

2023 Edition

FREE



# RAAD

Resources and Advocacy  
for the Aging and Disabled

## Health Resource Directory

Allegany • Chemung • Schuyler • Steuben

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*Live Your Lifestyle Your Way*

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## Special Thanks To

all those who helped create the 2023 Health Resource Directory.

Abi Hodges—AIM

Jo Miller & Marketing Department—Nascentia Health

# HOME CARE DONE RIGHT.



**ALIAH HOME CARE**  
IS YOUR GO TO PROVIDER  
FOR ALL YOUR HOME  
CARE NEEDS.



**OUR PROFESSIONAL**  
STAFF ACROSS THE  
STATE ARE EQUIPPED  
AND QUALIFIED TO  
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EXPECTATIONS



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WITH **CONSUMER**  
**DIRECTED services.**



**Aliah**  
HOME CARE

**651 Park Avenue  
Rochester, NY 14607  
Second Floor 585-656-7000**

TO FIND OUT IF THE ALIAH PROGRAM IS RIGHT FOR YOU, PLEASE CONTACT US AND  
OUR **ONSITE MEDICAID SPECIALISTS** CAN HELP GUIDE YOU THROUGH THE PROCESS.



Resources and Advocacy  
for the Aging and Disabled

RAAD is a non-profit organization, whose mission is to educate the community while improving the quality of life for the people we serve. Our agency is composed of professionals from all facets of the healthcare industry who collaborate virtually, in-person, and at public forums to share resources, ideas, and information!

If you're a human service professional and would like to learn more, contact us at [raadgroupny@gmail.com](mailto:raadgroupny@gmail.com).

## Disabilities Resources

### Eligibility Determination

Start here to determine eligibility for an individualized service plan.

#### **NYS Office for People with Developmental Disabilities**

- › Regional office for Allegany, Chemung, Schuyler, and Steuben  
Call 585-241-5700 or 855-679-3335.

### Care Coordination Organizations for Individuals with Developmental Disabilities

These professionals assess the emotional, social, functional, financial, and physical status of the individual and make appropriate recommendations/referrals on living arrangements, which may include home care, assisted living and nursing care, family/caregiver support, crisis intervention, respite, and advocacy.

#### **Person Centered Services**

- › 888-977-7030
- › [personcenteredservices.com](http://personcenteredservices.com)

#### **Southern Tier Connect**

- › 607-376-7526, ext. 100
- › [southerntierconnect.org](http://southerntierconnect.org)
- › Chemung

#### **Prime Care**

- › 844-347-3168
- › [primecareny.org](http://primecareny.org)
- › [info@primecareny.org](mailto:info@primecareny.org)

## Services for Disabled Individuals and Families

**ACCESS-VR**—assists individuals with disabilities to achieve & maintain employment.

- › 800-888-5020
- › Chemung, Schuyler, and Steuben: 607-734-5294
- › Allegany: 888-652-7062
- › [access.nysed.gov/vr](https://access.nysed.gov/vr)

**AIM Independent Living Center**—multiple services

- › Corning: 607-962-8225
- › [aimcil.com](https://aimcil.com)

**All-Metro** (formerly CareAmerica)

- › Corning: 607-248-9300
- › [all-metro.com](https://all-metro.com)
- › Chemung, Schuyler, and Steuben

**Arbor Housing and Development**

- › Corning: 607-654-7487
- › [arbordevelopment.org](https://arbordevelopment.org)

**Arc of Chemung-Schuyler**—residential & day programs

- › Elmira: 607-734-6151
- › Watkins Glen: 607-535-6934
- › [arcofcs.org](https://arcofcs.org)

**Arc of Allegany-Steuben**—residential & day programs

- › Bath: 607-776-4146
- › [thearcas.org](https://thearcas.org)

**Capabilities**—provides personalized employment programs for individuals with disabilities

- › 607-734-2006
- › [capabilities.org](https://capabilities.org)
- › Chemung, Schuyler, Steuben

**Center for Disability Rights**—multiple services, including service coordination, disability employment connection, and independent living services

- › Corning: 607-654-0030
- › [cdrnys.org](https://cdrnys.org)

**Maple City Music Therapy**—small group music therapy

- › 585-512-7029
- › [facebook.com/maplecitymusictherapy](https://facebook.com/maplecitymusictherapy)
- › Steuben

**NY Connects**—information on all long-term care services, including help putting together a plan to remain independent as long as possible in the community

- › 800-342-9871
- › [nyconnects.ny.gov](https://nyconnects.ny.gov)

**Southern Tier Independence Center**—provides central intake for Nursing Home Diversion & Transition & Traumatic Brain Injury waivers

› 607-724-2111

› stic-cil.org

**Pathways, Inc.**—residential & day programs, TBI programs, family support services

› Corning: 607-937-3200

› pathwaysforyou.org

› Chemung, Schuyler, Steuben

**Steuben County Special Children's Services**—for children 1–3 years

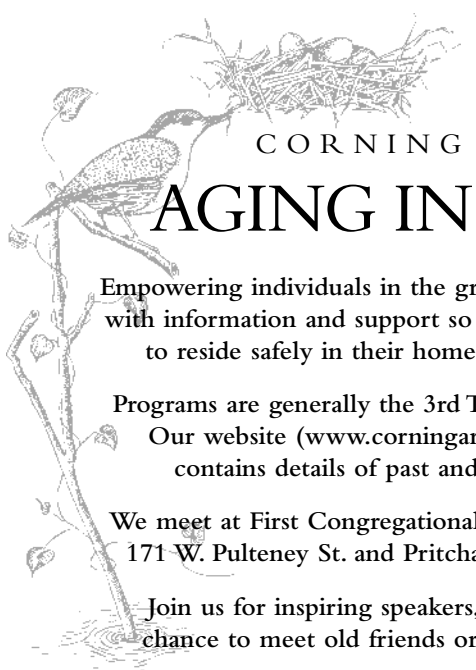
› 607-664-2146

› steubencountyny.gov/384/Special-Childrens-Services

**Venture Forthe Inc.**

› Bath: 607-622-0842 or 800-701-1233

› ventureforthe.com



CORNING AREA

# AGING IN PLACE, LTD

Empowering individuals in the greater Corning, NY area with information and support so that they may continue to reside safely in their homes in our community.

Programs are generally the 3rd Thursday of the month.  
Our website ([www.corningareaaginginplace.org](http://www.corningareaaginginplace.org)) contains details of past and future programs.

We meet at First Congregational UCC at the corner of 171 W. Pulteney St. and Pritchard Ave, Corning, NY.

Join us for inspiring speakers, refreshments and a chance to meet old friends or make a new friend.

# Educational Resources

Educational opportunities for older adults and learning to serve and care for the aging population. This includes lifelong learning opportunities, budgeting, and personal finances for individuals.

## **AARP Online Driver Safety Courses**

- › [aarpdriversafety.org](http://aarpdriversafety.org)

## **AIM Independent Living Center**—Sign Language courses

- › 607-962-8225
- › [aimcil.com](http://aimcil.com)

## **Alfred State College of Technology**

- › 800-425-3733
- › [alfredstate.edu](http://alfredstate.edu)
- › Allegany County

## **Alfred University**

- › 607-871-2111
- › [alfred.edu](http://alfred.edu)
- › Allegany County

## **American Red Cross**—first aid/CPR; AED; basic life support training

- › [redcross.org/take-a-class](http://redcross.org/take-a-class)

## **Cattaraugus-Allegany-Erie-Wyoming BOCES**—adult education resource

- › Belmont: 585-268-5481
- › Allegany County

## **Cornell Cooperative**

**Extension**—consumer and family education programs regarding nutrition, agriculture, youth development, environment and natural resources

- › [putknowledgetowork.org](http://putknowledgetowork.org)
- › Allegany: 585-268-7644
- › Chemung: 607-734-4453
- › Schuyler: 607-535-7161
- › Steuben: 607-664-2300

**Corning Community College**—a junior college in the SUNY system with vocational studies or preparation for transferring to a four-year college

- › 607-962-9222
- › [corning-cc.edu](http://corning-cc.edu)
- › Steuben County

## **Elmira College**

- › 607-735-1800
- › [elmira.edu](http://elmira.edu)
- › Chemung County

## Find experts. Find comfort. Find care.

Services available to individuals with OPWDD eligibility and Medicaid.

- Counseling
- Behavioral Support Therapy
- Physical Therapy
- Occupational Therapy
- Speech and Language Pathology
- Telehealth



Visit us @ [www.presencedevelopmental.com](http://www.presencedevelopmental.com) or call 315-515-5183 to learn more about our services or joining our team of professionals.

### **Greater Southern Tier (GST) BOCES—Adult education**

- › Elmira: 607-739-3581
- › Painted Post: 607-962-3175
- › Hornell: 607-324-7880
- › [gstboces.org](http://gstboces.org)

### **Southern Tier Library System—48 library outlets**

- › 607-962-3141
- › [stls.org](http://stls.org)
- › Allegany, Chemung, Schuyler, Steuben

### **Western New York Rural Area Health Education Center—**

nonprofit organization serving 12 counties in Western NY. They offer pipeline programs for youth, healthcare, student housing support, healthcare workforce training, and healthcare technology infrastructure support

- › 585-786-6275
- › [r-ahec.org](http://r-ahec.org)
- › Allegany, Chemung, Schuyler, Steuben

# Emergency Services

Emergency assistance, including crisis intervention, victim assistance, elder abuse prevention, protection services, and basic necessities in the event of an emergency.

## Personal Safety

### Adult Protective Services

- › Allegany Adult Protective & Preventive Services:  
585-268-9316
- › Chemung Adult Protective:  
607-737-5417
- › Schuyler Adult Services:  
607-535-8338
- › Steuben County Department of Social Services:  
607-664-2000

### Battered Women's Justice Project

- › 800-903-0111, Ext. 1
- › bwjp.org

### Child Abuse/Neglect 24-Hour State Hotline

- › 800-342-3720

### Domestic Violence Services (ACCORD Corporation)—24-hour confidential services for victims of domestic violence

- › 800-593-5322
- › accordcorp.org/domestic-violence-services
- › Allegany

### Emergency Services—dial 911.

When calling 911, provide:

- › Address of emergency
- › Nearest intersection
- › Phone number you are calling from
- › Description of emergency

### First Step Victim Services

**Program**—provides advocacy and referral services to all victims of crime with a strong focus on victims of domestic violence or sexual abuse

- › Victim Services Advocate:  
607-535-2050
- › Call or text the 24/7 hotline:  
607-742-9629
- › cs-cc.org/victim-services
- › Schuyler, Chemung

### National Domestic Violence Hotline

- › 800-799-7233
- › thehotline.org

### Non-emergency local numbers

- › Allegany: 585-268-9600
- › Chemung: 607-737-2096
- › Schuyler: 607-535-8200
- › Steuben: 607-664-2991

**NYS Child Abuse Hotline—**  
anonymous hotline, operating  
24/7, 365 days

- › 800-342-3720
- › [ocfs.ny.gov/main/contact](https://ocfs.ny.gov/main/contact)
- › Callers' identities are protected from disclosure

