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Disclaimer: While this directory made every attempt to provide the most accurate information possible, the organizations herein at any time may have to change the quantity, type and/or accessibility of any services or supplies that they provide. To ensure that an organization continues to provide the assistance or services that you seek, please contact an organization to ensure that the specific services you require remain available.

Furthermore, UHS Delaware Valley Hospital neither endorses nor recommends any particular organization or service listed in the directory, including any private companies. As with any product or service, it is recommended that consumers thoroughly review and determine which product, service, or provider meets their needs best.
**BASIC NEEDS / EMERGENCY ASSISTANCE**

**Delaware Opportunities, Inc.**  
35430 State Highway 10, Hamden, NY 13782  
Phone: (607) 746-1665  
www.delawareopportunities.org/emergency-food-shelter  
The Emergency Services program provides assistance to families and individuals faced with emergencies. The advocate can advise clients, and assist in obtaining services such as emergency food and shelter.

**Delaware County Department of Social Services**  
99 Main Street, Delhi, NY 13753  
Phone: (607) 832-5300  
www.co.delaware.ny.us/departments/dss/dss.htm  
Through the Emergency Assistance for Adults program, the Department may be able to financially assist with utility disconnects and other emergency needs.

**Salvation Army**  
www.empire.salvationarmy.org  
Phone: (315) 877-6079  
Through a voucher system, the Salvation Army offers temporary assistance for emergency needs such as lodging, food, clothing, utilities and medical co-pays. Several service units are located within the County.

**CAREGIVER SUPPORT**

**Delaware County Office for the Aging**  
6 Court Street, Delhi, NY 13753  
Phone: (607) 832-5750  
www.co.delaware.ny.us/departments/ofa/CGSupport.htm  
Delaware County Legacy Corps is a community-based volunteer program offering a range of support and services to caregivers throughout the county.

**Alzheimer’s Association**  
140 Highway 33 West, Suite 2, Cooperstown, NY 13326  
Phone: (607) 547-1650  
www.alz.org/northeasternny  
Helpline: (800) 272-3900  
Provides programs for people with Alzheimer’s disease, their families, caregivers, and professional care providers. Offers a Helpline, care consultations, support groups, education, training, and safety services.

**Catskill Area Hospice & Palliative Care**  
542 Main Street, Oneonta, NY 13820  
Phone: (607) 432-5525  
116 Main Street, Delhi NY 13753  
Phone: (607) 746-2668  
www.cahpc.org  
Catskill Area Hospice and Palliative Care strives to meet all of a patient’s needs. Hospice provides guidance regarding the physical aspects of an illness, as well as the emotional, social and spiritual impact on the patient and the patient’s family and friends.
Respite

Delaware County Office for the Aging
6 Court Street, Delhi, NY 13753.................................................................Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/ofa.htm
Caregiver Respite Program – Delaware County Legacy Corps provides unpaid family caregivers a personal break. Volunteers can provide friendly visiting, or transportation for family member to get to appointments or to run errands.

Our Place
58 East Street (Lower Level of the United Presbyterian Church, Walton, NY……..Phone: (607) 287-1975
www.legacycorps.org/legacycorpservices/ourplace.html
Our Place is a Social Adult Day Center providing recreation and socialization for isolated or impaired older adults. The Center is currently open every Wednesday from 10am to 4pm.

Delaware Opportunities, Inc.
35430 State Highway 10, Hamden, NY 13782..................................................Phone: (607) 746-1680
www.delawareopportunities.org/respite-care
Respite Care is available for a disabled family member to permit the primary care giver time for work or social/recreational activities, alleviating the stress of continually caring for the family member.

Springbrook
105 Campus Drive, Oneonta, NY 13820.......................................................Phone: (607) 286-7171
www.springbrookny.org
Springbrook offers respite to those caring for a family member with special needs. Respite care provides short-term breaks that can relieve stress, restore energy, and promote balance in a caregiver’s life.

Robinson Terrace
28652 New York 23, Stamford, NY 12167.......................................................Phone: (607) 652-7521
www.robinsonterrace.org
Respite care is designed to give families temporary relief of caregiving responsibilities, whether for a couple of days or a few weeks. Patients in the program receive 24-hour nursing care, and are under the supervision of the attending physician.

Margaretville Hospital
42084 State Highway 28, Margaretville, NY 12455.................................Phone: (845) 586-2631
www.hahv.org/margaretvillehospital
Respite care is designed to give families temporary relief of caregiving responsibilities, whether for a couple of days or a few weeks. Patients in the program receive 24-hour nursing care, and are under the supervision of the attending physician.

Roscoe Regional Rehabilitation & Residential Health Care Facility
420 Rockland Road, Roscoe, NY 12776.........................................................Phone: (607) 498-4121
www.roscocommunitynh.com
Caregivers who need a break can select respite care from one to 30 days. This break can benefit the primary caregiver’s emotional, mental and physical health.
The Division of Child Care Services provides a database of regulated child care providers in New York State. This search engine will allow you to look up a specific provider by name, or all the providers in a particular county or even zip code.

**Delaware Opportunities, Inc.**
35430 State Highway 10, Hamden, NY 13782. Phone: (607) 746-1620
www.delawareopportunities.org/content/child-care-resource-referral

*Child Care Resource and Referral (CCR&R)* provides services to child care providers, businesses, community and families. The CCR&R is dedicated to serving the child care community through information and referrals, training, advocacy, and education. The *Child Day Care Subsidy Program* offers eligible households assistance with child care costs.

**DCMO BOCES**
270 BOCES Drive, Sidney Center, NY 13839. Phone: (607) 335-1296
www.dcmoboces.com

The DCMO BOCES offers daycare to the public which is available Monday through Friday from 7:00am-5:00pm, serving children three to five years of age.

**The Cullman Child Development Center**
90 West Rd, Sidney, NY 13838. Phone: (607) 563-7529
www.cullmancenter.org

The Center provides services to children between the ages of 6 weeks and 12 years. There is before and after school care, an in-house summer program for children ages 5-8, and a summer camp program children ages 8-12.

**SUNY Delhi Child Care Center**
2 Main St, Delhi, NY 13753. Phone: (607) 746-4710
www.delhi.edu/academics/catalog_14/college_life/student_life.php

The Delhi Campus Child Care Center, Inc. (DC-4) offers year-round childcare services for infants, toddlers, preschoolers, and school-age children of SUNY Delhi students, State employees, faculty, staff, and community residents. Tuition is based on a sliding fee scale according to income.

**Kids’ Kollege Nursery School and Day Care**
14 Division St, Sidney, NY 13838. Phone: (607) 563-1185

Kids’ Kollege is a preschool that serves children ages 2-7+, with a capacity of 8 children.
DENTAL RESOURCES

Rural Health Network of South Central NY
2663 Main Street, Whitney Point, NY 13862.................................Phone: (607) 692-7669
www.rhnscny.org
RHNSCNY provides information about discounted dental providers in the area to anyone needing to access dental and oral health services.

Bassett Healthcare Delhi - Dental Office
460 Andes Road, Delhi, NY 13753.................................Phone: (607) 746-0540
www.bassett.org/oconnor-hospital/our-services/dental-office/
The Bassett Healthcare Delhi - Dental Office offers general dentistry services for both children and adults. The practice serves patients with and without insurance, including Medicaid.

Davenport Dental Center
17107 State Highway 23, Davenport, NY 13750.................................Phone: (607) 278-4077

Delaware Dental Office
210 Delaware Street, Walton, NY 13856.................................Phone: (607) 865-9330

Walton Dental
132 Delaware St, Walton, NY 13856.................................Phone: (607) 865-4000

Stamford Dental Association
32-34 Main St # 1, Stamford, NY 12167.................................Phone: (607) 652-7342

Fox Care Dental
1 Foxcare Drive # 304, Oneonta, NY 13820.................................Phone: (607) 433-1778

Michael Freedus, DDS
53 Chestnut St, Oneonta, NY 13820.................................Phone: (607) 432-3564

UHS Dental Center
32 Conkey Ave, Eaton Center, Norwich, NY 13815.................................Phone: (607) 337-4174
10-42 Mitchell Ave, Binghamton, NY 13903.................................Phone: (607) 762-2005
www.uhs.net/care-treatment/dental/

Dental Lifeline Network (New York Donated Dental Services)
PO Box 11247, Albany, NY 12211.................................Phone: (888) 623-2780
www.dentallifeline.org/new-york/
Provides free, comprehensive dental treatment to individuals with disabilities or those who are elderly or medically fragile. These are people who cannot afford necessary treatment and cannot get public aid.
DISABILITY SERVICES

Social Security Administration
31 Main Street, Suite 1, Oneonta, NY 13820.......................................................Phone: (877) 628-6581
www.ssa.gov

Social Security pays disability benefits to an individual and certain members of the family if the individual has worked long enough and has a medical condition that has prevented work, or is expected to prevent working for at least 12 months or end in death.

Supplemental Security Income (SSI) pays benefits to disabled adults and children who have limited income and resources.

The Arc of Delaware County
34570 State Highway 10, Walton, NY 13856.......................................................Phone: (607) 865-7126
www.delarc.org

The Arc of Delaware County serves children and adults with developmental disabilities. The Arc of Delaware County helps children and adults with disabilities live personally fulfilling lives through a variety of innovative supports and services.

The Carousel Children’s Services program provides a variety of individualized services to children, birth to age 5. Special Education Teachers and Certified Therapists work individually with each child and his or her parents in our integrated nursery school, the child’s home, or other natural settings.

Catskill Center for Independence
6104 State Highway 23, Oneonta, NY 13820.......................................................Phone: (607) 432-8000
www.ccfi.us

Provides a variety of services to individuals with disabilities with information, training and other disability related assistance to the family.

Delaware Opportunities, Inc.
35430 State Highway 10, Hamden, NY 13782.......................................................Phone: (607) 746-1675
http://www.delawareopportunities.org/services-coordination

Services Coordination is a support service that helps consumers and their families get the types of services they may need or want. A Services Coordinator works with the consumer, their family, and/or advocate to help them access social, medical, clinical, educational, vocational, residential, and other services or supports that help the consumers reach their full potential.

Southern Tier Independence Center (STIC)
135 E. Frederick St, Binghamton, NY 13904.......................................................Phone: (607) 724-2111
www.stic-cil.org

STIC is a community-based advocacy and service organization for children and adults with all types of disabilities.

Project Independence, Inc.
342 River Street, Hobart, NY 13788.......................................................Phone: (607) 538-9874
www.projectindependencyinc.org

The primary goal of the agency is to provide a person-centered approach to individualized service provision. Project Independence provides the more appropriate learning environment and level of supervision to facilitate the individual access to community services, as well as community integration.
Springbrook
105 Campus Drive, Oneonta, NY 13820.........................................................Phone: (607) 286-7171
www.springbrookny.org
Springbrook provides lifelong support to people of all ages with developmental disabilities, ranging from both residential and day education programs at the School at Springbrook, to residential support in our Community Homes program, and a host of options between.

Delaware County Public Health
99 Main Street, Delhi, NY 13753.................................................................Phone: (607) 832-5200
www.co.delaware.ny.us/departments/phn/phn.htm or www.delawarecountypublichealth.com
Early intervention provides developmental monitoring/screening and Early Intervention Services as needed for infants and toddlers under the age of three who are at risk for, or who are suspected to have developmental delays or have confirmed developmental delays.

Children with Special Healthcare Needs (Birth – 21 years) provides assistance with the cost of special medical evaluations such as cardiology or hearing, as well as assuring healthcare coverage for all children.

Physically Handicapped Children’s Programs (Birth – 21 years) helps out families by providing financial assistance for medical care and support services. These services are directed to children with physical handicaps or chronic disabilities.

Preschool Special Education Program (3 - 5 years) is designed to provide financial assistance for services to children ages 3 to 5 with special needs.

New York State Office for People with Developmental Disabilities
44 Holland Avenue, Albany, NY 12229.........................................................Phone: (866) 946-9733
www.opwdd.ny.gov
The New York State OPWDD is responsible for coordinating services for individuals with developmental disabilities, providing services directly, and through a network of partner agencies.

