Mission Statement
Guilderland Cares guides residents with health, legal, social and economic needs to agencies that can assist them.
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Adept Healthcare
406 Fulton St.
Troy, NY 12180
(518) 271-1055
www.adepthealthcare.com

Services: Adept Health Care Service Inc. is licensed by the New York State Department of Health to provide home care services, private duty nurses, or personal assistants in hospitals, nursing homes, and assisted living facilities. Registered nurses, licensed practical nurses, home health aides personal care aides can assist in your home. Homemakers can assist with housekeeping, meal preparation, and house management.

Areas served: Capital District.

Albany Community Action Partnership
333 Sheridan Ave. (main office)
Albany, NY 12206
(518) 463-3175
www.albanycap.org

Services: Helps individuals and families achieve self-sufficiency by providing needed support services and programs. Community services, including Cohoes Food Pantry, free income tax services. Services for those with low income, early childhood education; career services. Energy service make homes more accessible and reduce energy costs. Volunteers welcome.

Area Served: Albany County. Some programs expand to the entire capital region with 19 locations.

Albany County Crime Victim and Sexual Violence Center
112 State St., Room 1118
Albany, NY 12207
(518) 447-7100
The 24-hour Sexual Assault Hotline is at (518) 447-7716
www.albanycounty.com


Area Served: Albany County.

Albany County Department for Children, Youth and Families
112 State St. Room 300
Albany, NY 12207
(518) 447-7324
Child Abuse Hotline number: 1-800-342-3720


Area Served: Albany County.
Albany County Department of Health
175 Green St.
Albany, NY 12202
(518) 447-4580
www.albanycounty.com/health

**Services:** To prevent disease and injuries, protect against hazards, promote health and wellness.

**Areas served:** Albany County.

Albany County Department of Mental Health: Gero-Psych Unit
260 Pearl St.
Albany, NY 12202
(518) 447-4555

**Services:** In home assessment for elderly mentally ill.

**Areas served:** Capital District.

Albany County-NY Connects
162 Washington Ave.
Albany, NY 12210
(518) 447-7177
Monday through Friday 8:30 am - 4:30 pm
albanycountyconnects@albanycounty.com
http://www.albanycounty.com/About/NYConnects.aspx
www.nyconnects.ny.gov/

**Services:** Albany County – NY Connects is a trusted resource for anyone needing information regarding long term care services and supports. This may include an older adult, a child or adult with a disability, caregivers or family members. NY Connects functions with a “No Wrong Door” philosophy, serving as a hub for information on a wide range of available services and supports. In addition to serving individual instances of need, NY Connects is a resource for long term care professionals throughout the area, providing assistance managing transitions in service needs, with an overarching goal of assisting people in their desire to obtain, or remain in, the least restrictive setting for as long as possible.

**Areas served:** Capital District.

Albany County Rural Housing Alliance
PO Box 407
24 Martin Rd.
Voorheesville, NY 12186
(518) 765-2425
www.acrha.org

**Services:** Grants to help repair or buy a home. RESTORE for seniors over 62 who own their home and need repair. HUD approved Housing and Counseling Agency. First-time home buyers’ education seminars every 6-8 weeks. Counseling services are free of charge and available to anyone, regardless of location or income.

**Areas served:** Capital District.
Albany County Social Services Dept.
162 Washington Ave.
Albany NY 12210
(518) 447-7300
- Dept of Aging & Adult Services (518) 447-7198
- Food Stamps & Home Energy Assistance Program (HEAP) (518) 447-7323
- Legal Aid (518) 462-6765
- Legal Dept. (518) 447-7110
- Medicaid (518) 447-7252
www.albanycounty.com

Services: Diseases, vaccines, children’s health, environmental concerns, mental health, seniors and aging, veterans, insurance.
Area served: Capital District

Albany County Veterinary Hospital
1506 Western Ave.
Albany, NY 12203
Phone: (518) 456-6333
After hour’s phone: (518) 785-1094
www.albanycountyyvet.com

Serves: Serves dogs, cats, small mammals, and reptiles. Volunteers welcome.
Area served: Capital Region.

Albany Damien Center
728 Madison Ave.
Albany, NY 12208
(518) 449-7119
www.albanydamiencenter.org

Services: To provide unique services in a supportive environment. We strive to improve the quality of life and health of those affected by HIV/AIDS. Food, housing support, pet support, support for those with HIV/AIDS, and those in the lesbian, gay, bisexual, transgender, queer persons with HIV/AIDS. Support prevention programs. Treasure Chest Thrift store at 295 Hamilton St, Albany. Volunteers welcome.
Areas served: Albany, Schenectady and Rensselaer Counties are among the 17 upstate counties supported.

Albany Guardian Society
14 Corporate Woods #102
Albany, NY 12211
(518) 434-2140
www.albanyguardiansociety.org

Services: Founded in 1852, Albany Guardian Society (AGS) is one of the Capital District’s oldest not-for-profit charitable foundations. Its mission is to engage in a wide range of endeavors including education, research, information, and community engagement that will improve the quality of life for seniors, family members, and their caregivers. AGS has over 100 free educational classes on aging-related topics, as well as, two directories, Housing Options for Senior Adults in the Capital Region and the Adult Day Services in the Capital Region that are available for free upon request.
Areas served: Capital Region.
Albany Housing Authority
521 Pine St.
Albany, NY 12205
(518) 641-7500
www.albanyhousing.org

Services: Aims to meet the needs of residents and their communities with housing and financial counseling. Rental apartments, neighborhood improvements, housing counseling.

Area Served: Capital District.

Albany Jewish Community Center (aka Sidney Albert JCC)
340 Whitehall Rd.
Albany, NY 12208
(518) 438-6651
www.albanyjcc.org

Services: Community dining, reading program, fitness classes, lectures, concerts, day trips, camps, kids, programs, early childhood, and swimming. Our core values are rooted in Jewish principles, and we welcome members of the community at large, regardless of their faith or background. Volunteers welcome.

Area Served: Albany.

Albany Meals on Wheels-Senior Services
(518) 465-6465

Services: Meals for Individuals over 60. Volunteers welcomed.

Areas served: Albany County.

Albany Medical Center Neonatal Center
43 New Scotland Ctr.
Albany, NY 12208
(518) 262-3125

Services: As the Regional Perinatal Center of Northeastern NY, we provide the highest level of maternity and neonatal care to the region.

Areas served: Albany, Schenectady and Rensselaer Counties

Albany Visiting Nurses Association-Health Watch Program
35 Colvin Ave
Albany, NY 12206
(518) 489-2681 ext. 248
www.vnaalbany.org

Services: Lifeline and personal safety services.

Areas served: Capital District.

Alliance for Positive Health
927 Broadway
Albany, NY 12207
(518) 434-4686
www.allianceforpositivehealth.org

Services: The agency provides support services including case management, testing, housing and financial assistance, substance use outreach, and referral services, health insurance navigation, and mental health education. The Alliance helps people with other chronic illnesses such as asthma and diabetes, heart disease and obesity, teaches nutrition, and
provides testing for HIV, STIs, and Hepatitis C in 15 counties. Walk-in testing is available at the Albany and Schenectady offices. The Schenectady office is at 155 Erie Blvd. Volunteers welcome.

**Areas served**: Capital District.

**Altamont Cooperative Preschool**
129 Lincoln Ave.
Altamont, NY 12009
(518) 861-8711

**Services**: Preschool 3-4. Volunteers welcome.

**Areas served**: Albany and Rensselaer County

**Altamont Community Food Pantry**
122 Grand St.
Altamont, NY 12009
(518) 861-8770

**Services**: Provides supplemental food assistance to people in the community who are struggling with food insecurity. Open 4:00-5:00 p.m. on 1st and 3rd Tuesday of each month.

**Areas served**: Altamont, as well as surrounding areas of Guilderland.

**Altamont Free Library**
179 Main St.
Altamont, NY 12009
(518) 861-7239
www.altamontfreelibrary.org

**Services**: Book loans, story hours, summer reading program, adult groups and crafts. Volunteers welcomed.

**Areas served**: Altamont, Guilderland and surrounding areas.

**Altamont Oaks Apartments**
950 Altamont Blvd.
Altamont, NY 12009
(518) 861-5396
www.belmontmgmt.com

**Services**: Section 8 housing.

**Areas served**: Altamont.

**Altamont Reformed Church**
129 Lincoln Ave.
Altamont, NY 12009
(518) 861-8711
www.altamontreformed.org

**Services**: A community of believers who study and teach God’s word, serve in and beyond the village of Altamont. Worship 10:30 am.

**Areas served**: Capital District.
**Altamont Seniors**
St. Lucy's Parish Center
122 Grand St.
Altamont, NY 12009
(518) 861-8770

**Services**: The Altamont Seniors is a program independent of the Village Government. Luncheons are held on Tuesdays. The Village of Altamont provides transportation to Luncheons and for medical appointments if needed for Village Senior Residents. The Village of Altamont Senior Transportation Coordinator Stan Dean should be contacted to arrange transportation to luncheons and medical appointments.

The Town of Guilderland provides transportation for senior residents for Grocery Shopping, Drug Stores and Walmart, on specific days. Seniors must register with the Town of Guilderland Senior Services. They can be reached at (518) 280-7607. The Guilderland Senior Services has moved to 141 Bavarian Way, Altamont, NY 12009. (Off Route 20, not far from Guilderland Town Hall)

**Alzheimer's Association**
4 Pine West Plaza
Albany, NY 12205
(518) 867-4999
www.alz.org
24-hour hotline: (800) 272-3900

**Services**: Care consultation, support groups and educational programs.

**Areas served**: Caregiver Support Group meets the 3rd Wednesday of the month at 7 pm at the Delmar Presbyterian Church, 585 Delaware Ave., Delmar, NY 12054

**American Cancer Society**
1 Penny Ln.
Latham, NY 12110
(518) 220-6900
www.cancer.org

**Services**: Understanding your diagnosis, finding and paying for treatment, treatment and side effects counseling. Volunteers welcome.

**Areas served**: Capital District.

**American Cancer Society Patient and Family Services**
(518) 220-6901

**Services**: Patient and family services. Volunteers welcome.

**Areas served**: Capital District.

**American Cancer Society Road to Recovery**
260 Osborne Rd.
Loudonville, NY 12211
Transportation contact: (800) 227-2345 or (518) 220-6901
www.cancer.org

**Services**: Medical transportation for ambulatory cancer patients. Volunteers provide transportation Monday through Friday from 8:30 am-4:30 pm with 72-hour notice. Volunteers welcome.

**Areas served**: Capital District.
American Foundation for Suicide Prevention
(518) 791-1544
www.afsp.org

**Services:** AFSP provides suicide prevention education, programs, training and support for survivors of suicide loss free of charge to the community. If you are in crisis, please call the National Suicide Prevention Lifeline at (800) 273-TALK or contact the Crisis Text Line by texting TALK to (518) 741-741.

**Areas served:** 15 Counties surrounding the Capital Region.

American Red Cross of Northeastern NY
33 Everett Rd.
Albany, NY 12205
(518) 458-8111
www.redcross.org

**Services:** The American Red Cross works to alleviate and prevent human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors. The Red Cross provides assistance to people affected by disasters, military members, their families, and veterans, collects blood donations. Volunteers welcome.

**Areas served:** Capital District.

Arthritis Foundation Northeastern
(518) 456-1203
www.arthritis.org

**Services:** We lead the fight for the arthritis community and help conquer everyday battles through life changing information and resources, access to optimal care, and advancement in science and community connections.

**Areas served:** National.

Asthma Coalition of the Capital Region
(518) 486-8411
accr@hcdiny.org

**Services:** The asthma coalition of the Capital Region (ACCR) is one of eight regional coalitions funded by the New York State Dept of Health. ACCR is also supported by its lead agency, Whitney M. Young Jr. Health Center, Inc. The goal of ACCR is to decrease asthma morbidity and mortality, in low-income Capital Region families, up to age 40.

**Serves** Albany, Fulton, Montgomery, Rensselaer, and Schenectady Counties.
Volunteers welcome. Volunteer phone number: (518) 694-5103.

