



# Town of Colonie **SENIOR RESOURCES GUIDE**



**The Resource Guide was developed by the Town of Colonie Senior Resources Department as a helpful tool for seniors and caregivers in need of obtaining valuable information on the programs and services available to our older residents. This resource guide is a starting point to accessing the multiple community based programs available to assist seniors in the Town of Colonie.**

2017 Update

**A Publication of the Town of Colonie Senior Resources Department**

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# Adult Day Services

**Adult Day Health Care Programs** - This program provides health care services in addition to recreational & social opportunities for individuals in a structured and supervised setting.

**Daughters of Sarah Great Days Program** 724-3221

**Director:** Ellen Murphy, RN  
180 Washington Avenue Extension, Albany 12203

- Monday-Friday, 8:30am-4:30 p.m.
- Transportation to/from program available

**Eddy Daybreak at Cohoes** 238-4062

**Director:** Donna Hervieux, RN, C  
421 Columbia Street, Cohoes, 12047

- Monday-Friday, 7:30am-4:30pm
- Transportation to/from program available

**Eddy Daybreak at the Marjorie Doyle Rockwell Center** 238-4155

**Director:** Julie Roy, LMSW  
421 Columbia Street, Cohoes 12047

- Monday-Friday, 8am-4:30pm
- For individuals experiencing memory loss
- Transportation to/from program available

**GuildCare** 396-3626

**Director:** Alexandra Henzel  
2 Clara Barton Drive, Suite 118, Albany 12208

- Monday-Friday, 8am-4pm; Two Saturday's/month, 8am-3pm
- Vision rehabilitative services **may be** available
- Transportation to/from program available

**Social Adult Day Programs** - This program provides recreational & social opportunities for individuals in a structured and supervised setting.

**Bright Horizons Social Centers**

**Director:** Donna Smith  
**Colonie Location:** 6 Winners Circle, Colonie 12205 459-7967

**Clifton Park Location:** 1673 Route 9, Suite 4, Clifton Park 12065 371-2191

**Guilderland Location:** 10 New Karner Rd., Guilderland 12084 250-5718

- Monday-Friday, 9am-3pm
- Transportation to/from program available

**Cohoes Senior Center Adult Day Services** 235-2420

**Director:** Jennifer Perkins  
10 Cayuga Plaza, Cohoes 12047

- Monday- Friday, 9am-3pm
- Transportation to/from program available

**Newgate Adult Day Services** 449-8035

**Director:** Nashema Scott  
760 New Scotland Avenue, Albany 12210

- Monday-Friday, 8:30am-4:30pm
- Transportation available **ONLY** within City of Albany

\*\*For more information on additional sites, please contact our office\*\*

# Consumer Advocacy

## **Albany County Consumer Affairs Department**

**447-7581**

112 State Street, Suite 720, Albany, NY 12207

- Monday-Friday, 6:30am - 2:30pm
- Assists with consumer complaints and advocacy for residents in Albany County only.
- [www.albanycounty.com](http://www.albanycounty.com)

## **Attorney General, State of New York**

**474-5481**

Office of Attorney General

**1-800-771-7755**

Bureau Consumer of Fraud and Protection

The Capital, Albany, NY 12224-0341

- Monday-Friday, 8:30am -5pm
- Call for complaint forms and filing a complaint. The form is beneficial in presenting your complaint.
- [www.ag.ny.gov](http://www.ag.ny.gov)

## **Colonie Senior Service Centers, Inc.**

**459-2857**

6 Winners Circle, Colonie, NY 12205

- Monday-Friday, 8am - 4:30pm
- Resource library for a wide variety of financial issues
- Information on topics such as Identifying Consumer Fraud, Debt & Credit Counseling, and Identity Theft

## **NYS Consumer Protection Board**

**474-8583**

5 Empire State Plaza, Suite 2101, Albany, NY 12223

**1-800-697-1220**

- Monday-Friday, 8:30am - 4:30pm
- Process consumer complaints, inquiries, mediate complaints on behalf of consumer or refer them to appropriate resource for further assistance.
- [www.dos.ny.gov/consumerprotection](http://www.dos.ny.gov/consumerprotection)

## **NYS Crime Victims Board**

**457-8727**

80 South Swan Street, 2nd Floor, Albany, NY 12210

**1-800-247-8035**

- Monday-Friday, 8:30am - 4:30pm
- Serves an advocate for covering essential property, and compensation to victims for certain unreimbursed expenses related to victimization.
- [www.ovs.ny.gov](http://www.ovs.ny.gov)

# Employment

## **Albany County Department for Aging**

**447-7198**

162 Washington Avenue, 6th floor, Albany 12210

- Monday-Friday, 8am - 4pm
- Senior Community Services Employment Program offers seniors part-time employment opportunities within the local community.
- Provide on the job training, review basic job search skills & guidelines for the workplace.
- Eligibility requirements: Must be 55+, meet federal low income guidelines and be a resident of Albany County.

