

Cohoes & Watervliet Community Resource Guide 2016



**A Program of :
the Cohoes Multi-Service Senior Center
10 Cayuga Plaza, Cohoes NY 12047**

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Representatives

John T. McDonald III , NYS Assemblyman	455-4474
Paul Tonko , US Congressman	465-0700
Charles Schumer , US Senator	431-4070
Kirsten Gillibrand , US Senator	431-0120

Please contact Brittney Hunt (cohoesbridges@gmail.com) if you find incorrect information or know of other resources we have omitted. Seventh Edition (4-2016).

Government Services

Albany County

- **Department for the Aging** 447-7177
- **Department for Children, Family & Youth** 447-7324
 - Child Protective Services Hotline: 1-800-342-3720
- **Department of Health** 447-4580
- **Department of Social Services (DSS)** 447-7300
 - 162 Washington Ave, Albany
 - Adult Protective Services: 447-7228
 - Food Stamps & Energy: 447-7403
 - Medicaid: 447-7492
 - HEAP (Heating Assistance): 447-7323
 - After hours (HATAS): 463-2124
- **Municipal Numbers:**
 - Albany Police Department 438-4000
 - Albany County Sheriff: Emergency Office 720-8029
 - Albany County Sheriff: Project Lifesaver 720-8023
 - Albany Counter Fire and EMS 447-7879

Rensselaer County

- **Department of Mental Health** 270-2800
- **Department of Social Services (DSS)** 266-7800
 - 547 River ST, Troy
 - Adult Protective Services: 687-3700
 - Child Protective Services: 1-800-342-3720
 - Child Support 1-888-208-4485
 - Medicaid: 270-3928

New York State

- <http://www.mybenefits.ny.gov> *To determine eligibility for NYS services like Medicaid.*
- **Office for the Aging** 1-800-342-9871
- **Office of Parent & Kid Connections** 1-800-345-5437
- **Office of Mental Health** 1-800-597-8481
- **Social Security Administration** 1-800-772-1213
- **NYS National Weather Service** 518-435-9580
- **NYS Terrorism Tips Line** 1-866-723-3697

Cohoes Municipal Numbers

In an *Emergency*, please dial **911**

- City Hall - Mayor Shawn Morse 233-2121
97 Mohawk Street
- Community Center 237-7523
22-40 Remsen ST
- Police Department 237-5333
97 Mohawk ST
- Fire Department 237-1472
172 Ontario ST
- Housing Authority 235-4500
100 Manor Sites, Cohoes (Public Housing)
- Human Services and Youth Bureau 233-2116
97 Mohawk ST-Level 2
- Lansing Park Pool (Late June-Mid August) 237-2632
- Post Office 237-5006
101 Mohawk ST
- Public Library 235-2570
169 Mohawk ST
- Public Works 233-2139
- Visitors Center 237-7999

Watervliet Municipal Numbers

In an *Emergency*, please dial 911

- City Hall - Mayor Mike Manning 270-3815
2 Fifteenth Street
- Civic Center 273-5922
14th ST and 1st Ave
- Police Department 270-3819
2 Fifteenth ST
- Fire Department 270-3826
116 13th ST
- Housing Authority 273-4717
2400 Second Ave (Public Housing)
- Highway Department 270-3821
13th ST and 2nd Ave
- Parks & Recreation 337-9115
13th ST and 2nd Ave
- Post Office 273-0423
145 16th ST
- Public Library 274-4471
1501 Broadway
- Veteran's Memorial Swimming Pool 270-3823
13th ST and 2nd Ave

Addiction Help

Addiction Hotlines

- 24 Hour Hotline (AA,NA,GA) 1-800-711-6375
- Alcoholics Anonymous 292-0577, 463-0906
- Cocaine Anonymous 1-800-347-8998
- Gamblers Anonymous 292-0414, 1-800-522-4700
- Narcotics Anonymous 448-6350
- Narcotics Anonymous Family Support 1-800-477-6291
- Treatment Centers Directory 1-800-315-2056

