

2024 Edition

FREE



RAAD

Resources and Advocacy
for the Aging and Disabled

Health Resource Directory

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Special Thanks To

all those who helped create the 2024 Health Resource Directory.

Abi Hodges—AIM

Jo Miller—Nascentia Health

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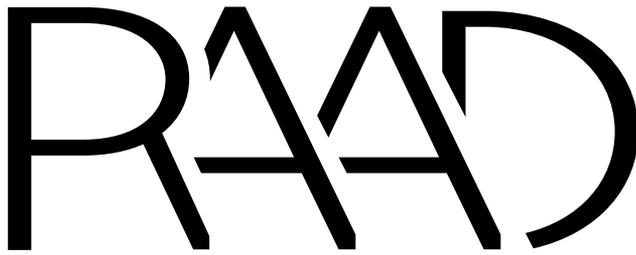
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OUR **ONSITE MEDICAID SPECIALISTS** CAN HELP GUIDE YOU THROUGH THE PROCESS.



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 organization 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!

Are you a human service professional who provides supports and services to the aging, people with intellectual/developmental disabilities, people with mental health diagnoses, or others with unique and complex needs? If so, then RAAD is for you!

Contact us at 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

Prime Care

- › 844-347-3168
- › primecareny.org
- › info@primecareny.org

Southern Tier Connect

- › 607-376-7526, ext. 100
 - › southerntierconnect.org
 - › Chemung
-

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
- › acces.nysed.gov/vr

AIM Independent Living Center—multiple services

- › Corning: 607-962-8225
- › aimcil.com

All-Metro (formerly CareAmerica)

- › Corning: 607-248-9300
- › all-metro.com
- › Chemung, Schuyler, and Steuben

Arbor Housing and Development

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

Arc of Chemung-Schuylers—residential & day programs

- › Elmira: 607-734-6151
- › Watkins Glen: 607-535-6934
- › arcofcs.org

Arc of Allegany-Steuben—residential & day programs

- › Bath: 607-776-4146
- › thearcas.org

Capabilities—provides personalized employment programs for individuals with disabilities

- › 607-734-2006
- › capabilities.org
- › Chemung, Schuylers, Steuben

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

- › Corning: 607-654-0030
- › cdrnys.org

Maple City Music Therapy—small group music therapy

- › 585-512-7029
- › 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

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, Schuylers, 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

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

AIM Independent Living Center—Sign Language courses

- › 607-962-8225
- › aimcil.com

Alfred State College of Technology

- › 800-425-3733
- › alfredstate.edu
- › Allegany County

Alfred University

- › 607-871-2111
- › alfred.edu
- › Allegany County

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

- › 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
- › 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
- › Steuben County

Elmira College

- › 607-735-1800
- › elmira.edu
- › Chemung County

Forward Thinking Home Solutions—free community presentations on creating safe forever homes statewide, and professional development opportunities

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

Greater Southern Tier (GST) BOCES—Adult education

- › Elmira: 607-739-3581
- › Painted Post: 607-962-3175
- › Hornell: 607-324-7880
- › gstboces.org

Southern Tier Library System—48 library outlets

- › 607-962-3141
- › 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
- › Allegany, Chemung, Schuyler, Steuben



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I do not offer every plan available in your area. Any information I provide is limited to those plans I offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information of all your options.

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
- › 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
- › Chemung, Schuyler, Steuben

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

- › 607-664-2298
- › Steuben County
- › 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

Emergency Assistance Organizations

Allegany County Department of Emergency Management

- › 585-268-7658
- › 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

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

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
- › Schuyler

NYS Office of Emergency Management—sign up for public alerts

- › 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

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

Employment Services

Allegany County Employment and Training Center—assistance

- for employers and job seekers
- › 585-268-9240
- › alleganyco.com/departments/employment-and-training

Cattaraugus-Allegany Workforce Development Board

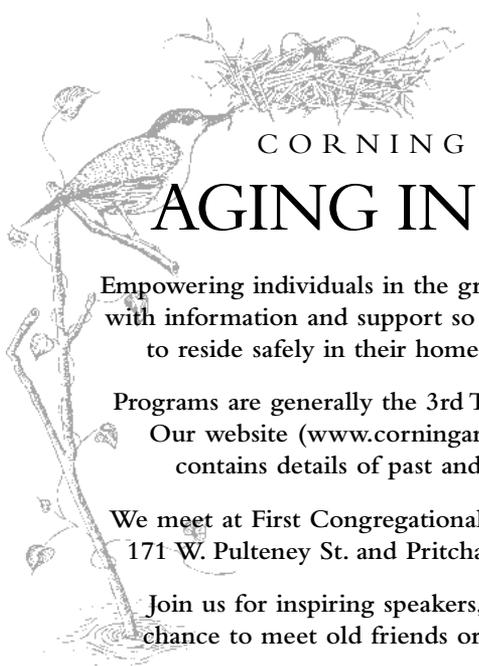
- › 716-806-0060
- › cawfny.com

Chemung-Schuyler-Steuben Workforce

- › Hornell; 607-324-8388
- › Corning; 607-238-5730 x1106
- › Bath; 607-776-7712
- › csswfny.com