**Areas served:** New York State.

Attentive Care
5 Computer Dr. West
Albany, NY 12205
(518) 438-6271
www.attentivecareservices.com

**Services:** Personal care.

**Areas served:** Capital District.
Attentive Home Companions
5 Computer Dr. West
Albany, NY 12205
(518) 694-0400
www.caring.com
Areas served: Capital District.

Baby Institute, The
1 Ida Yarbrough
Albany, NY 12207
(518) 275-0752
www.BabyInstituteofAlbany.org
Services: To increase literacy and language skills by helping parents understand how to help their children become Pre-K ready and increase the number of children entering school ready and prepared to learn. Volunteers welcome.
Areas served: Serves City of Albany.

Beltrone Living Center
6 Winners Circle
Albany, NY 12205
(518) 459-2857
transportation@colonieseniors.org
http://www.colonieseniors.org
Services: Van service for those 60 and above.
Areas served: Town of Colonie.

Belvedere Health Services
1 Van Tromp St.
Albany, NY 12207
(518) 694-9400
www.belvedereservices.com
Services: Home health care.
Areas served: Belvedere home care is licensed and insured in New York State in the counties of Albany, Columbia, Fulton, Greene, Montgomery, Rensselaer, Saratoga, Schenectady, Schoharie, Warren and Washington.

Best Cleaners
5 New Karner Rd.
Guilderland, NY 12084
(518) 456-6297
www.bestcleanersny.com
Services: Pickup and delivery of dry cleaning and laundry at 11 locations in Capital Region.
Areas Served: Capital District.
Bethel Full Gospel
Assemblies of God Church
3669 Guilderland Ave.
Rotterdam, NY 12303
(518) 355-1866
www.bethelfullgospel.com

Services: 8:30 am and 10:30 am Sunday worship. Primary relationship is with God. We encourage loving relationships within our church body and outside our church body. Youth and children ministries.

Areas served: Capital District.

Bethesda House of Schenectady
834 State St.
Schenectady, NY 12307
(518) 374-7873
www.bethesdahouseschenectady.org

Services: Bethesda House is an interfaith ministry to the homeless, disabled, and economically disadvantaged citizens of Schenectady County. Volunteers welcome.

Areas served: Capital District.

Bethlehem Library
451 Delaware Ave.
Delmar, NY 12054
(518) 439-9314
www.bethlehempubliclibrary.org/

- ADA accessible
- American sign language available at programs (requires 1-2 weeks’ notice)
- Assistive listening devices
- Braille library cards
- Liaison to New York State Talking book and Braille Library

Areas served: Capital District.

Bethlehem Senior Services
Bethlehem Town Hall
445 Delaware Ave.
Delmar, NY 12054
518-439-4955 ext. 1176
Townofbethlehem.org
www.townofbethlehem.org

Services: Accessible transportation is available to medical appointments and other appointments and errands for those 60+ and living independently in the Town of Bethlehem. Appointments should be made before 2:00 pm. Reservations should be made in advance. Contributions encouraged. Volunteers welcomed.

Areas served: Bethlehem.
Bethlehem Veterinary Hospital
444 US 9
Glenmont, NY 12077
(518) 434-7373
www.bethlehemverterinaryhospital.com

Services: Full service, small and large animal hospital in a Christian atmosphere. Volunteers welcomed.
Areas served: Bethlehem and surrounding areas.

Beverwyck Retirement Community
40 Autumn Dr.
Slingerlands, NY 12159
(518) 482-8774
www.eddyseniorliving.com

Services: Full service, independent senior living community. Volunteers welcomed.
Areas served: Capital District.

Big Brothers Big Sisters of the Capital Region
1689 Central Ave.
Albany, NY 12205
(618) 862-1250
www.bbbscr.org

Services: Provide children facing adversity with strong and enduring, professionally supported one-to-one mentoring relationships. Volunteers welcomed.
Areas served: Albany, Saratoga, Schenectady and Rensselaer.

BirthNet
215 Partridge St.
Albany, NY 12203
(518) 482-2504
www.birthnewyork.org

Services: Public education about evidence-based, healthy maternity care and connections to information and resources.
Areas served: Capital District.

Birthright of Albany
586 Central Ave.
Albany, NY 12206
(518) 438-2978

Services: Pregnancy counseling service, free pregnancy tests, formula, diapers, maternity and baby clothing, and layettes.
Areas served: Capital District.
Blessed Virgin Mary of Czestochowa
National Catholic Church
250 Old Maxell Rd.
Latham, NY 12110
(518) 453-2258
www.bvmc.org

**Services:** A loving Catholic Community that seeks to worship God reverently, serve His creation faithfully and bring the good news of the gospel to the outside community. Worship Sunday at 9am. Saturday at 5pm.

**Areas served:** Capital District.

B’nai Sholom Reform Congregation
420 Whitehall Rd.
Albany, NY 12208
(518) 482-5283
www.bnaisholom.albany.ny.us

**Services:** A place where reformed Jews and their families of whatever background can truly call home. Shabbat services at 8pm. The first Friday at 6 pm.

**Areas served:** Capital District.

Bone & Joint Center
Appointments at any location: (518) 489-2666
- In Schenectady:
  3757 Carman Rd.
  Schenectady, NY 12303
  (518) 831-2957
- In Guilderland:
  1444 Western Ave., Suite C
  Albany, NY 12203
  (518) 533-6680

www.theboneandjointcenter.com

**Services:** Bone and joint specialist for shoulder, hip and knee pain.

**Area Served:** Capital District.

Boys and Girls Clubs of Albany
21 Delaware Ave.
Albany, NY 12210
(518) 462-5528
www.bgcalbany.com

**Services:** The Boys and Girls Clubs of Albany provides a safe and structured learning environment after school, during the holidays and summer vacation. Volunteers welcomed.

**Areas served:** Albany.
**Brain Injury Association of NYS (BIANYS)**
4 Pine West Plaza
Albany, NY 12205
(518) 459-7911
Family helpline: (800) 444-6443
www.bianys.org
info@bianys.org

**Services:** BIANYS is a statewide nonprofit membership organization that advocates on behalf of individuals with brain injuries and their families. Established in 1982, BIANYS provides education, advocacy, and community support services that lead to improved outcomes for children and adults with brain injuries and their families. The Association also offers a toll free family help line, chapters and support groups throughout the state, prevention programs, mentoring programs, a video library, and publications library.

**Areas served:** Statewide, very active local support in Capital District.

**Brandlewood**
6 Van Evera Dr.
Altamont, NY 12009
(518) 861-8809
www.belmontmgmt.com

**Services:** Low income housing.

**Areas served:** Capital District.

**Brandywine**
800 Brandywine Pkwy.
Guilderland, NY 12084
(518) 869-3553

**Services:** Low income housing

**Areas served:** Capital District.

**Breastfeeding USA: Capital Region (NY) Chapter**
19 Turner Park Rd.
Glenville, NY 12302
(518) 399-5148
www.breastfeedingUSA.org

**Services:** The mission of Breastfeeding USA is to provide evidence-based breastfeeding information and support, and to promote breastfeeding as the biological and cultural norm.

**Areas served:** Capital District.

**Bright Horizons Guilderland**
10 New Karner Rd.
Guilderland, NY 12084
(518) 250-5718
www.brighthorizonssocialcenters.org

**Services:** Bright Horizons is the adult day services program of Colonie Senior Service Centers. Volunteers welcomed.

**Areas served:** Capital District.
Butterfly Wings
35 State St.
Troy, NY 12180
(518) 253-9719
www.facebook.com/ButterflyWings518

**Services:** Butterfly Wings is a pantry for non-food items, such as disposable diapers, toilet paper, shampoo, or cleaning products that are not covered by food stamps. Volunteers welcomed.

**Area Served:** Capital Region.

CapitalCare Family Practice Guilderland
3757 Carman Rd., Suite 100
Schenectady, NY 12303
(518) 355-7063
www.capcare.com

**Services:** The Capital Care Medical Group offers many specialties.

**Areas served:** Albany, Rensselaer, Saratoga, Schenectady, and Montgomery Counties.

CapitalCare Nutrition and Diabetes Center
501 New Karner Rd., #1A
Albany, NY 12205
(518) 452-1337
www.capcare.com

**Services:** Counseling and referrals and services for diabetes.

**Areas served:** Capital District.

CapitalCare Pediatrics Guilderland
3732 Carman Rd.
Schenectady, NY 12303
(518) 356-4132
www.capcare.com

**Services:** All pediatric care services.

**Areas served:** Guilderland, Schenectady, Rotterdam, and Albany.

Capital City Rescue Mission
259 S. Pearl St.
Albany, NY 12202
(518) 462-0459
www.CapitalCityRescueMission.com

Capital City Rescue Mission is dedicated to proclaiming the life-changing gospel of Jesus Christ to the homeless and needy of the Capital Region, providing for the whole person, body, mind, and spirit.

**Services:** Food, shelter, clothing, health, spiritual needs. Volunteers welcome.

**Areas Served:** Capital Region.
Capital Counseling Associates
Licensed Psychotherapist: Cheryl Bradt – Hyland MS LCAT CASAC
274 Delaware Ave., Suite 2C
Delmar, NY 12054
(518) 439-7383
cherylbh@nycap.rr.com

Services: Licensed psychotherapist. Counseling for seniors, caregivers, etc.
Areas served: Capital District.

Capital District Center for Independence, Inc.
- Albany Office:
  845 Central Ave., South 3
  Albany, NY 12206
  (518) 459-6422
- Schenectady Office:
  105 Jay St. Room 2
  Schenectady, NY 12305
  (518) 459-6422
www.cdcieweb.com

Services: Promotes independent living for people with disabilities through a wide variety of
services, information, education outreach and trainings to people with disabilities. Adult health,
disability, employment, incarceration/prison, support groups, peer advocacy. Disability
awareness program, chronic disease self-management program, W.R.A.P. Volunteers
welcome.
Areas Served: Albany and Schenectady Counties.

Capital District Community Gardens
40 River St.
Troy, NY 12180
(518) 275-8685
www.cdcg.org

Services: Adult health, food, education. Nourishes healthy communities with nearly 50
community gardens and 6 other programs. Volunteers welcome.
Areas served: Albany, Rensselaer, Schenectady and Saratoga Counties.

Capital District Educational Opportunity Center
145 Congress St.
Troy, NY 12180
(518) 273-1900
www.hvcc.edu
EOCinfo@hvcc.edu

Services: The EOC offers free tuition, free academic and workforce development to those who
qualify. Education/GED/ Literacy; Employment; National Work Readiness Credential.
Areas Served: Albany, Rensselaer and Schenectady Counties.
Capital District Parkinson’s Support Group
Monthly, Second Thursday 7 pm – 8:30 pm
No meetings January or February
The Terrace at Beverwyck Lane
41 Beverwyck Ln.
Slingerlands, NY 12159
(518) 281-3466
Jud Eson - eson.jud@gmail.com
www.cdparkinsons.org
   Services: Education and support for those with Parkinson’s and their friends and families.
   Areas served: Upstate New York.

Capital District Psychiatric Center Crisis Center
75 New Scotland Ave.
Albany, NY 12208
(518) 549-6000
www.omh.ny.gov
   Services: Serious and persistent mental illness services.
   Areas Served: Capital District.

Capital District Transportation Authority (CDTA)
110 Watervliet Ave.
Albany, NY 12206
   Services: Transportation.
   Area Served: Capital District.

CDTA Access Program
(518) 482-8822
www.cdtar.org
   Services: Serves Medicaid clients.
   Areas Served: Rensselaer and Schenectady Counties.

Capital District Women’s Employment and Resource Center (WERC)
175 Central Ave., 3rd Floor
Albany, NY 12206
(518) 462-7600 ext. 184
www.cdwer.org
   Services: Women in transition receive free career assessment, computer skills, workforce preparation training, job placement, and ongoing supportive job retention. Education/Computer literacy; Employment; Workforce Development Training. Volunteers welcome.
   Areas served: Albany and Rensselaer Counties.
CapitaLand Ambulette Service
22 Kraft Ave.
Albany, NY 12205
(518) 438-1015

Service: Wheelchair service Monday through Friday from 8 am – 4 pm.
Area served: Capital District.

Capital Region BOCES - CAPIT Program
900 Watervliet-Shaker Rd.
Albany, NY 12205
(518) 464-3929
www.capregboces.org

Services: Addiction; Counseling and Mental Health; Family/Parenting Support; Teens.
Areas Served: Capital District.