## **Foster Grandparent Program of the Capital Region**

**272-6012**

### **Family and Children Services**

**ext. 288**

2328 Fifth Avenue, Troy 12180

Monday -Friday, 7am - 5pm

- Receive an hourly tax-free stipend that does not affect other benefits, paid time off and partial travel reimbursement.
- [www.ceo-cap.org](http://www.ceo-cap.org)

## **Women Employment and Resources Center**

**462-7600**

175 Central Avenue, 3rd floor, Albany 12206

**ext. 184**

120 Defreest Drive, Troy 12180

- Monday through Friday - 8:30 a.m. to 4:30 p.m.
- This program helps displaced homemakers achieve financial independence. A displaced homemaker is someone who has lost her source of income upon the death, divorce, separation, disability or dislocation of a spouse or upon impending loss of public assistance.
- There are no financial restrictions. All services are free of charge.
- [www.cdwercc.org](http://www.cdwercc.org)

# Health Education

## **Northeast Health Diabetes Center**

**447-3500**

Albany Memorial Hospital, 63 Shaker Rd., Albany 12204

- Monday-Friday, 8:30am - 4:30pm
- Comprehensive program for living with diabetes
- Small classes or one-on-one education
- Staffed by certified diabetes educators
- Approved by Medicare
- Covered by most insurances
- [www.nehealth.com](http://www.nehealth.com)

## **St. Peter's Healthcare Services**

**525-1111**

315 South Manning Blvd, Albany 12208

- Provides preventative healthcare education on a wide range of topics

## **Visiting Nurses Assoc. of Albany, Saratoga & Rensselaer, Inc.**

**489-2681**

35 Colvin Avenue, Albany 12206

- Monday-Friday, 8am - 4pm
- Home Safety & Falls Reduction Programs
- PRI Completion for Nursing Home Placement
- Home Health Aide & Nursing
- Long Term Care
- [www.vnaalbany.org](http://www.vnaalbany.org)

## **Women's Wellness Center of Albany Medical Center**

**262-4942**

391 Myrtle Ave., #2, Albany 12208

- Monday-Friday, 8am - 4pm
- Provides illness-prevention programs on women's health issues
- Flu shots

# Housing Assistance & Home Repairs

**Albany County Rural Housing Alliance, Inc.** **765-2425**

P.O. Box 407, 24 Martin Road, Voorheesville 12186

- Monday-Friday, 8:30am - 4pm
- Residential emergency repair program to correct housing conditions that threaten the health and safety of income eligible homeowners. HUD certified housing agency & Counseling on housing, reverse mortgages and foreclosures prevention.

**Home Energy Assistance Program (HEAP)** **459-5051**

*Contact Colonie Senior Resources Department for additional information.*

- An energy assistance program that provides income eligible individuals with assistance towards payment of utility bills.

**Section 8 Rental Assistance (Town of Colonie)** **372-8846**

11 Federal St. Saratoga Springs 12866

- Monday-Friday, 8:30am - 4pm
- Pays a portion of the monthly rent up to 30% of the tenants adjusted gross income. Income restrictions apply.

**Town of Colonie Community Development** **783-2718**

Memorial Town Hall, Newtonville 12128

- Monday-Friday, 8:30am - 4:30pm
- Residential rehabilitation program providing grants to low and moderate income families who want to repair their owner-occupied home. Grants from 40% to 100%. There is a waiting list.
- [www.colonie.org/commdev](http://www.colonie.org/commdev)

**Umbrella of the Capital District, Inc.** **346-5249**

9 N. Broadway, Schenectady 12305

Monday-Friday, 9am - 5pm

- Low cost home maintenance program and other services for senior citizens and persons with disabilities.
- [www.theumbrella.org](http://www.theumbrella.org)

**Umbrella of Colonie** **459-7152**

Six Winners Circle, Colonie 12205

Monday-Friday, 8am - 4:30pm

- Seniors helping seniors with help around the house
- Affordable, reliable, trustworthy handymen & contractors
- 17- Point Safety Inspection to identify safety and structural concern

**Weatherization Assistance Program (WRAP)** **459-5051**

*Contact Colonie Senior Resources Department for additional information.*

- Program provides free home energy repairs and services that can lower energy bills for participants. Must be income eligible.

