

CARE LINKS

OF SOUTHERN SARATOGA COUNTY

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CARE LINKS

OF SOUTHERN SARATOGA COUNTY

Community Caregivers

A Program of Community Human Services

STAYING AT HOME COMMUNITY RESOURCE GUIDE

For Older Residents and Caregivers



What we do makes a difference!

Towns of Clifton Park, Halfmoon, Malta and the City of Mechanicville

Forward

CARE LINKS of Southern Saratoga County, a program of COMMUNITY HUMAN SERVICES (CHS), is pleased to bring you this “Staying At Home Community Resource Guide.” With the assistance of several of our volunteers and the generous support of the William Gundry Broughton Charitable Private Foundation, Inc., this Guide has been produced for your use as a reference tool when you have a need and are looking to find the right place to turn for the answer. This publication contains information with phone numbers and descriptions of many community agencies and programs that exist to assist you when questions/needs arise. We hope that you will use this guide to find the right solution whether you are a family caregiver or one of the aging population.

Care Links was born in 1996 out of a growing concern about the number of older residents and their care giving family members seeking respite and other support needed to remain in the community. Trained volunteers are the core of Care Links in the provision of no-cost supportive services including transportation, respite, shopping and errands, meal preparation, handyman, friendly visiting, telephone reassurance and support groups. In addition to the direct benefit to the older persons being served, those with ongoing care giving responsibilities, i.e., spouses, siblings, and adult children, view the Care Links volunteers as a source of respite, an extra set of hands. Volunteers can run to the store, make phone calls, transport to a doctor’s office or just be there to listen, itself an invaluable stress reliever. As one family caregiver described Care Links, “It gives me life.” If anyone has a question on how to get Care Links services in order to “stay at home” or if there are questions about how to put this guide to use, they can call us at 399-3262 for more information.

Financial support for Care Links is shared through a partnership of county and town governments, private foundations, donations and fund raising events. In recent years the towns of Clifton Park, Halfmoon and Malta as well as the Saratoga County Office for the Aging have provided support. The Assemblyman Robert Reilly Salary Fund through the Community Foundation of the Greater Capital Region and the William Gundry Broughton Charitable Private Foundation, Inc. currently provides support. Funding from the partners supports the core operational needs of Care Links. These include recruiting, training, assigning/matching and recognizing the volunteers as well as community education/reaching out, identifying and assessing the service needs of those seeking support. Information and referral is also provided to recipients and families. This Guide is part of that effort. These functions are necessary to ensuring the continued effective provision of Care Links volunteer support services to older persons in Southern Saratoga County.

We are forever thankful to the hundreds of our dedicated volunteers who have given thousands of hours to support their neighbors. Without them Care Links would not exist. At the same time requests for Care Links services are constantly growing and thus we are continuously seeking new volunteers. We welcome your exploring potential involvement by calling 399-3262.

CARE LINKS

of Southern Saratoga County
Community Human Services
543 Saratoga Road
Glenville, NY 12302
(518) 399-3262
www.chsny.org



John Irving, Executive Director
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I. Introduction

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

II. Purpose

This Community Resource Guide is for both older residents and those currently, or anticipating being, a caregiver, to assist you in knowing where to turn and how to navigate and access services. The information provided has been divided into six (6) categories with more specific topical information under each. While other categories might have been added, we believe these are the most valuable in getting you started. In some areas the information is self-explanatory, whereas in others more detail is provided. While all of the Guide's information will be of value to caregivers, a specific section was included to meet their unique needs. Telephone numbers are included for all resources to make initial inquiry. For some resources, e.g., housing locations, addresses were included.

A. Support Services at Home & in the Community

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

1. Assistance in Assessing Needs/Case Management

Often persons in need jump too quickly without understanding the range of available options, e.g., pursuing nursing home placement without considering a package of in-home supports. Packaging home care itself is not easy as there's a variety of types of home care providers and of payment sources ranging from your own funds, insurance, Medicare, Medicaid and other government sources. Note that there are limits on the availability of government funds.