Capital Region Child & Adolescent Mobile Crisis Response Team
60 Academy Rd.
Albany, NY 12208
- Albany Mental Health Clinic (518) 447-4550
- NYS Mental Health Crisis Center (518) 447-9650
- Rensselaer United Services (518) 270-2800
- Rensselaer Samaritan Hospital at (518) 271-3540
- Schenectady Child Guidance Center (518) 381-8911
- Schenectady Ellis Hospital (518) 243-3300

Services: Our school focused behaviorist is available from 8 am - 4:30 pm and the Crisis Team from 11 am – 9:30 pm on Monday through Friday. Crisis Services; School Behaviorist.
Areas Served: Services to ANY child in Albany, Rensselaer, and Schenectady Counties.

Capital Region Family Life Ministries
40 Edgecomb St.
Albany, NY 12209
(518) 209-2455
www.crflm.org

Services: A Christian faith-based ministry providing parenting classes and family mentoring services to strengthen families. Parenting classes, family mentoring. Volunteers welcomed.
Area Served: City of Albany.

Capital Region Language Center
24 Aviation Rd., Suite 100
Albany, NY 12205
(518) 729-5407
www.crlcalbany.org

Services: Language programs for adults, teens, children, corporations and colleges. Translations offered.
Areas served: Capital District.
Capital Region Theological Center (CRTC)
160 Central Ave.
Albany, NY 12206
(518) 462-2470
www.capitalrtc.org

**Services:** Education for clergy and non-clergy; providing resource information for congregations and their members.

**Area served:** Capital Region.

Capital Roots
594 River St.
Troy, NY 12180
(518) 274-8685
www.capitalroots.org

**Services:** To nourish healthy communities by providing access to fresh food and green spaces for all. Family Health, food, education. Volunteers welcomed. Monday through Friday from 9 am – 5 pm.

**Areas Served:** Capital Region.

Career Central (Albany One Stop)
175 Central Ave.
Albany, NY 12206

- Albany County (518) 462-7600 ext. 116 or 117
- Rensselaer County (518) 270-2860
- Schenectady County (518) 344-2735
www.capreg.org

**Services:** Provide federal and state employment and training services for job seekers. Job search and training assistance. Volunteers welcomed.

**Areas Served:** Albany, Schenectady and Rensselaer Counties.

Caregiver Connection
20 Rensselaer St.
Albany, NY 12202
(518) 694-3511
www.seniorservicesofalbany.com

**Services:** Information, counseling and written referral packets are provided for caregivers for the elderly. Consultation can occur over the phone or in-person (work or home), at the convenience of the caregiver. The care recipient must be 60+ and need assistance with activities of daily living. Volunteers welcomed.

**Area Served:** Capital District.

Carman Road Community Church
3313 Carman Rd.
Schenectady, NY 12303
(518) 356-1671
www.carmanroad.com

**Services:** Overseas work, US church planting, short term missions, education, creating disciples, alliance peacemaking, relief efforts.

**Areas served:** Capital District.
Catholic Charities of Diocese of Albany
40 North Main Ave.
Albany, NY 12203
(518) 453-6650
www.cccrcda.org
- Disability service: (518) 783-1111
- Senior/caregiver support: (518) 372-5667
- Community maternity: (518) 482-8836
- Housing: (518) 459-0183

Services: Disaster response, providing human basic needs, support, and protection of the vulnerable. Volunteers welcomed.
Area Served: Capital District.

Center for Disability Service
314 South Manning Blvd.
Albany, NY 12203
(518) 437-5700
www.cfdsny.org

Services: Empowers people with all disabilities to lead healthy and enriched lives. Camps, health care service coordination, transportation, education. Serves infants through adults.
Area Served: Capital District.

Center for Independence
- In Albany:
  85 Central Ave, South 3
  Albany, NY 12206
  (518) 459-6422
- In Schenectady:
  105 Jay St. Rm 2
  Schenectady, NY 12305
  (518) 382-5199 ext. 5324

www.ccdciweb.com

Services: Capital District Center for Independence Inc., is a private not-for-profit 501(c)(3), community-based Independent Living Center (ILC), located in Albany, NY which provides non-residential services to over 1250 people with disabilities annually living in the Greater Capital District of New York State. Promotes independent living for those with disabilities. Advocacy, information and referral, ramp program, benefits assistance. Volunteers welcomed.
Area Served: Capital District.

Center for Law and Justice
220 Green St.
Albany, NY 12202
(518) 427-8361
www.cflj.org

Services: Education, empowerment, advocacy for low income and disadvantaged communities. One of the primary components of the Center for Law and Justice is to facilitate the successful transition into mainstream society of those residents with a criminal conviction and/or incarceration experience.
Area Served: Capital District. Links to services in other parts of New York are on our web site.
Center for Problem Gambling
650 Warren St., #1
Albany, NY 12208
(518) 462-6531
www.capitalcounseling.org

**Services:** Guidance and support for individuals and families affected by problem gambling. Gamblers Anonymous, Support Group Wednesdays, individual, group, and family counseling.

**Area Served:** Capital District. Counseling offices in Albany, Schenectady, Saratoga, Clifton Park, and Troy.

Centerpoint Community Church
481 Route 146
Guilderland, NY 12085
(518) 861-6695
www.guilderlandcenterpointe.org

**Services:** Warm and friendly assembly of believers. Services at 10:30 am on Sunday.

**Areas served:** Capital District.

Child Find of America, Inc.
21 S Elting Corners Rd.
Highland, NY 12528
(845) 883-6060
www.childfindofamerica.org
www.parenthelp-ny.org

**Services:** Locate missing children through active investigation; prevent child abduction through education; and resolve parental conflicts over child support, custody, access & visitation through mediation. Location service; crisis intervention; conflict skill building; mediation; runaway intervention; parenting education; information & referral.

**Areas served:** National and International.

Chinese Community Center
11 Avis Dr.
Latham, NY 12110
(518) 783-2153
http://cccalbany.org

**Services:** The Chinese Community Center (CCC) is a resource center for the members of the Chinese American community and those who are interested in Chinese culture and language.

**Area Served:** Capital District.

Christ’s Church Guilderland
4 Charles Pk.
Guilderland, NY 12084
(518) 456-8063
www.christchurchguilderland.com

**Services:** “Leading people to live significant stories, following Jesus.” (Sunday Services for Adults and Children (Birth-5th Grade)--9:30 & 11am; Middle School--9:30am; High School--11am)

**Areas served:** Capital District.
Circles of Mercy
11 Washington St.
Rensselaer, NY 12144
(518) 462-0899
www.circlesofmercy.org

**Services:** Circles is an outreach center sponsored by the Sisters of Mercy, with over an 18 year tradition of offering a variety of services and programs to anyone in need, especially women and children living in the city of Rensselaer. Clothing; Baby supplies; Employment; Income tax assistance; Focus is on women and women with children.

**Area Served:** City of Rensselaer.

City Mission of Schenectady
425 Hamilton St.
Schenectady, NY 12305
(518) 346-2275
www.citymission.com

**Services:** To meet the needs of the poor in a manner that dignifies and strengthens the individual, the family, and the community. Food, Clothing, Shelter; Homelessness; transitioning from poverty to sustainability. Volunteers welcomed.

**Areas served:** Primarily (but not limited to) Schenectady County.

ClearPoint Credit Counseling Solutions
6 Automation Ln., Suite 113
Albany, NY 12205
(518) 438-3710

**Services:** ClearPoint helps consumers resolve their budgeting, debt and credit problems. Non-profit, and nationally certified. #Education / GED / Literacy; Spanish language / Español; Financial Education.

**Areas served:** Albany; Nationwide by telephone.

ClearView Center, Inc. (Equinox)
500 Central Ave.
Albany, NY 12206
(518) 435-9931
www.equinoxinc.org

**Services:** ClearView Center provides outpatient counseling, case management, and residential services to adults with mental illness. Youth programs with emergency housing for runaways and homeless youth. Emergency housing for domestic abuse victims, counseling and mental health; family / parenting support; support groups.

**Areas Served:** Albany County.

Clothes Closet
St. John’s / St. Ann’s Outreach Center
88 Fourth Ave.
Albany, NY 12202
(518) 472-9091
www.sjsscenter.org

**Services:** Collection and distribution of clothes to South End individuals. School supplies, furniture, and food are also available. Volunteers welcomed.

**Area Served:** Albany.
Clover Patch Early Childhood Services
- 55 Helping Hand Ln.
  Glenville, NY  12302
- 314 S Manning Blvd
  Albany, NY  12208
(518) 482-9956
  **Services:** Clover Patch Early Childhood provides evaluation, early intervention, and preschool services to children with special needs. Disability; special needs children. Volunteers welcomed.
  **Area Served:** Greater Capital Region.

Club Zoe, Inc.
33 Rensselaer St.
Albany, NY  12202
(518) 892-7729
www.clubzoe.org
  **Services:** To help urban youth succeed academically and socially while strengthening the family and community. Education / GED / Literacy; Teens. Volunteers welcomed.
  **Area Served:** South End of Albany.

Cohoes Senior Center
10 Cayuga Plaza
Cohoes, NY  12047
(518) 235-2420
www.cohoesseniorcenter.org
  **Services:** Promotes the dignity of the older adults living in the community and to provide the services and the programs needed to support healthy living.
  **Areas served:** Cohoes.

Cohoes Senior Citizens Multi-Service Center
10 Cayuga Plaza
Cohoes, NY  12047
(518) 235-2420
www.cohoesseniorcenter.org
  **Services:** Adult day care, meals, Meal on Wheels, legal advice, benefits counseling, tax assistance, volunteer placements.
  **Area Served:** Cohoes, meals on wheels to Green Island and Cohoes.

Colonial Cleaners
177 North Allen St.
Albany, NY  12206
www.colonialdrycleanersalbany.com
  **Services:** Pick-up and delivery.
  **Areas served:** Capital District.
Colonie Senior Resources (Town of)
Beltrone Living Center
6 Winners Ci.
Albany, NY 12205
(518) 459-5051
www.colonie.org

**Services:** Information and counseling are provided to caregivers on a broad range of topics. This service is available to those living in the Town of Colonie and for those caring for a loved one in the Town of Colonie.

**Area served:** Town of Colonie.

Colonie Senior Transportation
Beltrone Living Center
6 Winners Circle
Albany, NY 12205
(518) 459-2857
www.colonieseniors.org

**Services:** Van service for ages 60 years and above.

**Areas served:** Town of Colonie.

Commission on Economic Opportunity (CEO)
2331 Fifth Ave.
Troy, NY 12180
(518) 272-6012
www.ceoempowers.org

**Services:** To empower individuals and families to build self-sufficiency and rise out of poverty. Child Care; Employment; Teens; Women Infants Children Nutrition Program (WIC); Youth Build (job training and case management for those 16-24 who have struggled or dropped out of school); Head Start; Early Head Start; Family Support Services; Financial Literacy; Food Pantry: Empower NY, a program to improve energy efficiency of homes.

**Areas served:** Rensselaer County.

Community Caregivers
2021 Western Ave.
Albany, NY 12203
(518) 456-2898
www.communitycaregivers.org

**Services:** Community Caregivers provides services that enable individuals of all ages to maintain their independence, dignity and quality of life within their homes and communities. Whenever possible, we offer non-medical assistance to local residents so that they can avoid hospitalization or institutionalization. We also help family members and friends cope with the challenges of long-term caregiving. Services are provided by a robust volunteer network of dedicated individuals with a desire to assist their neighbors. Transportation, Shopping (from a list or accompany client), Caregiver respite, Friendly visits, Reassurance calls, Paperwork, Light chores (limited basis), Referrals.

**Areas served:** Towns of Guilderland, Bethlehem, New Scotland, Berne and Knox and on a very limited basis in the City of Albany.
Community Hospice of Albany County
445 New Karner Rd.
Albany, NY 12205
(518) 724-0200
(800) 678-0711

**Services:** Serves seriously ill people and their families during the process of dying and grieving with health care, bereavement services, support groups and care in home.

