training; job search assistance; training (including on-the-job training) in demand occupational areas; job development; use of resource room with self-assisted software, internet access, fax, phones, and copier to support employment and training needs. Call contact person directly for further information or stop by anytime public transportation available.

Plattsburgh Rehab & Nursing Services

8 Bushey Boulevard
Plattsburgh, NY 12901

Website:

<http://plattsburghrehab.com/>

Tel: (518) 563-3261

Fax: (518) 562-1367

Contact: Elena Vega-Castro, Administrator

E-mail:

ecastro@evergreenvalleynh.com

Contact: Jamie Garrant, Social Worker

Hours: Monday - Friday

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

Plattsburgh Rehabilitation & Nursing Center Adult Day Services has designed

the daytime program to provide personal care and nursing service for adults who require medical supervision. The Center provides transportation, assistance with medication, Physical therapy, a hot noon meal, and structured activities. Adult Day Health Services can be paid for by Medicaid, some private insurance, or directly by the participant. This program offers the opportunity for participants to remain at home and gives their caregivers the freedom to work and enjoy their lives.

Residential Resources, Inc.
14 New York Road
Plattsburgh, NY 12903
Website:
www.residentialresources.com
Tel: (518) 324-3101
Toll free: (877) 643-0303
Fax: (844) 210-0153
Contact: Heather Cothran, Regional Director
E-mail: hcothran@resresources.com
Hours: Monday - Friday
8 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.

RSVP (Retired & Senior Volunteer Program)
46 Flynn Avenue, Suite 612
Plattsburgh, NY 12901
Website: www.ccrsvp.com
Tel: (518) 566-0944
Fax: (518) 566-0945
Contact: Kate Gardner, Program Director
E-mail: director@ccrsvp.com
Hours: Monday - Friday
8 a.m. - 3:30 p.m.

RSVP recruits seniors age 55 and older to be volunteers with nonprofit organizations and community agencies throughout Clinton County. A wide variety of volunteer opportunities are available, and people are placed according to their interests and skills. RSVP volunteers serve people of all ages and help meet community needs by providing essential services.

Rural Law Center of New York
22 U.S. Oval, Suite 203
Plattsburgh, NY 12903
Website: www.rurallawcenter.org
Tel: (518) 561-5460
Fax: (518) 561-5468
Contact: Heidi Dennis, Director
E-mail: Heidi@rurallawcenter.org
Maryann Joyner, Program Director
E-mail: maryann@rurallawcenter.org
Hours: Monday - Friday
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

**Rural Preservation Company of
Clinton County**
48 Ganong Drive, Suite 1
Saranac, NY 12981-0128
Tel: (518) 293-7569
**Contact: Laura Lacey, Executive
Director**
E-mail: rpc@clintonrpc.org
Hours: Monday - Friday
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

School Tax Relief Program (STAR)
Contact: Town/City Assessor

Enhanced STAR provides a partial exemption from school property taxes for owner occupied primary residence. Senior citizens (age 65 and older) with an approximate benefit is a **\$600** tax reduction. Proof of age and income are

required with the primary application and proof of income with subsequent renewals. All applications must be renewed yearly before March 1st. Enhanced STAR: If you also have the Senior Citizen Homeowner Exemption, Finance will mail a renewal form every two years. Finance will check your income yearly with the NYS Department of Taxation and Finance to make sure your combined household income is less than \$84,550. An applicant may apply at 64 as long as he or she will turn 65 before the end of the calendar year.

“Basic” STAR is available to individuals not eligible for “Enhanced” STAR due to not meeting age and/or income guidelines. Contact your local city or town assessor to apply.

**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

Hours: Monday - Friday

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

Center Activities:

Computer Classes are offered in sessions every eight weeks. They begin with how to turn on & start up a computer to specialty/advanced classes such as Microsoft Office Suite programs, etc. Classes frequently fill up so call the office to sign up for the next

upcoming session. Classes run Mondays & Wednesdays, 9am-11am.

Senior Fitness, sponsored by Eye Care for the Adirondacks, is an exercise program designed for active older adults. It meets three mornings a week (currently Mon/Wed/Fri @ 8:15 a.m.).