Broome DDSO Delaware Regional Center
15598 St Hwy 8, Masonville, NY 13804.........................................................Phone: (607) 265-3322
Provides evaluations, in home visits, and individualized service plans to assist with residential placement and day program placement, as well as other information and referrals.

Family Resource Network, Inc.
46 Oneida Street, Oneonta, NY 13820.........................................................Phone: (607) 432-0001
www.familyrn.org
Offers the following services: Advocacy Program, Autism Conferences, Information and Referral, Service Access, Social Skills Program for Youth with Autism Spectrum Disorders, Trainings/Support Groups.

Adult Career and Continuing Education Services – Vocational Rehabilitation (ACCESS-VR)
44 Hawley Street, Binghamton, NY 13901.........................................................Phone: (607) 721-8400
www.access.nysed.gov
ACCESS-VR provides vocational counseling and rehabilitation services that result in successful employment outcomes for individuals with disabilities and their employers.
Deaf and Hard of Hearing

Hear Now / Starkey Hearing Foundation
6700 Washington Ave S., Eden Prairie, MN 55344………………………………………………. Phone: (800) 328-8602
www.starkeyhearingfoundation.org
Hear Now is an application-based program that provides hearing help to low-income Americans. Each person assisted is fit with new, top-of-the-line digital hearing aids that are customized to their hearing loss.

Vision

Association for Vision Rehabilitation and Employment, Inc.
174 Court Street, Binghamton, NY 13901………………………………………………. Phone: (607) 724-2428
www.avreus.org
AVRE offers a range of learning, living, and working options for people of all ages with sustained and severe vision loss.

Rural Health Network of South Central NY
2663 Main Street, Whitney Point, NY 13862……………………………………………….Phone: (607) 692-7669
www.rhnscny.org
RHNSCNY staff educates individuals on vision services assistance programs and directly assists rural residents in accessing resources.

DISASTER RELIEF

American Red Cross
1415 Genesee Street, Utica, NY 13501……………………………………………….Phone: (315) 733-4666
www.redcross.org/eny/about-us/locations/mohawk-valley
The Red Cross responds to disasters, providing shelter, food, health and mental health services to help families and entire communities get back on their feet.

Salvation Army
www.empire.salvationarmy.org……………………………………………….Phone: (315) 877-6079
In disaster relief operations, The Salvation Army’s first aim is to meet the basic needs of those affected. They are available in all facets of disaster, including emergency preparedness, immediate emergency response, long-term disaster recovery, and emotional and spiritual care.

DOMESTIC VIOLENCE

Delaware Opportunities, Inc.
35430 State Highway 10, Hamden, NY 13782………………………………………………. Phone: (607) 746-1720
24/7 Hotline: (607) 746-6278
www.delawareopportunities.org/safe-against-violence
Safe Against Violence offers comprehensive services for victims of domestic violence, sexual assault and other crimes. Services include safe, confidential shelter for domestic violence victims and their families, short term crisis and supportive counseling, medical and legal advocacy and accompaniment, information and referrals, and a 24/7 confidential hotline.
Delaware County Department of Social Services
99 Main Street, Delhi, NY 13753.......................... Phone: (607) 832-5300
Child Protective Services (CPS) Hotline.......................... Phone: (800) 342-3720
www.co.delaware.ny.us/departments/dss/dss.htm

Adult Protective Services are services provided to individuals 18 years of age or older who meet all three of the following criteria: physically and/or mentally impaired; and in need of protection from actual or threatened harm, neglect, or a hazardous situation due to the action or inaction of either themselves or other individuals; and who have no one willing or able to assist them responsibly.

Child Protective Services is mandated to investigate all reports of alleged child abuse and maltreatment of children under the age of 18.

New York State Domestic Violence 24 Hour Hotline: (800) 942-6906

National Domestic Violence 24 Hour Hotline: (800) 799-7233

New York State Office for the Prevention of Domestic Violence (OPDV)
80 S. Swan Street, 11th Floor, Room 1157, Albany, NY 12210.......................... Phone: (518) 457-5800
www.opdv.ny.gov

OPDV has three primary areas of focus: 1) advise the governor and legislature on policies and practices for the State; 2) train NYS professionals from all areas about the intersection of domestic violence in their daily practice; and 3) serve as a resource regarding the issue of domestic violence.

EDUCATION

Early Childhood Education

Delaware Opportunities, Inc.
35430 State Highway 10, Hamden, NY 13782.......................... Phone: (607) 746-1640
www.delawareopportunities.org/HeadStart.htm

Head Start promotes the school readiness of young children aged three to five by supporting the mental, social, and emotional development of children. Families must be income-eligible.

6 Franks Street, Arkville, NY 12406
(845) 586-4002

Meredith Street, Delhi, NY 13753
(607) 746-6591

Old Schoolhouse Rd, Fish’s Eddy, NY 13774
(607) 637-4256

2020 Jump Brook, Grand Gorge, NY
(607) 588-8151

21 Pleasant Street, Sidney, NY 13838
(607) 561-2341

15696 State Route 23, Davenport, NY 15696
(607) 278-6020

47 Main Street, Deposit, NY 13754
(607) 467-3505

293 Main Street, Franklin, NY 13775
(607) 829-3312

35430 State Hwy 10, Hamden, NY 13782
(607) 746-1640

150 Industrial Park, Walton, NY 13856
(607) 865-6319
Alternative Education Options

DCMO BOCES
270 BOCES Drive, Sidney Center, NY 13839...........................................Phone: (607) 865-2500
www.dcmoboces.com
BOCES partners with local school districts to provide a broad range of educational programs and services that help meet the evolving educational needs of students.

ONC BOCES Adult Education
31 Center Street, Oneonta, NY 13820.........................................................Phone: (607) 433-3645
www.oneontaadulteducation.org
Classes are offered in Adult Basic Education, High School Equivalency, and English as a Second Language, and many free programs are available for students over age 21 who are also enrolled in High School Equivalency classes.

ONC BOCES – Northern Catskills Occupational Center
2020 Jump Brook Road, Grand Gorge, NY 12434...........................................Phone: (607) 588-6291
www.oncboces.org/NorthernCatskills.cfm?subpage=6967
The Career and Technical Education Center provides workforce preparation training in career specific areas for high school students and adults.

Literacy

Literacy Volunteers of Otsego and Delaware Counties
254 Main Street (Lower level), Oneonta, NY 13820.........................................Phone: (607) 353-7099
www.lvodc.org
Provides confidential, free tutoring to adults over the age of 16 in either Basic Literacy or ESL.

EMPLOYMENT

Delaware County Employment and Training
1 Gallant Avenue, Suite 1, Delhi, NY 13753.........................................................Phone: (607) 746-7477
21 Liberty Street, Sidney, NY 13838.................................................................Phone: (607) 561-7550
http://www.co.delaware.ny.us/departments/oet/oet.htm
The Workforce Career Centers provide a variety of services for job seekers, workers, and businesses in the Chenango, Delaware, and Otsego Area. Services include assessment, case management, on-the-job training, classroom Training, re-employment services, and youth employment.

Delaware Opportunities, Inc.
35430 State Highway 10, Hamden, NY 13782......................................................Phone: (607) 746-1630
www.delawareopportunities.org/employment-training
Delaware Opportunities provides a variety of services to help low income people obtain and retain employment. The Better Employment & Skills Training (BEST) Program is a month long training program assisting in developing resumes, gaining computer skills and otherwise preparing for employment.

NYS Department of Labor
Building 12, W.A. Harriman Campus, Albany, NY 12240.............................Phone: (518) 457-9000
www.labor.ny.gov Unemployment Benefits Phone: (888) 209-8124
Provides information and resources to job seekers, workers, and the unemployed.
Delaware County Office for the Aging
6 Court Street, Delhi, NY 13753
Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/wellness.htm
The Office for the Aging works closely with other county organizations to develop and operate a variety of health and wellness activities. Older adults are encouraged to participate in water exercise, aerobic exercise, weight lifting, tai-chi classes, and walking programs.

Prescription Trails
www.getoutandwalk.org
The Prescription Trails, or ‘Script Trails initiative focuses on increasing the number of steps a person takes, to prevent chronic disease, increase physical activity in youth and adults, promote healthy lifestyles and reduce illness. The website provides a variety of walking routes and hiking trails within the area. More information may also be obtained from primary care providers at Bassett Healthcare, O’Connor Hospital, UHS Delaware Valley Hospital, and Margaretville Hospital.

Delaware County Rural Healthcare Alliance
34570 State Highway 10, Hamden, NY 13782
Phone: (607) 865-6531
www.ccedelaware.org/delawarecountyhealthalliance/Home.aspx
The Heart Healthy Walking program is designed to promote physical activity and heart-healthy living through a ten week program. The program can be implemented in a variety of locations and sites.

Catskill Recreation Center
651 County Route 38, Arkville, NY 12406
Phone: (845) 586-6250
www.catskillrecreationcenter.org
The Catskill Recreation Center offers a six-lane Olympic-sized pool, a "family pool", locker rooms, and a separate 4,000-square-foot room offering a variety of exercise and workout equipment and classes.

Catskill Mountain Club
www.catskillmountainclub.org
The Catskill Mountain Club is an all-volunteer organization dedicated to providing a wide range of non-motorized outdoor activities throughout the larger Catskill Mountain region. These activities include hiking, camping, cycling, climbing, snowshoeing, kayaking and canoeing for all ages and activity levels.

Andes Rail Trail
266 Depot Street, Andes, NY 13731
www.andesworks.com/rail-trail/
The Andes Rail Trail is an easily accessible hiking trail in an idyllic setting, suitable for individuals and families of all ages.

SUNY Delhi Aquatics Center
Kunslea Hall, 2 Main Street, Delhi, NY 13753
Phone: (607) 746-4263
www.delhi.edu/athletics/aquatics/index.php
Various water exercise is available for all levels, including water aerobics, swimming lessons, lap swim, and open swim. A Hydro Lift is also available for entry into the water.
The Cardio Club and Delhi Dance Studio
17 Elm Street, Delhi, NY 13753 ................................................................. Phone: (607) 746-7050
www.thecardioclub.com
Provides a large array of fitness opportunities including cardio and strength training equipment,
fitness and dance classes, spinning, and personal training.

Walton Fitness
194 Delaware Street, Walton, NY 13856 ......................................................... Phone: (607) 510-4177
www.waltonfitness.com

Sidney Fitness
17 Steiner Rd, Sidney, NY 13838 ................................................................. Phone: (607) 563-2747
www.sidneyfitness.com

Stamford Gym
32 Main Street, Stamford, NY 12167 ................................................................. Phone: (607) 214-4075

FALL PREVENTION

Delaware County Office for the Aging
6 Court Street, Delhi, NY 13753 ................................................................. Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/wellness.htm
Matter of Balance is an evidence-based health and wellness program for older adults who are concerned
about falls or have sustained falls in the past; or who restrict activities because of concerns about falling;
are interested in improving flexibility, balance and strength; are age 60 or older, ambulatory and able to
problem solve. Host sites are available throughout the county.

FOOD

Delaware Opportunities, Inc.
35430 State Highway 10, Hamden, NY 13782 ................................................................. Phone: (607) 746-1685
www.delawareopportunities.org/homeless-assistance
The Emergency Food Pantry Network provides a 3-4 day supply of food to Delaware County residents
who are temporarily without food or money. The food pantries are supported by contributions from
individuals and community organizations as well as the NYS Department of Health.