**Area Served:** Albany County.

Community Hospice
(Administrative Offices)
295 Valley View Blvd.
Rensselaer, NY 12144
(518) 724-0242
(800) 678-0711
www.communityhospice.org

**Services:** Serving seriously ill people and their families during the process of dying and grieving. Adult health; grief and loss; support groups

**Areas Served:** Serving patients in their homes, nursing homes and hospitals throughout Albany, Columbia, Greene, Montgomery, Rensselaer, Saratoga, and Schenectady Counties.

Community Hospice Grief Centers
(800) 678-0711

- Albany (518) 724-0200
- Amsterdam (518) 843-5412
- Columbia / Greene (518) 943-5402
- Rensselaer (518) 285-8100
- Saratoga (518) 581-0800
- Schenectady (518) 377-8846

www.communityhospice.org

**Services:** Grief counseling, support groups (children, teen, adult), education, crisis response, camp, all at no charge.

**Areas Served:** All listed above.

Community Human Services
543 Saratoga Rd.
Glenville, NY 12302
(518) 399-4624
www.chsny.org
clicata@chsny.org

**Services:** Community Human Services operates a Wellness Express mini-van for transportation to medical appointments. The Wellness van operates in Ballston Spa, Ballston, Charlton, Galway, Malta, and Milton. It is not a wheelchair service. The Family Support Services program is a community based family services program designed to meet the increasing need and demand for support to families with children experiencing serious social, emotional or behavioral problems. The provision of family support services is predicated on the understanding that having a family member with significant mental Care Links is a volunteer program that helps seniors to stay in their homes as long as possible by helping with non-medical type things like transportation, friendly visiting, respite services, grocery shopping and light housekeeping. Carelinks (518) 399-3262 or carelinksny.org. Volunteers needed.

**Area Served:** Southern Saratoga County: Ballston, Charlton, Clifton Park, Halfmoon, Malta, and Mechanicville.
**Concepts of Independent Choices**
845 Central Ave., South 3
Albany, NY 12206
(518) 459-6422
(844) NY-CDPAS
www.coicny.org
info@coicny.org

**Services**: Concepts of Independence, Inc. pioneered the original Consumer Directed Personal Assistance Services program (CDPAS) in 1980, enabling severely disabled and chronically ill individuals to hire, train and supervise the Personal Assistant home care worker of their choice. Adult health; disability; special needs children.

**Areas Served**: Concepts serves the following counties: the 5 boroughs of New York City, plus Albany, Clinton, Delaware, Greene, Hamilton, Montgomery, Nassau, Orange, Putnam, Rockland, Saratoga, Schenectady, Suffolk, Warren, Westchester.

**Congregation Beth Abraham-Jacob**
An Orthodox Congregation
380 Whitehall Rd.
Albany, NY 12208
(518) 489-5819
www.cbai.org
info@cbai.org

**Services**: Orthodox synagogue dedicated to creating a Jewish home through a variety of Jewish spiritual, social and educational experiences while encouraging the love for Judaism and commitment to Jewish Torah.

**Serves**: Capital District.

**Congregation Beth Emeth (Reform)**
100 Academy Rd.
Albany, NY 12208
(518) 436-9761
www.bethemethalbany.org

**Services**: Friday at 5:30. We worship God in accordance with the tenets of Reform Judaism; to cultivate love and understanding in the Jewish heritage and bring the teachings of God through the Torah.

**Areas served**: Capital District.

**Congregation Ohav Shalom**
An Egalitarian Conservative Synagogue
113 New Krumkill Rd.
Albany, NY 12208
(518) 489-4706
www.ohavshalom.com
Info@ohavshalom.com

**Services**:

**Areas served**: Capital District.
Conifer Park
Glenridge Rd.
Glenville, NY 12302
(800) 989-6446
(800) 926-6433
http://www.coniferpark.com

Services: Short term drug and alcohol rehabilitation. Alcohol treatment and chemical dependency program for adults and adolescents.

Areas Served: Capital District with outpatient clinics in Troy, Schenectady, Glens Falls, Plattsburgh, Syracuse, and Rochester.

Consumer Directed Choices
7 Washington Sq.
Albany, NY 12205
(518) 464-0810
(800) 335-0810
(518) 690-0690 (TTY/TTD)
info@cdchoices.org
www.cdchoices.org

Services: Consumer Directed Choices is a nonprofit Medicaid funded program. Consumers who have a home personal care need are empowered to manage their “plan of Care” by hiring, training, and supervising their own personal assistant. Disability; Special Needs Children; Consumer Directed Personal Assistance Program.

Areas Served: Albany, Columbia, Greene, Saratoga, Schenectady Counties

Continuing Education Director Guilderland Central Schools
Jeff Gregory
(518) 861-8591

Services: Classes of all types for adults.

Areas served: Capital District.

Cornell Cooperative Extension
24 Martin Rd.
Voorheesville, NY 12186
(518) 765-3500

Service: With a presence in every county and New York City, CCE puts research into practice by providing high-value educational programs and university-based resources that help solve real-life problems. Volunteers welcomed.

Areas Served: Capital District.

Cornell Cooperative Extension, Schenectady County
107 Nott Terr., Suite 301
Schenectady, NY 12308
(518) 372-1622

Services: Engage individuals and communities through education to develop knowledge, skills and leadership, and improve quality of life. Volunteers welcomed. Nutrition education, pregnant women, infant, and child nutrition program (WIC).

Area Served: Schenectady County. (All counties in NY have a cooperative extension program).
Correctional Association of New York
22 Cortland St., 33rd Floor
New York, NY 10007
(212) 254-5700
www.correctionalassociation.org

Services: Founded in 1844, the Correctional Association of New York (the CA) is an independent non-profit organization that advocates for a more humane and effective criminal justice system and a more just and equitable society. Prison monitoring; Prison Reform; Criminal Justice Policy Advocacy; Adult leadership training. The Correctional Association accepts all collect calls from those in NY State prisons. Calls from family members are welcomed. The association cannot advocate for individuals but can only advocate for NYS prison system reform.

Area Served: New York State.

Delanson Methodist Church
112 East Shore Dr.
Delanson, NY 12053
PO Box 145
(518) 207-6867
www.umc.org

Services: Mission work, community outreach, children’s ministry, Sunday service at 10 am.

Areas Served: Delanson area.

Dentistry of Troy
5 Broadway
Troy, NY 12180
(518) 533-4989
Dr. Jeffrey Moran
Dr. Erica Eccher

Services: Children’s health/ dental health; prenatal counseling. Providing comprehensive dental care from birth onwards

Areas Served: Capital District and surrounding areas.

DePaul Housing Management
41 North Main Ave.
Albany, NY 12203
(518) 459-0183
www.depaulhousing.com

Services: Sponsored by the Roman Catholic Dioceses, communities that provide a quality of life for all residents. Live in your own apartment or cottage. Elderly, adults who are mobility impaired and low income.

Areas Served: Capital District.

DJ Ambulette
779 River St.
Troy, NY 12180
(518) 235-2610
www.nyconnect.ny.gov

Services: Ambulette and wheelchair transportation.

Areas Served: Albany.
Displaced Homemakers
175 Central Ave., 3rd floor
(518) 242-8249
www.labor.ny.gov

**Services:** For those who previously provided unpaid service to their family (i.e. stay at home Mom) who is unemployed and looking for a job. Counseling and career training.

**Areas served:** Capital District.

The Doula Network of the Capital Saratoga Region
www.thedoulanetwork.org

**Services:** To provide birth and postpartum support and education to pregnant women and postpartum families.

**Areas Served:** Greater Capital Saratoga area.

Early Childhood Education Center
Albany NY 12203
(518) 456-3268
www.ececny.org

**Services:** Early childhood education for disabled children. Volunteers welcomed.

**Areas Served:** Capital District.

Easter Seals NY
845 Central Ave.
Albany, NY 12203
(518) 456-4880
www.eastersealsny.org

**Services:** Disability, education, special needs children, military, disaster relief. Volunteers welcomed.

**Areas served:** Capital District.

EDDY Alzheimer’s Services
421 West Columbia St.
Cohoes, NY 12047
(518) 238-4163
www.nehealth.com

**Services:** Consultations, assessment, medical evaluations for those suffering from memory loss and associated changes in functioning and behavior.

**Areas served:** Capital District.

EISEP Albany County
162 Washington Ave.
Albany NY 12210
(518) 447-7198
www.albanycounty.com

**Services:** In-home services such as cleaning, laundry, meal prep, shopping, grooming, dressing, ambulation for individuals 60 and older. Cost determined by individual's income. Volunteers welcomed.

**Areas served:** Capital District.
Elderly Pharmaceutical Insurance Coverage (EPIC)
PO Box 15018
Albany, NY 12212
Helpline: (800) 332-3742
www.health.ny.gov

**Services:** New York State program for seniors to supplement their out of pocket Medicare Part D drug plan.
**Areas served:** New York State.

Ellis Family Health Center
624 McClellan St., Suite 101
Schenectady, NY 12304
(518) 382-2260
www.ellismedicine.org

**Services:** Health care to all ages. We promote and deliver comprehensive prenatal care and high risk OB care. We also provide specialty clinics such as orthopedics, podiatry, HIV, suboxone, pain management, osteopathy, addictions and women’s health.
**Areas served:** Capital District.

Ellis Hospital Lifeline
600 McClellan St.
Schenectady, NY 12304
(518) 243-3333
www.ellismedicine.org

**Services:** Lifeline and lifeline support.
**Areas served:** Capital District.

Empire Medi-Van
149 Remsen St.
Cohoes, NY 12047
(518) 235-2610
www.nyconnects.ny.gov

**Services:** Wheelchair Service.
**Areas served:** Capital District.

Epilepsy Foundation of Northeastern NY
3 Washington Sq.
Albany, NY 12205
(518) 456-7501
www.epilepsy.com

**Services:** Education and advocacy for individuals affected by seizure disorders.
**Areas served:** Capital District.
Equinox, Inc.
95 Central Ave.
Albany, NY 12206
(518) 434-6135
www.equinoxinc.org

Services: Provides shelter, counseling, advocacy, supportive services to youth and domestic violence victims; treatment for substance abusers. Teen support. Volunteers welcomed.
Areas served: Albany County.

Families Together in Albany County
737 Madison Ave.
Albany, NY 12208
(518) 436-5437
www.ftalb.org

Services: Family support for emotional and mental illness. Resourcing, referrals, and therapy. Volunteers welcomed.
Areas served: Capital District.

Family and Child Services of Schenectady, Inc.
246 Union St.
Schenectady, NY 12305
(518) 393-1369
www.familyandchildservices.com

Services: Counseling, mental health, family, parenting, special needs children.

Family Life Center and Family Life Midwifery
20 Elm St.
Albany, NY 12202
(518) 465-0241
www.albanyfamilylifecenter.org

Services: Homebirth, doula support, midwifery, support of families through birth and beyond.
Areas served: Capital District, Saratoga springs.

Family Silhouette
104 Main St.
Altamont, NY 12009
(518) 861-5331

Services: Family hair care.
Areas served: Capital District.

Fidelis Care
31 British American Blvd.
Latham, NY 12110
(518) 427-0481

Services: Free and low cost health insurance.
Areas served: Capital District.
Finding a Dental Provider (NY State Dept of Health)
www.health.ny.gov
  Services: Dental health.
  Areas served: New York State.

First United Methodist Church of Voorheesville
68 Maple St.
Voorheesville, NY 12186
(518) 765-2895
www.Fumcv.org
  Services: We celebrate God’s love, study his word and reach out to others in His name.
  Worship Sundays at 10 am.
  Areas served: Capital District.

Fleet and Family Support
19 JF Dr.
Saratoga Springs, NY 12866
www.cnic.navy.mil
  Services: Counseling and mental health, domestic violence, new parent support, in home
  visitation.
  Areas served: Upstate New York.

Food Pantries for the Capital District
32 Essex St.
Albany, NY 12206
(518) 458-1167
www.thefoodpantries.org
  Services: The pantries is a coalition of food pantries that work together to feed the hungry.
  We Provide food, clothing, shelter, energy assistance, and baby supplies. Volunteers
  welcomed.
  Areas served: Albany, Saratoga, Rensselaer, and Troy.