Osteo/Arthritis Exercise is offered as a class designed to help strengthen your lower back, wrists and legs. The group, led by a trained volunteer, meets in the gym Tuesday & Thursday at 9:00 a.m.

Tai Chi is offered and led by an instructor to increase your balance, cognitive capacity and flexibility. Join this group on Tuesday's at 9:30 a.m.

Zumba Gold is a less aggressive type of Zumba, which combines dance and aerobics. It is offered to be comfortable for adults of all ages and meets 3 times a week; Tuesdays and Fridays at 10:30 a.m. and Wednesday evenings at 6:00 p.m. There is a minimal fee for this activity.

Yoga is offered on Friday mornings at 10:30. The class is designed to increase your flexibility. New members are always welcome.

Shuffleboard meets in the gym twice a week. It is played on the gym floor and there are three courts available. The group currently meets each Monday & Wednesday at 10:00 am.

Scrabble group meets each Monday from 9am-11am. New members are always welcome.

Mah Jongg, a Chinese tile game is played twice a week. Lessons are given in the Spring and Fall if you are interested in learning to play. The group meets Fridays at 12:00 noon.

Painting classes are offered in the Spring and Fall. Classes are taught at a variety of levels, no experience is necessary. There is a fee for these classes.

Knitting is offered on Thursday mornings at 9:30 a.m. Anyone is welcome to come join the group. Students of all levels are welcome as they meet each week and discuss their projects and also get instructions from the teacher to further their knowledge of the craft.

Crocheting & Quilting are offered separately on Monday mornings at 9:30 a.m. Anyone is welcome to come join the group. Students of all levels are welcome as they meet each week and discuss their projects and also get instructions from the teacher to further their knowledge of the craft.

Pinochle players meet Thursday afternoons at 12:30 p.m in the dining room area.

Poker players meet Thursday afternoons at 12:30 p.m. on the 2nd floor, hallway area.

Wii Bowling is played on Tuesday mornings at 10:30. The current group consists of four-man teams. Groups from the Senior Center as well as some of the Nutrition Sites compete and

participate in the National Senior League.

Senior Sentinel: SCCCC publishes twelve editions of the Senior Sentinel newspaper each year and distributes them along with the Press Republican to subscribers. For other senior citizens, SCCCC will mail copies of the Sentinel their home

**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: dalexander82@verizon.net
Hours: Monday - Friday
8:30 a.m. - 4 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 Sites

Dannemora Community Center

**40 Emmons Street
Dannemora, NY**

Open Wed. & Thurs. 9:00 a.m. to 1:00 p.m.

Lunch served at 11:30 a.m.

Tel: (518) 310-9089

**Ellenburg Adult Center
St. Edmund's Church Hall
5538 Route 11**

Ellenburg, NY

Open daily 9 a.m. - 1 p.m.

Lunch served at 11:30 a.m.

Tel: (518) 594-7311



**Saint Augustine's
Parish Center**

3030 Main Street

Peru, NY

Open daily 9:00 a.m. to 1:00 p.m.

Lunch served at 11:45 a.m.

Tel: (518) 420-4184



**Plattsburgh Beekman Towers
Nutrition Site**

Beekman Towers

50 Truman Avenue

Plattsburgh, NY

Open daily 9:00 a.m. to 1:00 p.m.

Lunch served at 11:45 a.m.

Tel: (518) 561-5360



**Plattsburgh Lakeview Towers
Nutrition Site**

Lakeview Towers

34 Flynn Avenue

Plattsburgh, NY

Lunch served at noon



Tel: (518) 561-8696

**Plattsburgh Senior Center
5139 North Catherine Street
Plattsburgh, NY**



Open daily 8:30 a.m. to 4:00 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) 297-7361

**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: Tammy Kemp, Director

E-mail: tammykemp@verizon.net

Hours: Monday - Friday

8:30 a.m. - 4 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 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.

Senior Citizens' Partial Exemption from Property Taxes

Contact: Town/City Assessor

Homeowners 65 or older may be eligible for reduced land and school taxes if they meet the income guidelines established in each locality. Contact your local city or town assessor for information about income and other guidelines. You must apply for this reduction each year prior to March 1. Several towns and school districts have passed local laws or resolutions allowing applicant to be 64 years of age at time of application as long as they will be 65 prior to end of same year and meet all criteria. Contact your assessor to find out if this option is available to you.