Local Food Pantries

Andes
Presbyterian Church
70 Delaware Ave, Andes, NY 13731
Hours: Tuesdays 11am - 1pm

Colchester
Methodist Church
15151 State Highway 30, Downsville, NY 13755
Hours: Wednesdays 1pm - 3pm

Davenport
Near Town Hall
Route 23, Davenport, NY 13750
Hours: 3rd Friday 5-7pm; 3rd Sunday 9am-12pm

Deposit
Town of Sanford Building
91 Second St, Deposit, NY 13754
Hours: Thursdays 3pm – 6pm
<table>
<thead>
<tr>
<th>Location</th>
<th>Details</th>
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</table>
| Delhi        | United Ministry Church  
Courthouse Square, Delhi, NY 13753  
Hours: Monday and Thursday 1pm – 3pm |
| East Branch  | Methodist Church  
120 Fish Road, East Branch, NY 13756  
Hours: Thursday 1pm – 3pm, or as needed |
| Hancock      | Father Rausch Memorial Hall  
346 West Main Street, Hancock, NY 13783  
Hours: Tuesdays 1pm – 3pm |
| Kortright    | North Kortright Presbyterian Church  
Kortright, NY 13842  
Hours: As needed/will deliver |
| Margaretville   | 42838 State Hwy 28 Suite 2,  
Margaretville, NY 12455  
Hours: Monday 10am-2pm, Friday 4pm-6pm |
| Masonville    | Federated Church  
Masonville, NY 13804  
Hours: As needed |
| Roxbury       | United Methodist Church  
53765 State Rte 30, Roxbury NY 12474  
Hours: Tuesday 4pm – 6pm |
| Sidney Center | United Methodist Church  
Sidney Center, NY 13839  
Hours: As needed |
| Sidney        | United Methodist Church  
12 Liberty Street, Sidney, NY 13838  
Hours: Mondays & Thursdays 9:30am-11:30am |
| Walton        | United Presbyterian Church  
Walton, NY 13856  
Hours: Tues & Fri 11am – 1pm |

**The Family Table**
629 Main Street, Margaretville, NY 12455
Hours: Tuesday, Thursday – Saturday 10am – 4pm; Wednesday 10am – 6pm
www.the-family-table.org

**Delaware County Department of Social Services**
111 Main Street, Delhi, NY 13753
Phone: (607) 832-5300
www.co.delaware.ny.us/departments/dss/snap.html
The New York State *Supplemental Nutrition Assistance Program (SNAP)*, the new name for the food stamp program, issues monthly electronic benefits that can be used like cash at authorized retail food stores. Eligibility and benefit levels are based on household size, income, assets and other factors.

**Cornell Cooperative Extension**
34570 State Highway 10, Hamden, NY 13782
Phone: (607) 865-6531
www.cce.delaware.org/Human-Ecology/FarmersMarkets.aspx
Farmers’ markets have been established for the convenience of local residents, and participants in the Farmers’ Market Nutrition Program (FMNP) through WIC and Delaware County Office for the Aging. In addition to cash sales, WIC clients and income eligible senior citizens may redeem their farmers’ market nutrition program coupons at the following local markets: (*Note: Generally available June through October*)

**Delhi Farmers’ Market**
Courthouse Square  
Main Street, Delhi, NY 13753  
Wednesdays, 9am to 2pm

**Deposit Farmers’ Market**
First Methodist Church  
107 Second St, Deposit, NY 13754  
Aug 20th & Sept 17th only, 10am to 2pm
Deposit Farmers’ Market
Catskill Cattle Farm Stand
96 Laurel Bank Ave, Deposit, NY 13754
Sun – Sat, 8am to 8pm

Hobart Community Farmers’ Market
Stamford Town Hall Green
101 Maple Ave, Hobart, NY 13788
Fridays, 4pm to 7pm

Pakatakan Farmers’ Market
Round Barn of Halcottville
46676 State Hwy 30 (btwn Margaretville & Roxbury)
Saturdays, 9am to 2pm

Sidney Farmers’ Market
Video Entertainment Plus Parking Lot
89 Main Street, Sidney, NY 13838
Thursdays, 10am to 2pm

Stamford Town Hall Green
101 Maple Ave, Hobart, NY 13788
Fridays, 4pm to 7pm

Sidney Farmers’ Market
Sidney Civic Center
21 Liberty Street, Sidney, NY 13838
Jul 28, Aug 25, Sept 22, 10am to 2pm

Additional Farmers Markets:

Andes Farmers’ Market
Next door to The Tin Horn
72 Main Street, Andes, NY 13731
Saturdays, 10am-3pm

Downsville Farmers’ Market
Town Shed Parking Lot
Near Paige Cemetery, Downsville, NY 13755
2nd & 4th Saturdays, 10am-2pm

Franklin Farmers’ Market
Chapel Hall
25 Institute Street, Franklin, NY 13775
Sundays 10am-2pm

Koo Koose Farmers’ Market (Deposit)
Memorial Park (across from State Theatre)
148 Front St, Deposit, NY 13754
Saturdays 9am-1pm

Stamford Pop-up Farmers’ Market
Railroad Station, 21 Railroad Ave, Stamford, NY 12167, Jun 18th, 3:30 to 6pm; Sept 3rd, 4:30 – 6pm
102 Bindery Lane, Charlotteville, NY 12036, Jul 4th, 10am to 1pm

Delaware Opportunities, Inc.
35430 State Highway 10, Hamden, NY 13782......................................................... Phone: (607) 746-1700
www.delawareopportunities.org/wic

Women, Infants, and Children (WIC) provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five.

Food Stamp Advocacy is available to help people apply for Food Stamps (SNAP), WIC and other nutrition assistance programs through application assistance and advocacy. The Office for the Aging contracts with Delaware Opportunities, Inc to provide nutrition services for Delaware County residents age 60 and older, and their spouses. Nutritious meals are available at the Senior Dining sites, and Home Delivered Meals are provided to seniors who are unable to get to the dining centers.

Senior Dining Centers

Delhi Senior Dining Center
First Presbyterian Church
4 Clinton Street, Delhi, NY 13753
(607) 746-2250

Grand Gorge Senior Dining Center
Grand Gorge Civic Center
Route 30, Grand Gorge, NY 12434
(607) 588-6166
Hancock Senior Dining Center
Hancock Baptist Church
232 Wheeler Street, Hancock, NY 13783
(607) 637-2219

Margaretville Senior Dining Center
Methodist Church
55 Church Street, Margaretville, NY 12455
(845) 586-4764

Sidney Senior Dining Center
Sidney Civic Center
21 Liberty Street, Sidney, NY 13838
(607) 563-2212

Walton Senior Dining Center
St. John the Baptist Roman Catholic Church
15 Benton Avenue, Walton, NY 13856
(607) 865-6739

**Delaware Bounty**
5 ½ Main Street, Suite 3, Delhi, NY 13753................................................................. Phone: (607) 746-9909
www.delawarebounty.com
Delaware Bounty is a food outlet offering a variety of fresh and local food produced in Delaware County. For convenience and time saving, online orders can be placed during the week for pick-up on Friday.

**HEALTH EDUCATION, INFORMATION AND SUPPORT**

**Delaware County Public Health**
99 Main Street, Delhi, NY 13753................................................................. Phone: (607) 832-5200
www.delawarecountypublichealth.com
Public Health partners with community agencies and individuals to provide programs to improve the health of Delaware County residents through health fairs & community events.

**Cornell Cooperative Extension**
34570 St Hwy 10 - Suite 2, Hamden, NY 13782................................................................. Phone: (607) 865-6531
www.delawarecountyhealthalliance.net
The Rural Healthcare Alliance proactively: 1) addresses local healthcare workforce recruitment, retention and development; 2) promotes increased access to quality health and wellness services; 3) facilitates improved health and well-being among Delaware County residents.

**UHS Nurse Direct**
601-635 Harry L Drive, Oakdale Mall (near Sears), Johnson City, NY 13790........ Phone: (607) 763-5555
www.uhs.net/wellness/nurse-direct
Have a health question or need a referral to a physician? You can talk directly to a registered nurse by calling Nurse Direct, 8:00 am to 8:00 pm, seven days a week.

**UHS Delaware Valley Hospital, Inc.**
1 Titus Place, Walton, NY 13856................................................................. Phone: (607) 865-2409
www.uhs.net/locations/uhs-delaware-valley-hospital/
The Lifesteps® Weight Management program is for people who are ready to change behaviors that prevent weight loss. It recognizes that people are unique, with different eating and exercise habits, weight loss goals and daily schedules. Other health education programs are offered throughout the year.

**American Cancer Society**
5 Oak Avenue, Sidney, NY 13838................................................................. Phone: (607) 563-8462
www.cancer.org
The American Cancer Society provides information and resources related to all forms of cancer.
American Diabetes Association
Pine West Plaza Building 2, Suite 204, Albany, New York 12205..........................Phone: (518) 218-1755
www.diabetes.org
The American Diabetes Association provides information and resources about diabetes.

American Heart Association
120 Lomond Court, Utica, NY 13502.................................................................Phone: (315) 580-3950
www.heart.org
The American Heart Association provides public health education, information and resources
to fight cardiovascular disease and stroke.

American Lung Association
418 Broadway 1st Floor, Albany, NY 12207.............................Phone: (518) 465-2013
www.lung.org
The American Lung Association provides health education, information & resources related
to lung disease.

Smoking Cessation
UHS Nurse Direct
601-635 Harry L Drive, Oakdale Mall (near Sears), Johnson City, NY 13790........Phone: (607) 763-5555
www.uhs.net/wellness/tobacco-cessation/
The UHS Stay Healthy Center has many available opportunities for individuals who wish to quit tobacco use and to stop smoking. Services are available via telephone, or at the UHS Stay Healthy Center.

Rural Three for Tobacco Free Communities
(866) 3RURAL3 / (866) 378-7253
The purpose of Rural Three is to educate community leaders and the public about the dangers and social costs of tobacco. The program aims to engage local businesses and organizations to adopt policies and resolutions that restrict tobacco industry presence, eliminate secondhand smoke and address tobacco industry advertising and sponsorship. Rural Three serves Delaware, Otsego and Schoharie Counties.

Friends of Recovery of Delaware and Otsego Counties, Inc.
22 Elm Street, Oneonta, NY 13820.................................................................Phone: (607) 267-4435
167 Main Street, Delhi, NY 13753.................................................................Phone: (607) 267-4435
www.friendsofrecoverydo.org
Offers the Butt Stops Here smoking cessation program, which is a seven-week series designed to provide the support and assistance needed to quit smoking.

New York State Smokers’ Quitline
(866) NY QUITS / (866) 697-8487
www.nysmokefree.com
The New York State Smokers’ Quitline is free and confidential service that provides effective stop smoking services to New Yorkers who want to stop smoking.
**HOSPICE**

Catskill Area Hospice & Palliative Care
542 Main Street, Oneonta, NY 13820................................................................. Phone: (607) 432-5525
116 Main Street, Delhi NY 13753.................................................................Phone: (607) 746-2668
www.cahpc.org
Catskill Area Hospice and Palliative Care strives to meet all of a patient's needs. Hospice provides guidance regarding the physical aspects of an illness, as well as the emotional, social and spiritual impact on the patient and the patient's family and friends.

**HOUSING**

**Delaware Opportunities, Inc.**
35430 State Highway 10, Hamden, NY 13782................................. Phone: (607) 746-1650
www.delawareopportunities.org/housing-assistance-community-development
Section 8 and Family Self Sufficiency (FSS) are rental subsidy programs designed to help low income individuals and families pay rent, thus allowing them to live in safe, sanitary and healthy conditions.

Access to Home is a program designed to permit persons with disabilities to maintain residence or achieve residence either in their own homes or in rental units where other assistance is not available.

The Home Ownership Program provides assistance to first time homeowners to provide home ownership counseling to individuals interested in purchasing homes in Delaware County. Funding is available to assist with down payments, closing costs, prepaid expenses, and reduction in mortgage.

**Rehabilitation Support Services, Inc.**
132 Delaware Street, Walton, NY 13856................................. Phone: (607) 865-3158
Rehabilitation Support Services, Inc. (RSS), provides housing services to individuals with a mental health diagnosis including community residences, licensed apartment programs, and MICA residential services.

**Habitat for Humanity**
P.O. Box 226, Delhi, NY 13753................................................................. Phone: (607) 746-9987
www.habitatdelawarecounty.org
Habitat for Humanity in Delaware County builds and repairs simple, decent, affordable houses with those who lack adequate shelter.