Various agencies can provide information about specific services and refer you to inquire on your own. However, more complex situations may necessitate an in-depth assessment and case management to assemble the proper mix of home care and other community supports. Available to assist are:

Saratoga County Office for the Aging
152 West High Street
Ballston Spa, NY 12020
884-4100

Saratoga County Department of Social Services
152 West High Street
Ballston Spa, NY 12020
884-4159

Catholic Charities of Saratoga, Warren
& Washington Counties
142 Regent Street
Saratoga Springs, NY 12866
587-5000

CHOICES at St. Peter's Hospital
315 South Manning Blvd.
Albany, NY 12208
525-1364

2. Home Health/Personal Care

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

■ Certified Home Health Agencies

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

Saratoga County Public Health
Saratoga Springs 584-7460

Visiting Nurse Association of Albany, Saratoga & Rensselaer
Clifton Park 371-0890 or Albany 489-2681

Visiting Nurse Service of Schenectady & Saratoga
Schenectady 382-7932

Eddy Visiting Nurse Association/Home Care
Troy 274-6200

Gentiva Health Services
Ballston Spa 899-1158

■ Long Term Home Health Care Programs

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

Saratoga County Public Health
Saratoga Springs 584-7460

Visiting Nurse Association of Albany, Saratoga & Rensselaer
Clifton Park 371-0890 or Albany 489-2681

Visiting Nurse Service of Schenectady & Saratoga
Schenectady 382-7932

Eddy Visiting Nurse Association/Home Care
Troy 274-6200

■ Licensed Home Care Service Agencies

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

Accent Health Care Services, Inc
Troy 237-2700

AccuCare Home Health Services, Inc
Rensselaer 449-1142

Adept Health Care Services, Inc
Troy 271-1055

Advanced Care, Inc
Albany 218-1772

Accredo
Glens Falls 899-9516

All Metro Health Care
Schenectady 374-2117

Alternative Living Services, Inc
Schenectady 346-6935

Any-Time Home Care, Inc
Albany 454-9433

Anthem Health Services
Albany 862-1247

Attentive Care of Albany, Inc
Albany 438-6271

CNS Home Care, Inc
Rensselaer 274-6525

Community Health Care
Green Island 273-4014

Concepts of Health Care, Inc
Ballston Spa 383-3898

Coram Healthcare Corp of NY, Inc
Colonie 869-6613

Fort Hudson Community Comp.
Fort Edward 747-9019

Gentiva Health Service
Albany 452-3524

Gentle Home Health Care Services
Scotia 370-1515

Greater Adirondack Home Aides
Glens Falls 926-7070

Home Health Partners Corporation
Amsterdam 842-6718

Interim Healthcare of Cap. Reg.
Albany 452-3655
Glens Falls 798-6811
Ballston Lake 877-3811

Kingsway Home Care Services
Schenectady 382-8187

Living Resources Home Care
Schenectady 346-6214

Maxim of New York
Albany 437-0152

Nursecore of Albany
Albany 438-3900

Rely Health Care Services
Schenectady 374-0474

St. Peter's Licensed Home Care
Albany 525-6000

Visiting Nurses Home Care
Albany 694-9907

Visiting Nurses Home Care
Johnstown 762-2410

Visiting Nurses Home Care
Queensbury 798-1450

Senior Solutions
Saratoga Springs 584-1200

■ **Other Home Care**

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

Companions for the Elderly
Clifton Park 383-3119

Home Helpers/Direct Link
Saratoga Springs 584-5885

Home Instead Senior Care
Gansvoort 580-1042

Living Made Easy Senior Care
Saratoga Springs 580-9585

■ Home Maintenance

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

Umbrella of the Capital District
Schenectady 346-5249

■ Veterans Home Care

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

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

■ Expanded In-home Services for the Elderly Program

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

Saratoga County Office for the Aging
Ballston Spa 884-4100

3. Relief from the Burdens of Caregiving

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

■ Adult Day Services/Care

Adult Day Services/Care is a structured program that provides older persons with stimulation and assistance in a protected setting during part of the day but for less than 24 hours. (This service could also meet the needs of an employed caregiver.)

Schuyler Ridge Adult Day Health
Clifton Park 371-1400 (x106)

Wesley Evergreen Adult Day Service
Saratoga Springs 587-3600 (x1443)

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

■ In-home Respite

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

Caregivers Support Services of Catholic Charities
Albany 449-2001

Care Links of Southern S.C.
Clifton Park 399-3262

Home Health Care Partners
Amsterdam 842-6718

Home Instead Senior Care
Gansvoort 580-1042

Living Made Easy Senior Care
Saratoga Springs 580-9585

Saratoga County Office for the Aging
Ballston Spa 884-4100

Senior Solutions
Saratoga Springs 584-1200

■ Institutional Nursing Home Respite

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

Daughters of Sarah Nursing Center
Albany 456-7831

Eddy Heritage House & Rehab. Center
Troy 274-4125

Evergreen Commons
East Greenbush 479-4662

Fort Hudson Nursing Center
Fort Edward 747-2811

Northwood Rehab & Extended Care
Niskayuna 374-2212

Teresian House Nursing Home
Albany 456-2000

■ **Volunteers & Respite**

In addition to the more formalized forms of respite noted above another source can be through VOLUNTEERS. Family members, friends, neighbors and local churches and synagogues can be sources to explore for short term relief. Don't hesitate to ask! Care Links is a resource for both those who wish to volunteer and those seeking them.