**Planned Parenthood of Greater New York**

- › 866-307-4086
- › [plannedparenthood.org/  
planned-parenthood-greater-new-york/get-care/survivor-services](https://plannedparenthood.org/planned-parenthood-greater-new-york/get-care/survivor-services)
- › Chemung, Schuyler, Steuben

**TRIAD—**educates seniors to reduce crimes of fraud, scams, and abuse

- › 607-664-2298
- › Steuben County
- › [steubencountyny.gov/504/TRIAD](https://steubencountyny.gov/504/TRIAD)

**The Net Shelter & Domestic Abuse Program—Safe housing and crime victim advocate**

- › Arbor Housing
- › 607-654-7487 or 800-286-3407

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## Emergency Assistance Organizations

**Allegany County Department of Emergency Management**

- › 585-268-7658
- › [alleganyco.com/departments/ems-fire](https://alleganyco.com/departments/ems-fire)

**American Red Cross**

- › Western New York Chapter (covering Allegany)
  - Buffalo: 716-886-7500
- › Finger Lakes Chapter (covering Chemung, Schuyler, Steuben)
  - Corning: 607-936-3766

**Catholic Charities Steuben/Livingston—**financial assistance, health insurance information, transportation information, and food pantries. Catholic Charities also has services for children and for substance-free living

- › Bath: 607-776-8085
- › Mt. Morris: 585-658-4466
- › [ccsteubenlivingston.org](https://ccsteubenlivingston.org)

**Chemung County Public Awareness and Preparedness**—a collection of helpful links on how to stay aware and prepared in case of emergency situations

- › [chemungcountyny.gov/237/Public-Awareness-Preparedness](https://chemungcountyny.gov/237/Public-Awareness-Preparedness)

### **Emergency Shelter—Schuyler County**

- › Schuyler County Human Services Complex
  - 323 Owego St, Montour Falls, 607-535-8303
  - Mon–Fri, 9–5pm
- › After hours: Schuyler County Sheriff’s Office
  - 106 Tenth St, Watkins Glen, 607-535-8222

**Mustard Seed Ministries**—a social ministry, including food pantries, financial aid, provision of clothing and household items to those in need

- › Tyrone: 607-228-0080
- › [mustardseedtyrone.org](https://mustardseedtyrone.org)
- › Schuyler

**NYS Office of Emergency Management**—sign up for public alerts

- › [dhses.ny.gov/oem](https://dhses.ny.gov/oem)

### **Salvation Army**

- › Wellsville: 585-593-2640
- › Elmira: 607-732-0314
- › Hornell: 607-324-1933

### **Steuben County Department of Emergency Services**

- › 607-664-2910
- › [steubencountyny.gov/193/Emergency-Services](https://steubencountyny.gov/193/Emergency-Services)

### **Steuben County Community Mental Health Center** —

provides a full range of outpatient mental health services. no appointments required.

- › Bath: 607-664-2255
- › Corning: 607-937-6201
- › Hornell: 607-324-2483
- › After-hours Crisis Line: 607-937-7800

**The Net Shelter**—temporary shelter, domestic violence services, 24-hour hotline

- › 800-286-3407
- › [arbordevelopment.org/domestic-violence-services](https://arbordevelopment.org/domestic-violence-services)

# Employment Services

## **Allegany County Employment and Training Center**—assistance

for employers and job seekers

- › 585-268-9240
- › [alleganyco.com/departments/employment-and-training](http://alleganyco.com/departments/employment-and-training)

## **Cattaraugus-Allegany Workforce Development Board**

- › 716-806-0060
- › [cawfny.com](http://cawfny.com)

## **Chemung-Schuyler-Steuben Workforce**

- › Hornell; 607-324-8388
- › Corning; 607-238-5730 x1106
- › Bath; 607-776-7712
- › [csswfny.com](http://csswfny.com)

## **NYS Department of Labor**

- › 800-469-7365
- › [labor.ny.gov/home](http://labor.ny.gov/home)



**BROOKDALE**  
— SENIOR LIVING —

**Senior Living Solutions  
in Painted Post**

**(607) 962-5096**

**[brookdale.com](http://brookdale.com)**

**120 Creekside Dr, Painted Post, NY 14870**

# Medical Expense Assistance

## **American Cancer Society**

- › [cancer.org/treatment/finding-and-paying-for-treatment](https://cancer.org/treatment/finding-and-paying-for-treatment)

## **Arnot Health—Community Care**

- › 607-737-7777
- › [arnothealth.org/financial-assistance](https://arnothealth.org/financial-assistance)

## **Catholic Charities of WNY—limited medical prescription assistance**

- › Wellsville: 585-593-2015
- › [ccwny.org](https://ccwny.org)

## **Catholic Charities of Steuben/Livingston—financial assistance for medications**

- › Bath: 607-776-8085
- › Mt. Morris: 585-658-4466
- › [ccsteubenlivingston.org](https://ccsteubenlivingston.org)

## **Community Health Advocates—get help with medical bills**

- › 888-614-5400
- › [communityhealthadvocates.org/get-help-medical-bills](https://communityhealthadvocates.org/get-help-medical-bills)

## **Department of Social Services**

- › Allegany: 585-268-9622
- › Chemung: 607-737-5302
- › Schuyler: 607-535-8303
- › Steuben: 607-664-2000

## **Guthrie—financial assistance**

- › 570-887-2051
- › [guthrie.org](https://guthrie.org)

## **Salvation Army—financial & income-based services**

- › Hornell: 607-324-1933

## **St. James Hospital—charity care**

- › Hornell: 607-324-8030
- › [stjamesmercy.org](https://stjamesmercy.org)

## **Steuben County Public Health—Physically Handicapped Children's Program**

- › 607-664-2146
- › [steubencountyny.gov/388/Physically-Handicapped-Childrens-Program](https://steubencountyny.gov/388/Physically-Handicapped-Childrens-Program)



**Office for  
the Aging**

**NY Connects offers free,  
unbiased and up-to-date  
information about resources  
available in Steuben County**

**We take the guess work out of  
finding the long-term  
services and supports you need!**

**Benefit Access  
Caregiver Support  
Health Insurance Counseling  
In-Home Care  
In-Home Technology**

**Food & Nutrition  
Fraud & Scam Protection  
Transportation  
Volunteer Opportunities  
Wellness & Prevention**



**NY Connects**  
**Your Link to Long Term  
Services and Supports**

**OF STEUBEN COUNTY  
(800) 342-9871**

# Health Care

## Health Insurance

**Finger Lakes Community Health**—help finding an insurance plan, including a facilitated enroller program for the aged, blind, and disabled individuals to apply for Medicaid and the Medicare Savings Program

- › 315-531-9102
- › [localcommunityhealth.com/medical/health-insurance](http://localcommunityhealth.com/medical/health-insurance)

**Health Insurance Information, Counseling and Assistance Program (HIICAP)**—health insurance counseling for Medicare and Medicaid

- › Allegany HIICAP: 585-737-5520
- › Chemung HIICAP: 607-737-5520
- › Schuyler HIICAP: 607-535-7108
- › Steuben HIICAP: 607-664-2298

**Medicaid Department of Social Services**

- › [health.ny.gov/health\\_care/medicaid](http://health.ny.gov/health_care/medicaid)
- › Allegany: 585-268-9622
- › Chemung: 607-737-5302
- › Schuyler: 607-535-8303
- › Steuben: 607-664-2000

**NYS EPIC (Elderly Pharmaceutical Insurance Coverage Program)**—secondary drug coverage for seniors 65+ with Medicare Part D.

- › 800-332-3742
- › [health.ny.gov/health\\_care/epic](http://health.ny.gov/health_care/epic)

**NY State of Health Navigators**—in-person assistance applying for health insurance through the Marketplace

- › [info.nystateofhealth.ny.gov/ipanavigatorsitelocations](http://info.nystateofhealth.ny.gov/ipanavigatorsitelocations)

**Social Security Administration for Medicare**—for those 65 and older, disabled, or with renal failure

- › 800-MEDICARE (633-4227)
- › [ssa.gov](http://ssa.gov)
- › [medicare.gov](http://medicare.gov)

# Hospitals

## Allegany County

**Cuba Memorial Hospital**—wide range of emergency care, in- and outpatient procedures, and skilled nursing

- › Cuba: 585-968-2000
- › cubamemorialhospital.com

**Jones Memorial Hospital**—full-service acute care facility

- › Wellsville: 585-593-1100
- › [urmc.rochester.edu/jones-memorial-hospital](http://urmc.rochester.edu/jones-memorial-hospital)

**Jones Memorial Hospital Walk-in Clinic**—non-emergency treatments

- › 585-593-1100
- › [urmc.rochester.edu/jones-memorial-hospital/services/walk-in-clinic](http://urmc.rochester.edu/jones-memorial-hospital/services/walk-in-clinic)
- › 191 North Main St, Wellsville
- › Mon–Fri: 2–7pm

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## Chemung County

**Arnot Health Walk-in Care**

- › [arnothealth.org/services/walk-in-care](http://arnothealth.org/services/walk-in-care)
- › AOMC Horseheads Walk-In Care: 607-737-4499
- › Erwin Walk-In Care, Painted Post: 607-936-2089
- › Eastside Walk-In Care, Elmira: 607-733-0940

**Arnot Ogden Medical Center**—specialty services, including cardiovascular, cancer, women’s health, emergency medicine and surgical services

- › Elmira: 607-737-4100
- › [arnothealth.org/arnot-ogden-medical-center](http://arnothealth.org/arnot-ogden-medical-center)

## Elmira Urgent Care

- › 607-732-1100
- › [elmiraurgentcare.com](http://elmiraurgentcare.com)

## Southern Tier Medical Care

- › Horseheads: 607-240-2535
- › [ascension.org/STMCHorseheads](http://ascension.org/STMCHorseheads)

**St. Joseph’s Hospital**—specializes in orthopedic care, physical rehabilitation, geriatric medicine, behavioral science, and alcohol rehabilitation

- › Elmira: 607-737-4499 or 800-952-2662
- › [arnothealth.org/st-josephs-hospital](http://arnothealth.org/st-josephs-hospital)

## WellNOW Urgent Care

- › 607-846-2030
- › [wellnow.com](http://wellnow.com)

## *Hospitals, cont.*

### **Schuyler County**

**Schuyler Hospital**—primary and walk-in care; 25-bed critical access hospital with a 120-bed skilled nursing facility attached

- › Montour Falls: 607-535-7121
- › [schuylerhospital.org](http://schuylerhospital.org)

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### **Steuben County**

**Corning Centerway Urgent Care**—walk-in care 7 days a week with limited hours

- › 607-973-8000
- › [guthrie.org/locations/corning-centerway](http://guthrie.org/locations/corning-centerway)

**Finger Lakes Community Health**

- › Bath: 607-776-3063
- › [flchealth.org](http://flchealth.org)

**Guthrie Corning Hospital**—wide range of in- and outpatient procedures. cancer center and comprehensive breast care centers on site.