Senior Housing

Adult Care Facilities

New York State Department of Health certified and routinely inspected Adult Homes that are located in Clinton County. Meals and twenty-four hour supervision are provided. Social and

medical histories are required as part of the admission process.

Adirondack Manor Home for Adults
2989 North Main Street
P.O. Box 683
Peru, NY 12972
Tel: (518) 643-2740
Fax: (518) 643-0923
Contact: Lindsey Ashline,
Administrator
E-mail: lashline@adkmanor.com
Hours: Monday - Friday
8 a.m. - 5 p.m.

Adirondack Manor HFA D.B.A
Montcalm Manor HFA
45 Montcalm Street
Ticonderoga, NY 12883
Tel: (518) 585-6230
Fax: (518) 585-6467
Contact: Dawn Kelly
E-mail: dkelly@adkmanor.com

Adirondack Manor Home for Adults
16 Wheeler Avenue
Malone, NY 12953
Tel: (855) 344-4048
Fax: (518) 481-4246

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:
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
Route 73
Keene Valley, NY 12943
Tel: (518) 576-4474
Fax: (518) 576-2012
E-mail: kvmh@kvvi.net

Moses Ludington Adult Care Facility
1019 Wicker Street
Ticonderoga, NY 12883
Tel: (518) 585-2831
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
Hours: Monday – Friday
8 a.m. – 8 p.m.

NYS Certified – Adult Home

Samuel F. Vilas Home
61 Beekman Street
Plattsburgh, NY 12901
Tel: (518) 563-4960
Fax: (518) 562-9442
Contact: Jonah Milliken,
Administrator
E-mail: vilashome@westelcom.com
Hours: Monday - Friday

6 a.m. - 4 p.m.

Victory Place
4907 South Catherine Street
Plattsburgh, NY 12901

Website:
www.victoryplaceliving.com

Tel: (518) 562-5559

Fax: (518) 825-0338

Contact: Amanda Begore, Director
E-mail: amanda.begore@gmail.com

Contact: Julie Jolicoeur, Director
E-mail: julie.jolicoeur78@gmail.com

Hours: Monday - Friday

6 a.m. - 3:30 p.m.

Privately-Owned Senior Apartments

260 Lake Street
260 Lake Street
Rouses Point, NY

Website: www.260lakestreet.com

Tel: (518) 297-0260

Contact: Mark Lawrence & Leeanne
Lawrence, owners

Julie Kirby, Director

E-mail: info@260lakestreet.com
mark@2601lakestreet.com

E-mail: leeanne

Hours: Monday-Friday

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

Adirondack Apartments

225 Lake Street

Saranac Lake, NY 12983

Tel: (518) 891-6432

Fax: (518) 891-1264

Contact: Dawn Brungard, Manager

Hours: Monday - Friday

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

A & L Gonyo
Apartments/Beekmantown Senior
Housing

80 O'Neill Road
West Chazy, NY 12992

Tel: (518) 563-5011

Fax: (518) 563-5011

Contact: Renee Hauf, Manager

E-mail: manager@algonyo.com

Hours: Wednesday and Friday

9 a.m. - 2 p.m.

Albert Carriere Family Housing

4 Carriere Way

Rouses Point, NY 12979

Tel: (518) 297-6911

Fax: (518) 297-2366

Contact: James Grenon, Manager

E-mail: albertca@hmrproperties.com

Hours: Monday - Friday

7:30 a.m. - 4 p.m.

Apple Valley Senior Housing

1 Apple Valley Drive, A-7

Peru, NY 12972

Tel: (518) 643-6766

Fax: (518) 643-2258

Contact: Kathleen Flynn

E-mail: avshmanager@gmail.org

Hours: Monday, Thursday and Friday

7:30 a.m. - 3 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

Hours: Monday - Friday

9 a.m. - 1 p.m.