Help Centers

- The Addiction Care Center 465-5470
90 McCarty Ave, Albany **24 HR Hotline:** 465-7388
- Center for Problem Gambling 462-6531
650 Warren ST, Albany
- Conifer Park 274-5143
1801 6th Ave, Troy
- Hope House 482-4673
573 Livingston Ave
- Hudson Mohawk Recovery Center, Inc 272-3918
1724 Fifth Ave, Troy
- Seton Addiction Services 268-5323
1300 Massachusetts Ave, Troy
- NYS OASAS (Alcohol/Substance Abuse Services) 473-3460
1450 Western Ave, Albany
- St. Peters Addiction Recovery Center (SPARC) 235-1100
55 Mohawk ST, Cohoes (Out-Patient)
- Transportation for Intoxicated Persons 426-0554
**HAC: 2:00PM-10:00PM*
**HATAS 463-2124*

The logo for Cohoes Bridges features the word "Cohoes" in a large, bold, black sans-serif font. A thin black arc curves over the top of the letters. Below "Cohoes", the word "Bridges" is written in a smaller, bold, black sans-serif font. The "i" in "Bridges" has a solid black dot.

Addiction Help Continued...

Local Meetings (COHOES)

Alcoholics Anonymous

Monday: 7 pm
Wednesday: 6:30 pm
Thursday: 7:30 pm
Saturday: 8 am
Sunday: 10:30 am

*Vineyard CC, 121 Remsen ST
Holy Trinity, 122 Vliet Blvd.
United Church, 123 Mohawk
Vineyard CC, 121 Remsen ST
Holy Trinity, 122 Vliet Blvd.*

Gamblers Anonymous

Tuesday: 7 pm

Vineyard CC, 121 Remsen ST

Narcotics Anonymous

Thursday: 7 pm

Vineyard CC, 121 Remsen ST

Local Meetings (Watervliet)

Alcoholics Anonymous

Monday: 6 pm
Friday: 7 pm

*UMC, 1401 1st Avenue
White Hall Rd & 23rd Street*

Gamblers Anonymous

Tuesday: 7 pm

Vineyard CC, 121 Remsen ST

Narcotics Anonymous

Monday: 12 pm
Tuesday: 12 pm
Wednesday: 7:30 pm
Friday: 12 pm

*UMC, 1401 1st Avenue
UMC, 1401 1st Avenue
Trinity Parish, 1336 1st Ave
UMC, 1401 1st Avenue*



"Service above Self"

**Rotary Club of Cohoes
Supports**

Bridges Out of Poverty



Rotary Club of Cohoes
P.O. Box 81
Cohoes, NY 12047

www.rotaryclubofcohoes.org
www.facebook.com/RotaryClubofCohoes

Community Resources

United Way

221

Adult Education

- Albany Community Action Partnership 237-9201
20 White ST (Career/Job preparation)
- Capital Region BOCES 862-4900
Suite 102, 900 Watervliet-Shaker Rd., Albany
- Commission on Economic Opportunity 272-6012
2331 Fifth Ave, Troy
- Education Opportunity Center (EOC) 273-1900
145 Congress ST, Troy (GED, Tech)
- GED Program 237-4131
*7 Bevan ST (Cohoes Middle School)
Monday/Wednesday 5-8PM*
- Literacy Volunteers of Rensselaer County 274-8526
1915 5th Ave, Troy (Tutoring for adults - www.lvorc.org)

Anger Management

- Alight Care Center 270-5540
- Northeast Behavioral Mental Health Counseling 271-3374
2215 Burdett Ave, Troy
- Rage to Resolution (Comm. Maternity Services) 482-8836

Animals

- Guildershaven (*Pet supplies, free spay/neuter*) 861-6861
- Mohawk Hudson Humane Society 434-8128

Cell Phones (FREE)

- Assurance Wireless 1-888-898-4888
- Safe Link 1-800-977-3768

Community Resource Centers

- Albany Community Action Partnership 237-9201
20 White ST, Cohoes
- American Red Cross 458-8111
- Pride Center of the Capital Region, Inc. 462-6138

Community Resources Continued...