# In-Home Care Programs

## **Services Provided by Albany County NY Connects**

447-7177

### **Expanded In Home Services Program (EISEP)**

- Persons over 60 years of age may qualify for reduced cost home care services
- Case management, in-home services, non-institutional respite, and ancillary services

### **Title XIX Medicaid Personal Care Services**

- Helps individuals with long term medical situations that do not require nursing level services with assistance with activities of daily living
- Must be a Medicaid recipient

## **Private Hire Agencies**

*Contact The Town of Colonie Senior Resources Dept.*

459-5051

*for a list of local agencies that provide the following services:*

**Home Health Aide (HHA):** Home health aides provide a variety of support to assist individuals remain living in their own home and community. Home health aide services vary depending on the agency you choose. A home health aide can assist with everyday household tasks; laundry, linens, housekeeping, meals, grocery shopping and running errands. Some can even bring you to your doctor's appointments. Some home health aides can also assist with personal care, dressing and bathing. They can assist with home exercise programs and can give medication reminders

**Companion Agencies:** Companion agencies consist of home health aides on staff. Companion agencies are able to provide an individual with supervision and/or companionship. They can assist an individual with everyday household tasks; laundry, linens, housekeeping, meals, grocery shopping and running errands. Some can even bring you to your doctor's appointments. Some companion agencies are able to assist with bathing and dressing but this is limited. Most companion agencies cannot perform "hands on care". It is important to talk with the agency about what the individual's needs are to make sure the level of care can be accommodated.

**Licensed Home Health Agencies:** Licensed home health agencies consist of home aides, registered nurses and licensed practical nurses on staff. Licensed agencies are able to provide and perform the same types of care and tasks as companion agencies. If an individual requires a higher level of care, licensed agencies would be more suited toward the individual's needs vs companion programs. Licensed agencies are able to provide skilled nursing needs, medication management and hands on personal care. Licensed agencies can also physically assist an individual. It is important to talk with the agency about what the individual's needs are to make sure the level of care can be accommodated.

*NYS Department of Health is responsible for monitoring the care provided by home care agencies. Complaints, questions or concerns should be directed to Department of Health's hotline: (800-628-5972).*



# Information and Referral

## **Albany County NYConnects**

**447-7177**

### **(Dept. for Aging & Dept. of Social Services)**

162 Washington Avenue, 6th floor, Albany 12210

- Monday-Friday, 8:30am - 4:30pm
- Information and assistance source regarding services for Albany County seniors.
- [www.albanycounty.com](http://www.albanycounty.com)

## **Catholic Charities Caregivers Respite Program**

**346-1852**

1462 Erie Blvd., Schenectady 12305

- Monday-Friday, 7:30am - 4:30pm
- Information and referral regarding community resources for elders, caregivers & relatives who are raising children.
- [www.cccseniorservices.org](http://www.cccseniorservices.org)

## **New York State Office for the Aging**

**1-800-342-9871**

Empire State Plaza, Albany 12223

- Monday-Friday, 8am - 4pm
- Information and referral source regarding services for senior citizens.
- [www.aging.state.ny.us/nysofa](http://www.aging.state.ny.us/nysofa)

# Legal Services

## **Albany County Bar Association**

**445-7691**

### **Lawyer Referral and Information Service**

112 State Street, Suite 1120, Albany

- Monday-Friday, 8:30am - 4:30pm
- Referral to private attorney.
- Fees are \$25 first half-hour consultation.
- [www.albanycountybar.com](http://www.albanycountybar.com)

## **Legal Aid Society of Northeastern New York**

**462-6765**

55 Colvin Avenue, Albany, NY 12206

- Monday-Friday, 9am - 5pm
- Legal advice over the phone, representation and counseling for people with low income.
- Inform the society you are seeking help in Albany County.
- Senior legal assistance program for those age 60 and over.
- [www.lasnny.org](http://www.lasnny.org)

## **New York State Division of Human Rights - Albany Regional Office**

**474-2705**

Empire State Plaza, Agency Building 1, Second Floor, Albany 12223

- Monday-Friday, 9am - 5pm
- [www.dhr.ny.gov](http://www.dhr.ny.gov)

## **The Legal Project Inc.**

**435-1770**

24 Aviation Road, Suite 101, Albany 12205

- Monday-Friday, 9am - 5pm
- Free and reduced rate legal representation for affordable housing purchases, victims of domestic violence, survivors of sexual assault, bankruptcy and credit.
- [www.legalproject.org](http://www.legalproject.org)

# Mental Health Services

## **Albany County Dept. of Mental Health**

175 Green St., Albany 12202

**447-4555**

**24hr Mobile Crisis Unit 549-6500**

- Monday-Friday, 8:30am - 4:30pm
- Offers wide range of services for Albany County residents including treatment for mental illness and substance abuse.
- Mission is to ensure that persons with mental illness, substance/alcohol problems or developmental disabilities are offered a range of services that can enhance or improve their lives.

## **Albany County NYConnects**

**447-7177**

### **Adult Protective Services Unit**

162 Washington Avenue, Albany 12210

- Monday-Friday, 8:30am - 4:30pm
- Family and/or agencies can make referrals to obtain protective and preventative services for vulnerable adults.

## **Capital District Psychiatric Center**

**549-6000**

### **CRISIS ONLY – 24/7**

**549-6500**

75 New Scotland Avenue, Albany 12208

- Mondays, 8am - 7pm; Tuesday-Friday, 8am - 5pm
- Provides in-patient & out-patient services to individuals who have been diagnosed with serious & persistent mental illnesses.