Beekman Towers

50 Truman Avenue

Plattsburgh, NY 12901

Tel: (518) 561-7770

Fax: (518) 561-1884

Contact: Office

E-mail: beekmant@westelcom.com

Hours: Monday - Wednesday

8:30 a.m. - 4:30 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

Hours: Monday & Wednesday

8 a.m. - 4 p.m.

Breezy Acres (AHDFC)

28 Glenss Way, Suite 11

Ellenburg Center, NY 12934-2990

Tel: (518) 594-7249

Fax: (518) 594-3167

Contact: Jeff Matthews, Manager

E-mail: [windy-](mailto:windy-breezyacres@centralny.twcbc.com)

breezyacres@centralny.twcbc.com

N.Y.S. hearing Impaired Relay

Service

Tel: (800) 662-1220

Churubusco School House

Apartments

1 Looby Road

Churubusco, NY 12923

Tel: (518) 497-6133

Fax: (518) 497-6133

Contact: Diane Lagree, Manager

Cornerstone House

12 Battery Street

Plattsburgh, NY 12901

Tel: (518) 563-6180

Contact: Angela Hahn, Manager

E-mail: angela@seniorcouncil.net

Hours: Monday - Friday

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

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: rousesptny@primelink1.net

Hours: Tuesday & Thursday

8:30 a.m. – 5:00p.m.

Emery House

25 Emery Street, P.O. Box 323

Morrisonville, NY 12962

Tel: (518) 566-0130

Contact: Angela Spiegel, Owner

Hours: Monday - Friday

7 a.m. - 5 p.m.

Keeseville Country Gardens

164 Hill Street

Keeseville, NY 12944

Tel: (518) 834-7725

Fax: (518) 834-1500

Website:

www.nationalchurchresidences.org

Contact: Audra Whitcomb, Manager

E-mail:

0837@nationalchurchresidences.org

Hours: Monday - Thursday 8 a.m. -

3:30 p.m.

Contact: Ann Bassler, Services

Coordinator

Tel: (518) 834-9832

E-mail:

sc0837@nationalchurchresidences.org

Hours: Monday - Thursday

8 a.m. - 2:30 p.m.

Lake Forest

8 Lake Forest Drive

Plattsburgh, NY 12903

Website: www.lakeforest.org

Tel: (518) 561-6431

Fax: (518) 561-1499

Contact: Kevin Defayette, Executive Director
E-mail: lakeforest@onlakeforest.org
Hours: Monday - Thursday
8 a.m. - 4 p.m.
Friday 8 a.m. - 4 p.m.

Mountain Top Housing
3921 Route 374, PO Box 20
Lyon Mountain, NY 12952
Tel: (518) 735-4669
Fax (518)735-4669
Contact: Mary McCaffrey, Manager
E-mail: lyonmountain@belmont.com

Northern Housing
Northern Tier Way
P.O. Box 597
Champlain, NY 12919-0597
Tel: (518) 298-3733
Contact: Sheila Coupal, Manager
E-mail:
northernhousing@primelink1.net
Hours: Monday - Friday
7 a.m. - Noon

Plattsburgh Housing Authority - PHA
Rental Assistance Program
4817 South Catherine Street
Plattsburgh, NY 12901
Tel: (518) 561-0720, ext. 232
Fax: (518) 561-1769
Contact: Jennifer Lamberton-Bechtol,
Housing Assistance Specialist
E-mail: jen@phaplattsburgh.com
Hours: Monday - Friday
9 a.m. - 3 p.m.
Closed 12:30 p.m. - 1:30 p.m.

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

PHA - Lakeview Towers
34 Flynn Avenue
Plattsburgh, NY 12901
Tel: (518) 562-0230
Fax: (518) 561-1769
Contact: Julie Walters, Coordinator
E-mail: julie@phaplattsburgh.com
Hours: Monday - Friday
9:00 a.m. – 3:00 p.m.
Closed: 12:30 p.m. - 1:30 p.m.

PHA – Robert S. Long Apartments
39 Oak Street
Plattsburgh, NY 12901
Tel: (518)562-0230
Fax:: (518 561-1769
Contact: Julie Walters, Coordinator
E-mail: julie@phaplattsburgh.com
Hours: Monday – Friday
9:00 a.m. – 3:00 p.m.
Closed: 12:30 p.m. – 1:30 p.m.