- › Corning: 607-937-7200
- › [guthrie.org](http://guthrie.org)

**Ira Davenport Memorial Hospital**—ancillary services and emergency medicine, and a 120-bed skilled nursing facility

- › Bath: 607-776-8500
- › [arnohealth.org/ira-davenport-memorial-hospital](http://arnohealth.org/ira-davenport-memorial-hospital)

### **Southern Tier Medical Care**

- › Painted Post: 607-240-2535
- › [ascension.org/STMCPaintedPost](http://ascension.org/STMCPaintedPost)

**St. James Hospital**—wide range of emergency, in and outpatient procedures, as well as urgent care and walk-in clinics

- › Hornell: 607-324-8000
- › [urmc.rochester.edu/st-james](http://urmc.rochester.edu/st-james)

**St. James Hospital Urgent Care**—walk-in care 7 days a week with limited hours

- › Hornell: 607-324-0490
- › [urmc.rochester.edu/st-james/services/urgent-care](http://urmc.rochester.edu/st-james/services/urgent-care)

**VA Finger Lakes Healthcare System**—U.S. Veterans Affairs hospital, affiliated with the University Of Rochester School Of Medicine, providing secondary care

- › 607-664-4000
- › [fingerlakes.va.gov](http://fingerlakes.va.gov)
- › Clinics in Elmira, Wellsville, Coudersport and Mansfield

## Health Testing

**Breast Cancer Coalition**—breast and gynecological testing

- › 585-473-8177
- › bccr.org

**Cancer Services Program of Steuben, Allegany, Cattaraugus and Chautauqua Counties**—

breast and cervical screening, colorectal screening kits

- › 877-778-6857 / 607-385-3933
- › steubencsp.com

**County Public Health**

**Departments**—offer a variety of testing, including lead, STI/HIV, and cancer screenings

- › Allegany: 585-268-9250
- › Chemung: 607-737-2028
- › Schuyler: 607-535-8140
- › Steuben: 607-664-2438

**Finger Lakes Community**

**Health**—pregnancy services, cervical screening, STI testing and treatment

- › Bath: 607-776-3036
- › localcommunityhealth.com

**Mobile Mammography Center**

- › pink.rochesterregional.org/calendar/

**Planned Parenthood**—

gynecological and HIV testing

- › Elmira: 607-734-3313
- › Watkins Glen: 607-535-0030
- › Corning: 607-962-4686
- › Hornell: 607-324-1124
- › plannedparenthood.org

**Trillium Health**—Multiple health resources with a rural initiative

- › 800-954-2437
- › Bath: 607-821-7979
- › trilliumhealth.org

# Home-Based Health Care

## Consumer-Directed Personal Assistance Program

A consumer-directed personal assistance program (CDPAP) enables individuals who need care at home to choose their own caregiver and have them get paid for their time through a third-party company known as a fiscal intermediary. Waivers for this program are available through the New York State Medicaid program.

- › This Medicaid program serves chronically ill or physically disabled individuals who have a medical need for help with activities of daily living or skilled nursing services.
- › Services can include anything provided by a personal care aide (home attendant), home health aide, or nurse.
- › Participants have flexibility and freedom to choose their own caregivers.
- › The consumer or the person acting on the consumer's behalf (such as the relative of a disabled or chronically ill person) assumes full responsibility for hiring, training, supervising, and, if needed, terminating the employment of persons providing the services.

Learn more about the program and find a list of companies at [health.ny.gov/health\\_care/medicaid/program/longterm/cdpap](http://health.ny.gov/health_care/medicaid/program/longterm/cdpap)



*America's Choice in Homecare.*

**VisitingAngels®**  
LIVING ASSISTANCE SERVICES



**We Care Every Day, In Every Way.**

Visiting Angels Can Help...

## Senior Care for Total Peace of Mind

|                           |                                    |                                  |
|---------------------------|------------------------------------|----------------------------------|
| <i>Errands</i>            | <i>Meal Preparation</i>            | <i>Friendly Companionship</i>    |
| <i>Shopping</i>           | <i>Alzheimer's / Dementia Care</i> | <i>Flexible Hourly Care</i>      |
| <i>Light Housekeeping</i> | <i>Medication Reminders</i>        | <i>Respite Care for Families</i> |

# 607.846.2370

[VisitingAngels.com/Horseheads](http://VisitingAngels.com/Horseheads)

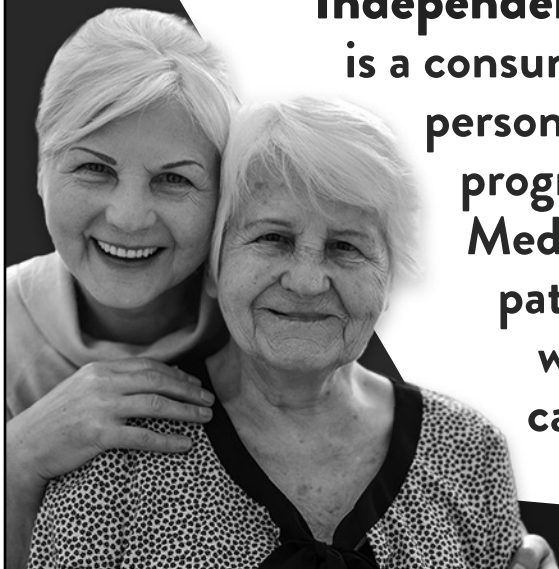


# Independent @ Home Program

My Health, My Home, My Way

Choose someone **you** know and  
trust to care for **you** in your home

**Independent @ Home**  
is a consumer-directed  
personal assistance  
program that lets  
Medicaid eligible  
patients choose  
who is paid to  
care for them.



**(800) 234-2211**

**[independentathome.org](http://independentathome.org)**

We let you focus on what's really important—  
**quality care in your own home**

## Certified Home Health Agencies (CHHA)

Part-time in-home skilled nursing, therapy, and supportive services with a physician's treatment plan for a short-term period. Medicare, Medicaid, Veterans Affairs, and some insurance plans provide reimbursement for eligible patients.

### **Chemung County Department of Health Home Health Agency**

- › Elmira: 607-737-2028
- › [chemungcountyny.gov/733/Home-Health-Agency](https://chemungcountyny.gov/733/Home-Health-Agency)
- › Chemung

### **Guthrie Home Health**

- › Corning: 607-937-4216
- › [guthrie.org/services/home-health](https://guthrie.org/services/home-health)
- › Chemung, Steuben

### **CenterWell Home Health** (formerly Kindred At Home)

- › 833-453-1107
- › Corning: 607-962-0102
- › [centerwellhomehealth.com](https://centerwellhomehealth.com)

### **Rochester Regional Health Home Care** (formerly Lifetime Care)

- › Rochester: 585-214-1000
- › [rochesterregional.org/services/home-health-care/our-services](https://rochesterregional.org/services/home-health-care/our-services)
- › Schuyler

### **VA Finger Lakes Health Care System**—veterans must be registered with Bath VAMC at 76 Veterans Dr.

- › 607-664-4000 or 607-664-4501
- › [fingerlakes.va.gov](https://fingerlakes.va.gov)

### **VNA Visiting Nurse Association of Western NY**

- › Bath: 607-622-6155
- › [vnawny.org](https://vnawny.org)
- › Allegany, Steuben

### **Willcare**

- › Buffalo: 716-856-7500
- › [lhcgroupp.com/locations/willcare-home-health-of-buffalo](https://lhcgroupp.com/locations/willcare-home-health-of-buffalo)
- › Allegany

# HIRE THE CAREGIVER YOU WANT!

**Do you or a loved one have Medicaid  
and need home care services?**

Get the care you need from a family member, friend or neighbor  
through CDPAP (Consumer Directed Personal Assistance Program).

**Your family members can get paid to take care of you.**

Get care the way it's meant to be!



**ELITE  
CHOICE**

Elite Choice is proud to have been awarded  
as a lead fiscal intermediary statewide.

CALL RACHEL  
**585-524-6033**  
OR EMAIL  
**[rachele@elitefi.com](mailto:rachele@elitefi.com)**

**[www.ELITEFI.COM](http://www.ELITEFI.COM)**

## Licensed Home Care Service Agencies (LHCSA)

Licensed home care service agencies provide some of the same services as CHHAs but cannot directly bill Medicare. LHCSAs primarily offer personal care services (e.g., dressing, bathing, and toileting) and some provide nursing services. LHCSAs may offer non-medical services such as housekeeping, meal preparation, and companion service. Payment includes private pay, commercial insurance, and long-term care insurance. Services and costs vary. Please note that the list below is not all-inclusive of LHCSA that may serve your county. Please see the following website for additional agencies: [profiles.health.ny.gov/home\\_care/counties\\_served](https://profiles.health.ny.gov/home_care/counties_served)

### **All-Metro (formerly CareAmerica)**

- › Corning: 607-248-9300
- › [all-metro.com](https://all-metro.com)

### **Caregivers Home Care**

- › Elmira: 607-733-4504
- › [caregivershomecare.com](https://caregivershomecare.com)

### **A Reflection of You Counseling & Support Services**

- › 855-279-2771
- › [arycss.com](https://arycss.com)

### **Center for Disability Rights**

- › Corning: 607-654-1120
- › [cdnys.org](https://cdnys.org)

### **Join EPIC to save \$\$ on your prescriptions with Medicare Part D**

EPIC is a New York State Program that provides secondary coverage for seniors with Medicare Part D.

You can join if you are 65 years old or older, a New York State resident, and have an income up to \$75,000 single or \$100,000 if married. To receive EPIC benefits you must be enrolled in a Medicare Part D plan.

### **Join EPIC today!**

For more information call 1-800-332-3742 or visit the EPIC website – [www.health.ny.gov/health\\_care/epic](https://www.health.ny.gov/health_care/epic)

*Need an application?* Download the application from the EPIC website, call 1-800-332 3742, or request an application via email – [nysdohepic@magellanhealth.com](mailto:nysdohepic@magellanhealth.com)



**EPIC**  
Elderly Pharmaceutical  
Insurance Coverage  
Program

### **Comfort Keepers**

- › 607-654-6050 or 877-857-7987
- › [comfortkeepers.com](http://comfortkeepers.com)

### **Home Health Care Services, Inc.**

- › Hornell: 607-324-4142
- › [homeandhealthcare.org](http://homeandhealthcare.org)

### **Home Instead**

- › 607-215-4471
- › [homeinstead.com/843](http://homeinstead.com/843)

### **Pathways**

- › Corning: 607-937-3200
- › [pathwaysforyou.org](http://pathwaysforyou.org)

### **Stafkings Healthcare Systems**

- › 607-734-3646
- › [nurseny.com/Pages/Services.aspx](http://nurseny.com/Pages/Services.aspx)

### **Venture Forthe Inc.**

- › Bath: 607-622-0842 or 800-701-1233
- › [ventureforthe.com](http://ventureforthe.com)

### **Visiting Angels Living Assistance Services**

- › 607-846-2370
- › [visitingangels.com/horseheads](http://visitingangels.com/horseheads)

## **Forward-Thinking Home Solutions**

Guiding your home modifications while keeping beautiful universal design and safety in mind.

**(607) 333-4313**



**Sue Gruber**

Certified Aging-in-Place Specialist

**[forwardthinkinghomesolutions.com](http://forwardthinkinghomesolutions.com)**

**The professional home care  
your loved one deserves.**

**MEDICAID-FUNDED PERSONAL  
HOME CARE SERVICES**

**ventureforthe.com**

**716-285-8070**



## Medicaid Managed Long Term Care (MMLTC)

Managed long-term care helps people eligible for Medicaid who are chronically ill or have disabilities, and who need health and long-term care services (such as home care or adult day care), stay in their homes and communities as long as possible. The MLTC plan arranges and pays for a large selection of health and social services and provides choice and flexibility in obtaining needed services from one place. View all NYS plans at [health.ny.gov/health\\_care/managed\\_care/mltc/mltcplans](https://health.ny.gov/health_care/managed_care/mltc/mltcplans).