For Pete’s Sake
Intersection of South Allen St. / New Scotland Ave.
Albany, NY 12208
(518) 525-1107
www.sphcs.org
  Services: Thrift store for clothing and household items. Volunteers welcomed.
  Areas served: Capital District.

Four Winds Saratoga
30 Crescent Ave.
Saratoga Springs, NY 12866
(518) 584-3600
www.fourwindshospital.com
  Services: Inpatient and outpatient mental health treatment for children, adolescents and
  adults.
  Areas served: Capital District.
**Gentiva**
501 New Karner Rd.
Albany, NY 12205
(518) 452-3524
www.homehealthcareagencies.com

**Services:** Healthcare, hospice, community care, education, PT, speech, skilled nursing.
**Areas served:** Capital District.

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**Gilda’s Club**
80 Maple Ave.
White Plains, NY 10601
(914) 644-8844
www.nyconnects.ny.gov

**Services:** For men women and children who are living with any form of cancer, as well as their circle of family and friends. Support and networking groups, workshops, social activities and lectures. Free service.
**Areas served:** New York State.

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**Girl Scouts of NENY**
8 Mountain View Ave.
Albany, NY 12205
(518) 489-8110 ext. 11
www.gsneny.org

**Services:** Builds girls of courage, confidence and character, who make a difference in the world.
**Areas served:** Capital District.

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**GuildCare Adult Day Health Care**
2 Clara Barton Dr.
Albany, NY 12208
(518) 396-3626
www.jgb.org

**Services:** Day program for adults with vision loss, nursing, social work, PT, OT, lunch and transportation provided.
**Areas served:** Capital District.

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**Guilderhaven, Inc.**
6655 Route 158
Altamont, NY 12009
(518) 861-6861
www.guilderhaven.org

**Services:** Guilderhaven, Inc. is a 501(c)(3) non-for-profit that helps the animal community. We provide low-cost spay/neuter, food, and medical intervention for the companion animals of New York residents and for wildlife.
**Areas served:** Guilderland.
Guilderland Animal Hospital
4963 Western Tpke.
Altamont, NY 12009
(518) 355-0260
www.guilderlandanimalhospital.com

Services: Quality veterinary care for dogs, cats and pocket animals. Dental, wellness, vaccinations, x-rays, boarding, microchipping, surgery and internal medicine.
Areas Served: Capital District.

Guilderland Animal Shelter
6363 French’s Mill Rd.
Guilderland, NY 12084
(518) 861-6855
www.capital.net

Services: Facility for stray dogs.
Areas served: Guilderland.

Guilderland Baseball
PO Box 179
Guilderland, NY 12084
www.guilderlandbaseball.net

Areas served: Must live in Guilderland or Voorheesville.

Guilderland Central School District
8 School Rd.
Guilderland Center, NY 12085
(518) 456-6200

Services: Education from K-12.
Areas served: Guilderland and Altamont.

Guilderland Chamber of Commerce
Star Plaza #201
2050 Western Ave.
Guilderland, NY 12084
(518) 456-6611
www.guilderlandchamber.com

Services: Promotes and supports business and economic growth, and enhances the quality of life in Guilderland.
Areas served: Guilderland.

Guilderland Elks BPOE #2480
3867 Carman Rd.
Schenectady, NY 12303
(518) 355-2480

Services: A place where neighbors come together, families share meals and children grow up. Disaster relief, veteran’s support, food insecurity support.
Areas served: Guilderland and surrounding communities.
**Guilderland Food Pantry**  
4 Charles Park  
Guilderland, NY 12084  
(518) 930-1001  
www.guilderlandfoodpantry.com  

**Services:** To feed the food insecure in the community. Supports families with WIC, SNAP, and HEAP.  
**Areas Served:** Guilderland.

**Guilderland Little League**  
PO Box 410  
Guilderland, NY 12084  
(518) 861-3658  

**Services:** Recreational baseball for ages 4-12.  
**Areas Served:** Guilderland and Voorheesville.

**Guilderland Girls Softball**  
PO Box 256  
Guilderland, NY 12084  
www.guilderlandgirlsoftball.org  

**Services:** Community-based softball program for girls ages 5-18.  
**Areas served:** Capital District.

**Guilderland Parks and Recreation**  
181 Route 146  
Altamont, NY 12009  
(518) 456-3150  
www.townofguilderland.org  

**Services:** Responsible for the design, maintenance and promotion of seasonal recreation facilities and programs of the town of Guilderland.  
**Areas served:** Guilderland.

**Guilderland Public Library**  
2228 Western Ave.  
Guilderland, NY 12084  
(518) 456-2400  
www.guilpl.org  

**Services:** The library lends books, movies, compact discs, audio books, fishing poles, tables, birthday party kits and much more. We also hold concerts, films, workshops, and displays in our event rooms. Non-profit community groups are invited to use our facilities for meeting and workshops.  
**Areas served:** Guilderland.
**Guilderland Seniors**
Guilderland Senior Center  
141 Bavarian Way  
Altamont, NY 12009  
(518) 280-7607  
www.townofguilderland.org

**Services:** Advocates, plans, coordinates, researches, and monitors services that benefit town residents aged 60 and older.

**Areas served:** Guilderland.

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**Guilderland Vision Care**
2050 Western Ave.  
Guilderland, NY 12084  
(518) 456-6000
www.guilderlandvision.com

**Services:** Eye Care.

**Areas served:** Capital District.

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**Guilderland YMCA**
250 Winding Brook Rd.  
Guilderland, NY 12084  
(518) 456-3634
www.cdymca.org

**Services:** Helping the community by strengthening the potential of every individual by promoting healthy living and giving back to the community. Volunteers welcomed.

**Areas served:** Capital district.

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**Grace Baptist Church**
5958 State Farm Rd.  
Guilderland, NY 12084  
(518) 218-1209
www.graceguilderland.org

**Services:** Worship at 10 am Sundays. A place where people looking for the truth will find a true biblical church to love and call home.

**Areas served:** Capital District.

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**Grand Street Community Arts**
68 Grand St.  
Albany, NY 12202  
(518) 463-2222
www.grandarts.org

**Services:** Creating unity and connection through the arts. Digital filmmaking, gardening, after school and summer programs provided. Volunteers welcomed.

**Areas served:** South End Albany and Downtown Albany.
Grassroots Givers  
274 Washington Ave.  
Albany, NY 12203  
(518) 817-5921 or (518) 542-1276  
www.grassrootsgivers.org  
**Services:** Community store, literacy program, and volunteer organization. Volunteers welcomed.  
**Areas served:** Capital District.

**Great Days at Daughter of Sarah Senior Community**  
180 Washington Ave.  
Albany, NY 12203  
(518) 456-7831  
www.daughtersofsarah.org  
  
**Service:** To enhance the quality of life, assure the safety and dignity, and foster the independence of those who reside here. We offer personal care, and health care consistent with Jewish values. Volunteers welcomed.  
**Areas served:** Capital District.

**Guilderland Community Gardens**  
181 Route 146  
Altamont, NY 12009  
(518) 452-7450  
www.townofguilderland.org  
  
**Services:** Organic gardens rented and maintained by Guilderland residents.  
**Areas served:** Guilderland.

**Hispanic Community Center**  
PO Box 115  
Delanson, NY 12053  
(518) 722-4269  
www.HCNewYork.com  
  
**Services:** Assistance with obtaining public assistance services; translation; referrals; and support services, voter registration; immigration.  
**Area Served:** Capital District.

**Hamilton Union Presbyterian Church**  
2291 Western Ave.  
Guilderland, NY 12084  
www.hamiltonunionpresbyterianchurch.org  
  
**Services:** We are a congregation on an intentional journey of discipleship as we grow spiritually, to increase our ministry to others and improve our caring for ourselves.  
**Areas served:** Capital District.

**Hamilton Union Nursery School**  
2291 Western Ave.  
Guilderland, NY 12084  
(518) 456-5410  
  
**Services:** 3-4 year olds. Volunteers welcomed.  
**Areas served:** Capital District.
Haven Grief Counseling Center
703 Union St.
Schenectady, NY 12305
(518) 370-1666
Services: Support to children, teens, and adults experiencing grief from bereavement and life threatening illness. Individual, family, and group counseling. Support groups.
Areas served: Capital District.

Healing a Woman’s Soul
68 S. Swan St.
Albany, NY 12210
(518) 755-3325
www.hawsalbany@gmail.com
Services: Helping domestic violence victims heal physically, emotionally, and spiritually. Addresses addiction, and women’s health.
Areas served: Capital District.

Healthy Families Albany County
112 State St.
Albany, NY 12207
www.parsonscenter.org
Services: Parson’s Family and Child Center is a home visiting agency for families that are expecting or have newborn infants. Education of skills to promote safety and healthy environment for the family.
Area served: Capital District.

Hearing Loss Association of America Albany Chapter
PO Box 9445
Schenectady, NY 12309
www.hearinglossalbany.wordpress.com
Services: Education about hearing loss for individuals and their families. We foster social opportunities for all individuals.
Areas served: Capital District.

Helderberg Reformed Church
435 NY-146
Guilderland Center, NY 12085
(518) 861-8031
www.hrchurch.org
Services: Bible study, evangelism, choir, community dinners, small groups. Sunday worship 9:30 am.
Areas Served: Capital District.

Helderberg Senior Services
Route 32
Dormansville, NY 12055
(518) 797-3652
www.berne.com
Services: Social, advocacy, and health program for seniors.
Areas served: Berne and surrounding communities.
Healthy Schenectady Families
107 Nott St.
Schenectady, NY 12308
(518) 386-2810
www.schenectadycounty.com

**Services:** Intensive long term home visitation program that focuses on building strong parent-child relationships. Parent, prenatal and health education. Healthy child growth focus.

**Areas served:** Capital District.

Healthy Capital District Initiative
175 Central Ave.
Albany, NY 12206
www.hcdiny.org

**Services:** Free assistance finding medical services, prescription plans, and help to settle disputes from medical bills. Adult health, food, dental health, health insurance, pregnancy, and Spanish translations.

**Areas served:** Albany, Schenectady and Rensselaer Counties.

Hilltown Seniors
1360 Helderberg Trail
Berne, NY 12023
www.berneny.org

**Services:** Lunch served every Monday, Tuesday, and Friday. 11 am volunteers welcomed.

**Areas served:** Hilltowns and surrounding area.

Hilltown Resource Center
566 State Route 143
Westerlo, NY 12193
(518) 797-5256
www.berneny.org

**Services:** Community outreach program that addresses family and individual needs. Volunteers welcomed.

**Areas served:** Westerlo and surrounding communities.

Hispanic Outreach Services
40 North Main St.
Albany, NY 12203
(518) 435-6650

**Services:** Roman Catholic organization that advocates for the Hispanic population in Albany. School for the blind and the handicapped.

**Areas served:** Albany.

Hispanic Community Center
PO Box 115
Delanson, NY 12053
www.hcnewyork.com

**Services:** Help obtaining public assistance, transportation, referrals, support services, voter registration and immigration status.

**Areas served:** Capital District.
Home Furnishings Program
603 State St.
Schenectady, NY  12305
(518) 346-2444
www.schenectadyhomefurnishings.org

**Services:** Food, clothing, shelter, energy assistance, baby supplies, small furnishing for emergencies, agency referral. Volunteers welcomed.

**Areas served:** Schenectady.

Home Helper and Direct Link
538 Maple Ave.
Saratoga Springs, NY  12866
www.homehelpersny.com

**Services:** Adult health, personal care for seniors. Licensed home care agency assisting seniors, new moms and those recovering from illness.

**Areas served:** Capital District, Warren County and Saratoga County.

Home Instead Senior Care
650 Franklin St.
Schenectady, NY  12305
(518) 346-6769
www.homeinstead.com

**Services:** Senior care.

**Areas served:** Capital District.

Homeless and Travelers Aid Society
138 Central Ave.
Albany, NY  12206
(518) 463-2124
www.hatas.org

**Services:** Point of entry human service agency that helps the poor, the homeless, and others in need lead independent, self-sufficient and safe lives in the community.

**Areas served:** Capital District.

Homomedical Associates PC
16 Crimson Oak Ct.
Schenectady, NY  12309
(518) 393-3827
www.homomedicalassociates.com

**Services:** Services for individuals who cannot travel to their physician’s office due to chronic pain, physical, cognitive or emotional disability. Primary care, ventilator care, comprehensive geriatric care, consultative care, chronic long term care. We work with Hospice, Community Visiting Nurses and Chronic Care Providers.