Care Links of Southern Saratoga County
Clifton Park 399-3262

4. Help I've Fallen & Can't Get Up/Emergency Response

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

Direct Link
584-5885

Link to Life
1-800-848-9399

Eddy Lifeline
274-2635

Saratoga Hospital Lifeline
583-8413

Glens Falls Hospital Lifeline
926-2130

Seton Lifeline
268-6263

LifeFone
1-800-882-2280

St. Peter's Lifeline
525-1004

5. Home Delivered Meals/Meals-on-Wheels

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

Saratoga County Office for the Aging
Ballston Spa 363-4020

6. Transportation

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

Town of Clifton Park Sr. Van
371-4444

Saratoga County Office for the Aging
Medical Appointments Only 884-4100

Town of Halfmoon Express
664-2186

Care Links Volunteers
399-3262

City of Mechanicville
Public Safety 664-5651 (x3)

RSVP Senior Transport Volunteers
884-4110

Saratoga County Veterans Affairs
To Stratton VA Med Center only
884-4115

CHS Wellness Express
(Towns of Ballston, Charlton, Milton,
& Malta & Ballston Spa)
399-4624

The Older Driver Family Assistance Program of the NYS Office for the Aging (NYSOFA) has developed a handbook to help families, friends and caregivers facing the dilemma of what to do when an aging loved one is at-risk driving. “When You Are Concerned” is, in part, a compilation of the experiences of families and others who have successfully resolved an unsafe aging driver situation. The handbook is available on NYSOFA’s web at www.aging.ny.gov/resourceguide/transportation.cfm

To obtain a copy contact either the:

N.Y.S. Office for the Aging
Empire State Plaza, Building 2
Albany, NY 12223
1-800-342-9871

Saratoga County Office for the Aging
152 West High Street
Ballston Spa, NY 12020
884-4100

B. Financial Assistance

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

1. Income

■ Supplemental Security Income (SSI)

Supplemental Security Income (SSI) is a Federal income supplement program designed to help aged, blind and disabled persons who have little or no income.

Social Security Administration*
Schenectady 1 866 964-1296

*Same address and phone for ALL Social Security inquiries

■ Emergency Assistance for Adults

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

Saratoga County Department of Social Services
Ballston Spa 884-4144

■ Food Stamps/SNAP (Supplemental Nutrition Assistance Program)

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

Saratoga County Department of Social Services
Ballston Spa 884-4155

■ Employment

Senior Community Services Employment Program: provides low-income people 55 and over with subsidized part-time employment and training with a goal of transition to unsubsidized employment.

Saratoga County Department of Employment & Training
Ballston Spa 884-4170

2. Energy

■ Home Energy Assistance Program (HEAP)

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

Saratoga County Office for the Aging
Ballston Spa 884-4100

■ Weatherization Referral and Packaging Program (WRAP)

Weatherization Referral and Packaging Program (WRAP) reduces energy cost for low-income elderly by improving the energy efficiency and comfort of their homes.

Saratoga County Office for the Aging
Ballston Spa 884-4100

3. Property Taxes

■ Real Property Tax Credit "Circuit Breaker"

Real Property Tax Credit "Circuit Breaker" provides a State income tax credit for eligible homeowners and renters who pay a disproportionate amount of property tax in relation to their income. The maximum benefit is \$375 for those 65 and over. Must file Form IT-214 with taxes or separately:

NYS Department of Taxation & Finance
State Processing Center
PO Box 61000
Albany, NY 12261-0001
457-5181

■ Local Real Property Tax Exemption

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

Clifton Park Assessor
371-6460

Mechanicville Assessor
664-2077 (x7)

Halfmoon Assessor
371-7410 (x3)

Mechanicville School District
664-5727

Malta Assessor
899-2584

Shenendehowa School District
881-0600

■ School Tax Relief Program (STAR)

This State program has two parts. Basic STAR is available regardless of the property owners' ages or incomes. Enhanced STAR is available for those age 65 and over with yearly household incomes not exceeding a statewide standard.