New York Medicaid Choice (also referred to as Maximus) is a conflict-free evaluation and enrollment center that determines if you need Medicaid community-based long term care. You can get these services from a Medicaid-approved managed care plan. Call to schedule an evaluation at 1-855-222-8350 or TTY: 1-888-329-1541. Learn more at [nymedicaidchoice.com](https://nymedicaidchoice.com)

### Fidelis Care at Home

- › 800-688-7422
- › [fideliscare.org/](https://fideliscare.org/)  
FidelisCareatHome
- › Allegany, Chemung,  
Schuyler, Steuben

### iCircle

- › 844-424-7253
- › [icirclecnny.org](https://icirclecnny.org)
- › Allegany, Chemung,  
Schuyler, Steuben

### Nascentia Health Options

- › 888-477-4663
- › [nascentiahealthoptions.org](https://nascentiahealthoptions.org)
- › Allegany, Chemung,  
Schuyler, Steuben

### Total Senior Care

- › 716-379-8474
- › [totalseniorcare.org](https://totalseniorcare.org)
- › Allegany

## Medical Equipment

**Everything Medical**—equipment for mobility, orthotic, post mastectomy & lymphedema, oxygen, lifts and elevators, surgical and sickroom supplies

- › Bath: 607-776-8000
- › Corning: 607-936-2044
- › everything-medical.com

**Gerould's Professional Pharmacy**—first as a pharmacy and later adding home medical equipment and healthcare supplies, they are now one of the largest suppliers of medical equipment and home health care items in the region

- › 607-936-3233
- › geroulds.com

**Guthrie Medical Supply**

- › 607-962-5205
- › guthrie.org/locations/med-supply-depot-corning

**LinCare**—respiratory care in multiple counties

- › Elmira: 607-324-2585 or 607-698-5100
- › Lincare.com

**Loan Closets**—programs that allow people to borrow durable medical equipment and home medical equipment at no or low cost. Items range from walkers & wheelchairs to hospital beds. Loan closets help people find equipment that they may not otherwise be able to afford and accept donations of equipment.

- › Contact NY Connects for a list of loan closets
- › 800-342-9871

**ProCair Medical Service Company**—medicare medical supplies and equipment

- › Hornell: 607-324-0335
- › medicalserviceco.com

**Veterans Services**—arrangements made through occupational therapy and physical medicine

- › 607-664-4429

# Long-Term Care, Skilled Nursing Facilities, Rehabilitation & Adult Day Programs

Residential health care facilities are licensed and inspected annually by the New York State Department of Health. They provide nursing services for those who need 24-hour nursing supervision. This care is less intensive than that provided in a hospital.

## Skilled Nursing and Assisted Living Facilities

### **Absolut at Three Rivers**

- › Painted Post: 607-936-4108
- › [absolutcare.com/three-rivers](http://absolutcare.com/three-rivers)

### **Bath Center Assisted Living Program**

- › 607-382-6285
- › [bathcenteralp.com](http://bathcenteralp.com)

### **Bethany Village**

- › Horseheads: 607-739-8711
- › [bethany-village.org](http://bethany-village.org)

### **Chemung County Nursing Facility**

- › Elmira: 607-737-2001
- › [chemungcountyny.gov/277/Nursing-Facility](http://chemungcountyny.gov/277/Nursing-Facility)

### **Community Living Center at Bath VA Medical Center**

- › 607-664-4517
- › [fingerlakesva.gov](http://fingerlakesva.gov)

### **Corning Center for Rehabilitation and Healthcare**

- › Corning: 607-654-2400
- › [centershealthcare.org/corning\\_center](http://centershealthcare.org/corning_center)

### **Cuba Memorial Hospital SNF**

- › Cuba: 585-968-2000
- › [cubamemorialhospital.com](http://cubamemorialhospital.com)

### **Elcor Nursing and Rehabilitation Center**

- › Horseheads: 607-739-0304
- › [elcor.us](http://elcor.us)

### **Elderwood**

- › Hornell: 607-324-6990
- › [elderwood.com](http://elderwood.com)

### **Fred & Harriett Taylor Health Center**

- › Bath: 607-776-8650
- › [arnothealth.org](http://arnothealth.org)

### **Highland Park Rehabilitation and Nursing Center**

- › Wellsville: 585-593-3750
- › [highlandparkrehab.com](http://highlandparkrehab.com)

### **Hornell Gardens**

- › Hornell: 607-324-7740
- › [hurlbutcare.com/our-communities/hornell-gardens](http://hurlbutcare.com/our-communities/hornell-gardens)

## ***Skilled Nursing and Assisted Living Facilities, cont.***

### **Houghton Rehabilitation and Nursing Center**

- › Houghton: 585-567-2207
- › houghtonrnc.com

### **St. Joseph's Hospital**

- › Elmira: 607-733-6541
- › arnothealth.org/st-josephs-hospital

### **Schuyler Hospital-Seneca View SNF**

- › Montour Falls: 607-535-7121
- › schuylerhospital.org/services-2/seneca-view

### **Steuben Center for Rehabilitation and Healthcare**

- › Bath: 607-776-7651
- › centershealthcare.org/steuben\_center

### **Wellsville Manor Care Center**

- › Wellsville: 585-593-4400
- › wellsvillemanorcarecenter.com

### **The Falls Home Assisted Living Facility**

- › Montour Falls: 607-535-7165
- › thefallshome.com

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## **Adult Day Programs**

Adult day programs are an alternative to full time in-home or facility assistance to adults who need support during the day. Day programs fall into two categories—social and medical. In the social setting, there is often meals, social activities, and recreation. The medical setting may include the same as the social setting with the addition of more intensive health and therapy services.

***Due to COVID-19 closures, call first for updated information on programs***

### **A Reflection of You Counseling & Support Services—social day**

- › 855-279-2771
- › arycss.com/social

### **Bethany Village—social day**

- › 607-378-6613
- › bethany-village.org/adult-social-day-club

### **Elcor DayTyme—adult day medical**

- › 607-739-3654 Ext. 254
- › elcor.us/daytyme

### **Elderwood—adult day medical**

- › 607-324-6990
- › elderwood.com/services/adult-day-services

**Faith in Action Give Them a Break**—drop-in respite

- › 607-324-1138
- › [fiasteuben.org/services](http://fiasteuben.org/services)

**Taylor Health**—adult day medical

- › 607-776-8501
- › [arnothealth.org/directory/offices/taylor-health-center-adult-day-care](http://arnothealth.org/directory/offices/taylor-health-center-adult-day-care)

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## Affordable Housing Resources

Subsidized housing list available through NY Connects, 800-342-9871, or Arbor Housing, 607-654-7487.

**Arbor Housing and Development**—Section 8 rental assistance, rentals, housing development, domestic violence services, behavioral health services, help with taxes, reverse mortgages

- › Corning: 607-654-7487
- › [arbordevelopment.org](http://arbordevelopment.org)

**City of Hornell Housing Authority**—provides low-rent public housing and Section 8 existing housing assistance

- › 607-324-2125 ext. 140 or 607-324-7912
- › [hornellhousing.org](http://hornellhousing.org)

**Steuben County Habitat for Humanity**

- › 607-936-4444
- › [habitatcorning.org](http://habitatcorning.org)

**Steuben County Department of Social Services**—the BILT (Building Independence for the Long Term) program assists applicants/recipients of temporary assistance who present with significant barriers in achieving and maintaining independence

- › 607-664-2000
- › [steubencountyny.gov/364/Social-Services](http://steubencountyny.gov/364/Social-Services)

**Steuben Livingston Agricultural Project**—a nonprofit entity managing two affordable housing apartment units in Cohocton

- › 585-384-5239

## Rent / Utility Payment Assistance

### **Arbor Housing**

- › 607-654-7487
- › arbordevelopment.org

### **Catholic Charities of Steuben/ Livingston**

- › 607-776-4575
- › ccsteubenlivingston.org

### **City of Hornell Housing Authority**

- › 607-324-7912
- › hornellhousing.org

### **Salvation Army**

- › Hornell 607-324-1933

### **Steuben County Department of Social Services**

- › 607-664-2000
- › steubencountyny.gov/364/  
Social-Services

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## Subsidized Apartment Complexes

**Clyde F. Simon Lakeview I & II**—a nonprofit offering subsidized housing for low-income seniors and the disabled

- › Bath: 607-776-4139
- › ehdoc.org

**Conifer Realty**—for individuals 62+ or disabled of any age

- › Painted Post:  
585-324-0500
- › coniferllc.com

**EDC Management, Inc.**

- › 607-937-5361
- › ehdoc.org

**Two Plus Four Companies**—builds/manages affordable housing

- › 315-437-2178
- › twoplusfour.com

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## Private Proprietary Homes for Adults

Private proprietary homes for adults provide personal care and assistance in activities of daily living in addition to room and meals. No medical services may be offered by staff members. These homes are licensed and inspected by the New York State Department of Health, Rochester office. Contact NY Connects at 800-342-9871 for a list of proprietary facilities

## Family-Type Homes for Adults

Services provided in family-type homes are the same as those offered by private proprietary homes for adults. Capacities are from two to four individuals. Emphasis is on creating a family-like atmosphere. These homes are certified by the New York State Office of Children and Family Services through its Bureau of Adult Services and are inspected by the local Department of Social Services. Contact NY Connects at 800-342-9871. for a list of family-type facilities.

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## Utilities Connection or Payment Assistance

### **Bath Electric, Gas, and Water**

- › 607-776-2173
- › [villageofbath.org/begws](http://villageofbath.org/begws)

### **Steuben Rural Electric Cooperative, Inc.**

- › Bath: 607-776-4161 or 800-843-3414
- › [steubenrec.coop](http://steubenrec.coop)

### **Corning Natural Gas Corporation**

- › Corning: 607-936-3755
- › Addison/Hammondsport: 800-834-2134
- › [corninggas.com](http://corninggas.com)

### **HEAP (Home Energy Assistance Program)**

- › [otda.ny.gov/programs/heap](http://otda.ny.gov/programs/heap)
- › Chemung: 607-737-5302
- › Schuyler: 607-535-8303
- › Allegany: 585-268-9622

### **NYS Electric and Gas (NYSEG)**

- › Payment arrangements: 888-315-1755
- › Customer service: 800-572-1111
- › [nyseg.com](http://nyseg.com)

**Project SHARE Heating Fund—**seasonal program serving NYSEG and RG&E customers who have active disconnect notices.

- › 1-800-599-4327 or 1-844-579-5555

# Home Repair, Modification & Rehabilitation

**Arbor Housing**—housing preservation and septic/well replacement

- › 607-654-7487
- › arbordevelopment.org

**Bishop Sheen Ecumenical Housing Foundation**—rural housing preservation offering help to buy or repair a home

- › 585-461-4263
- › sheenhousing.org

**Community Progress, Inc. (CPI)**—nonprofit providing home repair assistance to eligible households through deferred loans

- › Corning: 607-962-3506
- › communityprogressinc.com

**Forward-Thinking Home Solutions**—certified aging-in-place specialist Sue Gruber transforms homes into safer spaces with simple solutions for home modifications

- › 607-333-4313
- › forwardthinkinghomesolutions.com

**Habitat for Humanity**

- › Allegany: 301-687-1006, [alleganycountyhf.org](http://alleganycountyhf.org)
- › Chemung: 607-734-1361, [chemungcountyhabitat.org](http://chemungcountyhabitat.org)
- › Schuyler: [info@schuylerhabitat.org](mailto:info@schuylerhabitat.org), [schuylerhabitat.org](http://schuylerhabitat.org)

- › Steuben: 607-936-4444, [habitatcorning.org](http://habitatcorning.org)

**Home Improvement Structural Alterations (HISA) through US Department of Veterans Affairs**—medically necessary improvements and structural alterations to veterans' and service-members' primary residence.