**Low-Income and Senior Housing**

Circle Drive Apartments
232 Circle Drive, Sidney, NY 13838
(607) 563-8333

Deer Park Apartments
213 Fox Street, Sidney, NY 13838
(607) 563-1859

Dean’s Landing
4 Graham Drive, Stamford, NY 12167
(607) 652-7892

Delhi Manor Apartments
306 Phoebe Lane, Delhi, NY 13753
(607) 746-6452
Delhi Senior Community  
7 Main Street, Delhi, NY 13753  
(607) 746-8142

Grand Gorge Apartments  
60991 State Hwy 30, Grand Gorge, NY 12434  
(607) 588-6877

M-Ark Apartments  
10 Church Street, Arkville, NY 12406  
(845) 586-3500

Meadow Park Apartments  
85 Fair Street, Deposit, NY 13754  
(845) 356-7773

Mountain Laurel Gardens  
55 Lamphere Lane, Arkville, NY 12406  
(845) 586-5116

Mountain View Estates  
16 Munn Street, Walton, NY 13856  
(607) 865-4278

Read Memorial Senior Housing Apartments  
266 Yendes Street, Hancock, NY 13783  
(607) 637-4600

Sherwood Landing Apartments  
3 Landing Drive, Sidney, NY 13838  
(607) 604-4455

Sidney Community Apartments  
500 Circle Drive, Sidney, NY 13838  
(607) 563-8208

Sidney Senior Village  
200 Fox Street, Sidney, NY 13838  
(607) 563-8000

Stamford Village Apartments  
125 Main Street, Stamford, NY 12167  
(607) 652-2823

Union Street Apartments  
45 Union Street, Sidney, NY 13838  
(607) 563-9571

Westbrook Apartments  
141 East Street, Walton, NY 13856  
(607) 865-8762

Utilities

Delaware Opportunities, Inc.  
35430 State Highway 10, Hamden, NY 13782……………………………………….. Phone: (607) 746-1615  
www.delawareopportunities.org/heap
The Home Energy Assistance Program (HEAP) is a federally funded program that assists eligible households in meeting their home energy needs.

The Project SHARE Heating Fund is a utility assistance program for NYSEG customers. Although initially designed to help elderly or disabled persons with heating emergencies, it recently expanded eligibility to include military veterans and active service members.

The Weatherization Program helps to improve heating efficiency to produce fuel savings in the homes of low income, elderly and disabled persons. Typical weatherization measures might include: caulking, window repair, and insulation in sidewalls and attic to stop the infiltration of cold to the home.

Delaware County Office for the Aging  
6 Court Street, Delhi, NY 13753…………………………………………………………Phone: (607) 832-5750  
www.co.delaware.ny.us/departments/ofa/Financial_Asst.htm
The Home Energy Assistance Program (HEAP) is a federally funded program that assists eligible households in meeting their home energy needs. Persons age 60 and older may apply for HEAP through the Office for the Aging.
EmPower New York
(800) 263-0960
http://www.nyserda.ny.gov/All-Programs/Programs/EmPower-New-York
EmPower New York provides no-cost energy efficiency solutions to income-eligible New Yorkers, such as air sealing, insulation, replacement of inefficient refrigerators and freezers, new energy-efficient lighting, and free health and safety checks of smoke detectors, appliances and more.

New York State Lifeline Discounted Telephone Program
New York State Lifeline Discounted Telephone Service is an assistance program offered by many telephone providers, including some wireless and cable companies, to help income-eligible consumers save money on their phone bills. In order to apply, households should contact their telephone provider directly.

Home Repair

Delaware Opportunities, Inc.
35430 State Highway 10, Hamden, NY 13782............................................. Phone: (607) 746-1650
www.delawareopportunities.org/housing-assistance-community-development
The CDBG Housing Rehabilitation Program, and the HOME Program are available to assist low to moderate income homeowners in making necessary repairs to their home. Different eligibility guidelines apply to each program.

IN-HOME SERVICES

Delaware County Office for the Aging
6 Court Street, Delhi, NY 13753................................................................. Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/EISEP.htm
The EISEP program is designed to provide non-medical in-home services to individuals. It assists with activities such as housekeeping, dishwashing, shopping, meal preparation, running errands, or assistance with bathing, shampooing, shaving, and walking.

Home Health Agencies

UHS Home Care
26 Conkey Ave, Eaton Center, Norwich, NY 13815............................ Phone: (607) 336-5130
4401 Vestal Parkway East, Vestal, NY 13850 ........................................... Phone: (607) 763-5600
www.uhs.net Alternate Phone: (800) 637-6561
UHS Home Care offers a wide array of services, including highly skilled, specialized nursing care, monitors and nutritional supplies, durable medical equipment and many therapies.

AM/PM Home Care
4219 County Hwy 10, East Meredith, NY 13757................................. Phone: (607) 434-5344
www.ampmhomecare.com
Provides non-medical home care services including grocery shopping, meal prep, transportation, light housekeeping, laundry, respite care, and pet care.
At Home Care
25 Elm Street, Oneonta, NY 13820................................................................. Phone: (607) 432-7924
www.bassett.org/at-home-care/
Provides in home professional and para-professional services including nursing care, telehealth, rehabilitation therapy, personal care, and lifeline services.

HCR Home Care
5 ½ Main Street, Suite 4, Delhi, NY 13753....................................................... Phone: (607) 464-4010
www.hcrhealth.com/content/locations/delaware
Provides home health services including bathing and hygiene, meal planning and preparation, and laundry and light housekeeping.

Robynwood Home Care Service Agency
43 Walnut Street, Oneonta, NY 13820............................................................ Phone: (607) 432-6387
www.robynwood.com
Provides in-home services including light housekeeping, meal preparation, personal care assistance, medication assistance, shopping and errands. Robynwood also provides Traumatic Brain Injury (TBI) Medicaid Waiver Services, and Nursing Home Transition and Diversion (NHTD) Medicaid Waiver Services.

U.S. Care Systems
396 Chestnut Street, Oneonta, NY 13820.......................................................... Phone: (607) 432-9355
www.uscaresystems.com
Home care services are provided including homemaker and companion care, personal care, respite, nursing services, consumer directed care, and medication set-up. Traumatic Brain Injury (TBI) Medicaid Waiver Services, and Nursing Home Transition and Diversion (NHTD) Medicaid Waiver Services available.

Visiting Nurses Home Care of Cobleskill
513 W Main St #3, Cobleskill, NY 12043........................................................... Phone: (518) 234-4516
www.vnhc.com
Home care services are available including personal care, homemaking, hospital and nursing home-based care, as well as live-in services.

Around the Clock In-Home Care Referrals
Delhi, NY 13753............................................................................................ Phone: (607) 746-8182
Around The Clock In Home Care refers in home personal and/or nursing care to those in need, including medication and treatment administration, personal care, meal preparation, and accompaniment to medical and non-medical destinations. Short term care is also available for patients following a surgery.

Personal Emergency Response Systems (also known as Lifeline services)

Delaware County Office for the Aging
6 Court Street, Delhi, NY 13753........................................................................... Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/Emergency.htm
The PERS System provides emergency help 24 hours a day by simply pushing a help button. The Office for the Aging can assist individuals in obtaining a unit and installation.
Lifeline is an easy-to-use personal response service that ensures that older adults living at home get quick assistance whenever it is needed 24 hours a day, 365 day a year.

Assistance is available for those unable to pay the full cost.

Note: Several other private pay options are available for Emergency Response Systems. Contact NY Connects at (607) 832-5750 for a full list of local providers.

Home Modification

The Arc of Delaware County
34570 State Highway 10, Walton, NY 13856.........................................................Phone: (607) 865-7126
www.delarc.org
The Arc is able to assist clients with acquiring adaptive equipment and applying for home modifications.

Catskill Center for Independence
6104 State Highway 23, Oneonta, NY 13820.........................................................Phone: (607) 432-8000
www.ccfi.us
The Center provides individuals with information about the latest technology available in assistive and adaptive equipment, as well as referrals to adaptive equipment providers.

Delaware Opportunities, Inc.
35430 State Highway 10, Hamden, NY 13782.........................................................Phone: (607) 746-1650
www.delawareopportunities.org/housing-assistance-community-development
Access to Home is designed to permit persons with disabilities to maintain residence or achieve residence, either in their own homes or in rental units where other assistance is not available. Repairs are limited to accessibility issues only.

LEGAL SERVICES

Rural Law Center of New York, Inc.
22 U.S. Oval, Suite 203, Plattsburgh, NY 12903.........................................................Phone: (518) 561-5460
www.rurallawcenter.org
The Rural Law Center provides critical legal assistance for many problems facing low-income, rural individuals. Assistance is provided in the areas of family law, consumer debt, and housing.
The Legal Aid Society of Mid-New York, Inc.
P.O. Box 887, Oneonta, NY 13820.................................................................Phone: (607) 433-2220
www.lasmny.org
The Legal Aid Society of Mid-New York is a not-for-profit law office providing free legal information, advice and representation on civil (non-criminal) cases to people who can't afford a lawyer.

Delaware County Office for the Aging
6 Court Street, Delhi, NY 13753.................................................................Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/LegalAid.htm
Contracts with the Legal Aid Society of Mid-New York to assist older persons with legal counseling in several areas of law, such as Medicare, Medicaid, landlord/tenant disputes, wills, and Health Care Proxy.

Catholic Charities of Delaware, Otsego, and Schoharie Counties
176 Main Street, Oneonta, NY 13820................................................................. Phone: (607) 432-0061
www.charitiesccdos.org
The Dispute Resolution Center offers alternative dispute resolution services including arbitration, conciliation, facilitation, mediation and scribing for any type of dispute. Commonly mediated disputes include custody/visitation, divorce, lemon law, special education, agricultural and community disputes.

Delaware Opportunities, Inc.
35430 State Highway 10, Hamden, NY 13782................................................................. Phone: (607) 746-1665
www.delawareopportunities.org
Delaware Opportunities partners with Legal Services of Central New York to provide a free legal clinic two days a month for issues related to housing, education, public benefits, consumer debt, or access to healthcare. Income guidelines apply.

Consumer Fraud and Protection Bureau
State Office Building, 17th Floor, 44 Hawley Street, Binghamton, NY 13901………Phone: (607) 721-8771
www.ag.ny.gov/bureau/consumer-frauds-bureau
Helps consumers with various complaints such as landlord/tenant disputes, housing discrimination, automobile, and fraud.

LONG-TERM CARE

Delaware County Department of Social Services
99 Main Street, Delhi, NY 13753.................................................................Phone: (607) 832-5300
www.co.delaware.ny.us/departments/dss/oltc.html
The Office of Long Term Care is a shared program between Delaware County Department of Social Services and Delaware County Public Health that provides long-term care services such as adult residential placement and personal care services.

Delaware County Office for the Aging
6 Court Street, Delhi, NY 13753.................................................................Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/NYConn.htm
NY Connects provides free information and assistance exploring long-term care resources, including many services that help people of all ages remain in the community and independent.
Action for Older Persons, Inc.
32 West State Street, Binghamton, NY 13901................................. Phone: (607) 722-1251
www.actionforolderpersons.org
The Long Term Care Nursing Home Ombudsman Program advocates for persons in nursing
and adult homes in Broome and Delaware Counties. NYS certified volunteers visit homes
regularly to help with questions or concerns on behalf of residents, family, and staff.

Adult Day Centers

Our Place
58 East Street (Lower Level of the United Presbyterian Church, Walton, NY……..Phone: (607) 865-5175
www.legacycorps.org/legacycorpsservices/ourplace.html
Our Place is a Social Adult Day Center providing recreation and socialization for isolated
or impaired older adults. The Center is currently open every Wednesday from 10am to 4pm.

Hampshire House
1846 County Hwy 48, Oneonta, NY 13820.................................Phone: (800) 380-8908
www.pslgroupllc.com/locations/hampshire-house/
Hampshire House is an assisted-living facility which also provides flexible adult day care services.

Fox Adult Day Center
21 Ford Ave, Oneonta, NY 13820.................................................Phone: (607) 431-5736
www.bassett.org/ao-fox-hospital/services/for-seniors/adult-day-center/
The Adult Day Center provides complete care for anyone with a chronic health condition.
As a medical-model program, the program serves the whole person through a range of services.