NYS Department of Labor

- › 800-469-7365
- › labor.ny.gov/home



CORNING AREA

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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) 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.

Medical Expense Assistance

American Cancer Society

- › cancer.org/treatment/finding-and-paying-for-treatment

Arnot Health—Community Care

- › 607-737-7777
- › arnothealth.org/financial-assistance

Catholic Charities of WNY—limited medical prescription assistance

- › Wellsville: 585-593-2015
- › ccwny.org

Catholic Charities of Steuben/Livingston—financial assistance for medications

- › Bath: 607-776-8085
- › Mt. Morris: 585-658-4466
- › ccsteubenlivingston.org

Community Health Advocates—get help with medical bills

- › 888-614-5400
- › 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

Salvation Army—financial & income-based services

- › Hornell: 607-324-1933

St. James Hospital—charity care

- › Hornell: 607-324-8030
- › stjamesmercy.org

Steuben County Public Health—Physically Handicapped Children's Program

- › 607-664-2146
- › 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**

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- | | |
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| Caregiver Support | Fraud & Scam Protection |
| Health Insurance Counseling | Transportation |
| In-Home Care | Volunteer Opportunities |
| In-Home Technology | Wellness & Prevention |



NY Connects
Your Link to Long Term
Services and Supports

OF STEUBEN COUNTY

(800) 342-9871

(607) 664-2322

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

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
- › 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

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

- › 800-346-2211
- › 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
- › 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

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

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

Chemung County

Arnot Health Walk-in Care

- › 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

Elmira Urgent Care

- › 607-732-1100
- › elmiraurgentcare.com

Southern Tier Medical Care

- › Horseheads: 607-240-2535
- › 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

WellNOW Urgent Care

- › 607-846-2030
- › 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
-

Steuben County

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

- › 607-973-8000
- › guthrie.org/locations/corning-centerway

Finger Lakes Community Health

- › Bath: 607-776-3063
- › flhealth.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

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

Southern Tier Medical Care

- › Painted Post: 607-240-2535
- › 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

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

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
- › 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
- › steubensp.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



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<i>Light Housekeeping</i>	<i>Medication Reminders</i>	<i>Respite Care for Families</i>

607.846.2370

VisitingAngels.com/Horseheads



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نحن نتكلم العربية
Nou pale kreyòl
Мы говорим на
русском
Hablamos español



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96 GRANT ST, BUFFALO, NY 14213

ROCHESTER:

504 W Main St, Rochester, NY 14608

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
- › Chemung

Guthrie Home Health

- › Corning: 607-937-4216
- › guthrie.org/services/home-health
- › Chemung, Steuben

CenterWell Home Health (formerly Kindred At Home)

- › 833-453-1107
- › Corning: 607-962-0102
- › Centerwellhomehealth.com

Rochester Regional Health Home Care (formerly Lifetime Care)

- › Rochester: 585-214-1000
- › 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

VNA Visiting Nurse Association of Western NY

- › Bath: 607-622-6155
- › vnawny.org
- › Allegany, Steuben

Willcare

- › Buffalo: 716-856-7500
- › lhcgroup.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**

CALL RACHEL
585-524-6033
OR EMAIL
rachele@elitefi.com

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

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

All-Metro (formerly CareAmerica)

- › Corning: 607-248-9300
- › all-metro.com

Caregivers Home Care

- › Elmira: 607-733-4504
- › caregivershomecare.com

A Reflection of You Counseling & Support Services

- › 855-279-2771
- › arycss.com

Center for Disability Rights

- › Corning: 607-654-1120
- › cdrnys.org

Comfort Keepers

- › 607-654-6050 or 877-857-7987
- › comfortkeepers.com

Home Health Care Services, Inc.

- › Hornell: 607-324-4142
- › homeandhealthcare.org

Home Instead

- › 607-215-4471
- › homeinstead.com/843

Pathways

- › Corning: 607-937-3200
- › pathwaysforyou.org

Stafkings Healthcare Systems

- › 607-734-3646
- › nurseny.com/Pages/Services.aspx

Venture Forthe Inc.