PHA - Russell H. Barnard Apartments
46 Flynn Avenue
Plattsburgh, NY 12901
Tel: (518) 562-0230
Fax: (518) 561-1769
Contact: Julie Walters, Coordinator
E-mail: julie@phaplattsburgh.com
Hours: Monday - Friday
9: a.m. – 3: p.m.
Closed : 12:00 p.m. - 1:30 p.m.

Roderick Rock Senior Housing
2025 Route 22-B
Morrisonville, NY 12962
Tel: (518) 562-0400
Contact: Heidi Lessor, Manager
E-mail: roderickrock@coniferllc.com
Hours: 8 a.m.- 4 p.m.

Saranac Valley Housing
56 McCutcheon Lane
Saranac, NY 12981

Tel: (518) 293-8518
Contact: Karen Racette, Manager
E-mail: svh@clintonrpc.org
Hours: Tuesday and Friday
8 a.m. - 1 p.m.

Twin Oaks Senior Housing
16 Station Street
Altona, NY 12910
Tel: (518) 236-6650
Fax: (518) 236-6650
Contact: Susan Larche, Manager
E-mail: twinoaks@clintonrpc.org
Hours: Tuesday, Thursday & Friday
7:30 a.m. – 11:00 p.m.

William Watson Memorial Housing
2448 Route 11
P.O. Box 41
Mooers, NY 12958
Tel: (518) 236-6188
Contact: Steve Sample, President

Windy Acres (EHDFC)
12 Glenss Way, Suite 20
Ellensburg Center, NY 12934-2988
Tel: (518) 594-7249
Fax: (518) 594-3167
N.Y.S. Hearing Impaired Relay
Service
Tel: (800) 662-1220
Contact: Jeff Matthews, Manager
E-mail: [windy-](mailto:windy-breezyacres@centralny.twcbc.com)
breezyacres@centralny.twcbc.com

Real Property Tax Credit for
Homeowners and Renters IT-214
Website:
https://www.tax.ny.gov/pdf/current_fo_rms/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 \$85,000 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.

Southern Adirondack Independent Living Center (SAIL)
71 Glenwood Avenue
Queensbury NY 12804
Tel: (518) 792-3537
Contact: Jocelyn Blanchard
E-mail: JocelynB@SAILhelps.org
Contact: Karen Thayer
E-mail: sail@sail-center.org
Hours: Monday-Friday, 8 a.m.-4 p.m.

SAIL staff travel to help people in their homes and in their communities. The mailing address is 71 Glenwood Ave. Queensbury NY, 12804. Navigators are available Monday through Friday at the Oval office address

SAIL - Navigator Program
194 US Oval Room 226
Plattsburgh, NY 12903
Tel: (518) 792-3537
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.

**SAIL - Traumatic Brain Injury (TBI)
Regional Resource Development
Center
194 US Oval Room 226
Plattsburgh, NY 12903
Tel: (518) 792-3537
Contact: Michelle Whitbeck**

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.

**SAIL - Nursing Home Transition and
Diversion (NHTD) Resource
Development Center:
194 US Oval Room 226
Plattsburgh, NY 12903
Tel: (518-792-1585)
Contact: Joy Ploof**

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 - Money Follows the Person
(MFP)
194 US Oval Room 226
Plattsburgh, NY 12903**

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

**Social Security Administration
14 Durkee Street, Suite 230
Plattsburgh, NY 12901
Website: www.ssa.gov
Toll Free: (800) 772-1213
Local: (866) 296-8271
Fax: (518) 563-3402
Hours: Monday, Tuesday, Thursday
and Friday 9 a.m. - 3 p.m.
Wednesday 9 a.m. - Noon**

Social Security provides income for insured workers, and spouses, divorced spouses, children and surviving parents.

**Special Olympics New York, Inc.
504 Balltown Road
Schenectady, New York 12304
Website: www.nyso.org
Tel: (518) 388-0790
Fax: (518) 388-0791
Contact: Ryan Miller, Director of
Program Capital District and North
Country Regions
E-mail: rmiller@nyso.org
Hours: Monday - Friday
8:30 a.m. - 5 p.m.**

Special Olympics sponsor training clubs and sports competitions for children ages 8 and above and Adults with mental retardation and developmental disabilities.