Clifton Park Assessor
371-6460

Malta Assessor
899-2584

Halfmoon Assessor
371-7410 (x3)

Mechanicville Assessor
664-2077 (x7)

■ Veterans Real Property Tax Exemption

There are three types of veteran exemption the most common being that made available to those who served during wartime. They are provided at the option of the municipality. Check with the assessors noted above.

4. Veterans Benefits

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

Saratoga County Veterans Service Agency
Ballston Spa 884-4114

C. Health Care & insurance

Given the extensive number of health care providers in Southern Saratoga County and neighboring counties and the ready availability of other sources to locate them, we have chosen not to list them. Other health-related resources are provided including brief information on Medicare and Medicaid.

1. Emergencies

■ 911

In the event of an emergency/need for an ambulance service

CALL 911 from any location.

■ Are You OK? Program (R.U.OK?)

The Clifton Park Citizens Corps Council had created R.U.OK? to assist Clifton Park residents during all types of emergencies such as an ice storm or severe snowstorm. Residents interested must complete an application and have the option to request a phone call “check in” during an emergency.

Clifton Park Town Hall R.U.OK?
Clifton Park 371-6651

2. Medicare and Medicaid

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

Medicare is a Federal insurance program. Medical bills are paid from trust funds which those covered have paid into. It serves people over 65 primarily, whatever their income; and serves younger disabled people and dialysis patients. Patients pay part of the costs through deductibles for Part A hospital and other costs. Monthly premiums are required for Part B non-hospital coverage. It is basically the same everywhere in the United States and is run by the federal government.

Medicaid is an assistance program that serves eligible low-income people of every age. Patients usually pay no part of costs for covered medical expenses. Medical bills are paid from federal, state and county tax funds. Medicaid is run by state and county governments within federal guidelines. For an application contact:

Saratoga County Department of Social Services
Ballston Spa 884-4148

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

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

■ Medicare Savings Programs

These programs help low-income Medicare beneficiaries with out-of-pocket expenses. There are 3 programs:

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

Saratoga County Office for the Aging
Ballston Spa 884-4100

4. Prescription Drugs

In addition to Medicare Part D there are other sources available to support the cost of prescription drugs.

■ Elderly Pharmaceutical Insurance Coverage (EPIC)

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

EPIC
PO Box 15018
Albany, NY 12212-5018
1-800-332-3742

■ Prescription Drug Web Site Prices

The NYS Department of Health collects retail price information on the 150 most frequently prescribed drugs. The site allows you to search for specific drugs from the list.

<http://www.rx.nyhealth.gov/>

■ NYS Prescription Saver Program (PSP)

NYS Prescription Saver Program (PSP), effective April 1, 2009, provides enrolled individuals, who have limited incomes and are disabled OR between the ages of 50 and 64, a pharmacy discount card. Savings will vary dependent on the quantity, type and brand of the drug purchased and could range from 30% to 60%.

NY Prescription Saver
PO Box 12069
Albany, NY 12212-2069
1-800-788-6917

D. Housing

There is a wide-range of housing options for older residents from total independent living to nursing homes. Information on the major types is provided to assist you in matching needs and preferences.

1. Senior Apartments -Independent Living

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

Bishop Hubbard Senior Apartments

54 Katherine Drive
Halfmoon, NY 12065
383-2705

Coburg Village*

One Coburg Way
Rexford, NY 12148-1467
371-5000

Highpointe@Malta Senior Aprts.

30 Rockrose Way
Malta, NY 12020
583-7977

Malta Meadows
5 Applewood Drive
Ballston Lake, NY 12019
899-1552

Marina Woods Senior Housing
Marina Drive
Halfmoon, NY 12065
348-0213

Mechanicville Elderly Housing
180 North Main Street
Mechanicville, NY 12118
664-4436

Shenendehowa Village
300 Solomon Way
Clifton Park, NY 12065
373-1900

Meadow View at Clifton Park
579 Waite Road
Rexford, NY 12148
383-3803

*Coburg Village provides some support services such as housekeeping and one meal per day.