- › Only for registered veterans
- › [prosthetics.va.gov/psas/HISA2.asp](http://prosthetics.va.gov/psas/HISA2.asp)

**Steuben County Habitat for Humanity ReStore**—accepts donations of new and like-new furniture, household goods, appliances, and building supplies and sells those donations to the community to raise funds for Steuben County Habitat for Humanity

- › 607-377-5524
- › [habitatcorning.org/restore](http://habitatcorning.org/restore)

**USDA Rural Development**—single-family housing repair loan program for very-low-income homeowners to repair, improve, or modernize their homes; and grants to elderly very-low-income homeowners to remove health and safety hazards.

- › Bath: 607-776-7398 x4
- › [rd.usda.gov](http://rd.usda.gov)

# Legal Resources & Financial Planning

## **Center for Disability Rights**

- › 585-546-7560
- › cdrnys.org

## **Center for Dispute Settlement—**

building resilient communities by helping individuals and groups peacefully resolve conflict with divorce, custody, family, school, police, etc.

- › Bath: 607-776-6976
- › cdsadr.org

## **Edward Jones—financial advisers**

- › 607-565-7152
- › edwardjones.com

## **John G. Ullman & Associates, Inc.—financial planning services**

- › Corning: 800-936-3785
- › jgua.com

## **Law Office of Michael Robinson, P.C.—comprehensive estate**

planning, which may include asset protection for long-term care, avoiding probate, and being prepared in the event there is incapacity

- › Bath: 585-374-5210
- › mrobinsonlaw.com

## **Legal Assistance of Western New York, Inc. (LawNY)—free legal aid for people with civil legal problems that are not criminal matters**

(e.g., divorce, living wills, landlord, unemployment, foreclosure, public assistance denial)

- › Bath: 607-776-4126
- › Elmira: 607-734-1647
- › lawny.org

## **Levene Gouldin & Thompson, LLP—elder law, family law, corporate law, and personal injury attorneys**

- › Offices in Vestal and Ithaca
- › 607-225-0681
- › lgtlegal.com

## **Roth Elder Law—elder law, estate planning (wills, power of attorney, health care proxy, etc.), estate and trust administration, business formations**

- › 109 W. Water St, Painted Post
- › 607-962-6162
- › rothelderlaw.com

## **S.E.E.D. Planning Group—financial planning services**

- › (607) 217-5091
- › seedpg.com

## **Steuben County Clerk—durable power of attorney for assets**

- › Bath: 607-664-2563
- › steubencountyny.gov/174/County-Clerk-County-DMV-Offices

# Mental Health, Counseling, & Suicide Prevention

## **American Self-Help Group Clearinghouse**

- › 973-989-1122
- › mentalhelp.net

**CareFirstNY Grief Services**—for families of hospice and palliative care patients, as well as the community, offering supportive services including individual counseling, support groups, memorial services, and educational workshops

- › 607-962-3100
- › carefirstny.org/grief-services

**The Clinic at CareFirstNY**—mental health services for those struggling with bereavement, traumatic loss, anticipatory grief, advanced illness management, acceptance of terminal diagnosis, and/or caregiver fatigue

- › Painted Post
- › 607-377-5399
- › carefirstny.org/support-services

**Clinical Associates of the Southern Tier**—psychotherapy, impaired driver program evaluations, employee assistance programs

- › Corning: 607-936-1771
- › clinicalassociates.org

**Depression and Bipolar Support Alliance**—information and meetings available

- › 800-826-3632
- › dbsalliance.org

**Family Service Society**—professional counseling and community services that empower individuals and families to deal more effectively with challenges, enhancing the quality of their lives

- › Bath: 607-776-3822
- › Corning: 607-962-8422
- › Hornell: 607-324-2461
- › familyservicesociety.org

**Guinnip's**—counseling

- › Jasper: 814-367-7542
- › facebook.com/Guinnips-Holistic-Counseling

**Greater Rochester Health Home Network (GRHHN)**—a network of community-based care management agencies that work with Medicaid-eligible individuals with serious and complex physical health, mental health and substance use disorders

- › 585-350-1400
- › grhhn.org

**Health Homes of Upstate New York (HHUNY)**—a care management organization coordinating medicaid patients with chronic conditions with adult medicaid health homes.

- › 855-613-7659
- › hhuny.org

**National Alliance on Mental Illness**

- › 800-950-6264
- › nami.org

**Steuben County Community Mental Health Centers**—full range of outpatient mental health services, with separate adult, children and family services programs

- › Bath: 607-664-2255
- › Corning: 607-937-6201
- › Hornell: 607-324-2483
- › steubencountyny.gov/187/Community-Mental-Health-Center

**Steuben Prevention Coalition**

- › Bath: 607-776-8085
- › steubenpreventioncoalition.org

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## Medication Disposal

**Allegany**

**Alfred Pharmacy**

- › 36 North Main St, Alfred

**Alfred State University Police**

- › 10 Upper College Dr, Alfred

**Allegany County Sheriff's**

- › 4884 State Route 19, Belmont

**Cuba Police Dept.**

- › 15 Water St, Cuba

**Fillmore Pharmacy**

- › 10560 State Route 19, Fillmore

**Friendship Pharmacy**

- › 9 West Main St, Friendship

**Jones Memorial Medical Practice**

- › 120 First St, Bolivar

**Jones Memorial Hospital**

- › 191 North Main St. Wellsville

**Nicholson's Pharmacy**

- › 36 Schuyler St, Belmont

**Wellsville Police Dept.**

- › 46 South Main St, Wellsville

# Medication Disposal, cont.

## Chemung

### Arnot Ogden Medical Center

- › 600 Roe Ave, Arnot

### Elmira Police Department

- › 317 E. Church St. #1, Elmira

### Gerould's Pharmacies

- › All locations

### Horseheads Police Department

- › 202 S. Main St, Horseheads

### St. Joseph's Hospital

- › 555 St. Joseph's Blvd, Elmira

### West Elmira Police Department

- › 1255 W. Water St, Elmira

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## Schuyler

### Schuyler County Sherriff

- › 106 10th St, Watkins Glen

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## Steuben

### Addison's Apothecary

- › 36 Main St, Addison

### Bath Police Department

- › 110 Liberty St, Bath

### Beavers Pharmacy

- › 7 Main St, Canisteo

### Corning Hospital Pharmacy

- › 1 Guthrie Dr, Corning

### Corning Police Department

- › 500 Civic Center Plaza, Corning

### Gerould's Pharmacy

- › 98 West Pulteney St. #4,  
Corning

### Hammondsport Village Hall

- › 18 Water St, Hammondsport

### Hornell City Police Department

- › 110 Broadway, Hornell

### Market St. Apothecary

- › 78 West Market St, Corning

### Park Pharmacy of Hammondsport

- › 27 Shether St, Hammondsport

### Steuben County Sheriff

- › 7007 Rumsey St, Bath

### Steuben County Office Building

- › 3 Pulteney Square, Bath

### Tops Friendly Market Pharmacy

- › 309 W. Morris St, Bath

# Nutrition

## Home-Delivered Meals

### **Allegany County Office for the Aging Meals on Wheels (MOW)**

- › 585-268-7612
- › [alleganyco.com/departments/office-for-the-aging/nutrition-program](http://alleganyco.com/departments/office-for-the-aging/nutrition-program)

### **Chemung County MOW**

- › 607-734-9535
- › [mealsonwheelschemung.org](http://mealsonwheelschemung.org)

### **Corning MOW**

- › Corning & Painted Post:
- › 607-962-7985
- › [cmowheels.com](http://cmowheels.com)

### **Schuyler County Home-Delivered Meals**

- › 607-535-7470
- › [schuylercounty.us/349/Home-Delivered-Meals](http://schuylercounty.us/349/Home-Delivered-Meals)

### **Steuben County Home Delivered Meals—Through Pro Action**

- › 607-664-2298
- › [proactioninc.org/programs/thriving-seniors/nutrition-programs](http://proactioninc.org/programs/thriving-seniors/nutrition-programs)

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## Senior Lunch & Dinner Clubs/Congregate Meals

Call to verify services—in-person dining may not be available

### **Allegany**

#### **AA Arnold Community Center**

- › 51 E Main St, Cuba
- › 585-808-5201

#### **American Legion Hall—Belmont**

- › 716-208-9755

#### **Bolivar Fire Hall**

- › 460 Main, Bolivar
- › 585-268-9390

#### **Canaseraga Fire Hall**

- › 10 Main St, Canaseraga
- › 607-661-3008

### **Fillmore Fire Hall**

- › 24 S Genesee St, Fillmore
- › 585-737-5609

### **Friendship Community Center**

- › 25 W Water St, Friendship
- › 585-973-2311

### **Grace United Church**

- › 289 N Main St, Wellsville
- › 585-808-5205

### **Whitesville Fire Hall**

- › 496 Main, Whitesville
- › 607-356-3390

## *Senior Lunch & Dinner Clubs/Congregate Meals, cont.*

### **Chemung**

**Eat Well Live Well**—congregate meal program administered by the Chemung County Department of Aging

› 607-737-5520

### **Big Flats Community Center**

› 476 Maple St, Big Flats

### **Edward Flannery Apartments**

› 300 South Main St, Elmira

### **George Bragg Towers**

› 115 Dewitt Ave, Elmira

### **Park Terrace Apartments**

› 1281 Pennsylvania Ave, Pine City

### **Villa Serene Apartments**

› 399 E. 14th Street, Elmira Heights

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### **Schuyler**

Congregate meals administered through Schuyler County Office for the Aging.