**Areas:** Capital District.
Hometown Health Center
1044 State St.
Schenectady, NY 12307
(518) 370-1441
www.hometownhealthcenters.org
Services: Adult health care, children’s health care and dental health.
Areas served: Schenectady Co and surrounding areas.

Hope House Inc.
573 Livingston Ave.
Albany, NY 12206
(518) 482-4673
www.hopehouseinc.org
Services: Outpatient treatment services including individual counseling and treatment for addiction recovery.
Areas served: Capital District.

Interim/ENS
1735 Central Ave.
Albany, NY 12205
(518) 452-3655
www.interimhealthcare.com
Areas served: Capital District.

Islamic Center of the Capital District
21 North Lansing St.
Schenectady, NY 12304
(518) 370-2664
www.iccdny.org
Services: To advance teaching of Islam according to the Holy Qur’an and to serve the Muslim community.
Areas Served: Capital District.

Jazzy Sun’s Birthday
(646) 406-1757
www.facebook.com/Jazzy-Sun-Birthdays-215537568478857/
Services: Hosting birthday parties for homeless children on the 3rd Saturday of every month. Celebrating their birthdays with cake, decorations, games, presents and goody bags will help them feel less like “homeless kids” and more like “regular kids”, if only for a few hours. Giving a child a birthday party may not be poverty-fighting, but it is smile-producing!
Areas Served: Currently serving children living at a family shelter run by St. Catherine’s Center for Children in Albany. Hope to expand to other shelters in the Capital District in the future.
Jewish Family Services
877 Madison Ave.
Albany, NY 12208
(518) 482-8856
www.jfsneny.org

**Services:** Strengthens individual, family, and community life through activities rooted in the values of the community’s obligation to support & assist its members. Counseling, haven, supervised visitations, senior adult services, transportation, service the Jewish community.

**Areas served:** Capital District.

Jezreel
18 Kairnes St
Albany, NY 12205
(518) 438-4370
www.jezreelinternational.org

**Services:** Humanitarian aid ministry to orphans, widows, victims of terrorism, wars and natural disasters. We accept first quality clothes, medical supplies, toys, food, personal care items, ambulatory equipment and monetary donations. Volunteers welcomed.

**Areas served:** Capital District.

Karner Psychological Association
2280 Western Ave.
Guilderland, NY 12084
(518) 456-5056
www.karnercare.com

**Services:** We provide child, adult and family members with the necessary resources and tools for maintaining and thriving in our complex world. Individual and group counseling.

**Areas served:** Capital District.

Kee to Independent Growth
40 Church Ave.
Ballston Spa, NY 12020
(518) 309-3557
www.keetoindependentgrowth.com

**Services:** Service coordination to individuals with developmental disabilities, traumatic brain injury, veterans, and qualified seniors.

**Areas served:** Capital District, Saratoga, Warren, Washington and Rensselaer Counties.

Kids Care Preschool
140 Maple St.
Altamont, NY 12009
(518) 320-6071
www.kids-carepreschool.com

**Services:** Pre-K and 3 year olds preschool.

**Areas served:** Altamont and surrounding areas.

KIDZ Korner
3770 Carman Rd.
Schenectady, NY 12303
(518) 831-0130
www.kidzcornerchildcare.com

**Services:** Preschool and aftercare program.

**Areas served:** Guilderland and surrounding area.
Kingdom Hall of Jehovah’s Witnesses
6167 Depot Rd.
Altamont, NY 12009
(518) 861-5965
www.jw.org

Services: 10 am Sunday and Bible study 7:30 pm Wednesday
Areas Served: Altamont and surrounding areas.

Laurie Coreno
636 Plank Rd., Suite 208
Clifton Park, NY 12065
(518) 383-3356
www.lauriecorenreynolds.com

Services: Specializing in adoption related services and mental health counseling for adolescents through adulthood.
Areas served: Capital District.

Legal Project
24 Aviation Rd., Suite 101
Albany, NY 12205
(518) 435-1770
www.legalproject.org

Services: Legal clinics; free.
Areas served: Capital District.

Living Resources
300 Washington Ave.
Albany, NY 12203
(518) 218-0000

Services: Provides growth opportunities in a secure and safe environment for individuals who have suffered due to a birth trauma, accident or illness.
Areas served: Capital District.

Lynwood Reformed Church
714 Carman Rd.
Schenectady, NY 12303
(518) 356-4327
www.lynewoodreformed.org

Services: Sunday services at 9:45; Sunday School 10:00. The Mission of Lynnwood Reformed Church (LRC) is to glorify God by bringing people to Jesus Christ in an atmosphere of love through involvement in our community of worship, education, fellowship and mission.
Areas served: Capital District.

Make-A-Wish Foundation
3 Washington Sq.
Albany, NY 12205
(518) 456-9474
www.neny.wish.org

Services: Grants wishes to kids with life threatening illnesses.
Areas served: International.
Marie Rose Manor
100 Marquis Dr.
Slingerlands, NY 12159
(518) 459-0204
  Services: Assisted living facility.
  Areas served: Slingerlands and surrounding areas.

Marillac Family Shelter
195 Washington Ave. Ext.
Albany, NY 12205
(518) 869-1960
www.st-cath.org
  Services: Provides temporary residence and supplemental services to those who have lost their homes.
  Areas served: Capital District.

Marjorie Doyle Rockwell Center
421 W Columbus St.
Cohoes, NY 12047
(518) 280-8385
www.eddyseniorliving.com
  Services: Program for early to mid-stage memory impairment. 52 rooms private and semi-private.
  Areas served: Capital District.

Mary’s Corner
369 Livingston Ave.
Albany, NY 12206
  Services: Provides new parents with resources such as diapers, baby food, clothing, wipes, jackets, strollers etc. Serves infants to four years old. Volunteers welcomed.
  Areas served: Capital District.

Massry Center
182 Washington Ave.
Albany, NY 12203
(518) 456-7831
www.daughtersofsarah.org
  Services: Assisted living facilities. 56 rooms. 3 kosher meals a day. Transportation. Private pay.
  Areas served: Capital District.
**McKownville United Methodist Church**
1565 Western Ave.
Albany, NY 12203
(518) 456-1148
www.mckownvillechurch.com

**Services:** 9:30 Contemporary service and 11:00 Traditional service
We are a spirit filled, mission based church which strives to transform the world by faithfully serving God and His people.

**Areas served:** Capital District.

**Meals on Wheels (518) 688-0051**

**Nutrition Education and Outreach Program (518) 374-2427**

**Senior Dining Centers:**

- **Duanesburg Senior Dining Center**
  221 Victoria Dr., Delanson, NY
  Monday / Wednesday / Friday
  Phone: (518) 275-7601
  10:00 am – 2:00 pm

- **Jewish Community Center**
  2565 Balltown Rd., Niskayuna, NY
  Monday / Wednesday / Friday
  Phone: (518) 377-8803
  10:00 am – 2:00 pm

- **Scotia-Glenville Senior Center**
  32 Worden Rd., Glenville, NY
  Monday through Friday
  Phone: (518) 393-1946
  10:00 am – 2:00 pm

- **Ten Eyck Senior Dining Center**
  375 Broadway, Schenectady, NY
  Monday through Friday
  Phone: (518) 374-5511
  10:00 am – 2:00 pm

**Mercy House**
12 St. Joseph’s Terrace
Albany, NY 12210
(518) 434-3531
(518) 465-4973
www.cchoalbany.org

**Services:** Immediate shelter to women and children and men at the St. Charles Lwanga center.

**Areas served:** Capital District.
Multiple Sclerosis Comprehensive Care Program
Albany Medical Center
35 Hackett Blvd.
Albany, NY 12208
(518) 262-0800
www.amc.edu

Services: A comprehensive care program for individuals who are living with MS. We individualize treatment, maximize benefits and decrease risks for the patients. Research and treatment for MS.

Areas served: Capital District.

Muslim Community Center
21 Lansing Rd. N.
Schenectady, NY 12304
www.mcalbany.org

Services: Promotes Islamic values, strengthens and unites the Islamic community with the larger capital district community. Volunteers welcomed.

Areas served: Capital District.

Newgate Social Adult Day
760 New Scotland Ave.
Albany, NY 12208
(518) 465-1398
www.seniorservicesofalbany.com

Services: Adult day care services for adults 60 and above. Lunch is served. Volunteers welcomed.

Areas served: Capital District.

New Sanctuary for Immigrants of the Capital District
St Vincent’s DePaul Church
900 Madison Ave.
Albany, NY 12208
ns4immigrants@gmail.com

Services: Support group that meets on the second Monday of each month. 7-8:30 pm at St Vincent’s de Paul.

Areas served: Capital District.

NY Association of Independent Living
155 Washington Ave., Suite 208
Albany, NY 12219
(518) 465-4650
www.ilny.us

Services: Designed to help Medicaid individuals who are living in nursing homes to return to their home. It also provides care for individuals who are living in large group homes and institutions.

Areas served: Capital District.
NORC Project – Naturally Occurring Retirement Community
877 Madison Ave.
Albany, NY 12208
518-514-2023
www.payingforseniors.com

Services: Provides services for senior residents to aid them in being more independent in naturally occurring retirement communities. Case management, meals delivered, social activities, counseling and transportation.

Areas served: Capital District or where these communities exist.

Noah’s Attic
10 West High Street
Ballston Spa, NY 12020
(518) 885-9455
www.noah’satticethriftshop.com

Services: Outreach for people who need clothes, dishes, glasses and books. Volunteers welcomed.

Areas served: Capital District.

Northeast Parent and Child Society
1 Genium Plaza
Schenectady, NY 12304
(518) 346-1285
www.neparentchild.org

Services: We blend resources to meet the communities need with quality services. Provide coordinated, comprehensive, delivery of human services to communities in need of support.

Areas served: Capital District.

Northeast Albany Association of the Blind
301 Washington Ave.
Albany, NY 12206
(518) 417-4738
www.naba-vision.org

Services: Free service for blind and visually impaired individuals. Vision rehabilitation and adaptive equipment.

Areas served: Capital District.

Omni Senior Services
3485 Carman Rd.
Schenectady, NY 12303
(518) 357-9152
www.omnidevelopmeny.com

Services: Retirement community for 55 and older. Volunteers welcomed.

Areas served: Guilderland and surrounding areas.
Our Lady of Hope Residence
1 Jeanne Jugan Dr.
Latham, NY 12110
(518) 785-4551
www.seniorcareshomes.com

**Services:** Memory care facility that assists individuals with bathing, grooming, meal prep, and dressing in a safe environment. 3 meals a day.

**Areas served:** Capital District.

Palliative Home Care (St Peter’s)
159 Wolf Rd., #2
Albany, NY 12205
(518) 694-4973
www.sphcs.org

**Services:** Care in the home to assist with pain reduction, increase activities, and decision making.

**Areas served:** Capital District

Parkinson’s Support Group
The Terrace of Beverwyck
41 Beverwyck Ln.
Slingerlands, NY 12159
(518) 869-8005 or (518) 439-5252

**Services:** Support group for individuals and their families who suffer from Parkinsons.

**Areas served:** Capital District.

Parent to Parent of NYS
500 Balltown Rd.
Schenectady, NY 12304
(518) 381-4350
www.parenttoparentnys.org

**Services:** A place where families of individuals with special needs can meet with professionals who support them and share information.

**Areas served:** Upstate New York.

Peter Young Housing
428 Duane Ave.
Schenectady, NY 12304
(518) 377-2448
www.pyhit.com

**Services:** Programs that offer hope, and opportunity to the impoverished, addicted, socially disenfranchised through addiction treatment, housing, vocational training, and job placement.

**Areas served:** New York State.
Pineview Community Pre-school
251 Washington Ave. Ext.
Albany, NY 12205
(518) 456-6786
www.pineviewpreschool.net

**Services:** Preschool for infants to 4 year olds. Volunteers welcomed.

**Areas served:** Capital District.

Pinnacle Place Mental Health
1 Pinnacle Pl.
Albany, NY 12203
(518) 689-0244
http://www.pinnaclebehavioralhealth.com/

**Services:** Mental health. Psychiatric assessment and evaluation with routine medical monitoring. Counseling also provided.