- › Bath: 607-622-0842 or 800-701-1233
- › ventureforthe.com

Visiting Angels Living Assistance Services

- › 607-846-2370
- › visitingangels.com/horseheads

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

Need an application? Download the application from the EPIC website, call 1-800-332 3742, or request an application via email – nysdohepic@magellanhealth.com



Department
of Health

EPIC
Elderly Pharmaceutical
Insurance Coverage
Program

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

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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.

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

Fidelis Care at Home

- › 800-688-7422
- › fideliscare.org/FidelisCareatHome
- › Allegany, Chemung, Schuyler, Steuben

iCircle

- › 844-424-7253
- › icirclecny.org
- › Allegany, Chemung, Schuyler, Steuben

Nascentia Health Options

- › 888-477-4663
- › nascentiahealthoptions.org
- › Allegany, Chemung, Schuyler, Steuben

Total Senior Care

- › 716-379-8474
- › 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

Cuba Memorial Hospital SNF

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

Bath Center Assisted Living Program

- › 607-382-6285
- › bathcenteralp.com

Elcor Nursing and Rehabilitation Center

- › Horseheads: 607-739-0304
- › elcor.us

Bethany Village

- › Horseheads: 607-739-8711
- › bethany-village.org

Elderwood

- › Hornell: 607-324-6990
- › elderwood.com

Chemung County Nursing Facility

- › Elmira: 607-737-2001
- › chemungcountyny.gov/277/Nursing-Facility

Fred & Harriett Taylor Health Center

- › Bath: 607-776-8650
- › arnothealth.org

Community Living Center at Bath VA Medical Center

- › 607-664-4517
- › fingerlakesva.gov

Highland Park Rehabilitation and Nursing Center

- › Wellsville: 585-593-3750
- › highlandparkrehab.com

Corning Center for Rehabilitation and Healthcare

- › Corning: 607-654-2400
- › centershealthcare.org/corning_center

Maple City Rehabilitation & Nursing Center

- › Hornell: 607-324-7740
- › thegrandhealthcare.com/maplecity

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
- › arnohealth.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

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

Taylor Health—adult day medical

- › 607-776-8501
- › arnohealth.org/directory/offices/taylor-health-center-adult-day-care

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

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

Steuben County Habitat for Humanity

- › 607-936-4444
- › 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

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
- › ccsteubencilivingston.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

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

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.

Utilities Connection or Payment Assistance

Bath Electric, Gas, and Water

- › 607-776-2173
- › villageofbath.org/begws

Steuben Rural Electric Cooperative, Inc.

- › Bath: 607-776-4161 or 800-843-3414
- › steubenrec.coop

Corning Natural Gas Corporation

- › Corning: 607-936-3755
- › Addison/Hammondsport: 800-834-2134
- › corninggas.com

HEAP (Home Energy Assistance Program)

- › 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

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, alleganycountyhfh.org
- › Chemung: 607-734-1361, chemungcountyhabitat.org
- › Schuyler: info@schuylerhabitat.org, schuylerhabitat.org

- › Steuben: 607-936-4444, 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

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

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

Legal Resources & Financial Planning

Center for Disability Rights

- › 585-546-7560
- › cdnys.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

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

Schuyler

Schuyler County Sherriff

- › 106 10th St, Watkins Glen

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

Chemung County MOW

- › 607-734-9535
- › mealsonwheelschemung.org

Corning MOW

- › Corning & Painted Post:
- › 607-962-7985
- › cmowheels.com

Schuyler County Home-Delivered Meals

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

Steuben County Home Delivered Meals—Through Pro Action

- › 607-664-2298
- › proactioninc.org/programs/thriving-seniors/nutrition-programs

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

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

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

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, 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

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
- › 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)

Chemung cont.