Family Type Adult Homes (Level I)

Flo’s FTAH
266 Otego Street, Franklin, NY 13775..............................................Phone: (607) 829-3925
A Family Type Adult Home for up to two residents, with rooms downstairs. SSI and private pay accepted.

LaValley Family Home
259 Main Street, East Branch, NY 13756.............................................Phone: (607) 363-2703
A Family Type Adult Home for up to four residents, with rooms upstairs. SSI and private pay accepted.

Skywold Manor
19 Sawmill Road, Delhi, NY 13753...................................................Phone: (607) 746-3609
A Family Type Adult Home for up to four residents/2 boarders, with rooms upstairs. Private pay accepted.

Tell-a-Friend Adult Home
Route 10, Meridale, NY 13806......................................................Phone: (607) 278-6015
A Family Type Adult Home for up to four residents, with rooms upstairs. SSI and private pay accepted.

Wright’s Home for Adults
389 County Hwy 3, Margaretville, NY 12455....................................Phone: (845) 586-2308
A Family Type Adult Home for up to four residents. Private pay accepted.
Our Home Away From Home
1 Pear Street West, Sidney, NY 13838.................................................Phone: (607) 287-7318
A Family Type Adult Home for up to four residents. Private pay accepted.

Adult Homes (Level II)

Kirkside of Roxbury, Inc.
53865 State Highway 30, Roxbury, NY 12474.................................................Phone: (607) 326-4651
www.kirksideretirement.org
Kirkside provides accommodations for up to 21 single or married individuals.
SSI, third party payment, and private pay accepted.

Robinson Terrace Senior/Assisted Living
One Buntline Drive, Stamford, NY 12167.................................................Phone: (607) 652-2960
www.robinsonterrace.org
Robinson Terrace Senior/Assisted Living offers private studios, as well as one and
two bedroom apartment style rooms with private baths. Many rooms have kitchenettes,
in addition to private living areas.

Long-Term Care Facilities

Hampshire House
1846 County Hwy 48, Oneonta, NY 13820.................................................Phone: (800) 380-8908
www.pslgroupllc.com/locations/hampshire-house/
Hampshire House is an assisted-living facility which provides long-term residential care, room,
board, housekeeping, 24-hour personal care, a varied activity schedule, and 24-hour supervision.
A memory care unit is also available for individuals with Alzheimer’s and other dementias.

Kirkside of Roxbury, Inc.
53865 State Highway 30, Roxbury, NY 12474.................................................Phone: (607) 326-4651
www.kirksideretirement.org
Kirkside provides accommodations for up to 21 single or married individuals
of retirement age. Residents must be ambulatory and not in need of nursing care.

Mountainside Residential Care Center
42158 NY-28, Margaretville, NY 12455.................................................Phone: (845) 586-1800
www.hahv.org/mountainside/
Mountainside Residential Care Center is an award-winning 82-bed skilled nursing
facility providing semi-private and private rooms for long-term care residents.

Robinson Terrace Senior/Assisted Living
One Buntline Drive, Stamford, NY 12167.................................................Phone: (607) 652-2960
www.robinsonterrace.org
Robinson Terrace Senior/Assisted Living offers private studios, as well as one and
two bedroom apartment style rooms with private baths. Many rooms have kitchenettes,
in addition to private living areas.
Robinson Terrace Skilled Nursing Facility
28652 New York 23, Stamford, NY 12167…………………………………………………..Phone: (607) 652-7521
www.robinsonterrace.org
Robinson Terrace Skilled Nursing Facility is a 120-bed facility separated into three
different units, Courtyard, Mountainview and Bathgate, and each unit offers clean
and comfortable semi-private and private rooms.

Robynwood
43 Walnut Street, Oneonta, NY 13820…………………………………………………..Phone: (607) 432-6387
www.robynwood.com
Robynwood is an assisted living facility offering companionship, housekeeping,
nutritional meal preparation, assistance with personal needs, shopping, errands,
and medication assistance and monitoring.

Roscoe Regional Rehabilitation & Residential Health Care Facility
420 Rockland Road, Roscoe, NY 12776…………………………………………………..Phone: (607) 498-4121
www.roscoecommunitynh.com
Roscoe Community Nursing Home is an 85 bed skilled nursing facility with rooms
that are private and semi-private with full baths.

The Plains at Parish Homestead
163 Heritage Circle, Oneonta, New York 13820……………………………………………Phone: (607) 267-4013
www.plainsatparish.com
The Plains at Parish Homestead is an active adult community which offers a variety
of housing options including Patio Homes, Independent Living, Assisted Living, and
Memory Care.

Chestnut Park Rehabilitation & Nursing Center
330 Chestnut St, Oneonta, NY 13820………………………………………………………Phone: (607) 432-8500
www.chestnutparkrehab.com
Chestnut Park is an 80 bed sub-acute rehabilitation and nursing facility provide
short term rehabilitation therapy, Alzheimer’s / dementia care, and long term care
through a comprehensive range of services.

Fox Nursing Home
One Norton Ave, Oneonta, NY 13820……………………………………………………….Phone: (607) 431-5980
http://www.basset.org/ao-fox-hospital/services/for-seniors/fox-nursing-home/
Provides rehabilitation and nursing care.

New York State Veterans’ Home
4207 NY-220, Oxford, NY 13830…………………………………………………………….Phone: (607) 843-3100
www.nysvets.org
The New York State Veterans’ Home at Oxford is a 242 bed facility that provides state
of the art medical, nursing, psychosocial, and rehabilitative services to our residents.
MEDICAL

Hospitals

UHS Delaware Valley Hospital, Inc.
1 Titus Place, Walton, NY 13856………………………………………………………………Phone: (607) 865-2100
www.uhs.net/dvh

O’Connor Hospital
460 Andes Road, Delhi, NY 13753…………………………………………………………..Phone: (607) 746-0300
www.bassett.org/oconnor-hospital

Margaretville Hospital
42084 State Highway 28, Margaretville, NY 12455………………………………………Phone: (845) 586-2631
www.hahv.org/margaretvillehospital

Tri-town Regional Hospital
43 Pearl St W, Sidney, NY 13838……………………………………………………………..Phone: (607) 563-7080
www.bassett.org/tri-town-hospital/

Medical Assistance Programs

Medicare
7500 Security Blvd, Baltimore, MD 21244……………………………………………………..Phone: (800) 633-4227
www.medicare.gov
Medicare is health insurance for individuals age 65 and over, people under age 65 with disabilities, or people with end-stage renal disease. Medicare Part A helps cover inpatient hospital care, skilled nursing care, Hospice, and home health care; Part B helps cover doctor's services, hospital outpatient care, home health care, and some preventative services; and Part D helps cover prescription drugs.

Delaware County Department of Social Services
111 Main Street, Delhi, NY 13753………………………………………………………………..Phone: (607) 832-5300
www.co.delaware.ny.us/departments/dss/ma.html
Medical Assistance is the term used in NYS for Medicaid Programs. The traditional, very comprehensive, programs are fee-for-service Medicaid, and Managed Care Medicaid. Both these programs are for individuals and families who meet income and resource guidelines.

Child Health Plus is available for children under 19 who meet income guidelines.
Family Health Plus is a Medical Assistance Program for adults 19-64 with higher income and resource guidelines. Participants receive coverage through a managed care organization.

Mothers and Babies Perinatal Network
457 State Street, Binghamton, NY 13901……………………………………………………..Phone: (607) 772-0517
www.mothersandbabies.org/enrollment.asp
Certified Navigators are available to help residents enroll in a health insurance plan through the New York State Health Insurance Marketplace. Navigators are available on-site in Walton and Sidney.
The Health Insurance Information, Counseling, and Assistance Program (HIICAP) provides information, education and counseling about Medicare and other health insurances.

Cancer Services Program
(888) 345-0225
The Cancer Services Program (CSP) provides breast, cervical and colorectal cancer screenings at no cost to women and men who do not have health insurance or have health insurance that does not cover the cost of these screenings. Income guidelines and age requirements apply. Services are provided in local clinics, health centers, doctors' offices and hospitals in every county by health care providers participating in the CSP.

Medical Providers

UHS Primary Care
53 Pine Street, Deposit, NY 13754 Phone: (607) 467-4195
28315 State Highway 206, Downsville, NY 13755 Phone: (607) 363-2517
1982 Old Route 17, Roscoe, NY 12776 Phone: (607) 498-4800
44 Pearl Street, Sidney, NY 13838 Phone: (607) 561-2200
2 Titus Place, Walton, NY 13856 Phone: (607) 865-2400
www.uhs.net/locations/uhs-delaware-valley-hospital/
The Primary Care Centers provide first rate primary and preventive care to area residents.

Bassett Health Centers
245 Lower Main St, Andes, NY 13731 Phone: (845) 676-3663
460 Andes Road, Delhi, NY 13753 Phone: (607) 746-0550
39 Pearl Street, Sidney, NY 13838 Phone: (607) 561-2021
28650 Highway 23, Stamford, NY 12167 Phone: (607) 652-2537
130 North Street, Walton, NY 13856 Phone: (607) 865-6541
www.bassett.org/community-health-centers/
Comprehensive, high-quality adult and pediatric primary care services are provided at each Health Center.

Gelder Medical Group
44 Pearl Street West, Sidney, NY 13838 Phone: (607) 563-9961
Offers general medicine.

Lourdes Primary Care
39 East Main Street, Hancock, NY 13783 Phone: (607) 637-5700
www.lourdes.com/primary-care/locations/hancock/
Offers primary and preventative health care services for the entire family.

Family Planning of South Central New York, Inc.
37 Pleasant Street, Sidney, NY 13838 Phone: (607) 432-2250
130 North Street, Walton, NY 13856 Phone: (607) 432-2250
www.fpscny.org
Offers full range of quality, affordable reproductive health care, with a focus on prevention and wellness.
**Prescription Assistance**

**Needy Meds, Inc.**
P.O. Box 219, Gloucester, MA 01931.................................................................Phone: (800) 503-6897
www.needymeds.org
NeedyMeds is an information resource dedicated to helping people locate assistance programs to help them afford their medications and other healthcare costs.

**Delaware County Office for the Aging**
6 Court Street, Delhi, NY 13753.................................................................Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/Insurance.htm
The Health Insurance Information, Counseling, and Assistance Program (HIICAP) provides information, education and counseling about Medicare and other health insurances, including Part D prescription plans, and assistance programs such as Extra Help and EPIC.

**Extra Help**
31 Main Street, Suite 1, Oneonta, NY 13820.................................................................Phone: (800) 772-1213
www.socialsecurity.gov/extrahelp
Some people with limited resources and income may be able to get Extra Help to pay for the costs related to a Medicare prescription drug plan, such as monthly premiums, deductibles and prescription copayments.

**EPIC (Elderly Pharmaceutical Insurance Coverage)**
P.O. Box 15018, Albany, NY 12212.................................................................Phone: (800) 332-3742
www.health.ny.gov/health_care/epic/index.htm
EPIC is a New York State program for seniors that helps income-eligible seniors aged 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs.

**Rural Health Network of South Central NY**
2663 Main Street, Whitney Point, NY 13862.................................................................Phone: (607) 692-7669
www.rhnscny.org
The Prescription Assistance Program (PAP) serves uninsured and under-insured residents who require prescription medication to manage chronic health conditions. The program works with primary health care providers and individuals to access free and low-cost prescription medication. Assistance may also be available for residents who have Medicare Part D.

**Partnership for Prescription Assistance**
www.ny.pparx.org
Program helps qualifying patients without prescription drug coverage get the medicines they need through the program that is right for them. Many will get their medications free or nearly free.

**Delaware Valley Hospital Community Pharmacy**
121 Stockton Ave, Walton, NY 13856.................................................................Phone: (607) 865-2781
www.uhs.net/locations/uhs-delaware-valley-hospital/
Provides affordable prescriptions for uninsured individuals, as well as those with private insurance, Medicaid and Medicare.
Medication Disposal

Delaware County Sheriff’s Office
280 Phoebe Lane, Delhi, NY 13753
Phone: (607) 746-2336
www.co.delaware.ny.us/departments/shrf/shrf.htm
The Delaware County Sheriff’s Office provides a drop box for County residents to drop off their unused and unwanted bottled prescription medications. The box is located in the lobby of the Public Safety Building, and is accessible 24 hours a day.