**Areas served:** Capital District.

Pride Center of the Capital Region
332 Hudson Avenue
Albany, NY 12210
(518) 462-6138
www.capitalpridecenter.org

**Services:** Since the Pride Center opened our doors over 40 years ago, we have been the place for the Capital Region’s LGBTQ community to get connected to everything. You can access information about: Legal resources, Trans resources, Substance Abuse recovery, Education and Training opportunities, Support groups, Religious/Spiritual resources, Doctors, Therapists, Wedding resources, Employment, Advocacy, Housing/Homelessness, Social Groups and Dating, Family services, and much more!

**Areas served:** Capital Region.

Red Cross of Northeast NY
33 Everett Rd.
Albany, NY 12205
(518) 458-8111
www.redcross.org

**Services:** We provide disaster relief services, service to armed forces, youth and adult volunteer programs.

**Areas served:** International.

Regional Food Bank
965 Albany Shaker Rd.
Latham, NY 12110
(518) 786-3691
www.regionalfoodbank.net

**Services:** We collect from food industries and distribute to charitable agencies so they can feed those in need in their local communities. Volunteers welcomed.

**Areas served:** Upstate New York.
Rensselaer County One Stop Employment Center
1600 7th Ave., 4th Floor
Troy, NY 12180
(518) 270-2860

**Services:** We bring employment opportunities, training assistance, labor market information and other workforce services to residents and employers in a single environment.

**Areas served:** Capital District.

Safe Care Mobility Services
456 North Pearl St.
Albany, NY 12204
(518) 462-5923
www.safecaremobility.com

**Services:** This service is an approved New York State Department of Health Medicaid transportation provider. They give clients non-emergency medical transportation -- the *door-through-door* service -- that is needed when traveling for day programs, medical appointments, dialysis, and social events. Non-emergency medical transportation.

**Areas Served:** Albany and Capital Region.

Saint Boniface Episcopal Church
5148 Western Ave.
Guilderland, NY 12084
(518) 355-0134
www.stbonifaceepiscopal.com

**Services:** St. Boniface is a Christ-centered Episcopal community of faith and love dedicated to living and witnessing the Gospel. They seek to meet spiritual needs and support Christian values within a caring atmosphere through faithful worship, education and fellowship. Their faith directs us to be responsive to the needs of people within and beyond our parish. Worship, prayer, fellowship, education.

**Area Served:** Guilderland and surrounding area.

Saint John’s Evangelical Lutheran Church
140 Maple Ave.; PO Box 770
Altamont, NY 12009
Parsonage: (518) 861-3972
Church: (518) 861-8862
www.stjohnsaltamont.com

**Services:** The mission of this church is to preach, teach and live the Good News. Worship, prayer, fellowship, education.

**Area Served:** Altamont and surrounding area.

Saint Lucy/Saint Bernadette Catholic Church
109 Grand St.; PO Box 678
Altamont, NY 12009
(518) 861-8770
www.rcda.org

**Services:** This church is a faith community who strives to follow Jesus and his message of peace and justice in our world today. Worship, prayer, fellowship, education.

**Area Served:** Altamont, Hilltowns and surrounding area.
Saint Madeline Sophie Catholic Church
(Linked to Saint Gabriel's Catholic Church)
3500 Carman Rd.
Schenectady, NY 12303
- Parish: (518) 355-0421
- School: (518) 355-3080
- Daycare: (518) 355-0392
www.smsparish.org

**Services:** The parishes desire to increase engagement in the life of the church. They are committed to strengthening our outreach, welcome and hospitality to community members, of all ages, through enhanced communications and ministry service to others. There is a parish school for grades K through 5 and a day care affiliated with the church. Worship, prayer, fellowship, education. Food pantry.

**Area Served:** Guilderland, Schenectady and surrounding area.

Saint Matthew’s Catholic Church
25 Mountainview St.
Voorheesville, NY 12186
(518) 765-2805
www.stmatthewsvoorheesville.org

**Services:** Worship, prayer, fellowship, education. We are a Roman Catholic community called to proclaim the Kingdom of God through lives of prayer and ministry. We strive to give witness to the Gospel in our worship and by serving God and all others.

**Area Served:** Voorheesville and surrounding area.

Saint Peter’s Hospital
315 South Manning Blvd.
Albany, NY 12208
(518) 525-1500
www.sphcs.org

**Services:** St. Peter’s Health Partners and Trinity Health, serve together as a compassionate and transforming healing presence within our communities. Founded in community-based legacies of compassionate healing, we provide the highest quality comprehensive continuum of integrated health care, supportive housing and community services, especially for the needy and vulnerable. Cardiac and vascular care, cancer care, women’s and children’s services, orthopedic care, gastroenterology, bariatric Care.

**Areas Served:** Albany County, Rensselaer County and Schenectady County.
Saint Peter’s Addiction Recovery Services
St. Peter’s Addiction Recovery Center (SPARC) offers individuals and families a comprehensive range of care and services for people affected by drug or alcohol abuse. They offer: NYS DMV Drinking Driver Program, Shelter Plus Care (housing assistance for persons in recovery), specialty programs including vocational services, an emergency shelter, and educational programs. They offer a comprehensive range of services at the sites listed below:

Inpatient Detoxification
St. Peter’s Hospital
315 South Manning Blvd.
Albany, NY 12208
(518) 525-1303

Inpatient Rehab
3 Mercycare Ln.
Guilderland, NY 12084
(518) 452-6700

Men’s Community Residence
64 Second Ave.
Albany, NY 12202
(518) 463-6044

Outpatient Treatment Programs:
Albany
845 Central Ave.
Albany, NY 12206
(518) 482-2455

Albany
64 Second Ave.
Albany, NY 12202
(518) 449-5170

Cohoes
55 Mohawk St.
Cohoes, NY 12047
(518) 235-1100

Latham
636 New Loudon Rd.
Latham, NY 12110
(518) 783-5381

Schenectady
2925 Hamburg St.
Schenectady, NY 12303
(518) 357-2909

Saratoga
125 High Rock Ave.
Saratoga, NY 12866
(518) 885-6884

Saint Peter’s Health Partners Family Health Center
326 South Pearl St.
Albany, NY 12202
(518) 449-0100

Areas served: Albany City and County and surrounding counties.
Saint Peter's Hospital Choices
315 South Manning Blvd.
Albany, NY 12208
(518) 525-6803
www.sphp.com

Services:  Initial assessment/ongoing care monitoring, Advocacy, Assessment of the home environment, Monitoring of medication compliance, Help in resolving family issues, Assistance with application for insurance, Medicaid and other programs, Communication with key support systems, Caregiver and family support. (There are fees for the different levels of services.)

Areas Served: Albany and surrounding counties.

Saint Peter’s Home Care
159 Wolf Rd.
Albany, NY 12205
(518) 525-6000
www.sphp.com

Services: St. Peter’s Health Partners offers home health care services that meet a wide range of needs from general care to highly specialized services for managing chronic conditions. Our comprehensive, in-home health care services are provided by the Continuing Care division of St. Peter’s Health Partners. Home health aides, home infusion services - IV Therapy, medical equipment, visiting nurses, primary care at home.

Areas served: Albany County, Rensselaer County, and Saratoga County.

Samaritans Suicide Prevention/Crisis Hotline
650 Warren St.
Albany, NY 12208
(518) 689-HOPE

Services: Suicide / Crisis / Befriending Line 24 hours / 7 days

Areas served: Capital District.

Schenectady Catholic Charities Senior & Caregiver Support Services (CCSCSS)
1462 Erie Blvd., 2nd Floor
Schenectady, NY 12305
518-372-5667
www.ccseniorservices.org

Services: The Agency’s goal is to provide seniors, caregivers and their families a continuum of services to help support an independent, happy and healthy life allowing them to remain living in their own homes in the community with dignity and self-determination as long as possible.

Programs include transportation, home delivered meals (meals on wheels), nutrition outreach and education, long term care ombudsman, social adult day services, caregiver support (counseling, referral, and respite services), senior dining centers and health insurance information, counseling & assistance. Except as listed below call (518) 372-5667 for information on programs.

Areas Served: Schenectady County, Albany County, Saratoga County, Rensselaer County, Schoharie County, Warren County, Washington County, Fulton County, Montgomery County, Columbia County, Greene County, Herkimer County, Otsego County, and Delaware County.
Schenectady Community Action Program, Inc.
913 Albany St.
Schenectady, NY 12307
(518) 374-9181
www.scapny.org

**Services:** SCAP is committed to alleviating the symptoms and eradicating the causes of poverty by helping people help themselves when they are in economic, educational, or social need. We do this by identifying changing community needs and mobilizing resources; administering programs that address ongoing community needs; and individual and systematic advocacy on behalf of those SCAP serves. Community Crisis Network: Community Resource Navigators at five strategic locations, access emergency housing, food, clothing, household furnishings and other resources: Assistance with applications for public assistance, SNAP, SSI/SSDI, and Home Energy Heating Assistance (HEAP); Advocacy with DSS and National Grid; Volunteer Income Tax Assistance. Family Resource Center; Housing Programs; Employment Services.

**Area Served:** Schenectady County.

Schenectady County Public Health Services
107 Nott Terr., Suite 304
Schenectady, NY 12308
(518) 386-2810
www.schenectadycounty.com

**Services:** To prevent or reduce the transmission of human illness and injury, promote healthy behaviors, protect against environmental hazards and assure the quality and accessibility of health care for all segments of the community.

Services: Programs for: Baby Cafe, Childhood Lead Poisoning Prevention Program (CLPPP), Children with Special Needs, Clinic Services, Comprehensive Cancer Control, Diabetes, Environmental Health, Flu Information, Health Care Provider Information, Maternal and Child Health Services, Medical Reserve Corp (MRC), Organ and Tissue Donation, Partnership to Improve Community Health (PICH), Sodium Savvy, Strategic Alliance for Health, Ticks and Lyme Disease.

**Area Served:** Schenectady County.

Schenectady County ARC
214 State St.
Schenectady, NY 12309
(518) 372-1160 or (518) 372-1522
www.arcschenectady.org

**Services:** Schenectady ARC is committed to helping people in the Capital Region enjoy healthy, rewarding lives as members of their community. Schenectady ARC brings staff, families and the community together to encourage dreams and respond to each person's life choices by offering high quality services, resources and supports. Schenectady ARC is a premier provider of programs for individuals with intellectual and other developmental disabilities and their families. Aging Services, Autism Services, Day Services, Medicaid Service Coordination, Residential Services, Transportation Services (Ridge Transportation), Transitional Services Volunteers welcomed.

**Area Served:** Schenectady County.
Schenectady Municipal Housing Authority
375 Broadway
Schenectady, NY 12305
(518) 386-7000
www.smha1.org

**Services:** Subsidized housing to provide decent and safe rental housing for eligible low-income families, the elderly, and persons with disabilities. Service Coordinator, Congregate Care program, and meal site available at the Ten Eyck location.

**Area Served:** Schenectady County.

Schwan’s Meal Time
(888) 724-9267
(518) 356-3820
www.schwans.com

**Services:** Meals made with real ingredients sourced responsibly, and expertly frozen at the peak of freshness and flavor delivered to your home.

**Areas Served:** Capital District.

Senior Hope
301 South Allen St.
Albany, NY 12208
(518) 489-7777
www.seniorhope.org

**Services:** Senior Hope, Inc. is a non-intensive outpatient not-for-profit clinic licensed by New York State Office of Alcoholism and Substance Abuse Services. It provides compassionate and comprehensive services for chemical dependency to mature members of our community, 50 years and older, and their families. Evaluation and assessment, Case management and referrals, Individual and Family Counseling, Special group sessions, Weekly AA meetings in the Capital District.

**Area Served:** Capital District.

Senior Services of Albany
Administrative Offices
32 Essex St.
Albany, NY 12206
(518) 465-3322
www.seniorservicesofalbany.com

**Services:** Fosters independence and enhance the quality of life of older adults by providing innovative services and caregiver support: Adult Day Services, Caregiver Support, Classes and Activities, Community Dining, Health Insurance Counseling, Meals on Wheels, Meals on Demand, Monthly Menus, PASST Program (Assistance and Support to Seniors in Transition), Prescription Assistance, Transportation, Volunteer Services.