Clothing :: Free clothing with a referral

- Alight Care Center (*Infant & Maternity*) 270-5540
- Alpha Pregnancy Center (*Infant-Kids 7/8*) 279-7673
144 Remsen ST, Cohoes
- Community Closet 785-4445
146 Remsen ST (Vouchers at ACAP & Vineyard Church)
Tuesday: 1PM-4PM, Thursday: 10AM-4PM
- Mary's Corner (*Infant - Kids 4*)
169 Mohawk ST
Tuesday/Thursday: 10AM-Noon
- Trinity Church 272-0644
1336 1st Ave, Watervliet
- Unique Boutique (Unity House) 272-2352
2431 6th Ave, Troy

Counseling

- Carla B. Winner M.S. Christian Counselor 439-0033
United Church, 123 Mohawk ST (MONDAY ONLY)
- Capital District Psychiatric Center (CDPC) 235-5035
Page Avenue School, 21 Page Ave
- Counseling Care & Services, Inc. 237-4263
405 Vliet Boulevard
- Northeast Behavioral Mental Health Counseling 271-3374
2215 Burdett Ave, Troy (Samaritan Hospital)

Domestic Violence/Sexual Assault

- Albany Co. Domestic Violence **24 Hr Hotline:** 432-7865
(run by Equinox)
- Albany County Rape Crisis **24 Hr Hotline:** 447-7716
- Crime Victims Assistance 447-5500
- Crime Victim & Sexual Violence Center 447-7716
112 State Street, Albany
- NYS Hotline for Domestic Violence & Sexual Violence
English 1-800-942-6906
Espanol 1-800-942-6908
- Women of Valor 526-5874
Free, confidential support for domestic violence / sexual assault.

Community Resources Continued...

Hispanic Services

- Catholic Charities Hispanic Outreach Services 453-6655
40 North Main Ave, Albany
- Centro Civico, Hispano Americano, Inc. 465-1145
230 Green ST, Albany

Hospice Services

- The Community Hospice Grief Center 742-0200
- Colonie Senior Service Centers 459-2857

Immigration Resources (ESOL)

- Office for New Americans Service Center 621-7363
161 Washington Ave, 2nd Floor, Albany
**Services are FREE of Charge*
- Capital Region BOCES 862-4707
1015 Watervliet Shaker Road, Albany
**FREE adult ESOL classes, various locations*
- US Committees for Refugees and Immigrants 459-1790

Legal Resources

- Capital District Legal Project 435-1770
- Lawyer Referral Services 463-3200, 1-800-342-3661
- Legal Aid Society of NENY 462-6765, 1-800-462-2922
- The Legal Project (Legal Advice, Information) 435-1770
Stuyvesant Plaza, 1475 Western Ave, Albany
- NYS Division of Human Rights 474-2705

Nutrition Education

- Cornell Cooperative Extension (**Eat Smart NY**) 765-3500
24 Martin Road, Voorheesville

Transportation

- Capital District Transportation Authority 482-8822
- Transportation (Wheelchair Accessible) 235-2420
Barbara Hale, M.S.W. – Request ride 24 hrs. in advance

Education

Cohoes City School District **237-0100**

- Abram Lansing Elementary School 237-5044
26 James ST (Principal: Clifford Bird)
Evelyn Smith, Social Worker - Ext. 3201
- Harmony Hill Elementary School 233-1900
Madelon K. Hickey Way (Principal: Mark Perry)
Raychel Marcil, Social Worker - Ext. 5228
- Van Schaick Elementary School 237-2828
150 Continental Ave (Principal: Jacqueline DeChiaro)
Kristie Calderon, Social Worker - Ext. 4105
- Cohoes Middle School 237-4131
7 Bevan ST (Principal: Daniel Martinelli)
Elaine Flatow, Social Worker - Ext. 2302
- Cohoes High School 237-9100
Tiger Circle (Principal: Joseph Rajczak)
Rebecca Leach, Social Worker - Ext. 1433
- Page Avenue School - Special Programs 237-0990
21 Page Ave (Director: Erin Hill)

Universal Pre-Kindergarten

- UPK (Cohoes) - at Abram Lansing Elem. 237-5044 x3146

Head Start

- Head Start - at Ogden Mills 237-1395

Tutoring

- Cares Program (United Church of Cohoes) 237-0278
123 Mohawk ST Monday/Wednesday 3:15-5:00PM
- Literacy Volunteers of Rensselaer County 274-8526

Watervliet City School District **629-3200**

- Watervliet Elementary School 629-3400
2557 10th Ave
- Watervliet Jr./Sr. High School 629-3300
1245 Hillside Dr, Watervliet (Principle: Ryan Groat)
Aimee O'Keefe, Social Worker
- Office of the Superintendent (*Dr. Lori Caplan*) 629-3200