## **Crime Victim and Sexual Violence Center**

**447-7100**

112 State Street - 11th floor, Albany 12207

**24 hour hotline**

**447-7716**

- 24 hour hotline for sexual assault victims.
- Provides assistance/advocacy/therapy to victims of a sexual assault or other violent crimes.

## **Equinox Domestic Violence Service**

**434-6135**

95 Central Avenue, Albany 12206

**24 hour hotline**

**432-7865**

500 Central Avenue, Albany 12206

**435-9931**

- Emergency shelter for all victims of domestic violence and their dependent children.
- Provides the following services: advocacy, case management, counseling, crisis intervention, information/referral, outreach and support groups.

## **HAVEN of Hope Counseling Associates, LLC.**

**982-5376**

1471 Route 9, Suite 201, Clifton Park 12065

- Monday-Thursday, 9am - 4:30pm
- Helps people and their families to deal with loss, relationship and other life transitions
- Offers support groups and specialty focused counseling
- [www.havenofhopecounseling.com](http://www.havenofhopecounseling.com)

# Mental Health Services

## **Jewish Family Services of NENY**

**482-8856**

877 Madison Avenue, Albany 12208

- Monday-Thursday, 9am - 6pm; CLOSED Fridays
- Provides in-home counseling to low income seniors regarding issues of grief, stress, family conflict, new home adjustments, etc
- [www.jfsneny.org](http://www.jfsneny.org)

## **Northeast Health - St. Peter's Health Partners**

**271-3374**

### **Samaritan Hospital Behavioral Health**

**24hr Mobile Crisis Unit 274-4345**

2215 Burdett Avenue, Troy 12180

- Crisis evaluation service assists individuals with behavioral difficulties requiring immediate attention and is located adjacent to the ER at Samaritan Hospital.
- Provides a range of outpatient services that includes both short & long term care and counseling including case management.
- Works together with The Eddy to address the unique psychiatric & psychological needs of the geriatric patient.
- Offers geriatric in-patient services when it's necessary to address the medical needs as well as the psychiatric needs of the individual.

## **Senior Hope**

**489-7777**

301 South Allen Street, Albany 12208

- Monday-Friday, 9am - 5pm; evening hours available upon request
- Evaluation and assessment services
- Individual, group and family chemical & alcohol dependence counseling
- Support and spirituality groups
- In-home visits
- [www.seniorhope.org](http://www.seniorhope.org)

# Nursing Homes/ Assisted Living

## **Assisted Living Facilities**

**459-5051**

*Contact Town of Colonie Senior Resources Dept. for list of facilities.*

- Provide room, board, housekeeping, personal care, supervision, case management and home health care services.
- Private pay.

## **Nursing Homes**

**459-5051**

*Contact Town of Colonie Senior Resources Dept. for list of facilities.*

- Provide skilled nursing services and custodial care to the chronically ill 24 hours a day.
- Admission requires an evaluation called a Patient Review Instrument (PRI)
- Private pay and/or Medicaid.

# Nutritional Services

## **Congregate Meal Sites**

### **Albany Jewish Community Center**

340 Whitehall Road, Albany 12208

- Dinner only on Mondays & Wednesdays at 4:45pm
- Reservations are required by 9:30am of the day you wish to attend.
- [www.saajcc.org](http://www.saajcc.org)

**438-6651  
ext.112**

### **Colonie Senior Service Centers, Inc.**

- 5 sites listed below
- Reservations are required by noon the day before and can be made by calling the phone number listed for each location.
- [www.colonieseniors.org](http://www.colonieseniors.org)

#### ***1. The Beltrone Living Center***

6 Winners Circle, Albany 12205

Monday-Friday, 12noon

**459-2857  
ext. 303**

#### ***2. Bishop Broderick Apartments***

50 Prescott Street, Albany 12205

Tuesdays, Wednesdays and Thursdays – 12noon

**869-7441**

#### ***3. Carondelet Commons***

2 Carondelet Drive, Watervliet 12189

3rd Thursday of the month, 12noon

**783-0444**

#### ***4. Guilderland Town Hall***

5209 Western Turnpike, Guilderland 12084

Tuesdays, 12noon

**356-1980  
ext. 1095**

#### ***5. Sheehy Manor***

8 Carondelet Drive, Watervliet 12189

Thursdays, 12noon

**782-2350**

### **Westview Homes Senior Center**

680 Central Ave, Albany 12206

- Monday-Friday - LUNCH ONLY
- 2<sup>nd</sup> & 3<sup>rd</sup> Wednesday of the month - DINNER ONLY
- Reservations are required.

**482-2120**

# Nutritional Services

## **Food Pantries in the Town of Colonie**

### **Christ our Light Catholic Church**

**438-6331**

26 Wilson Avenue, Albany 12205

- Must register, bring proof of address and Social Security card.
- Pick up order on the 3<sup>rd</sup> Saturday of the month from 9:30-11:30 a.m.