- Must provide own transportation.
- Recent medical exam and parent release forms are required
- No costs. Volunteers always needed to act as coaches.

**Speech and Hearing Center at SUNY
Plattsburgh**

Sibley Hall, Room 224

SUNY Plattsburgh

101 Broad Street

Plattsburgh, NY 12901

Dr. Patrick Coppens

E-mail: coppenp@plattsburgh.edu

Deborah P. Orlofsky MA CCC/SLP

E-mail: orlofsdp@plattsburgh.edu

Tel: (518) 564-2170

Fax: (518) 564- 5110

Hours: Monday - Thursday

8:30 a.m. - 5 p.m.

Friday 8 a.m. - 4:30 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.

**Senior Pass - U. S. Geological Survey
National Center**

12201 Sunrise Valley Drive

Reston, VA 20192

Website: www.store.usgs.gov/pass

Tel: (888) ASK-USGS (275-8747)

Choose option 3 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

<https://store.usgs.gov/faq#Senior-Pass>

**Verizon Assistive Equipment
Distribution Program Center**

Marianne.b.mcardle@verizon.com

Toll Free: (888) 774-4678

**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.

Veterans Affairs Outreach Services
80 Sharron Avenue
Plattsburgh, NY 12901
Website: www.va.gov
Tel: (518) 593-0323
Contact: Joshua Fisher, VA Outreach Worker
E-mail: joshua.fisher@va.gov
Hours: Monday - Friday
8 a.m. - 4:30 p.m.
Closed Noon - 1 p.m.

Plattsburgh VA Primary Care
80 Sharron Avenue, Suite 4
Plattsburgh, NY 12901
Website: www.va.gov
Tel: (518) 561-6247
Fax: (518) 561-7094
Contact: Pat Parker, Behavioral Health
Contact: Cari Burnell, RN Administrator
Contact: Amy Rugar, LCSW Medical Social Worker
Tel: (518) 561-6247 ext. 225
E-mail: Amy.Rugar@va.gov
Hours: Monday - Friday
8 a.m. - 4:30 p.m.
Closed Noon - 1 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
Tel: (518) 626-5237
Fax: (518) 891-5838
Contact: Dan Tromblee, RN Care Manager
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
Tel: (518) 626-5236
Fax: (518) 962-8440
Contact: Roger Lewis, RN Care Manager
Hours: Monday - Friday
8 a.m. - 4 p.m.

TRICARE Information – North Region
Tel: (877) TRICARE (877) 874-2273
Website: www.hnfs.net
Department of Defense (DOD)
TRICARE
Website: www.tricare.osd.mil

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.tricare4u.com

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.

YMCA – Senior Aerobics and Strength Gym Class/Senior Water Exercise Class

17 Oak Street
Plattsburgh, NY 12901

Tel: (518) 561-4290

Fax: (518) 561-0124

Website: www.plattsburghymca.com

Contact: Patti Warner, Senior Program Director

E-mail: plattypw@primelink1.net

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 gym or swim classes. The Office of the Aging sponsors these classes and there is a suggested donation for each class. A doctor's referral is required.

Senior Aerobics & Strength Gym

Class: The class consists of mild aerobics which can be done standing or seated. Individual weighted cuffs are used for strengthening the upper and lower body followed by stretches and a cool down. Improve muscular strength, better bone density, endurance, co-ordination and balance. You are encouraged to work at your own pace and ability.

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.

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

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.

EPIC helps pay the [Medicare Part D drug plan premiums](#) for members with income up to \$23,000 if single or \$29,000 if married. Higher income members are required to pay their own Part D premiums but EPIC provides premium assistance by lowering their EPIC deductible.

EPIC has two plans based on income. The [Fee Plan](#) is for members with income up to \$20,000 if single or \$26,000 if married. The [Deductible Plan](#) is for members with incomes ranging from \$20,001 to \$75,000 if single or \$26,001 to \$100,000 if married

Call EPIC hotline (800) 332-3742.

HEALTH 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

MOLST

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.

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.