Wegmans Pharmacy

› 607-737-5090 (Elmira)

Weis Pharmacy

› 607-733-2399 (Elmira)

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)

Steuben

Addison Apothecary

› 607-504-4091 (Addison)

Quinlan's Pharmacy

› 585-728-9120 (Wayland)

Beaver's Pharmacy

› 607-698-4641 (Canisteo)

Rite Aid

› Bath: 607-776-4747

CVS Pharmacy

› Dansville: 585-335-8292

› Wayland: 585-728-2350

› Corning: 607-962-3111

Tops Friendly Markets

› Bath: 607-776-1282

Gerould's Healthcare Center

607-936-3233 (Corning)

› geroulds.com

› Riverside: 607-936-3923

Walgreens

› Corning: 607-937-5374

Maple City Pharmacy

› 607-324-2212 (Hornell)

› Bath: 607-776-6039

› Hornell: 607-324-6276

Naples Apothecary

› 585-374-5040

Walmart

› Hornell: 607-324-7225

Park Pharmacy

› 607-569-2800

(Hammondsport)

› 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

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

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

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

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

- › Bath: 607-776-4310
- › proactioninc.org/thriving-seniors

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

- › Bath: 607-664-2298
- › steubenseniorservicesfund.org

Trualta—a professional-level healthcare training website for caregivers

- › 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

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

- › 888-425-2666
- › al-anon.alateen.org

Alcoholics Anonymous—people helping each other recover from alcoholism

- › 212-870-3400
- › aa.org
- › 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

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

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

- › 800-736-9805
- › familiesanonymous.org

Loyola Recovery Foundation

- › Admission: 585-203-1005 or 877-519-7705
- › Rehab: 607-282-5201
- › Detox/Inpatient: 607-527-7038
- › 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

NYS Office of Addiction Services and Supports—NYS programs

- › 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

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

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

- › 607-776-6441 x202
- › 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

VA Finger Lakes Healthcare System

- › Bath: 607-664-4300, Bldg. 76, 5th Floor
- › Elmira: 607-733-2178
- › 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

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

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

- › Elmira: 607-737-8100
- › 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

Guthrie Corning Cancer Center, Corning Hospital

- › 607-937-3100
- › 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

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

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alz.org/rochesterny



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or visit 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

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

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/

Chemung County Department of Health

- › chemungcountyny.gov/241/Public-Health

Schuyler County Public Health

- › 607-535-8140
- › Schuylercounty.us/166/Public-Health

Steuben County Public Health

- › 607-664-2166
- › steubencountyny.gov/402/Immunization-Information



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Main Office: 450 Plaza Drive, Vestal, NY 13850 607.763.9200

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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

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 Hammondspport.

- › 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

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

American Legion Dept. of NY

- › 518-463-2215
- › nylegion.net

AMVETS National HQ

- › 516-312-2896
- › nyamvets.com

Bath VA Medical Center

Rehabilitation—PT, OT, & speech

- › 607-664-4000
- › Admissions: 607-664-4506
- › fingerlakesva.gov

Caregiver Support—for help with caring for a disabled vet

- › 855-260-3274
- › 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

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

Elmira VA Outpatient Clinic

- › 877-845-3247

Homeless Veterans Hotline

- › 877-424-3838

Iraq and Afghanistan Veterans of America

- › 212-982-9699
- › 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

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

NYS Division of Veterans Affairs—Veterans counselors

- › 888-838-7697
- › veterans.ny.gov

Paralyzed Veterans of America

- › Benefits: 866-734-0857
- › Caregivers: 855-260-3274
- › 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

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

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

- › 866-406-8449
- › 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

VA Finger Lakes Health Care System

- › 607-664-4000 or 877-845-3247
- › 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

VFW—Department of NY

- › 518-463-7427
- › vfwny.com

Wounded Warrior Project

- › 877-832-6997
- › woundedwarriorproject.org

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

- › 888-829-6636
- › womenshealth.va.gov/programoverview/wvcc

Volunteer Opportunities

AARP—Multiple volunteer opportunities:

› aarp.org/volunteer

ACCORD

› 585-268-7605 x1340

› 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

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

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

› 585-268-7612

› 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

AmeriCorps Seniors—Steuben County OFA

› 607-664-2298

› steubencountyny.gov/166/AmeriCorps-Seniors-Volunteer-Program

Arc of Chemung—senior companion opportunities

› 607-734-6151 x128

› arcofcs.org

Arc of Schuyler

› 607-535-6934

› 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

CareFirstNY—helping families dealing with family member illness

› 607-962-3100

› 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

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

- › 800-346-2211
- › 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

Corning Habitat for Humanity ReStore

- › 607-377-5524
- › habitatcorning.org/restore-volunteer

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

- › 607-962-7985
- › cmowheels.com

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

- › 607-438-5286

- › 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

Family Service Society—youth mentoring

- › 607-936-3507
- › familyservicesociety.org/youth-mentoring-of-the-southern-tier

Food Bank of the Southern Tier

- › 607-796-6061 Ext. 4043
- › foodbankst.org

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

- › 607-734-1361
- › habitat.org

Meals on Wheels of Chemung County

- › 607-734-9535
- › 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

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
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1

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2

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3

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4

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5

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