### **Lutheran Church of the Resurrection**

**785-8286**

645 Watervliet-Shaker Road, Latham 12110

- Emergency basis only

### **Roessleville Presbyterian Church**

**459-2816**

1 North Elmhurst Avenue, Albany 12205

- Call Fred and Marialyce Hiss at home — 869-8363
- Emergency basis only

### **St. Ambrose Roman Catholic Church**

**785-1351**

347 Old Loudon Road, Latham 12110

- Serves within parish boundaries
- Must call church first and a volunteer will call back when order is ready for pick up.

### **St. Clare's Roman Catholic Church**

**456-3112**

1947 Central Avenue, Colonie 12205

- Serves needs within parish boundaries.
- Must be registered to receive more than once

## **Home Delivered Meals**

### **Albany County NY Connects**

**447-7177**

162 Washington Ave. Albany NY 12210

Must call for an intake or family/friends/agencies may call to make a referral for an individual.

To be eligible an individual must meet all the below criteria:

- Is incapacitated due to accident, illness or frailty.
- Lacks the support of family, friends or neighbors.
- Is unable to prepare meals because of lack/inadequacy of facilities, or inability to shop, cook or prepare meals safely, or lack of knowledge or skill.

# Other Helping Services

## **Center for Disability Services**

**437-5700**

314 South Manning Boulevard, Albany 12208

- Monday-Friday, 8:30am - 4:30pm
- Comprehensive and specialized services and programs for persons of all ages with physical, neurological, mental retardation and developmental disabilities.
- Adult services include day habilitation, day training, day treatment, vocational training, supported work, sheltered workshop, and senior services.
- [www.cfdsny.org](http://www.cfdsny.org)

## **Center For Independence**

**459-6422**

845 Central Avenue, South 3, Albany 12206

- Monday-Friday, 9am -5pm
- Provides peer advocacy, independent living skills training, client assistance program, benefits advisement.
- Consumer Directed Personal Assistance Program to hire your choice of personal assistants.
- [www.cdciweb.com](http://www.cdciweb.com)

## **Homeless and Travelers Aid Society**

**463-2124**

138 Central Avenue, Albany 12206

- Office Hours: Monday-Friday, 8:30am - 7pm
- 24 hour hotline for people that are homeless and in need of immediate shelter.
- Provides a wide range of services including: housing, case management for disabled individuals, counseling and vocational training.
- [www.hatas.org](http://www.hatas.org)

## **New York Statewide Senior Action Council**

**1-800-333-4374**

275 State Street, Albany 12210

- Offers a patients advocates program which provides the tools for seniors to make informed decisions about their health care.
- Provides Medicare Part D & EPIC counseling.
- [www.nysenior.org](http://www.nysenior.org)

## **NYS Elderly School Tax Relief (Enhanced STAR)**

**783-2701**

Town of Colonie Assessor's Office - Town Hall (for Town of Colonie residents)

534 Loudon Rd., Newtonville 12128

- Monday-Friday, 8:30am - 4:30pm
- Contact directly for income guideline information.
- [www.colonie.org/assessors](http://www.colonie.org/assessors)

## **Northeastern Association of the Blind at Albany**

**417-4738**

301 Washington Avenue, Albany 12206

- Monday-Friday, 8am - 4pm
- Offers low vision exams, vision rehabilitation, orientation & mobility and counseling to individuals that are legally blind and 55+.
- Has a large assortment of adaptive equipment & products available in their technology center for individuals' needs.
- [www.naba-vision.org](http://www.naba-vision.org)



# Other Helping Services

## **Northeast Career Planning Interpreter Services**

**465-5201**

339 Broadway, Menands 12204

- Provides nationally certified sign language interpreters to facilitate communication between deaf individuals and health care facilities, schools, businesses and government agencies.
- [www.northeastcareer.org](http://www.northeastcareer.org)

## **Pride Center of the Capital Region**

**462-6138**

332 Hudson Avenue, Albany 12210

- Monday-Friday, 9am - 5:30pm
- Social and educational activities
- Information and referral
- Programs for seniors -Vintage Pride
- Support groups and counseling
- [www.capitalpridecenter.org](http://www.capitalpridecenter.org)

## **RISE**

**880-3400**

4 Global View, Troy 12180

- 24hr reading service of WMHT Public Broadcasting.
- Closed circuit radio reading service for the blind & print disabled
- Radios are loaned to eligible clients who can listen to readings of local newspapers, magazines, books and specialty programming.
- Service [www.wmht.org/rise](http://www.wmht.org/rise)

# Personal Emergency Response Systems

\*\*\*Rates provided below are subject to change by provider.\*\*\*

## **Eddy Health Alert**

**833-1040**

433 River Street, Suite 3000, Troy 12180

- **Personal Emergency Response Units**

\$30 installation fee

Standard unit: \$31/month

GPS model: \$38/month

- **Monitored Medication Dispensers**

\$50 installation fee

\$50/month

## **Ellis Hospital Medical Alert Service**

**243-4681**

600 McClellan Street, Schenectady 12304

- \$50 installation fee

Basic Home: \$38/month

Mobile Safety GPS: \$45/month

## **Guardian Alert**

**626-5832**

Stratton VA Hospital

113 Holland Ave., Albany 12208

- For **veterans only** at no cost.