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 a 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 \$37 monthly
- \$250 deductible
- co-insurance of 25% of drug costs from \$250 to \$2250, Medicare pays 75%

- beneficiary pays 100% of drug costs from \$2250-\$5100
- after \$3600 in out-of-pocket costs, Medicare pays approximately 95%

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 policies and choices, contact the HIICAP coordinator at Clinton County Office for the Aging (565-4620) or at JCEO (561-6310).

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, Care at Home 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. The Clinton County Department of Social Services and the North Country Center for Independence coordinate the program to enable the independent person with a disability to have more participation and selection in their home care.

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 Department of Social Services completes assessments to decide on the number of hours of services needed.

The North Country Center for Independence provides payment for the personal care assistants, administers employment benefits, monitors employment documents and offers training to the participant to assist them in meeting their program responsibilities. 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 may 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 one is receiving services from a Medicaid Waiver Program.

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 clients 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.

RESPIRE CARE

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

SKILLED NURSING CARE

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

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.

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.

Index

<p>Advocacy 1, 4, 14</p> <p>Alzheimer’s 2, 7</p> <p>Benefits 60</p> <p>BHSN 4</p> <p>Blind 18, <i>See</i> Visually Impaired</p> <p>Caregiver 4, 10, 17</p> <p>Children 12</p> <p>Counseling 4, 17, 18, 24, 62</p> <p>Day Program 8</p> <p>Dementia <i>See</i> Alzheimer's</p> <p>Dentist 19</p> <p>Disabled 12, 30</p> <p>Domestic Violence 4, 5</p> <p>Energy 4, 13</p> <p>HEAP 13</p> <p>Hearing 9, 21, 22, 46</p> <p>Home care 21, 28, 33, 50, 51, 52, 55, 56, 57</p> <p>Hospice 22, 52</p> <p>Housing 39, 43</p> <p>Income Tax 1</p> <p>Insurance 17, 19, 24, 36, 51, 53</p> <p>JCEO 22, 23, 25, 54</p> <p>Legal 62</p> <p>Library 32, 33</p> <p>Lifeline 18, 26, 58, 62</p>	<p>Medicaid. 2, 9, 12, 13, 17, 23, 35, 51, 52, 54, 55, 56, 57, 58, 59</p> <p>Medicare 7, 13, 17, 28, 51, 52, 53, 54, 57, 59</p> <p>Mental Health 4</p> <p>North Country Home Services 62</p> <p>Nursing Home 14, 34, 45, 55</p> <p>Nutrition 18, 38, 62</p> <p>Office for the Aging 1, 2, 16, 17, 31, 51, 54</p> <p>Ombudsman 32, 33</p> <p>Outreach 23, 25, 62</p> <p>Personal care 12, 17, 21, 35, 55, 56, 57</p> <p>Philips Lifeline 62</p> <p>Recreation 8</p> <p>Respite 4, 59</p> <p>Rural Preservation Company 36</p> <p>Senior Citizens Council 1, 62</p> <p>Skilled Nursing 9, 40, 54, 58</p> <p>Nursing Home <i>See</i></p> <p>Social Security 28, 45, 51, 52, 59</p> <p>Substance Abuse 8</p> <p>Supplemental Needs Trusts 59</p> <p>Transportation 15, 25, 62</p> <p>Traumatic Brain Injury (TBI) 8</p> <p>UAS 59</p> <p>Visually Impaired 32, <i>See</i> Blind</p> <p>YMCA 62</p>
--	--

OFFICE FOR THE AGING - CONTRACT AGENCIES & CONSULTANTS

Behavioral Health Services North

Caregiver Programs

Clinton County Public Transportation

Transportation

Legal Aid Society

Legal Counseling

Joint Council for Economic Opportunity of Clinton and Franklin Counties, Inc.

Senior Outreach Program, Rural Transportation Program, State Pharmaceutical Program Assistance, Comprehensive in-home Assessments, SCSEP

Jo Dragoon-Morse, Registered Dietitian

Nutrition Education and Counseling

North Country Home Services

Aide Services

Philips Lifeline

Lifeline Personal Emergency Response System

Senior Citizens Council

Senior Center, Nutrition Program, Public Information, Comprehensive in-home Assessments

YMCA

Senior Gym and Swim