### **Silver Spoon Cafe**

› 323 Owego St, Montour Falls

› 607-535-7470

### **First Presbyterian Church**

› 5511 NY-414, Hector

› 607-546-2134

### **Monterey Fire Hall**

› 1465 South St, Monterey

› 607-962-2261

### **Tyrone United Methodist Church**

› 3647 Church Hill Rd, Tyrone

› 607-292-3239

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### **Steuben**

**Steuben Senior Dinner Clubs**—program of Office for the Aging, administered by ProAction

› 607-776-4310

### **Addison Place**

› 43 William St, Addison

› 607-377-9951

### **Corning Senior Center**

› 1 Park Lane, Corning

› 607-962-2009

### **Dayspring Apartments II**

› 220 E. Tioga Ave #500, Corning

› 607-769-9786

### ***Steuben cont.***

#### **Hammondsport Presbyterian Church**

- › 1 Park Place, Hammondsport
- › 607-569-2712

#### **Hornell Senior Center**

- › 20 Broadway Mall, Hornell
- › 607-324-8609

#### **Lakeview Apartments**

- › 105 Geneva St, Bath
- › 607-776-4310

#### **Pulteney Presbyterian Church**

- › County Route 74, Pulteney
- › 607-522-5121

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## **Free Meals**

Call ahead to verify

#### **Angelica Bible Church**

- › 5993 Co Rt 16, Belfast
- › 585-365-2250
- › Wed: 12pm; Fri: 10–2pm; third Tues: 5–7pm

#### **Corning Salvation Army**

- › 32 Denison Pkwy E, Corning
- › 607-962-4681
- › Sun: 5pm

#### **Corning 7th Day Adventist Church**

- › 121 Fuller Ave, Corning
- › 607-962-7994
- › Lunch, 3rd Thurs: 12:15pm

#### **Cuba Cultural Center**

- › 38 E Main St, Cuba
- › 585-209-0052
- › Free meals once a week—call for times

#### **Christian Temple Church**

- › 99 Maple Ave, Wellsville
- › 518-505-5947
- › Hot meal every Sat 12pm

#### **First Baptist Church**

- › 115 2nd St, Addison
- › 607-359-3404
- › Last Mon of each month: 5pm, unless otherwise noted in Addison Post
- › Open to everyone

#### **First Presbyterian Church of Bath**

- › 6 Pulteney Sq, Bath
- › Sun: 3–4pm
- › Location changes, call 607-776-6464

#### **St. Thomas Episcopal Church**

- › 122 Liberty St, Bath
- › 607-776-4503
- › Wed: 11–12:30pm

## Food Expense Assistance

**SNAP (Supplemental Nutrition Assistance Program)**—apply at [mybenefits.ny.gov](https://mybenefits.ny.gov), or apply in your county of residence through the following resources:

- › Allegany County Department of Social Services
  - 585-268-9622
- › Food Bank of the Southern Tier
  - 607-796-5592 x4014
- › Schuyler County Department of Social Services
  - 607-535-8303
- › SNAP Outreach and Assistance at Foodlink
  - 585-328-3380 x150

- › Steuben County Department of Social Services
  - 607-664-2000
- › Turning Point Hornell & Bath Food Pantries
  - Hornell: 607-324-3457
  - Bath: 607-776-8085

**Community Nutrition Program**—AIM Independent Living Center in partnership with the Food Bank of the Southern Tier, provides food and basic goods to people in need up to twice a month, free of charge. Delivery also available.

- › 607-962-8225 Ext. 127
- › Chemung, Schuyler, Steuben

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## Food Pantries

**Food Bank of the Southern Tier**—the mobile food pantry delivers fresh produce, dairy products, and other food and grocery items directly to distribution sites. Clients “shop,” choosing items that they need. Food pantries are constantly changing. Call Food Bank of the Southern Tier for the most up-to-date listings.

- › Call 211 or 800-346-2211
- › [211helpline.org](https://211helpline.org)
- › [foodbankst.org](https://foodbankst.org)
- › Chemung, Schuyler, Steuben

# Pharmacies

Call to find out services. Along with regular pharmacy services, some offer medication setup, delivery, DMEs, personal emergency response systems, home modification equipment, vaccinations, rehab and mobility equipment, respiratory services, etc.

## **Allegany**

### **Alfred Pharmacy**

- › 607-587-9222 (Alfred)

### **Cuba Pharmacy**

- › 585-968-3111 (Cuba)

### **Fillmore Pharmacy**

- › 585-567-2228 (Fillmore)

### **Friendship Pharmacy**

- › 585-973-3496 (Friendship)

### **Fisher's Pharmacy**

- › 585-593-2611 (Wellsville)

### **Nicholson Pharmacy & Gift Shop**

- › 585-268-7287 (Belmont)

### **Walgreens Pharmacy**

- › Wellsville Bolivar Rd.:  
585-593-1232
- › Wellsville North Main St.:  
585-593-1540

## **Chemung**

### **Blitz Pharmacy**

- › 607-358-4200 (Big Flats)

### **CVS Pharmacy**

- › 607-796-5911 (Elmira)

### **Gerould's Professional Pharmacy**

- › Hoffman St, Elmira:  
607-732-0597
- › South Main St, Elmira: 607-733-6696
- › Horseheads: 607-796-2193

### **Mark W. Fagnan, RPh**

- › 607-739-0301 (Horseheads)

### **Michelle N. Calabrese, RPh**

- › 607-739-0495 (Elmira)

## **Rite Aid**

- › Mount Zoar St, Elmira:  
607-733-5636
- › Pennsylvania Ave, Elmira:  
607-733-6262
- › West 2nd St, Elmira:  
607-733-5202
- › Grand Central Ave, Horseheads:  
607-739-0301
- › Westinghouse Rd, Horseheads:  
607-796-2673

### **Sam's Club Pharmacy**

- › 607-739-6103 (Elmira)

### **Walgreens Pharmacy**

- › 607-271-9480 (Elmira)

### **Walmart Pharmacy**

- › 607-739-2087 (Horseheads)

## ***Pharmacies, cont.***

### **Wegmans Pharmacy**

› 607-737-5090 (Elmira)

### **Weis Pharmacy**

› 607-733-2399 (Elmira)

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### **Schuyler**

#### **CVS Pharmacy**

› 607-535-7350 (Watkins Glen)

#### **Quinlan's Pharmacy and Medical Supply**

› 607-210-4262 (Montour Falls)

#### **Susan K. Conklin, RPh**

› 607-535-7272 (Montour Falls)

#### **Walmart Pharmacy**

› 607-535-3125 (Watkins Glen)

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### **Steuben**

#### **Addison Apothecary**

› 607-504-4091 (Addison)

#### **Beaver's Pharmacy**

› 607-698-4641 (Canisteo)

#### **CVS Pharmacy**

› Dansville: 585-335-8292

› Wayland: 585-728-2350

#### **Gerould's Healthcare Center**

607-936-3233 (Corning)

› geroulds.com

#### **Maple City Pharmacy**

› 607-324-2212 (Hornell)

#### **Naples Apothecary**

› 585-374-5040

#### **Park Pharmacy**

› 607-569-2800

(Hammondsport)

#### **Quinlan's Pharmacy**

› 585-728-9120 (Wayland)

#### **Rite Aid**

› Bath: 607-776-4747

› Corning: 607-962-3111

#### **Tops Friendly Markets**

› Bath: 607-776-1282

› Riverside: 607-936-3923

#### **Walgreens**

› Corning: 607-937-5374

› Bath: 607-776-6039

› Hornell: 607-324-6276

#### **Walmart**

› Hornell: 607-324-7225

› Painted Post: 607-937-9681

#### **Wegmans Pharmacy**

› Corning: 607-937-8307

› Hornell: 607-324-3600

› wegmans.com

# Palliative Care, Comfort Care, & Grief Services

**CareFirstNY**—A nonprofit providing hospice care, palliative care, grief services, and community counseling to Chemung, Steuben, and Schuyler counties. They help families cope with serious illness & all that comes with it.

- › 607-962-3100
- › carefirstny.org

**HomeCare & Hospice**—Medicare-certified provider of hospice services

- › 800-719-7129
- › homecare-hospice.org

**VA Finger Lakes Healthcare System**

- › Bath: 607-664-4537
- › fingerlakes.va.gov

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## Hospice

Hospice care focuses on easing symptoms rather than treating disease. There are two homes in our community for the terminally ill. Residents must have a doctor certified prognosis for life expectancy of three months or less. Enrollment is facilitated by CareFirstNY hospice agency. Reach CareFirstNY at 607-962-3100, email, info@CareFirstNY.org, or visit online, carefirstny.org.

**Bampa's House Comfort Care Home**

- › 170 East First Street, Corning
- › 607-654-4205
- › bampashouse.org
- › bampashouse@gmail.com

**Vincent House Comfort Care Home**

- › 310 Second Street, Wayland
- › 585-728-2427
- › vincenthouseny.org
- › vincenth@frontiernet.net

# Senior & Elder Resources

## Caregiver Resource Center

- › Bath: 607-664-2298
- › Corning: 607-936-7428
- › Hornell: 607-281-3636

**Expanded in-home Services for the Elderly Program**—includes non-medical in-home services such as housekeeping, personal care, respite, case management, and related services

- › 607-664-2391
- › [health.ny.gov/health\\_care/medicaid/program/longterm/expand](https://health.ny.gov/health_care/medicaid/program/longterm/expand)

**Faith in Action**—an interfaith volunteer care giving program, helps the elderly in the Steuben County area at no charge.

- › Hornell: 607-324-1138
- › Corning: 607-936-0941
- › [fasteuben.org](https://fasteuben.org)

**NY Connects**—aging & disability resource center available in each county across NY state. Provides free, unbiased, up-to-date options for care

- › 800-342-9871
- › [nyconnects.ny.gov](https://nyconnects.ny.gov)

**ProAction**—senior nutrition program, coordinates 8 senior nutrition sites and home-delivered meals

- › Bath: 607-776-4310
- › [proactioninc.org/thriving-seniors](https://proactioninc.org/thriving-seniors)

**Steuben Senior Services Fund, Inc.**—technology for aging in place

- › Bath: 607-664-2298
- › [steubenseniorservicesfund.org](https://steubenseniorservicesfund.org)

**Trualta**—a professional-level healthcare training website for caregivers

- › [trualta.com](https://trualta.com)



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# Services & Therapies for Specific Health Conditions

## Alcohol And Substance Abuse

**Allegany Council on Alcoholism and Substance Abuse**—outpatient and residential services

- › Wellsville: 585-593-1920
- › [alleganycouncil.wordpress.com](http://alleganycouncil.wordpress.com)

**AL-Anon family groups & Alateen**—for families and friends of alcoholics and their teens

- › 888-425-2666
- › [al-anon.alateen.org](http://al-anon.alateen.org)

**Alcoholics Anonymous**—people helping each other recover from alcoholism

- › 212-870-3400
- › [aa.org](http://aa.org)
- › [aaelmira.org](http://aaelmira.org)

**Bath Area Hope for Youth**—one-on-one and small group counseling in schools for youth at risk for substance abuse. services are confidential and available to all children.

- › 607-776-6441

**Casa-Trinity**—community based treatment for chemically dependent individuals

- › Elmira: 607-737-5215
- › [casa-trinity.org](http://casa-trinity.org)

**Catholic Charities Substance Free Living Residential Services**—A residential reintegration program that helps people maintain a substance-free lifestyle through housing, support, and education in both a community residence and a supportive living setting.