- They must receive primary care services from the StrattonVA Hospital.

- The prosthetics department maintains this service for the veteran.

## **Mobile Help - GPS Personal Monitor**

**1-800-992-0616**

[www.mobilehelpnow.com](http://www.mobilehelpnow.com) (AT&T product)

- Available plans range in price \$33-\$40 based on payment plan

## **Verizon SureResponse Personal Monitor - GPS Unit**

Must be purchased in your local Verizon Wireless Store or online [www.verizonwireless.com](http://www.verizonwireless.com)

- \$30 one time activation fee regardless of plan chosen

- **Cost w/out contract:** \$229.99 w/\$30 monthly fee.

Can be set up on a month to month basis. Cancel anytime, no fees.

- **Cost w/2yr contract:** \$19.99 w/\$30 monthly fee.

Early termination fee of \$175 unless customer becomes deceased.

# Prescription Programs

## **EPIC**

**1-800-332-3742**

P.O. Box 15018, Albany 12212

- Supplements out of pocket costs by providing secondary coverage for drugs that are on your Part D formulary.
- To be eligible individuals must be a NYS resident that is 65+, enrolled or eligible to become enrolled in a Medicare Part D plan and meet the income criteria: **\$75,000 - Single or \$100,000 - Married**

## **Prescription Delivery Services**

### **Marra's Pharmacy**

217 Remsen Street, Cohoes 12047

**237-2110**  
**Fax: 237-5533**

- Monday-Friday: 8am - 8pm
- Saturdays: 9am - 5pm
- Sundays: 9am - 1pm (no deliveries)
- Needs 24 hours notice for delivery unless it is an emergency
- No charge for delivery service
- [www.marrarx.com](http://www.marrarx.com)

### **Aureus Health Services**

350 Northern Boulevard, Albany 12204

**257-7294**

- Monday-Friday: 9am - 6pm
- Saturdays: 9am - 3pm
- Free delivery
- On-site education
- Needs 24 hours notice for delivery unless it is an emergency

# Recreation

## **Town of Colonie Senior Citizen Clubs**

### **Christ Our Light Seniors**

**465-5044**

1 Maria Drive, Loudonville 12211

Arlene McElwee, President

- Activities: bingo, cards, luncheons, trips
- Meets: Mondays, 10am - 3pm
- Business Meeting: First Monday -1:30pm

### **Colonie Senior Citizens Club, Inc.**

**785-6315**

6 Winners Circle, Colonie 12205

Carolyn Chabot, President

- Activities: Billiards, bingo, cards, exercise classes, painting, day/overnight trips, golf leagues (men & women).
- Meets: Monday - Friday
- Business Meeting: First Wednesday - 10am

### **Hart Social Center, Inc.**

**869-0720**

6 Winners Circle, Colonie 12205

Richard Williams, President

- Activities: Bridge, trips
- Meets: Thursdays
- Business Meeting: Second Thursday - 1pm

### **Lisha Kill Senior Citizens Club, Inc.**

**452-3572**

1653 Central Avenue, Colonie 12205

Dorothy Green, President

- Activities: Bingo, cards, crafts, trips, blood pressure testing.
- Meets: Wednesdays - 10 a.m.
- Business Meeting: Second Wednesday -10am

### **Menands Senior Citizens Club**

**465-3771**

21½ North Lyon Avenue, Menands 12204

Diane Leonard, President

- Activities: Bingo, cards, blood pressure testing, trips and exercise classes.
- Meets: Thursdays, 10am - 4pm
- Business Meeting: Fourth Thursday -12:30pm

### **Towers of Colonie Silver Streakers, Inc.**

**542-1807**

420 Sand Creek Road, Colonie 12205

Ralph DellaRocca, President

- Meets first Monday of the month at 1pm (winter months), 7pm (summer months)
- Activities: exercise classes, cards, socials, Tai-Chi, trips
- Business Meeting: First Monday -1pm

# Recreation

## **Thunder Road Seniors**

**869-2409**

2 Thunder Road, Colonie 12205

Ned Johnson, President

- Activities: Billiards, bingo, cards, computer classes, exercise classes, daily lunch, quilting, scrap booking, singing, socials, tai-chi, trips (day & overnight) & yoga.
- Meets: Monday through Friday
- Business Meeting: First Tuesday -10am