Deposit Police Department
146 Front St, Deposit, NY 13754
Phone: (607) 467-2115
Provides a drop box for residents to drop off unused and unwanted bottled prescription medications.

New York State Police Troop C
823 State Route 7, Unadilla, NY 13839
Phone: (607) 561-7400
www.troopers.ny.gov
Provides a drop box for residents to drop off unused and unwanted bottled prescription medications.

Medical Equipment

UHS Home Care
4401 Vestal Parkway East, Vestal, NY 13850
Phone: (800) 637-6561
www.uhs.net
Alternate Phone: (607)763-5600
UHS Home Care provides a wide array of services and products that support home health needs such as nursing and intravenous therapy, respiratory services, and medical equipment and supplies.

American HomePatient
5626 State Router 7, Oneonta, NY 13820
Phone: (607) 432-7757
www.ahom.com
American HomePatient provides medical supplies related to sleep apnea, respiratory, nebulizer treatment, nutrition, mobility equipment, and infusion therapy.

Delaware Valley Medical Supply
159 Fair Street, Margaretville, NY 12455
Phone: (845) 586-4720
Provides a variety of medical equipment and supplies such as respiratory equipment, mobility products, assistive equipment, bathroom safety, and nutrition products.

First Community Care of Bassett
12 Commons Drive, Cooperstown, NY 13326
Phone: (607) 547-2173
www.bassett.org/fcc-medical-equipment/
First Community Care of Bassett provides quality home care equipment, supplies and related services including free delivery, set-up and instruction; complimentary follow-up visits; and 24/7 on call services.
Lincare, Inc.
440 Main Street, Oneonta, NY 13820.........................................................Phone: (607) 432-8280
www.lincare.com
Lincare provides oxygen, respiratory and home infusion products and services to patients
who suffer from respiratory diseases and seek an improved quality of life.

Murphy Homecare, Inc.
23 Clinton Plaza Drive, Oneonta, NY 13820.........................................................Phone: (607) 432-0015
www.murphyhomecare.com
Murphy Homecare, Inc. provides a full line of durable medical equipment and oxygen equipment.

Loan Closets

Offer various medical equipment for loan, including walkers, wheelchairs, canes, crutches, commodes, etc.

Delaware County Office for the Aging
6 Court Street, Delhi, NY 13753.................................................................Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/OtherServices.htm

American Legion Auxiliary
41 Page Ave, Delhi, NY 13753.................................................................Phone: (607) 746-3677

American Legion Downsville
Back River Road, Downsville, NY 13755.................................................................Phone: (607) 363-2808

Catskill Center for Independence
6104 State Hwy 23, Oneonta, NY 13820.................................................................Phone: (607) 432-8000
www.ccfi.us

Deposit’s Closet
175 Front St, Deposit, NY 13754.................................................................Phone: (607) 467-3850
www.depositchamber.com/deposit-closet

Veterans of Foreign Wars
133 W. Main St, Sidney, NY 13838.................................................................Phone: (607) 563-7711

MENTAL / BEHAVIORAL HEALTH

Delaware County Mental Health Clinic
1 Hospital Road, Walton, NY 13856 (Adult Services).............................................Phone: (607) 865-6522
132 Delaware Street, Suite 2A, Walton, NY 13856 (Family & Children)............Phone: (607) 865-8255
www.co.delaware.ny.us/departments/mhc/mhc.htm
The Delaware County Mental Health Clinic provides evaluation, diagnosis and treatment to adults,
families, adolescents and children residing within Delaware County. Programs and services include:
Children and Youth Services, Crisis Intervention/Emergency Services, Family Therapy, Forensics
Mobile Crisis Assessment Team (MCAT)
1 Hospital Road, Walton, NY 13856................................................................. Phone: (877) 369-6699
www.neighborhoodctr.org/mcat_crisis_service0.aspx (844) 732-6228
MCAT is available to anyone seeking crisis intervention services for children and adults in Delaware County. Services are available 24/7 and provide mental health assessments, crisis de-escalation, debriefing, linkage and follow up to services. Services are coordinated with schools, medical/mental health providers, and other agencies to provide crisis intervention and help monitor clients who are at risk.

Rehabilitation Support Services, Inc.
132 Delaware Street, Walton, NY 13856................................................................. Phone: (607) 865-3158
Rehabilitation Support Services, Inc. (RSS), strives to enrich and empower the lives of individuals with a mental health diagnosis by providing services and opportunities for meaningful emotional, social, vocational and educational growth.

Delaware County Warm Line
Rehabilitation Support Services, Inc
132 Delaware Street, Walton, NY 13856................................................................. Phone: (607) 865-3156
Available Tuesdays, Wednesdays, and Thursdays, 5pm – 8pm Toll free: (844) 865-3156
The Warm Line offers a confidential peer-support phone line for people seeking non-judgmental support from an individual, who can empathize with them from a personal experience perspective. Warm Line provides an ear to listen, information useful to the caller concerning services available in the community, and outreach services via prearranged calls to individuals.

Suicide Prevention Lifeline
(800) 273-8255
The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Since its inception, the Lifeline has engaged in a variety of initiatives to improve crisis services and advance suicide prevention.

Alzheimer’s Association
140 Highway 33 West, Suite 2, Cooperstown, NY 13326................................. Phone: (607) 547-1650
www.alz.org/northeasternny Helpline: (800) 272-3900
Provides programs for people with Alzheimer’s disease, their families, caregivers, & professional care providers. Offers a Helpline, care consultations, support groups, education, training, and safety services.

Mental Health Association
56 Shepard Street, Walton, NY 13856................................................................. Phone: (607) 865-4422
www.mhainulster.com
The Home and Community-Based Waiver Program supports children with serious emotional disturbances aged 5-17. These children must be eligible for Medicaid, at imminent risk of hospitalization, with families that want them to remain in the home and are willing to work with the program to accomplish that end.

Private Providers

A full list of private mental health providers may be obtained by contacting the Department of Social Services at (607) 832-5300.
Expanded Food and Nutrition Education Program (EFNEP) allows families with children and Day Care Providers who are income eligible to participate in free home-based nutrition education lessons intended to help parents, children and caregivers develop healthy eating and fitness choices for life.

The 5-2-1-0 Project is an evidence-based program to encourage healthy lifestyles and combat obesity. The numbers 5-2-1-0 represent the daily goals of 5 or more servings of fruits and vegetables, 2 hours or less of recreational screen time, 1 hour or more of physical activity and 0 sugary drinks (to be replaced by water and low-fat milk).

School Gardening engages students by providing a dynamic environment to observe, discover, experiment, nurture and learn. School Gardens are living laboratories where interdisciplinary lessons are drawn from real life experiences, encouraging students to become active participants in the learning process.

Women, Infants, and Children (WIC) provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five.

The Office for the Aging contracts with registered dieticians to counsel clients on specific nutritional concerns and special diets. If your doctor has advised you to follow a special diet or you feel you require some help meeting your nutritional needs, personal sessions can be scheduled (home visits are available).

A registered dietician is available to provide nutrition education, counseling and support.

Provides dietetic and nutritional counseling to both inpatients and outpatients.
Healthy Families is a voluntary program that initiates services with families who are either expecting a child or have a child under three months old.

The **Parent Aide** service offers home visitors who provide parent education and support to strengthen families and improve parent/child interaction.

The **Car Seat Safety Program** provides child car seat awareness, education and installation. Free car seats may also be available for those eligible.

**Hancock Community Children’s Center**
316 W. Main Street, Hancock, NY 13783

The Children’s Center is a *drop in* center, allowing parents to bring their children, ages 0 to 3 to participate in planned activities such as story hour, rhyme time, music, art, and parenting education. Special programs also include car safety seat checks, clothing exchanges, and training courses.

**Delaware County Department of Social Services**
111 Main Street, Delhi, NY 13753

*Temporary Assistance (TA)* provides financial assistance to low-income households for basic living expenses. *Family Assistance* provides money to families with children, and *Safety Net Assistance* provides money for basic living expenses for single adults and childless couples.

**Non-parent Caregivers**

**New York State Kinship Navigator**
87 N. Clinton Avenue, Rochester, NY 14604

The NYS Kinship Navigator is an information, referral and advocacy program for kinship caregivers in New York State. A kinship caregiver is an individual that is caring for a child that is not biologically their own. The Navigator seeks to assist these caregivers by providing information on financial assistance, legal information and referrals, and other types of issues that caregivers face when raising children.

**Delaware County Department of Social Services**
111 Main Street, Delhi, NY 13753

Non-parent caregivers, who are caring for children without a parent living in their home, may be eligible for *Temporary Assistance*. If the non-parent caregiver wants assistance only for the children, the non-parent caregiver’s income is not used to determine eligibility.
PET SITTING

In-home Care

Woods’ Critter Sitter
3870 Finch Hollow Road, Walton, NY 13856....................................................Phone: (607) 865-7650
Provides pet sitting in your home while you are away.

Delhi Critter Sitter
Delhi, NY 13753.................................................................Phone: (607) 746-3289
Home visits for pets while the family is away. Cats, ferrets, birds, bunnies, horses, livestock, dogs, plants and mail. Customized, affordable service.

Kennels

Kimbrook Kennels
East Handsome Brook Road, Franklin, NY 13775........................................Phone: (607) 829-8428
Provides dog and cat boarding, and grooming.

Hannalore Kennels
15673 County Hwy 23, Unadilla, NY 13849...........................................Phone: (607) 563-7505
www.hannalorekennels.net
Hannalore Kennels is a family owned and operated pet care facility that specializes in pet boarding, professional all breed dog and cat grooming, doggy day care, dog training, and obedience classes.

Valley Veterinary Associates
647 State Highway 7, Unadilla, NY 13849.........................................................Phone: (607) 563-1345
www.valleyveterinaryassociates.com
Valley Veterinary Associates is a complete diagnostic medical and surgical hospital offering veterinary care services in Otsego, Chenango, and Delaware counties. A fully equipped boarding facility is available with run-out pens for canine boarders and separate housing for cats and dogs.

Ostrander Kennels
16 Ostrander Blvd, Hancock, NY 13783.......................................................Phone: (607) 637-5720
Provides pet boarding and grooming.

Round Notch Kennels
83 Maggie Hoag Rd, Delancey, NY 13752.........................................................Phone: (607) 746-3645
Provides pet boarding and sitting.
REHABILITATION (PHYSICAL)

UHS Delaware Valley Hospital, Inc.
1 Titus Place, Walton, NY 13856................................................................. Phone: (607) 865-2141
www.uhs.net/dvh
The Inpatient Physical Rehabilitation program is for those patients who have recovered from an acute care hospital stay, but need additional recovery time before going home. It allows patients to stay in the hospital and receive therapy services as they gain strength following a debilitating illness or injury. The hospital also offers an outpatient physical rehabilitation program, along with occupational and speech therapy.

O’Connor Hospital
460 Andes Rd, Delhi, NY 13753................................................................. Phone: (607) 746-0300
www.bassett.org/oconnor-hospital
Provides outpatient Physical, Occupational, and Speech Therapy, as well as a Swing Bed Program providing in-patient rehabilitation and skilled nursing services for patients in between transitioning from hospital to home.

Margaretville Hospital
42084 State Highway 28, Margaretville, NY 12455......................................... Phone: (845) 586-2631
www.hahv.org/margaretvillehospital
The Rehabilitation Program provides short term care in a hospital setting for a variety of patients who need care after hospitalization for an acute problem.

Robinson Terrace
28652 New York 23, Stamford, NY 12167..................................................... Phone: (607) 652-7521
www.robinsonterrace.org
The Rehabilitation Program is available to members of the community who are seeking short-term placement for rehab services following a fracture, surgery, etc., and are not able to be cared for at home until they are stronger or more independent.