Food Resources

Capital District

- Food Pantries of the Capital District 458-1167
- Food Stamp Enrollment (Legal Aid) 689-6327
**Legal Aid helps with food stamp enrollment & concerns.*
- Meals on Wheels 465-6465
- Women, Infants & Children Albany 465-9387 x275
Rensselaer 272-6159

Food Pantries

- Albany Community Action Partnership 237-9201
20 White ST, Cohoes -- M/W/F: 9AM-12PM, 1PM-4PM
- Holy Trinity Parish Center 257-2501
1 St. Marie Lane, Cohoes -- T/Th: 10AM-12PM
Must Call between 10AM-Noon, By Appointment ONLY
- Salvation Army (Albany) 463-6678
49 Johnston Ave, Cohoes (Good Ground) T/Th: 10AM-2PM
- St. Ambrose 785-1351
347 Old Loudon Rd, Latham -- M-F: 10AM-4PM
- United Church of Cohoes 237-0278
123 Mohawk ST, Cohoes --- MWF: 10AM-12PM
- Watervliet United Methodist Church 273-0191
1401 First Ave, Watervliet — W: 11AM-5:30PM
TH: 10AM– 2PM

Free Meals

- Cohoes Summer Lunch Program (***Free: children under 18***)
Abram Lansing Elementary School (26 James ST, Cohoes)
Cohoes High School (1 Tiger Circle, Cohoes)
- Watervliet Summer Lunch Program (***Free: children under 18***)
Watervliet Elementary School (2557 10th Ave, Watervliet)
Watervliet Civic Center (14th ST and 1st Ave, Watervliet)
- Jermain Church Hall
601 5th Ave, Watervliet

Nutrition Education

- Cornell Cooperative Extension (**Eat Smart NY**) 765-3500
24 Martin Road, Voorheesville
**Help with meal planning, diabetes education, etc...*

Housing Services

Homeless & Travelers Aid Society (HATAS) 463-2124
138 Central Ave, Albany **24 Hr Hotline:** 1-866-201-7399
To get housing assistance in Albany Co., you MUST start with HATAS

AIDS/HIV Housing Referral 427-2463

Albany County Housing

- Albany Affordable Housing Partnership 434-1730
- Albany County Rural Housing Alliance, Inc 235-3920
- Albany Housing Authority 641-7500
- Albany Office of Fair Housing 434-5296
- American Red Cross 458-8111
- ARCH Program (St. Catherine's) 427-5097
Supportive housing for families leaving shelters.
- Catholic Charities Housing Program 459-0183
- **Cohoes Housing Authority** 235-4500
100 Manor Sites, Cohoes (Section 8/Public Housing)
- Community Builders Inc. 874-6107
- **Watervliet Housing Authority** 273-4717
2400 Second Avenue, Watervliet
- H.E.A.P. 447-7323
- Homeless Action Committee (HAC) 495-0663
- United Tenants of Albany 436-8997

Albany County Shelters

- Capital City Rescue Mission 462-0459
259 South Pearl ST, Albany
- DePaul Residence 482-3248
504 Central Ave, Albany
- Equinox, Inc. (**Family Shelter**) 465-9524
1 Central Ave, Albany
- Marillac Center (**Family Shelter**) 869-1960
195 Washington Ave. Extension, Albany
- Mercy House (**Women**) 434-3531
12 St. Joseph Terrace, Albany
- St. Charles Lwanga Center (**Men**) 465-4973
115 Grand ST, Albany

Housing Services Continued...

Furniture

- Blessingdale's (Albany City Mission) 462-0459
259 South Pearl ST, Call First!
- Catholic Charities (*referral required*) 453-6650
- Let's Make a Deal 224-5999
15 Warren ST, Albany
- Salvation Army 463-6678
- St. John's/St. Ann's Furniture Program 472-9091 x12
Wednesdays/Fridays: 9AM-12PM
- T.A.U.M. (*referral required*) 274-5920 x204
392 2nd Street, Troy

National Grid Consumer Advocate 433-3840
National Grid 1-800-892-2345

Rensselaer County Housing

- American Red Cross 458-8111
- Catholic Charities Housing Program 459-0183
- CEO - Ship Program (Ashley) 272-6012
ext.229 Helps with utility and eviction issues.
- H.E.A.P. 270-3935
- The Roarke Center 273-8351
Emergency assistance and advocacy.
- Troy Housing Authority 273-3600
- TRIP 272-8289
- Unity House 272-1611