2. Adult Care Homes

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

Beacon Pointe Memory Care Community
Clifton Park 371-2200

Cook Adult Home
Mechanicville 664-8014

Home of the Good Shepherd at Highpointe
Malta 581-2800

Home of the Good Shepherd
Saratoga Springs 584-3317

Home of the Good Shepherd
Wilton 580-0702

Prestwick Chase
Saratoga Springs 584-7766

Woodlawn Commons
Saratoga Springs 587-4100

3. Assisted Living Residences (ALR)

Assisted Living Residences (ALRs) provide housing, 24 hour on-site monitoring, food service, case management and personal care and/or home care services either directly or through a contract. As of May 2009 these were the only licensed ALRs in the Capital District.

Atria Guilderland
Slingerlands 218-0506

Delmar Place Inc.
Delmar 434-4663

Home of the Good Shepherd at Highpointe
Malta 581-2800

Home of the Good Shepherd
Saratoga Springs 584-3317

Home of the Good Shepherd
Wilton 580-0702

Kingsway Manor
Schenectady 383-4304

Massry Residence at Daughters of Sarah
Albany 689-0453

Millview of Latham
Cohoes 785-7788

Westmere Home for Adults
Albany 456-8355

4. Nursing Homes

Nursing Homes are available for those who need 24-hour care either for post-hospital acute care and rehabilitation or for chronic care that can no longer be managed at home when other alternatives have been exhausted. A medical assessment must be performed by a nurse, certified to do such assessments, before one can be admitted. There are 31 certified nursing homes in the Capital District. Those in Saratoga County are listed below. Others can be found at www.nursinghomes.nyhealth.gov/

Saratoga Care Nursing Home
Saratoga Springs 587-3222

Saratoga County Maplewood Manor
Ballston Spa 885-2288

Schuyler Ridge Health Care Facility
Clifton Park 371-1400

Wesley Health Care Center
Saratoga Springs 587-3600

5. Hospice

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

The Community Hospice
Rensselaer 724-0242 Intake

Mountain Valley Hospice
Gloversville 725-4545

E. Staying Well

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

1. Physical Activity

“If you don't use it, you loose it” is absolutely true. One can exercise anywhere at any time starting with range of motion activity and walking. Each town has various parks. Try your grandchildren's Wii Nintendo interactive sports and fitness programs. Joining with others at senior centers can be both physically and mentally stimulating. Places to explore include:

Halfmoon Senior Center
Lower New Town Road
Halfmoon, NY 12065
371-3892

Malta Senior Citizens
Malta Community Center
1 Bayberry Drive
Malta, NY 12020
899-4411

Mechanicville Area Senior Center
178 North Main Street
Mechanicville, NY 12118
664-7877

Shenendehowa Adult Community Center
6 Clifton Commons Court
Clifton Park, NY 12065
383-1343

Southern Saratoga YMCA
1 Wall Street
Clifton Park, NY 12065
371-2139

2. Eating Well/Nutrition

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

■ 60+ Dining

Noon meals and socialization with others, call for reservations:

Halfmoon Senior Center
371-3892

Malta Community Center
899-4411

Mechanicville Senior Center
664-3924

Shenendehowa Adult Community Center
383-1343

■ Nutrition Education

Classes on eating well.

60+ dining sites above have group presentations and classes; one-on-one nutrition counseling by a registered dietitian is also available.

Hannaford Wellness Events and Free Classes: at Clifton Park store, register in advance by calling 383-4136.

Price Chopper “Healthy U”: registered dietitian available part-time at Shoppers World store to assist with nutrition questions.

Saratoga County Cornell Cooperative Extension “Eat Smart New York” program helps limited income persons improve their diets and make best use of their food dollars. Call 885-8995

■ Food Pantries

Shenendehowa Helping Hands

Jonesville Methodist Church
963 Main Street
Clifton Park, NY 12065
877-7380

Faith Baptist Church

Glenridge & Bradt Road
Rexford, NY 12148
399-6050

Community Service Center

6 South Main Street
Mechanicville, NY 12118
664-8322

■ Senior Farmers Market Nutrition Program

Senior Farmers Market Nutrition Program provides eligible, low-income older adults free coupons that can be exchanged at local farmers markets. Contact:

Clifton Park/Saratoga Farmers Market

St. George’s Church
912 Route 146
Clifton Park, NY 12065
July to October

4. Mental Stimulation

Maintaining a healthy brain is critical to positive aging. In addition to the physical activity and socialization benefits of the above which contribute to your brain function there are places to jog your mind such as local libraries and adult education programs.