Roscoe Regional Rehabilitation & Residential Health Care Facility
420 Rockland Road, Roscoe, NY 12776............................................................. Phone: (607) 498-4121
www.roscoecommunitynh.com
Short-term Rehabilitation is available for people who are recovering from surgery or a stroke and who need therapy and aggressive rehabilitation services during a short-term residence before returning home.

SUBSTANCE ABUSE

Delaware County Alcohol and Drug Abuse Services
34570 State Highway 10, Suite 5, Hamden, NY 13782...................................... Phone: (607) 865-7656
www.co.delaware.ny.us/departments/mhc/ada.htm
A medically supervised addictions outpatient treatment program serving those whose lives have been affected by the abuse of alcohol and/or drugs. Services provided include consultation, assessment, referrals, addiction education, individual and family treatment, after care services, and specialized groups.
Friends of Recovery of Delaware and Otsego Counties, Inc.
22 Elm Street, Oneonta, NY 13820 ......................................................... Phone: (607) 267-4435
167 Main Street, Delhi, NY 13753
www.friendsofrecoverydo.org
Friends of Recovery of Delaware and Otsego Counties, Inc (FOR-DO) is a grassroots addiction recovery community organization. Specific services include peer-led support groups, Recovery Coaching, telephone support services, referrals, life skills classes, health and wellness classes, education and career planning.

Alcohol and Drug Abuse Council of Delaware County, Inc.
72 Main Street, Delhi, NY 13753 ............................................................... Phone: (607) 746-8300 www.adaconline.org
ADAC is dedicated to the prevention of alcohol and other drug abuse in Delaware County. ADAC's responsibilities include prevention, education, information, intervention, referral, and advocacy.

UHS Delaware Valley Hospital, Inc.
1 Titus Place, Walton, NY 13856 ...........................................................(607) 865-2115 www.uhs.net/dvh Confidential Hotline: (607) 865-2163
The Addiction Treatment Program provides intensive inpatient treatment with a focus on assisting patients in the development of internal motivation to sustain their recovery through involvement in outpatient treatment and community self-help programs after discharge.

UHS Delaware Valley Hospital, Inc.
2 Titus Place, Walton, NY 13856 ...........................................................(607) 865-2757 www.uhs.net/dvh
The Outpatient Suboxone Clinic is designed to help patients struggling with opioid addiction.

Delaware County Drug Treatment Court
3 Court Street, Delhi, NY 13753 ...........................................................(607) 746-2592 www.nycourts.gov/courts/6jd/delaware/drug.shtml
The goal of Drug Treatment Court is to significantly reduce criminal activity in Delaware County by empowering treatment court participants to achieve life-long recovery and become responsible, productive members of the community.

United Health Services (UHS) - Binghamton General Hospital
10-42 Mitchell Avenue, Binghamton, NY 13903 ...........................................(607) 762-2255 www.uhs.net/care-treatment/addiction-chemical-depency/ New Horizons Alcohol and Chemical Dependency Treatment Center provides inpatient and outpatient services, including confidential assessment services, 24 hour emergency crisis intervention, a detoxification unit, and family programming.
Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other, that they may solve their common problem and help others to recover from alcoholism. Locally, the Alcohol and Drug Abuse Council can provide a booklet listing the AA meetings in Delaware and surrounding counties. Below is a list of AA meetings in Delaware County (subject to change).

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Location Details</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bovina</td>
<td>Mon</td>
<td>7pm</td>
<td>United Presbyterian Church, Main Street</td>
<td>(607) 832-4340</td>
</tr>
<tr>
<td>Delhi</td>
<td>Mon</td>
<td>12pm</td>
<td>Turning Point, 167 Main Street</td>
<td>(607) 267-4435</td>
</tr>
<tr>
<td></td>
<td>Mon</td>
<td>4pm</td>
<td>SUNY Delhi - Foreman Hall, Rear Entrance, Room 113</td>
<td>(607) 746-4000</td>
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<tr>
<td></td>
<td>Tue</td>
<td>12pm</td>
<td>Turning Point, 167 Main Street</td>
<td>(607) 267-4435</td>
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<tr>
<td></td>
<td>Tue</td>
<td>8pm</td>
<td>St. John's Episcopal Church, Main St</td>
<td>(607) 746-3437</td>
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<td></td>
<td>Wed</td>
<td>12pm</td>
<td>Turning Point, 167 Main Street</td>
<td>(607) 267-4435</td>
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<td></td>
<td>Thu</td>
<td>12pm</td>
<td>Turning Point, 167 Main Street</td>
<td>(607) 267-4435</td>
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<td></td>
<td>Thu</td>
<td>7pm</td>
<td>Turning Point, 167 Main Street</td>
<td>(607) 267-4435</td>
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<td>Thu</td>
<td>7pm</td>
<td>St. John's Episcopal Church, Main St</td>
<td>(607) 746-3437</td>
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<td></td>
<td>Fri</td>
<td>12pm</td>
<td>Turning Point, 167 Main Street</td>
<td>(607) 267-4435</td>
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<td></td>
<td>Fri</td>
<td>7pm</td>
<td>St. John's Episcopal Church, Main St</td>
<td>(607) 746-3437</td>
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<tr>
<td></td>
<td>Sat</td>
<td>8pm</td>
<td>St. John's Episcopal Church, Main St</td>
<td>(607) 746-3437</td>
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<tr>
<td>Deposit</td>
<td>Mon</td>
<td>8pm</td>
<td>Baptist Church, 139 Second Street</td>
<td>(607) 467-3381</td>
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<tr>
<td></td>
<td>Mon</td>
<td>8pm</td>
<td>Christ Episcopal</td>
<td>(607) 467-3031</td>
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<tr>
<td></td>
<td>Thu</td>
<td>8pm</td>
<td>Masonic Lodge, 206 Front Street</td>
<td>(607) 467-3209</td>
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<tr>
<td></td>
<td>Thu</td>
<td>8pm</td>
<td>Veteran's Hall, 44 4th Street</td>
<td>(607) 467-4253</td>
</tr>
<tr>
<td></td>
<td>Thu</td>
<td>8pm</td>
<td>First United Methodist Church, 107 2nd St</td>
<td>(607) 467-2290</td>
</tr>
<tr>
<td>Downsville</td>
<td>Sun</td>
<td>7pm</td>
<td>Colchester Community Church, Route 30</td>
<td>(607) 363-7502</td>
</tr>
<tr>
<td></td>
<td>Tue</td>
<td>7pm</td>
<td>Colchester Community Church, Route 30</td>
<td>(607) 363-7502</td>
</tr>
<tr>
<td>Fleischmanns</td>
<td>Mon</td>
<td>7pm</td>
<td>Methodist Church, Main Street</td>
<td>(845) 254-5261</td>
</tr>
<tr>
<td>Franklin</td>
<td>Tue</td>
<td>6pm</td>
<td>Train Museum (behind bank), 563 Main St</td>
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<tr>
<td>Hamden</td>
<td>Sat</td>
<td>9am</td>
<td>1st Presbyterian Church, Route 10</td>
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<tr>
<td>Hancock</td>
<td>Fri</td>
<td>7pm</td>
<td>Father Rausch Memorial Hall, Main St</td>
<td>(607) 637-3636</td>
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<tr>
<td>Hobart</td>
<td>Sun</td>
<td>11am</td>
<td>Freedom House, Maple Avenue</td>
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<tr>
<td></td>
<td>Tues</td>
<td>12pm</td>
<td>Presbyterian Church, Maple Ave.</td>
<td>(607) 538-1677</td>
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<tr>
<td></td>
<td>Wed</td>
<td>12pm</td>
<td>Presbyterian Church, Maple Ave.</td>
<td>(607) 538-1677</td>
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<td></td>
<td>Thu</td>
<td>7pm</td>
<td>Presbyterian Church, Maple Ave.</td>
<td>(607) 538-1677</td>
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<tr>
<td>Margaretville</td>
<td>Thu</td>
<td>12pm</td>
<td>Advent Christian Church, Maple St.</td>
<td>(845) 586-4601</td>
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<tr>
<td></td>
<td>Fri</td>
<td>7pm</td>
<td>Advent Christian Church, Maple St.</td>
<td>(845) 586-4601</td>
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<tr>
<td>Merideale</td>
<td>Wed</td>
<td>7pm</td>
<td>Community Christian Church</td>
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<tr>
<td>Roxbury</td>
<td>Tue</td>
<td>7pm</td>
<td>Jay Gould Memorial Church, Main St.</td>
<td>(607) 326-7655</td>
</tr>
<tr>
<td>Sidney</td>
<td>Mon</td>
<td>7pm</td>
<td>United Methodist Church, 12 Liberty St.</td>
<td>(607) 563-1921</td>
</tr>
<tr>
<td></td>
<td>Wed</td>
<td>7pm</td>
<td>Sacred Heart Parish Hall, 15 Liberty St.</td>
<td>(607) 563-1591</td>
</tr>
<tr>
<td>South</td>
<td>Thu</td>
<td>8pm</td>
<td>Phoenix House, Bell Terrace Facility</td>
<td>(607) 538-1417</td>
</tr>
<tr>
<td>Kortright</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stamford</td>
<td>Mon</td>
<td>8pm</td>
<td>United Methodist Church, 88 Main St.</td>
<td>(607) 652-7341</td>
</tr>
<tr>
<td></td>
<td>Fri</td>
<td>8pm</td>
<td>United Methodist Church, 88 Main St.</td>
<td>(607) 652-7341</td>
</tr>
<tr>
<td>Walton</td>
<td>Sun</td>
<td>8pm</td>
<td>New Direction, County Route 23</td>
<td>(607) 865-4511</td>
</tr>
<tr>
<td></td>
<td>Mon</td>
<td>8pm</td>
<td>St. John's Baptist Church, Benton Ave.</td>
<td>(607) 865-7394</td>
</tr>
<tr>
<td></td>
<td>Wed</td>
<td>8pm</td>
<td>New Direction, County Route 23</td>
<td>(607) 865-4511</td>
</tr>
<tr>
<td></td>
<td>Thu</td>
<td>8pm</td>
<td>Christ Episcopal Church, Gardiner Place</td>
<td>(607) 865-4698</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>8pm</td>
<td>New Direction, County Route 23</td>
<td>(607) 865-4511</td>
</tr>
</tbody>
</table>
Al-Anon/Al-Ateen
www.adaconline.org/meetings/altown.htm

Al-Anon provides information on the effects of alcohol abuse and refers friends and families of alcohol abusers to nearby Al-Anon and Al-Ateen support groups. Below is a list of Al-Anon meetings in the local region (subject to change).

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Venue</th>
<th>Al-Anon and Al-Ateen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delhi</td>
<td>Thu</td>
<td>6pm</td>
<td>United Ministries, 46 Church Street</td>
<td>Al-Anon and Al-Ateen</td>
</tr>
<tr>
<td>Sidney</td>
<td>Wed</td>
<td>7pm</td>
<td>Sacred Heart Church, 15 Liberty Street</td>
<td>Al-Anon</td>
</tr>
<tr>
<td>Oneonta</td>
<td>Sun</td>
<td>2pm</td>
<td>Fox Hospital, 1 Fox Care Drive, Education Suite 300</td>
<td>Al-Anon</td>
</tr>
<tr>
<td>Oneonta</td>
<td>Sun</td>
<td>8pm</td>
<td>Elm Park United Methodist Church, 401 Chestnut St</td>
<td>Al-Anon</td>
</tr>
<tr>
<td>Oneonta</td>
<td>Fri</td>
<td>11:45am</td>
<td>Turning Point, 22 Elm Street</td>
<td>Al-Anon</td>
</tr>
<tr>
<td>Oneonta</td>
<td>Fri</td>
<td>7pm</td>
<td>First United Presbyterian Church, Walling &amp; Main Street</td>
<td>Al-Anon</td>
</tr>
<tr>
<td>Otego</td>
<td>Wed</td>
<td>7:45pm</td>
<td>Presbyterian Church, 18 River Street (Westminster House)</td>
<td>Al-Anon</td>
</tr>
</tbody>
</table>

Co-Dependents Anonymous
www.adaconline.org/aa.htm

Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors. Below is a list of meetings in the local region (subject to change).