**NOTE: Club President's change January 1st of each year. Please call 459-5051 for updated information.**

## **Colonie Senior Service Centers, Inc.**

**459-2857**

6 Winners Circle, Colonie 12205

**ext.303**

- Exercise programs: Aerobics, yoga, Tai-Chi, walking & exercise clubs
- Dance classes in tap, jazz and line dancing
- Cultural, arts & humanities programs
- Healthy Aging programs (including osteoporosis, diabetes, balance and arthritis)
- Art classes
- Bocci, bingo, cards and writer's workshop
- Billards, computer lab, fitness center, Country Café and Lakeview Restaurant
- [www.colonieseniors.org](http://www.colonieseniors.org)

# Support Groups

**Albany County Crime Victims & Sexual Violence Center** **447-5500**

112 State Street, Room 1118, Albany 12207

**24 hour hotline 447-7716**

- Monday-Friday, 8:30am - 5pm
- Crisis intervention counseling, assistance in filing compensation claims with NYS Crime Victims Board, referrals for financial assistance, psychotherapy, advocacy with criminal justice agencies.
- [www.albanycounty.com](http://www.albanycounty.com)

**Alcoholics Anonymous - Capital District office** **463-0906**

11 Computer Drive West, #100, Albany 12205

- Monday-Friday, 10am - 6pm, Saturdays, 12-4pm
- Provides support contacts, information for individuals addicted to alcohol.
- Listing of Alcoholics Anonymous meetings
- Hotline answered 24 hours, 7 days a week, 365 days a year
- [www.ny-aa.org](http://www.ny-aa.org)

**Alzheimer's Association** **867-4999**

4 Pine West Plaza, Suite 405, Albany 12205

**24hr helpline 1-800-272-3900**

- Monday-Friday, 8:30am - 5pm
- Self-help support groups for families and caregivers
- Educational classes and resource library
- [www.alz.org/northeasternny](http://www.alz.org/northeasternny)

**American Cancer Society** **220-6901**

1 Penny Lane, Latham 12110

- Monday-Friday, 8:30am - 4:30pm
- Resources, information, guidance, transportation and/or reimbursement, and wellness programs, self-help and support groups.
- Screenings for uninsured available in partnership with NYS Dept. of Health  
Call for details & eligibility requirements.
- No cost mammograms/pap smears exams for uninsured women over 40 years of age.
- [www.cancer.org](http://www.cancer.org)

**Catholic Charities Caregivers Support Services** **372-5667**

1462 Erie Blvd., Schenectady 12305

- Provides services to caregivers of individuals that are over 60yrs old including: support groups, information & referral, respite and educational opportunities.
- Offers kinship support services for individuals that are have taken on the parenting role and are raising their grandchildren.
- [www.cccaregivers.org](http://www.cccaregivers.org)

# Support Groups

## **Colonie Senior Service Centers, Inc.**

6 Winners Circle, Albany 12205

- Caregiver Resource Center & support groups

**459-2857**

**ext. 303**

## **Narcotics Anonymous**

P.O. Box 1067, Albany 12201

- Contact directly to obtain current meeting information
- [www.abcdrna.org](http://www.abcdrna.org)

**24hr hotline 1-888-399-5519**

## **National Multiple Sclerosis Society**

421 New Karner Road, Suite 6, Albany 12205

- Provides support groups, educational programs, employment consultation, counselor referrals, agencies that loan equipment, information & referral.
- [www.nationalmssociety.org](http://www.nationalmssociety.org)

**1-800-344-4867**

## **The Caregiver Connection - Senior Services of Albany**

32 Essex St., Albany 12206

- Monday-Friday, 8:30am - 4:30pm
- Personal guidance identifying strategies, options & resources available to help care for a loved one.
- Telephone support groups

**694-3511**

## **The Community Hospice**

445 New Karner Rd., Albany 12205

- Bereavement support groups and individual counseling
  - Community presentations and outreach
- [www.communityhospice.org](http://www.communityhospice.org)

**724-0242**

# Transportation

## **Colonie Senior Service Centers, Inc. - Transportation**

**459-6064**

6 Winners Circle, Colonie 12205

- Monday-Friday, 8am - 4pm
- Transportation for Town of Colonie residents age 60 and over.
- Escort/Wheelchair services are available to those with physical or mental challenges
- Suggested voluntary contribution is \$5 (each way)
- Call for an appointment in advance. Last minute medical appointments can be scheduled if openings are available.
- [www.colonieseniors.org](http://www.colonieseniors.org)

## **Albany County Dept. for Aging Transportation**

**437-5161**

• Schedule **vital transportation** services in most area of Albany County for seniors age 60+. All requests for vital transportation will be met before requests for transportation to non-vital services are met.

- Schedule transportation with the CDTA STAR Bus
- Register for the CDTA Learn to Ride the Bus Program
- Arrange to get a CDTA 1/2 Fare Bus Card
- Arrange to get a CDTA Bus Pass
- Weekend appointments are available upon request
- Suggested voluntary contribution is \$4, you will not be denied transportation if you are unable to make contribution.