Rensselaer County Shelters

- Joseph's House 272-2544
74 Ferry ST, Troy
- St. Peter's Residence 273-3291
2335 Fifth Ave, Troy
- St. Paul's Center (**Mother & Child**) 434-2910
- YWCA (**Women**) 274-7100

Medical Services

Cancer

- American Cancer Society 1-800-227-2345
- Cancer Services Program 220-6925
Free breast, cervical and colo-rectal screenings for uninsured patients.
- Gilda's Club Cancer Supportive Services 782-9833

Dental

- David Mitola, DDS 237-0700
70 Remsen ST, Child Health Plus
- Delta Dental 274-6741
- S.A Virjee, DDS 203-2070
1533 2nd Ave, Watervliet, Medicaid & Child Health Plus

General Health

- Capital City Rescue Mission **Free** Clinic 462-0459
Tuesdays/Fridays: 9:30AM-3:30PM
- Cohoes Family Care (*Family/Primary Care*) 235-7282
*55 North Mohawk ST (accepts all insurance)
Dr. Olai Sam/Dr. Donna Heffernan/Robert Smith, PA*
- Healthy Capital District Initiative 462-7040
315 Sheridan Ave, Albany
- Poverello Center (**Adults Only - call first**) 426-9428
315 Sheridan Ave, Albany
- St. Peter's Family Health Care Center 449-0100
326 South Pearl ST, Albany
- Whitney Young Health Center 465-4771
Lark Street & Arbor Dr, Albany 833-6900
6 102nd ST, Troy

Health Insurance

- Child Health Plus 1-800-698-4543
- Family Health Plus 1-877-934-7587
- Healthy NY 1-866-432-5849
- Medicaid 447-7492
- NYS Office of Health Insurance 473-4679
- AARP 447-6715

Medical Services Continued...

HIV/AIDS

- AIDS Council of NENY 434-4686
- AIDS Council 445-2437
- HIV Hotline 1-800-201-2437
- Albany Damien Center 449-7119
- Troy Damien Center 274-5920 x206

Mental Health

- **24 Hr. Mobile Crisis Unit** 549-6500
Emergency support for mental health issues
- Albany County Department of Mental Health 447-4555
175 Green ST, Albany
- Capital District Psychiatric Center (CDPC)
75 New Scotland Ave, Albany 549-6000
21 Page Ave (inside School), Cohoes 235-5035
SUICIDE 24 Hr Hotline: 447-9650
- Capital Area Peer Services 427-5056
- Carla B. Winner M.S. Christian Counselor 439-0033
196 Delaware Ave., Delmar
- Center for Independence, Inc. 459-6422
875 Central Ave, Albany
- Counseling Care Services 237-4263
405 Vliet Blvd.
- National Suicide Prevention **24 Hr Hotline:** 1-800-273-8255
- Northeast Behavioral Mental Health Counseling 271-3374
2215Burdett Ave, Troy (Samaritan Hospital) 274-4345
SUICIDE 24 Hr Hotline: 689-4673

Poison Control

1-800-222-1222

Sexual Transmitted Diseases (STDs) 1-800-962-5065

- Albany County 447-4600
- Rensselaer County 270-2655

Vision

- Albany Guild Care 396-3626

Places of Worship

- Church of the Good Shepherd, UMC 273-5531
89 Hudson Ave, Green Island
- Church of the Holy Trinity 237-2373
122 Vliet Boulevard, Cohoes - Rev. James Ebert
- Grace Episcopal Church 237-7370
34 3rd ST, Waterford - Rev. Kathy Alonge-Coons
- Grace Fellowship Church 785-4959
20 Delatour Rd, Watervliet - Pastor Rex Keener
- Good Ground Family Church 233-0398
49 Johnston Ave, Cohoes - Pastor Wendell Williams
- Greater Albany 7th Day Adventist Church 785-4445
298 St. Agnes Highway, Cohoes
- Heritage Baptist Church 506-2991
50 Lansing ST, Cohoes - Pastor Blaine Warner
- Immaculate Heart of Mary Parish 273-6020
2416 7th Ave, Watervliet - Rev. L. Edward Deimeke
- Jermain Memorial Presbyterian 272-4089
601 5th Ave, Watervliet - Rev. Richard Wilson
- Spindle City Vineyard 237-8381
121 Remsen ST, Cohoes - Pastor John Manning
- St Ann's Church 272-6073
1919 3rd Ave, Watervliet - Rev. John DeFaris
- St Basil Russian Orthodox Church 607-759-1833
6 Lansing Ave, Watervliet - Archpriest Peter Olsen

Places of Worship Continued...