- › 607-776-5823
- › [ccsteubenlivingston.org/our-services-2/addiction-services-prevention-support/residential-services](http://ccsteubenlivingston.org/our-services-2/addiction-services-prevention-support/residential-services)

**Families Anonymous**—group support for and from friends and relatives of a person with addiction

- › 800-736-9805
- › [familiesanonymous.org](http://familiesanonymous.org)

**Loyola Recovery Foundation**

- › Admission: 585-203-1005 or 877-519-7705
- › Rehab: 607-282-5201
- › Detox/Inpatient: 607-527-7038
- › [loyolarecovery.org](http://loyolarecovery.org)

**New Dawn Inpatient Addiction Rehab | Arnot Health Systems, Elmira**—acute care rehabilitation and ongoing support

- › 607-734-4499
- › 800-952-2662
- › [arnothealth.org/services/addiction-treatment](http://arnothealth.org/services/addiction-treatment)

**NYS Office of Addiction Services and Supports**—NYS programs

- › [oasas.ny.gov](http://oasas.ny.gov)

**Steuben Council on Addictions**—Provides the general public with substance abuse information. The program visits schools and adult community groups to help participants build knowledge and skills for substance abuse prevention.

- › Bath: 607-776-6441
- › [steubenpreventioncoalition.org/prevention-providers](http://steubenpreventioncoalition.org/prevention-providers)

**Steuben County Alcoholism and Substance Abuse Services**—

Outpatient clinic, individualized care for adults and adolescents, group and individual therapy, family inclusive treatment.

- › Bath: 607-664-2156
- › Hornell: 607-324-2483
- › Corning: 607-937-6201
- › [steubencountyny.gov/189/Alcoholism-Substance-Abuse-Services](http://steubencountyny.gov/189/Alcoholism-Substance-Abuse-Services)

**Steuben Prevention Coalition**—Help reduce teen and young adult alcohol use

- › 607-776-6441 x202
- › [steubenpreventioncoalition.org](http://steubenpreventioncoalition.org)

**Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline**—

Confidential, free, 24-hour-a-day information service for individuals and family members facing mental and/or substance use disorders

- › 800-662-4357
- › [samhsa.gov/find-help/national-helpline](http://samhsa.gov/find-help/national-helpline)

**VA Finger Lakes Healthcare System**

- › Bath: 607-664-4300, Bldg. 76, 5th Floor
- › Elmira: 607-733-2178
- › [fingerlakes.va.gov](http://fingerlakes.va.gov)

## Cancer

**American Cancer Society—**  
classes, information, and  
resources, lodging during  
treatment, survivor & caregiver  
support

› 800-227-2345

› cancer.org

**Ann and Carl Myers Cancer  
Center, Noyes Hospital**

› Medical Oncology:

585-335-6830

› Radiation Oncology:

585-335-8675

› [urmc.rochester.edu/noyes](http://urmc.rochester.edu/noyes)

**Cancer Services Program of  
Steuben, Allegany, Cattaraugus  
and Chautauqua Counties—**free  
breast, colorectal, and cervical  
cancer screening for those who  
are eligible (uninsured or under-  
insured), also helps eligible men  
who are diagnosed with prostate  
cancer

› 877-778-6857

› [steubencsp.com](http://steubencsp.com)

**Falck Cancer Center—**  
compassionate care for cancer  
patients in the southern tier

› Elmira: 607-737-8100

› [arnohealth.org/falck-cancer-center](http://arnohealth.org/falck-cancer-center)

**Fund for Women of the  
Southern Tier—**financial  
assistance for women with breast  
cancer

› Corning: 607-542-7558

› [ffwst.org](http://ffwst.org)

**Guthrie Corning Cancer Center,  
Corning Hospital**

› 607-937-3100

› [guthrie.org](http://guthrie.org)

**Wilmot Cancer Institute Infusion  
Center at Jones Memorial  
Hospital**

› Wellsville: 585-596-2059

› [urmc.rochester.edu/jones-memorial-hospital/services/wci-infusion-center-part-of-jmh](http://urmc.rochester.edu/jones-memorial-hospital/services/wci-infusion-center-part-of-jmh)

# Cognition / Dementia / Alzheimer's

## **Alzheimer's Association**

- › Toll free: 800-272-3900
- › alz.org/RochesterNY

## **Alzheimer's Caregiver Support Groups**

### **Allegany County OFA**

- › 6085 NY-19, Belmont
- › 585-268-9390
- › 3rd Tues of the month: 1pm

**Caregiver Resource Center**—a program of the Steuben County Office for the Aging

- › 607-664-2298

### **Corning Public Library**

- › 300 Nasser Civic Center, Plaza Suite #101, Corning
- › 800-272-3900
- › 3rd Thursday: 2-3pm

### **Elmira Town Community Center**

- › 1409 Grandview Ave, Elmira
- › 800-272-3900
- › 4th Thursday: 6-7pm

**Finger Lakes Caregiver Institute at Lifespan**—supports families caring for loved ones with dementia, Alzheimer's, or other memory-related concerns, include care management, respite, education and training, support groups, health and wellness activities, peace of mind planning, and more

- › 585-244-8400

- › lifespan-roch.org

### **First Presbyterian Church**

- › 2943 Westinghouse Rd, Horseheads
- › 800-272-3900
- › 3rd Wednesday: 11am-12pm

### **Hornell Public Library**

- › 46 Genesee St, Hornell
- › 800-272-3900
- › 2nd Thursday: 1:30-2:30pm

**Southern Tier Independence Center**—TBI & NHTD Medicaid programs for disabled or aging community members to avoid nursing home placement or to transition from a nursing home back to the community

- › 877-722-9150 or 607-724-2111
- › stic-cil.org

### **St. James' Episcopal Church**

- › 112 6th St, Watkins Glen
- › 800-272-3900
- › 1st Mon: 6-7pm

### **Total Senior Care/Daybreak**

- › 519 N Union St, Olean
- › 716-379-8474
- › 1st Wed of the month: 1pm
- › totalseniorcare.org/daybreak

# ALZHEIMER'S ASSOCIATION®

Supporting Chemung, Schuyler and Steuben counties

**Are you caring for a loved one with dementia? You're not alone.**

**Call us 24/7.**

**800.272.3900**

In-person and virtual

Needs assessment | Advice on quality care

Care planning | Home safety tips

Support Groups | Education

[alz.org/rochesterny](https://alz.org/rochesterny)



**Your home is where  
our heart is**



With comprehensive services and compassionate care, CenterWell Home Health™ is ready to help you or a loved one recover from illness, injury or inpatient care, or to help successfully manage chronic conditions.



**For more information:**

**Call 833-453-1107**

**or visit [CenterWellHomeHealth.com](https://CenterWellHomeHealth.com)**

## Dental

**Health Economics Group—**  
Dental Network Access Program  
participants pay a small annual  
fee and see participating dentists  
for discounted dental procedures

- › 800-666-6690 x505
- › heginc.com

### **Oak Orchard Health**

- › Hornell 607-324-0314
- › oakorchardhealth.org

**Salmon Orthodontics—**provides  
orthodontic and 24-hour  
emergency services.

- › Hornell 607-968-2092
- › Wellsville 585-296-0044
- › salmonorthodontics.com

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## Diabetes

**Diabetes Prevention  
Program—Steuben Rural  
Health Network**

- › 607-776-9467
- › ihsnet.org/ihs-services/  
steuben-rural-health-network

**Steuben County Diabetes  
Prevention—**provides  
educational materials & support  
groups

- › Bath 607-776-4065
- › steubencountyny.gov/313/  
Diabetes

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## Visual Impairment

**Southern Tier Association for  
the Visually Impaired—**support,  
employment and rehabilitation  
services

- › 607-734-1554
- › st-avi.org

## Immunizations

### **Allegany County Department of Health**

- › 585-268-9250
- › [alleganyco.gov/health-department/](http://alleganyco.gov/health-department/)

### **Chemung County Department of Health**

- › [chemungcountyny.gov/241/Public-Health](http://chemungcountyny.gov/241/Public-Health)

### **Schuyler County Public Health**

- › 607-535-8140
- › [Schuylercounty.us/166/Public-Health](http://Schuylercounty.us/166/Public-Health)

### **Steuben County Public Health**

- › 607-664-2166
- › [steubencountyny.gov/402/Immunization-Information](http://steubencountyny.gov/402/Immunization-Information)



## **Southern Tier Medical Care**



**Whenever you need us, we're here for you.  
We offer same-day, next-day, and walk-in care.  
And ask about virtual visits to get care from home.**

- 135 Victory Highway, Suite 105, Painted Post
- 3345 Chambers Road, Horseheads
- 439 Chemung St., Waverly

**Schedule now at 607-608-3438 or  
[ascension.org/SouthernTierMedicalCare](http://ascension.org/SouthernTierMedicalCare)**

## Hearing

**AIM Independent Living Center Deaf Services**—assistive technology for deaf individuals  
› 607-215-7836

**TRIAD**—provides free loans of assistive technology  
› 607-962-8225 x133

**Finger Lakes Region Lions Hearing Foundation**—Low-cost hearing aids for financially eligible individuals of any age  
› 315-704-4962  
› facebook.com/flrlhf  
› flrhf@gmail.com

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## Wellness & Fitness

**Corning Senior Center**  
› 1 Park Ln, Corning  
› 607-962-8000  
› cityofcorning.com/seniorcenter

**Exercise Enterprise**  
› Watkins Glen:  
607-535-7450  
› myexerciseenterprise.com

**Grand Prix Fitness**  
› Montour Falls:  
607-210-4058  
› facebook.com/grandprixfitness

**HealthWorks Wellness & Fitness Center**—A Guthrie facility  
› 607-937-5555  
› guthrie.org/locations/  
healthworks-wellness-fitness-center

**Hornell Senior Center**  
› 20 Broadway Mall  
› 607-281-3635

**Journey 333 Fitness**  
› Corning: 607-973-2187  
› journeyfitness333.com

**Planet Fitness**  
› Horseheads: 607-846-3130  
› planetfitness.com/gyms/  
horseheads-ny

**Snap Fitness**  
› 607-973-2888  
› snapfitness.com/us

**Town of Erwin Senior Center**  
› Lunch: 607-936-0310  
› Trips: 607-654-7222  
› erwinny.org/seniorservices

**YMCA—Fitness, education, and recreational opportunities**  
› Corning: 607-936-4638  
› rochesterymca.org/corning  
› Hornell: 607-324-5520  
› hornellymca.com  
› Wellsville: 585-593-3246  
› twintiersymca.org/locations/  
Wellsville-ymca

# Transportation

**Ardent Solutions**—various transportation options in Allegany & Steuben counties

- › 585-593-5223
- › ardentnetwork.org

**VA Finger Lakes Healthcare System**—veterans who are enrolled in VA health care system and have a scheduled appointment at a VA facility can use VTS; veterans not currently enrolled for VA health care benefits call 888-823-9656 to determine eligibility

- › Bath: 607-664-4682
- › fingerlakes.va.gov

**Corning Erwin Area Transit System (CEATS)**—5 bus routes in the Corning Coopers, Gang Mills, Painted Post area; if you live within  $\frac{3}{4}$  miles of a bus route, you may qualify for curbside pick-up

- › 607-734-5211
- › rideceats.com

**Easy Rider Sr. Transport**—Steuben County OFA Project Care Program; coordinates group grocery shopping for older persons