Clifton Park-Halfmoon Library

475 Moe Road
Clifton Park, NY 12065
371-8622

Round Lake Library

31 Wesley Avenue
Round Lake, NY 12151
899-2285

Malta Library

Malta Community Center
1 Bayberry Drive
Malta, NY 12020
899-4411

Mechanicville Public Library

190 North Main Street
Mechanicville, NY 12118
664-4646

Ballston Spa School System

70 Malta Avenue
Ballston Spa, NY 12020
884-7195 (x329)

Shenendehowa Central Schools

5 Chelsea Place
Clifton Park, NY 12065
881-0600

NYS Talking Book & Braille Library*

Cultural Education Center, ESP
Albany, NY 12230
474-5935

Burnt Hills-Ballston Lake Central Schools

88 Lake Hill Road
Burnt Hills, NY 12027
399-9141 (x3404)

* This is a free library for those of any age who can’t use standard print owing to a physical, visual or reading disability.

4. Volunteering

Volunteering is about giving, contributing, and helping other individuals and the community at large. At the same time you gain new experience, new skills and interests, meet new people and “make a difference” to others. The volunteer roles one can take on are unlimited, e.g., transportation, respite, handy man, yard work, clerical, tutoring, child day care, driver for home delivered meals, friendly visitor, shopping/errands, advocate/ombudsman in nursing home, telephone reassurance, etc.

In addition to the local senior centers and schools places to explore volunteer roles include:

Care Links of SSC
543 Saratoga Road
Glenville, NY 12302
399-3262

Foster Grandparent - CEO
2331 Fifth Avenue
Troy, NY 12180
272-6012 (x315)

**Senior Companion to Developmentally
Developed Adults**
3 Care Lane, Suite 2000
Saratoga Springs, NY 12866
581-3075

Saratoga County Office for the Aging
152 West High Street
Ballston Spa, NY 12020
1. Home Delivered Meals Volunteer 363-4020
2. LTC Ombudsman Volunteer 363-4020
3. Retired Senior Volunteer Program (RSVP)
884-4110

5. Preventive Services

A range of preventive health immunization, exams and screening are available through both local and Federal Medicare funding.

■ Local Health Care Screening

Local Health Care Screening through a contract from the Office for the Aging with a local health care provider, screenings for blood cholesterol, glucose, blood pressure, vision, and hearing are provided at senior centers and nutrition sites.

Saratoga County Office for the Aging
Ballston Spa 884-4100

■ Medicare Preventive Services

There are a wide variety of preventive services including immunizations (flu, pneumonia, hepatitis B & shingles), screenings (cardiovascular, colorectal cancer, diabetes, mammogram, prostate cancer) and tests (glaucoma, pap) available. Some of the services are free while others are covered by deductibles and co-pays.

See your physician. Also review the “Medicare & You Handbook” sent annually to all program participants.

F. Support for Caregivers

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

1. Family Caregiver Support Program

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

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

Saratoga County Office for the Aging
Ballston Spa 884-4100

2. Support Groups

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

Alzheimer's Association
with Care Links of SSC
399-3262

Halfmoon Senior Center
Halfmoon 371-3892

Christ Community Reformed Church
Clifton Park 399-3262

The Wesley Community
Saratoga Springs 691-1517

3. Long-Distance Caregiving

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

- **Eldercare Locator:** call and you will be connected to an aging agency in the location you wish. (800) 677-1116 or www.eldercare.gov/eldercare.net/public/home.aspx
- **Alzheimer's Care Finder:** online guidance on care options locally and throughout the country. Visit CareFinder under 'we can help' at www.alz.org or call the 24 Hour Helpline (800) 272-3900

Appendix A Other Resources

Saratoga County Office for the Aging
152 West High Street
Saratoga Springs, NY 12866
884-4100
www.saratogacountyny.gov/departments.asp?did=25

New York State Office for the Aging
Empire State Plaza, Building 2
Albany, NY 12223
474-4425
Hotline (800)342-9871
www.aging.state.ny.us

U.S Administration on Aging
One Massachusetts Avenue NW
Washington, DC20001
202-619-0724
www.aoa.gov/

Appendix B Sample Personal Medical Records Page

Personal Medical Records Page For:

Major Medical Problems:

Medications with dosage and frequency:

Allergies:

Physicians' Name/Phone

Name: _____ Number: _____

Name: _____ Number: _____

Medical Insurance Companies and Policy Numbers:

Emergency Contacts: (Name, Phone, Relationship):

CARE LINKS

OF SOUTHERN SARATOGA COUNTY

543 Saratoga Road
Glenville, NY 12302

P: (518) 399-3262
F: (518) 399-8663
www.chsny.org



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