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Venue</th>
<th>Al-Anon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walton</td>
<td>Sun</td>
<td>6:30pm</td>
<td>First Congregational Church, 4 Mead Street</td>
<td>Al-Anon</td>
</tr>
<tr>
<td>Oneonta</td>
<td>Mon</td>
<td>7pm</td>
<td>Turning Point, 22 Elm Street</td>
<td>Al-Anon</td>
</tr>
</tbody>
</table>

Narcotics Anonymous (NA)
www.adaconline.org/meetings/natown.htm

Narcotics Anonymous is a twelve-step program of recovery from drug addiction, modeled after Alcoholics Anonymous. It describes itself as a nonprofit fellowship or society of men and women for whom drugs had become a major problem. Below is a list of meetings in the local region (subject to change).

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Venue</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delhi</td>
<td>Sun</td>
<td>7pm</td>
<td>Turning Point, 167 Main Street</td>
<td>(607) 267-4435</td>
</tr>
<tr>
<td>Oneonta</td>
<td>Wed</td>
<td>7pm</td>
<td>Turning Point, 167 Main Street</td>
<td>(607) 267-4435</td>
</tr>
<tr>
<td>Oneonta</td>
<td>Thu</td>
<td>7pm</td>
<td>Turning Point, 167 Main Street</td>
<td>(607) 267-4435</td>
</tr>
<tr>
<td>Oneonta</td>
<td>Sat</td>
<td>12pm</td>
<td>Turning Point, 167 Main Street</td>
<td>(607) 267-4435</td>
</tr>
<tr>
<td>Deposit</td>
<td>Wed</td>
<td>7:30pm</td>
<td>Meadow Park Community Hall, Main Street</td>
<td>(607) 265-3774</td>
</tr>
<tr>
<td>Masonville</td>
<td>Fri</td>
<td>7pm</td>
<td>Masonville Federated Church, Rte 206 and Rte 8</td>
<td>(607) 432-4102</td>
</tr>
<tr>
<td>Oneonta</td>
<td>Mon</td>
<td>7pm</td>
<td>First United Methodist Church, 66 Chestnut St</td>
<td>(607) 432-4102</td>
</tr>
<tr>
<td>Oneonta</td>
<td>Tue</td>
<td>7pm</td>
<td>Turning Point, 22 Elm Street</td>
<td>(607) 432-4102</td>
</tr>
<tr>
<td>Oneonta</td>
<td>Wed</td>
<td>7pm</td>
<td>Turning Point, 22 Elm Street</td>
<td>(607) 432-4102</td>
</tr>
<tr>
<td>Oneonta</td>
<td>Thu</td>
<td>7pm</td>
<td>Turning Point, 22 Elm Street</td>
<td>(607) 432-4102</td>
</tr>
<tr>
<td>Oneonta</td>
<td>Fri</td>
<td>7pm</td>
<td>First United Methodist Church, 66 Chestnut St</td>
<td>(607) 432-4102</td>
</tr>
<tr>
<td>Oneonta</td>
<td>Sat</td>
<td>7pm</td>
<td>Turning Point, 22 Elm Street</td>
<td>(607) 432-4102</td>
</tr>
<tr>
<td>South Kortright</td>
<td>Sat</td>
<td>3pm</td>
<td>South Kortright Community Church</td>
<td></td>
</tr>
<tr>
<td>Walton</td>
<td>Mon</td>
<td>7pm</td>
<td>UHS Delaware Valley Hospital, 1 Titus Place</td>
<td>(607) 865-2115</td>
</tr>
<tr>
<td>Walton</td>
<td>Fri</td>
<td>7:30pm</td>
<td>New Hope Community Church, Stockton Avenue</td>
<td>(607) 865-5436</td>
</tr>
</tbody>
</table>
Self-Mutilators Anonymous (SMA)
SMA is a fellowship of men and women who share their experience, strength, and hope with each other, that they may solve their common problem and help others to recover from self-harm/self-injury. Self-mutilation refers to the act of deliberately causing injury without the intent of ending one’s life. Below is a list of meetings in the local region (subject to change).

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Location Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oneonta</td>
<td>Mon</td>
<td>5:30pm</td>
<td>Turning Point, 22 Elm Street</td>
</tr>
</tbody>
</table>

O'Connor Hospital
460 Andes Road, Delhi, NY 13753
Phone: (607) 746-0300
www.bassett.org/oconnor-hospital
A Diabetic Support Group is provided the third Monday of each month from September through May. A Parkinson’s Support Group is available on the second Tuesday of each month.

Catskill Area Hospice & Palliative Care
542 Main Street, Oneonta, NY 13820
Phone: (607) 432-5525
116 Main Street, Delhi NY 13753
Phone: (607) 746-2668
www.cahpc.org
Catskill Area Hospice provides monthly bereavement support groups for all ages (children, teens, and adults) with individual bereavement counseling available. In addition, Camp Forget-Me-Not offers a two-day camp for grieving children and teens.

TAX ASSISTANCE

United Way of Delaware and Otsego Counties
31 Maple Street, Oneonta, NY 13820
Phone: (607) 432-8006
www.unitedwaydo.org/volunteer-income-tax-sites
The Cash Coalition offers trained volunteers to prepare state and federal income tax returns. Appointments available in Otsego County from February through April.

Delaware County Office for the Aging
6 Court Street, Delhi, NY 13753
Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/OtherServices.htm
The AARP Tax-Aide Program offers specially trained volunteer Tax Counselors to assist seniors in completing federal and state income tax returns. The program is available February through April 15th.

New York State School Tax Relief (STAR) Exemption
New York State Department of Taxation and Finance
www.tax.ny.gov/pit/property/star/index.htm
Individuals can qualify for either the Basic or Enhanced STAR Exemption depending upon age and income. Individuals who own property which is their primary residence, with income under $500,000, can qualify for the Basic STAR Exemption. However, individuals 65 years of age or older, who own property which is their primary residence, and with an adjusted gross income of $81,900 or less, qualify for the larger Enhanced STAR exemption. To apply, submit Form RP-425 Application for School Tax Relief (STAR) Exemption to your local assessor.
**Real Property Tax Credit (IT-214)**
New York State Department of Taxation and Finance
www.tax.ny.gov/pit/credits/real_property_tax_credit.htm
This is a tax credit for New York State residents with limited income who pay rent or who pay taxes on property owned. You get a tax credit in the form of a deduction when you file taxes. If all members of your household are under age 65, the credit can be as much as $75. If at least one member of your household is age 65 or older, the credit can be as much as $375.

**TRANSPORTATION**

**Medical Answering Services, LLC**
P.O. Box 11998, Syracuse, NY 13218.............................................................. Phone: (866) 753-4434
www.medanswering.com
To schedule local Medicaid Transportation Services.

**Delaware County Office for the Aging**
6 Court Street, Delhi, NY 13753................................................................. Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/Transportation.htm
The Office for the Aging operates a coach-type bus with handicapped accessibility which serves most of Delaware County. Different fixed routes, operating three days a week have been established to help riders meet their shopping, medical and social needs.

**Delaware Opportunities, Inc.**
35430 State Highway 10, Hamden, NY 13782............................................... Phone: (607) 746-1610
www.delawareopportunities.org/transportation
Transportation is provided to individuals on Medicaid for health related appointments and to senior citizens for medical appointments. Limited transportation is available for low income people without vehicles to apply for services, secure employment or in emergency situations. All requests for Medicaid transportation must be made by calling (866) 753-4434.

**Delaware County Veterans Service Agency**
1 Gallant Ave, Highway Annex, Suite A, Delhi, NY 13753............................ Phone: (607) 746-2334
www.co.delaware.ny.us/departments/vet/vet.htm
The Delaware County Veterans Service Agency is responsible for administering and coordinating a broad spectrum of federal, state, local and private benefits and services affecting Veterans and their families. Services include medical transportation, advocacy, information and referral, and benefit assistance.

**Deposit Foundation**
119 Front Street, Deposit, NY 13754............................................................. Phone: (607) 467-4000
www.depositfoundation.com
Volunteers provide transportation for non-emergency medical appointments and shopping trips. Available to Deposit residents only.
GetThere Call Center
United Way of Broome County
101 Jensen Rd, Vestal, NY 13850……………………………………………………………….. Phone: (855) 373-4040
GetThere Call Center provides free trip planning, travel training, and transportation education services to people throughout the region and beyond. GetThere is staffed by two Mobility and Transportation Advocates who are well-versed in the area’s transportation options and eager to assist anyone with travel needs or questions.

Circle of Life Ambulette
255 Maple Ave, Hobart, NY 13788………………………………………………………….. Phone: (607) 538-1596
www.circleoflifenewyork.com
Provides non-emergency medical transportation from home, doctors, hospitals, and nursing homes, and including wheelchair, stretcher, and ambulatory transport.

Rolling V Bus Corp
93 Liberty St # 1, Walton, NY 13856………………………………………………………….. Phone: (607) 865-5287
www.rollingv.com
Provides taxi service to area residents.

A&D Transportation
83 Lower River St, Oneonta, NY 13820………………………………………………………….. Phone: (607) 433-1726
www.adtransportservices.co
Provides taxi service to area residents.

AARP Driver Safety Course
Delaware County Office for the Aging
6 Court Street, Delhi, NY 13753………………………………………………………….. Phone: (607) 832-5750
www.co.delaware.ny.us/departments/ofa/OtherServices.htm
AARP driving courses are available for people 50 years of age and older to help improve driver safety. Most insurance companies offer a premium discount for drivers who have successfully completed this course.

VETERANS

Veterans Crisis Line
www.veteranscrisisline.net (800) 273-8255 – Press 1
The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year, even if they are not registered with VA or enrolled in VA health care.
Delaware County Veterans Service Agency
1 Gallant Ave, Highway Annex, Suite A, Delhi, NY 13753.................................Phone: (607) 746-2334
www.co.delaware.ny.us/departments/vet/vet.htm
The Delaware County Veterans Service Agency is responsible for administrating and coordinating a broad spectrum of federal, state, local and private benefits and services affecting Veterans and their families in Delaware County. Services include medical transportation, advocacy, information and referral, and benefit assistance.

NYS Division of Veterans’ Affairs
242 Main Street, #101, Oneonta, NY 13820....................................................Phone: (607) 432-4190
21 Liberty Street, Sidney, NY 13838...............................................................Phone: (607) 563-2002
www.veterans.ny.gov
Provides counseling to Veterans, dependents, and widows regarding service benefits, applications, problem solving, and representation with the VA. Assists with applying for benefits, such as pensions, compensations, blind annuity, educational services, and burial benefits.

Veterans’ Outpatient Clinic
109 North Main Street, Bainbridge, NY 13733.................................................Phone: (607) 967-8590
www.va.gov/directory/Guide/facility.asp?id=453
Provides primary care and behavioral health care services, as well as smoking cessation and laboratory services to Veterans in Delaware and surrounding counties.

Department of Veterans Affairs Medical Center
113 Holland Avenue, Albany, NY 12208..........................................................Phone: (518) 626-5000
www.albany.va.gov
Provides a variety of medical services to Veterans, including Primary Care, Specialized Services, Women’s Services, Lab and Radiology.

YOUTH SUPPORT

Delaware Opportunities, Inc.
35430 State Highway 10, Hamden, NY 13782.................................................Phone: (607) 746-1746
www.delawareopportunities.org/big_buddy.htm
Big Buddy is a mentoring program for at risk youth. The program offers the opportunity for a child to have a one-on-one relationship with a big buddy volunteer. Little buddies are children between the ages of 5 and 14.

Delaware County Department of Social Services
99 Main Street, Delhi, NY 13753.................................................................Phone: (607) 832-5300
www.co.delaware.ny.us/departments/dss/fosterCare.html
Foster Care provides children with a temporary home when it is necessary to remove a child from his or her present home due to the inability of a parent to ensure the health and safety of a child, neglect or abuse of a child by a caretaker, or placement by Delaware County Family Court for a Persons In Need of Supervision (PINS) or Juvenile Delinquency case.
Adoption Services are available to assist families interested in adopting children in need of safe, nurturing and permanent homes.