- St. John's Episcopal Church 237-6013
405 Vliet Boulevard, Cohoes - Rev. Mother Clemmons
- St. Michael's Church 237-5151
20 Page Ave, Cohoes - Rev. Peter Tkocz
- St. Nicholas Russian Orthodox Church 369-2430
67 Saratoga ST, Cohoes - Fr. Terenti Wasielewski
- St Nicholas Ukrainian Catholic Church 273-6752
2410 4th Ave, Cohoes - Father Mikhail Myshchuk
- St Peter Armenian Apostolic Church 274-3673
100 Troy Schenectady Rd, Watervliet - Fr Doudoukjian
- St. Peter St. Paul Ukrainian Catholic 237-0535
198 Ontario ST, Cohoes
- Trinity Church 272-0644
1336 1st Avenue, Watervliet - Father Martin Wendell
- United Church of Cohoes 237-0278
123 Mohawk ST, Cohoes - Rev. Nick TeBordo
- United Methodist Church 273-0191
1401 1st Ave, Watervliet - Pastor Robert Peters
- Waterford United Methodist Church 235-6498
126 Middletown Rd, Waterford - Pastor Kim Goodrich
- Waterford Wesleyan Church 235-1028
75 Grace ST, Waterford - Rev. Paul Barna

Pregnancy/Parenting Services

Hotlines

- Child Abuse Hotline 1-800-342-3720
- Child Abuse Prevention Parent Help Line 1-800-244-5373
- Crisis Pregnancy **24 Hr:** 270-5540

Cohoes/Watervliet

- Alpha Pregnancy Care Center 279-7673
144 Remsen ST (Free Pregnancy Tests, Diapers / Wipes, Pre-Natal / Parenting Classes, Baby/Toddler/Maternity)
- Healthy Families (Basement of the Library) 235-2088
169 Mohawk ST
- Mary's Corner (Basement of the Library)
169 Mohawk ST - Tuesdays/Thursdays: 10AM-12PM
- MOMs Program - Cohoes Family Care 235-7282
55 N. Mohawk ST (HIV & Pregnancy Tests, Child & Breastfeeding Info, Medicaid Applications)
- WIC (Women, Infants & Children) 465-9387
121 Remsen ST (1st, 2nd, 3rd Tuesday of the Month)

Foster Parents

- Quest for Grace Foundation (referral needed) 301-5662
1482 Erie Blvd., Schenectady (Supplies for foster parents)

Grandparents

- Kinship Care (Community Maternity Services) 482-8836

Regional

- Albany County Community Health Workers 447-4684
- Albany Women's Health Center 432-4033
- Alight Care Center 270-5540
- Birthright of Albany 438-2978
- Childcare Coordinating Council 426-7181
- Community Maternity Services 482-8836
- Planned Parenthood 434-5678
- WIC *Albany: 465-9387, Troy: 272-6159*
- Workforce Development Institute 272-3500
24 Forth ST, Troy (Help paying for daycare)

Senior Services

Assistance Organization

- Catholic Charities Caregiver Support Services 346-18542
- Home Delivered Meals (*For ages 60+*) 270-2739
- Meals on Wheels 235-2420
- NY Connects Elder Care Issues 447-7177
- NYS Senior Citizen's Help Line 1-800-342-9871
- Umbrella of the Capital District 346-5249
Help with apartment / home maintenance.

Centers

- Cohoes Multi-Service Senior Citizen Center 235-2420
- Watervliet Senior Center 273-4422

Health

- Alzheimer's Association of NENY 867-4999
- The EDDY Visiting Services 274-6200
- EPIC - NYS Senior Prescription Plan 1-800-332-3742
- Goldberg Alzheimer's Resource Center at AMC 262-0800
- Partnership for Prescription Assistance 1-888-477-2669

Housing

- Cayuga Plaza Apartments 237-4430
- McDonald Towers 235-4500
- Ogden Mills 235-9508



Are you caring for a loved one?

WE CAN HELP!

Adult Day Services
flexible
full or partial days
1 - 5 days a week

Call us at 518-235-2420 for more information.