- › 607-664-2298
- › steubencountyny.gov/251/Help-at-Home

**Faith in Action**—free transportation and other help to people 60+ through volunteers

- › Hornell: 607-324-1138
- › Corning: 607-936-0941
- › fiasteuben.org

**Hornell Area Transit System (HATS)**—regular bus service throughout the City of Hornell and between Hornell and Canisteo, Alfred (Alfred State College and Alfred University), and Bath, with limited service to Dansville, Canaseraga and Wayland. On request, bus service may be available. Flag bus to stop for pick-up anywhere along route. Bicycle racks available on most buses. Curbside pickup for individuals living within  $\frac{1}{2}$ -mile of a fixed bus route

- › 607-324-7910
- › hatrides.com

**Institute for Human Services**—information on bus, carpooling, medical transportation, travel training

- › 800-346-2211
- › needaride.info
- › 211helpline.org
- › To schedule transport with a volunteer driver call 211

**Medicaid Travel, Medical Transportation Management (MAS)**—Medicaid patients call for transportation to non-emergency medical appointments; call 3-5 days ahead

› 888-226-2219

› medanswering.com

**Steuben Area Rides**—transportation to Arc programs, non-emergency medical services, and other agencies; offers public transportation throughout Steuben County on 4 routes

› 607-776-1229

› thearcas.org/steuben-area-rides

**Steuben Transit**—powered by First Transit; runs three routes Bath/Corning, Village of Bath, and Bath to Hammondsport.

› 607-734-5211 or  
800-445-4423

› steubentransit.com



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# Veteran Resources

**AIM Independent Living Center—** veteran services, providing education, advocacy, information and referral to help military veterans achieve their goals of independence

- › 607-962-8225 x216
- › [aimcil.com](http://aimcil.com)

**Allegany County Veterans Service Agency—**works with veterans and their families to ensure they get all the benefits they are entitled to

- › Belmont: 585-268-9387
- › [alleganyco.com/departments/veterans-agency](http://alleganyco.com/departments/veterans-agency)

**American Legion Dept. of NY**

- › 518-463-2215
- › [nylegion.net](http://nylegion.net)

**AMVETS National HQ**

- › 516-312-2896
- › [nyamvets.com](http://nyamvets.com)

**Bath VA Medical Center**

**Rehabilitation—**PT, OT, & speech

- › 607-664-4000
- › Admissions: 607-664-4506
- › [fingerlakesva.gov](http://fingerlakesva.gov)

**Caregiver Support—**for help with caring for a disabled vet

- › 855-260-3274
- › [caregiver.va.gov](http://caregiver.va.gov)

**Chemung County Veterans Service Center—**Works with veterans and their families to ensure they get all the benefits they are entitled to

- › Elmira 607-737-5445
- › [chemungcountyny.gov/187/Veterans-Affairs](http://chemungcountyny.gov/187/Veterans-Affairs)

**Disabled American Veterans—**a nonprofit that provides a lifetime of support for veterans of all generations and their families; provides rides to medical appointments and assists with benefit claims; connects veterans with employment opportunities

- › Bath 607-368-9251, #7
- › Meets 3rd Mondays, 7pm
- › [dav.org](http://dav.org)

**Elmira VA Outpatient Clinic**

- › 877-845-3247

**Homeless Veterans Hotline**

- › 877-424-3838

**Iraq and Afghanistan Veterans of America**

- › 212-982-9699
- › [iava.org](http://iava.org)

**Lifeline for Vets—**connects veterans needing assistance with other veterans, providing someone who can offer emotional support

- › 888-777-4443
- › [nvf.org/lifeline-for-vets](http://nvf.org/lifeline-for-vets)

**Military OneSource**—veterans and their families have access to 24/7 counseling sessions and to people who can help them find resources in their area

- › 800-342-9647
- › [militaryonesource.mil](http://militaryonesource.mil)

**NYS Division of Veterans Affairs—Veterans counselors**

- › 888-838-7697
- › [veterans.ny.gov](http://veterans.ny.gov)

**Paralyzed Veterans of America**

- › Benefits: 866-734-0857
- › Caregivers: 855-260-3274
- › [pva.org](http://pva.org)

**Red Cross Hero Care Network**—emergency assistance for members of the military on active duty

- › 877-272-7337
- › [redcross.org/volunteer/volunteer-opportunities/hero-care-network](http://redcross.org/volunteer/volunteer-opportunities/hero-care-network)

**Schuyler County Veterans Service Agency**—works with veterans and their families to ensure they get all the benefits they are entitled to

- › Montour Falls: 607-535-2091
- › [schuylercounty.us/205/Veterans](http://schuylercounty.us/205/Veterans)

**Soldier On**—helps homeless vets with emergency and transitional housing, mental health or substance abuse treatment

- › 866-406-8449
- › [wesoldieron.org](http://wesoldieron.org)

**Steuben County Veterans Service Agency**—works with veterans and their families to ensure they get all the benefits they are entitled to

- › Bath: 607-664-2527
- › [steubencountyny.gov/395/Veterans-Service-Agency](http://steubencountyny.gov/395/Veterans-Service-Agency)

**VA Finger Lakes Health Care System**

- › 607-664-4000 or 877-845-3247
- › [fingerlakes.va.gov](http://fingerlakes.va.gov)

**Veterans Crisis Line**—suicide, alcoholism, homelessness, chronic unemployment, relationship problems

- › Call 988 and press 1, or Text: 838255
- › Hearing impaired: 800-799-4889
- › [veteranscrisisline.net](http://veteranscrisisline.net)

**VFW—Department of NY**

- › 518-463-7427
- › [vfwny.com](http://vfwny.com)

**Wounded Warrior Project**

- › 877-832-6997
- › [woundedwarriorproject.org](http://woundedwarriorproject.org)

**Women Veterans Call Center**—for info on eligibility, benefits & health care

- › 888-829-6636
- › [womenshealth.va.gov/programoverview/wvcc](http://womenshealth.va.gov/programoverview/wvcc)

# Volunteer Opportunities

## **AARP—Multiple volunteer opportunities:**

- › [aarp.org/volunteer](http://aarp.org/volunteer)

## **ACCORD**

- › 585-268-7605 x1340
- › [accordcorp.org](http://accordcorp.org)

## **AIM Independent Living Center Ombudsman Program—Be trained to advocate for residents in nursing homes, assisted living, and adult homes**

- › 607-962-8225 x 112
- › [aimcil.com/nursing-home-advocacy-and-transitions/long-term-care-ombudsman](http://aimcil.com/nursing-home-advocacy-and-transitions/long-term-care-ombudsman)

## **Allegany County Office for the Aging—Friendly visiting, tax counseling, shopping assistance, senior luncheon volunteers**

- › 585-268-9390
- › [alleganyco.com/departments / office-for-the-aging](http://alleganyco.com/departments/office-for-the-aging)

## **Allegany Meals on Wheels—Opportunities include drivers, runner/visitor, and kitchen**

- › 585-268-7612
- › [alleganyco.com/nutrition-program](http://alleganyco.com/nutrition-program)

## **Alzheimer's Association of Rochester and the Finger Lakes Region—Support group facilitators, community educators, early-stage social engagement activity leaders, outreach**

representatives, special events volunteers and advocacy

- › 800-272-3900
- › [alz.org/volunteer](http://alz.org/volunteer)

## **AmeriCorps Seniors—Steuben County OFA**

- › 607-664-2298
- › [steubencountyny.gov/166/AmeriCorps-Seniors-Volunteer-Program](http://steubencountyny.gov/166/AmeriCorps-Seniors-Volunteer-Program)

## **Arc of Chemung—senior companion opportunities**

- › 607-734-6151 x128
- › [arcofcs.org](http://arcofcs.org)

## **Arc of Schuyler**

- › 607-535-6934
- › [arcofcs.org](http://arcofcs.org)

## **Bridges for Brain Injury, Inc.—volunteer opportunities to mentor, fund raise, participate in community outreach, and more**

- › (585) 396-0070
- › [bridgesforbraininjury.org/getinvolved](http://bridgesforbraininjury.org/getinvolved)

## **CareFirstNY—helping families dealing with family member illness**

- › 607-962-3100
- › [carefirstny.org/volunteer-opportunities](http://carefirstny.org/volunteer-opportunities)

**Chemung County Department of Aging and Long Term Care—**  
Friendly Visitor and Telephone  
Reassurance Program

- › 607-737-5520
- › [chemungcountyny.gov/172/Programs-Services](http://chemungcountyny.gov/172/Programs-Services)

**Coordinated Transportation Services—**Institute for Human Services, volunteers drive people to medical appointments

- › 800-346-2211
- › [ihsnet.org/ihs-services/coordinated-transportation-services](http://ihsnet.org/ihs-services/coordinated-transportation-services)

**Cornell Cooperative Extension of Chemung County Chemung Volunteer Action Corps**

- › 607-734-4453 x215
- › [chemung.cce.cornell.edu/volunteer](http://chemung.cce.cornell.edu/volunteer)

**Corning Habitat for Humanity ReStore**

- › 607-377-5524
- › [habitatcorning.org/restore-volunteer](http://habitatcorning.org/restore-volunteer)

**Corning Meals on Wheels—**volunteers needed for meal prep or to deliver meals

- › 607-962-7985
- › [cmowheels.com](http://cmowheels.com)

**Corning Museum of Glass—**opportunities including event volunteers, performance ushers, guest service ambassador

- › 607-438-5286

- › [cmog.org/get-involved/volunteer](http://cmog.org/get-involved/volunteer)

**Faith in Action—**an interfaith volunteer caregiving program, helps the elderly in Steuben County at no charge

- › 607-324-1138
- › [fiasteuben.org/services](http://fiasteuben.org/services)

**Family Service Society—**youth mentoring

- › 607-936-3507
- › [familyservicesociety.org/youth-mentoring-of-the-southern-tier](http://familyservicesociety.org/youth-mentoring-of-the-southern-tier)

**Food Bank of the Southern Tier**

- › 607-796-6061 Ext. 4043
- › [foodbankst.org](http://foodbankst.org)

**Habitat for Humanity—**volunteer opportunities, including construction, hospitality, and committees

- › 607-734-1361
- › [habitat.org](http://habitat.org)

**Meals on Wheels of Chemung County**

- › 607-734-9535
- › [mealsonwheelschemung.org](http://mealsonwheelschemung.org)

**Project Care—**a program of Steuben County OFA serving the area with friendly visits, grocery shopping, chore services, and transportation

- › 607-664-2298
- › [steubencountyny.gov/693/Project-CARE-Information](http://steubencountyny.gov/693/Project-CARE-Information)

## ***Volunteer Opportunities, cont.***

### **Retired and Senior Volunteer Program (RSVP)—Catholic Charities of Chemung/Schuyler**

- › 607-535-2050 x211
- › cs-cc.org

### **Schuyler Meals on Wheels**

- › 607-535-7470
- › schuylercounty.us/349/Home-Delivered-Meals

### **Steuben County Home-Delivered Meals**

- › 607-664-2298
- › proactioninc.org/volunteer

### **ServSteuben Medical Reserve Corps (MRC)—medical and non-medical opportunities for volunteers to prepare for and respond to emergencies, disasters, and public health needs**

- › 607-664-2438
- › steubencountyny.gov/400/ServSTEUBEN-Medical-Reserve-Corps-MRC

### **The Arc Allegany-Steuben**

- › 585-593-5700 x514
- › thearcas.org

### **United Way of the Southern Tier**

- › 607-936-3753
- › uwst.org



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