## **American Cancer Society Road to Recovery**

**220-6901**

1 Penny Lane, Latham 12110

- Monday-Friday, 8:30am - 4:30pm
- Car transportation for ambulatory persons for any cancer-related chemo/radiation appointments
- Please call 5 business days in advance to schedule appointment
- No rides on weekends
- [www.cancer.org](http://www.cancer.org)

## **CDTA S.T.A.R. (Special Transit Available by Request)**

**482-2022**

- New clients must fill out an application first.
- Reservations are taken up to 14 days in advance from 9am-8pm, and must be made no later than 5 p.m. the day before your trip.
- Fares \$2.50 each way.
- Curb to curb service for disabled residents.
- Fare is due upon boarding and is payable in cash, STAR trip tickets
- Tickets can be purchased at 110 Watervliet Avenue, Albany or at Price Chopper, Hannaford or Rite Aid
- [www.cdda.org](http://www.cdda.org)

## **Albany County Medicaid Transportation**

**1-855-360-3549**

## **Ambulette Services**

**459-5051**

Contact Town of Colonie Senior Resources Department for list of providers.



# Veteran's Benefits

## **Albany County Veterans Service Bureau**

**447-7710**

162 Washington Ave, 7th floor, Albany 12210

- Monday-Friday, 8:30am - 4:30pm
- Ensures that all veterans and their dependents receive the benefits they are entitled to from the Veterans Administration.

## **Stratton V.A. Medical Center**

**626-5000**

113 Holland Avenue, Albany 12208

- Healthcare services, hospice/palliative care, adult day programs, memory clinic and respite services.
- Provides "one-stop shopping" for information how to access VA healthcare benefits
- [www.albany.ny.gov](http://www.albany.ny.gov)

## **V.A. Outpatient Clinics**

1322 Gerling Street, Schenectady 12308

**346-3334**

295 River Street, Troy 12180

**274-7707**

1673 Route 9, Clifton Park 12065

**383-8506**

- Patients who elect to receive their primary care through these community based outreach clinics must have a primary care provider assigned through Stratton V.A. Medical Center first.

## **Vet Center Readjustment, Benefit and Counseling Service**

**626-5130**

17 Computer Drive West, Albany 12205

- Counseling for Post Traumatic Stress Disorder, substance abuse, marital and family problems, sexual trauma, employment and veterans benefits.

# Volunteer Opportunities

## **American Red Cross of Northeastern, NY**

**458-8111**

33 Everett Road, Albany 12205

- Monday, Tuesday, Friday - Sunday: 6:30am - 1:30pm  
Wednesday & Thursday: 11:30am - 7pm
- Many opportunities for volunteers to experience:  
emergency service volunteer, receptionist, data entry etc.
- [www.redcrossneny.org](http://www.redcrossneny.org)

## **Colonie Senior Service Centers, Inc.**

**459-2857**

6 Winners Circle, Colonie 12205

**ext. 308**

- Monday-Friday, 8:30am - 5pm
- Offers a wide variety of volunteer activities, which include serving meals, escort driver, companions, cashiering, fundraising events, leader for health or recreation classes.

# Important Phone Numbers

## **Emergency Services**

<b>Emergency ONLY</b> (EMS, Fire & Police)	<b>911</b>
NYS Police Troop G	<b>783-3211</b>
Poison Control Center	<b>1-800-222-1222</b>
Police Non-Emergency	<b>783-2811</b>

## **Town of Colonie Departments**

Senior Resources	<b>459-5051</b>
Supervisor	<b>783-2728</b>
Town Clerk	<b>783-2734</b>
Assessor's Office	<b>783-2701</b>

## **Other Important Numbers**

Albany County Crime Victims and Sexual Violence Center	<b>447-7716</b>
Albany County Dept. for Aging/NYConnects	<b>447-7177</b>
Albany County Board of Elections	<b>487-5060</b>
Albany County Veteran's Bureau	<b>447-7710</b>
Alcoholics Anonymous	<b>463-0906</b>
Alzheimer's Association - Albany office	<b>867-4999</b>
Capital District Psychiatric Center	<b>549-6000</b>
Colonie Senior Service Centers, Inc.	<b>459-2857</b>
Colonie Senior Service Centers Transportation	<b>459-6064</b>
Homeless and Traveler's Aide	<b>463-2124</b>
Home Energy Assistance Program (HEAP)	<b>756-8650</b>
Legal Aid Society of NENY	<b>462-6765</b>
Medicaid	<b>447-7492</b>
Medicare	<b>1-800-633-4227</b>
Mobile Crisis Unit	<b>549-6500</b>
National Grid	<b>1-800-642-4272</b>
Patients Rights Hotline	<b>1-800-333-4374</b>
Social Security Administration	<b>1-800-772-1213</b>
SNAP Program (Food Stamps)	<b>447-2551</b>
Suicide Prevention Lifeline	<b>1-800-273-8255</b>
Umbrella of Colonie	<b>459-7152</b>