**Area Served:** Capital District.
Sexual Assault Support Services of Planned Parenthood Mohawk Hudson, Inc.
(See locations and phone numbers below)
1040 State St.
Schenectady, NY 12307
(518) 374-5353
www.plannedparenthood.org

Planned Parenthood Mohawk Hudson offers free and confidential help for Sexual Assault and Crime Victims Services and their families. Call our 24-hour hotline for crisis counseling and advocacy. We can give you support at the hospital, police station, throughout police and court proceedings, and your recovery.

**Fulton County + Hamilton County**
Hotline (866) 307-4086
400 North Perry St.
Johnstown, NY
(518) 736-1911 ext. 4222

**Montgomery County**
Hotline (866) 307-4086
4803 Route 30
KEM Plaza
Amsterdam, NY
(518) 842-0285 ext. 4105

**Saratoga County**
Hotline (866) 307-4086
236 Washington St.
Saratoga Springs, NY

**Schenectady + Schoharie County**
Hotline (518) 346-2266
1040 State St.
Schenectady, NY
(518) 374-5353

**Warren + Washington County**
Hotline (866) 307-4086
543 Bay Rd.
Queensbury, NY

Shabbos House Jewish Community
320 Fuller Rd.
Albany, NY 12205
(518) 438-4227
www.shabboshouse.org

**Services:** The Shabbos House Rohr Chabad Jewish Student Center at University at Albany provides a welcoming home away from home for students at UAlbany, providing a full spectrum of programs and services which are at the heart of Jewish life on campus. Student-friendly synagogue services, Sabbath and holiday dinners, programs, events and atmosphere, educational and cultural opportunities, as well as counseling and support. Volunteers welcomed.

**Area Served:** SUNY Albany.

Shades of Light, Capital Area Postpartum Support
25 Morgan’s Run
Schuylerville, NY 12871
www.shadesoflightps.org

**Services:** Offering postpartum support for new mothers and their families afflicted with perinatal mood disorders and postpartum depression. Information, Treatment resources, Education, and Support Groups.

**Area Served:** Capital District.
Slingerlands Community United Methodist Church
1499 New Scotland Rd.
Slingerlands, NY 12159
(518) 439-1766
Services: The mission of the Community United Methodist Church of Slingerlands is to share God’s love through our own loving words, actions, and lifestyle.
Areas served: Slingerlands and surrounding areas.

Sipperly, Dr. Stephen, DO
Capital Care Family Practice Great Oaks
100 Great Oaks Blvd., Suite 105
Albany, NY 12203
(518) 869-8007
Service: Specializes in family medicine.
Areas served: Capital District.

Taxpayer Advocate Service
11A Clinton St., Suite 345
Albany, NY 12207
(518) 292-3001
www.irs.gov/advocate
Services: Providing assistance with issues (removing wage levies, making installment agreements, etc.) for taxpayers who have been unable to resolve on their own. Expedite processes for taxpayers who may be due a refund, have a hardship, and need money right away. Assist taxpayers with appeals to the IRS. This agency is an independent part of the IRS. Serves Albany and the 21 surrounding counties. Income Tax Assistance. Free.
Areas Served: Albany and the 21 surrounding counties.

Temple Israel of Albany
600 New Scotland Ave.
Albany, NY 12208
(518) 438-7858
www.templeisraelalbany.webs.com
Services: Programs, worship, lectures, and social events. Temple Israel has created an atmosphere in which those of all ages can feel engaged and active, and where visitors and guests are always welcome by emphasizing community, tradition, and Tikkun Olam. We are a Traditional, Egalitarian congregation affiliated with The United Synagogue of Conservative Judaism.
Area Served: City of Albany.
To Life! Inc.
410 Kenwood Ave.
Delmar, NY 12054
www.tolife.org

Services: Women’s Health: Breast Cancer. To Life! provides breast cancer education and support services to women and their families.
Areas Served: The Capital region and surrounding areas.

Town of Bethlehem Senior Services
445 Delaware Ave.
Delmar, NY 12054
(518) 439-4955 ext. 4
www.townofbethlehem.org

Services: Assistance programs, health programs, nutrition programs, transportation services, recreation programs, outreach, social and volunteer programs. The Senior Services Department provides information and referrals to services and programs for independently living residents of Bethlehem, age 60 and older.
Area Served: Town of Bethlehem.

Town of Colonie Senior Resources Department
6 Winner’s Ci., Suite 1
Colonie, NY 12205
(518) 459-5051 or (518) 459-2857
www.colonie.org

Services: The Senior Resources Department is the community resource for senior services. The caseworkers and staff are available to provide information, assistance and referral to a variety of programs and services ranging from in-home services to transportation options. Case Assistance Client Advocacy, Entitlement Assistance, Housing Options Information and Referral, Legal Assistance (by appointment), Notary Services (by appointment), Respite Care Options, Town Funded Senior Citizens Clubs, Transportation Options, In-Home Assessments/Service Options, Caregivers Assistance/Support, Farmers' Market Nutrition Program, Financial Assistance Programs.
Area Served: Town of Colonie.

Town of Guilderland Senior Citizens Services
Guilderland Senior Center
141 Bavarian Way
Altamont, NY 12009
(518) 280-7607
www.townofguilderland.org

Services: Town of Guilderland Senior Citizens Services is a department responsible for planning, coordinating, advocating, researching, and monitoring services and programs that benefit town residents aged 60 and older. Information and referral, Transportation to medical offices, grocery stores, and malls, Liaison with other area agencies, Outreach to homebound seniors, Daily educational, social, and recreational programs, Monthly day trips and special events. Volunteer opportunities.
Area Served: Town of Guilderland.
Tri City Ambulette
381 Broadway
Menands, NY 12204
(518) 371-2888

**Services:** Medical transportation. Tri City Ambulette provides medical transportation and wheelchair service Monday through Friday 8:00 am through 4:30 pm. Special quotes for evenings and weekends.

**Area Served:** Capital District.

Trinity Alliance of the Capital Region
15 Trinity Pl.
Albany, NY 12202
(518) 449-5155
www.trinityalliancealbany.org

**Services:** Addiction, Food, Clothing, Shelter, Energy Assistance, Baby Supplies, Education/GED/Literacy. Trinity Alliance of the Capital Region’s mission is to provide services to the community that will support and promote healthy families, adults and children. The agency is dedicated to improving the neighborhood as a setting for family life, contributing to health and well-being, and promoting education and employment as a means of self-development.

**Areas Served:** Capital Region with offices in the South End, Arbor Hill and West Hill.

Troy Housing Authority
One Eddy’s Ln.
Troy, NY 12180
(518) 273-3600
www.troyhousing.org

**Services:** The Troy Housing Authority provides decent, safe and affordable housing to individuals and families of low and fixed incomes as they strive for self-sufficiency. Housing, HUD Family Self-Sufficiency (FSS) and Resident Opportunity and Self Sufficiency (ROSS) Programs, an AmeriCorps Program, Weed & Seed, summer youth employment program, Shelter + Care Programs, Section 8 Moderate Rehabilitation Units and Special Purpose Section 8 Vouchers.

**Area Served:** City of Troy.
Troy Rehabilitation and Improvement Program (TRIP) Inc. and RCHR
415 River St.
Troy, NY 12180
(518) 272-8289
www.triponline.org

**Services:** Shelter, Housing Counseling, Homebuyer Education, Financial Counseling, Grant Assistance, Matched Savings Programs. TRIP is a comprehensive community development not-for-profit 501(c)(3) organization with a mission of connecting individuals and families with resources and knowledge to live in desirable homes and create vibrant sustainable communities. TRIP embodies its mission through providing quality affordable rental units, engaging in community building and developing residential leaders, and promoting successful and sustainable home ownership.

TRIP was invited to affiliate in 1997 with a small, countywide housing agency known as Community Housing Resources Board. Renamed Rensselaer County Housing Resources (RCHR), it shares space and staff with TRIP, allowing both organizations to serve more people in a broader geographic footprint with greater efficiency.

**Areas served:** Capital District.

Twinkling Stars Place Preschool
3 Hague Dr.
Altamont, NY 12009
(518) 456-9465
www.twinklingstarsplace.com

**Services:** Preschool programs. Twinkling Stars Place Preschool is a preschool program for 3 and 4 year olds. Programs are designed to build fine and gross motor skills, promote cognitive development, foster self-confidence, promote social/emotional development, and prepare children for kindergarten.

**Area Served:** Town of Guilderland.

Umbrella of the Capital District
9 North Broadway
Schenectady, NY 12305
(518) 346-5249
www.theumbrella.org

**Services:** House cleaning and organizing, basic home repairs, painting, gutter cleaning, gardening and lawn care (using your tools), small engine repair, grocery shopping and meal preparation, companionship, transportation (using your car), snow blowing (using your blower). We have a dedicated workforce of more than 100 reliable screened service providers from throughout the Capital District. These handypersons have a wide variety of skills that can help you to maintain your home and your independence. If you need a service that we don’t provide, our staff will do their best to help you find the help you need.

To utilize the services of Umbrella, you must become a member. If you reside in the Capital District and are at least 55 years old or have a disability that keeps you from maintaining your home, you qualify for membership in Umbrella. Memberships are charged yearly and are calculated on a sliding scale based on your income and whether you have a one or two-story home. Membership fees are tax deductible.

**Area Served:** Albany, Schenectady, Saratoga and Rensselaer counties.
United Tenants of Albany, Inc.
255 Orange St., Suite 104
Albany, NY 12210
(518) 436-8997
www.unitedtenantsalbany.org

**Services:** A drop-in center, which provides crisis intervention and counseling, telephone hotline service, which provides information and responds to questions on housing issues, counseling, mediation between landlords and tenants, and court advocacy, coordination of homeless prevention services with other organizations to provide assistance and support for people who are at risk of eviction or foreclosure or who have already been displaced, training on landlord/tenant issues. The staff of United Tenants is available to conduct training on a variety of housing topics including, *tenant/landlord rights and responsibilities, looking for an apartment, and organizing a tenant association or block association.* United Tenants of Albany (UTA) is a community based nonprofit organization that works to improve housing conditions, both in terms of physical conditions and in terms of tenants’ rights for security and equity. UTA responds to calls throughout the Capital District and concentrates its activities in low and moderate income neighborhoods in Albany. The mission of UTA is to protect tenants’ rights for safe, decent and affordable housing, with special emphasis on those who have the greatest need or who experience the most severe problems and to promote the development and preservation of more affordable housing.

**Area Served:** Financial Assistance and Court Mediation are available for residents of Albany County. Our Hotline Service responds from calls across the state. Persons calling from the New York City area are referred to services within their area. Some services UTA provides are limited to the City of Albany.

United Way of the Greater Capital Region
1 United Way
PO Box 13865
Albany, NY 12212
(518) 456-2200
www.unitedwaygcr.org

**Services:** One simple call to 211 connects residents to a trained operator who evaluates the callers’ needs, accesses a database of hundreds of agencies AND connects them to the best possible solution. Operators provide free, confidential health, crisis and human services information and referral. Referral and information services for food, clothing, shelter, energy assistance, baby supplies, child care, disability, employment, homelessness, income tax assistance, legal assistance, support groups. Volunteers welcomed.

**Areas Served:** Albany County, Columbia County, Fulton County, Greene County, Hamilton County, Montgomery County, Rensselaer County, Saratoga County, Schenectady County, Schoharie County, Warren County, Washington County
Upper Hudson Planned Parenthood
855 Central Ave.
Albany, NY 12206
(518) 434-5678
www.plannedparenthood.org

Other Locations:
190 Fairview Avenue
Hudson, New York 12534
(518) 828-4675

200 Broadway
Troy, New York
(518) 274-5640

Services: Planned Parenthood is one of the nation’s leading providers of high-quality, affordable health care, and the nation’s largest provider of sex education.
Birth Control/Contraception, Family Planning, STI/STDs, Women’s Health, Men’s Health, LGBT Services, Patient Education

Areas Served: Albany and surrounding counties and surrounding counties.

Upstate New York CMT Support Group (Charcot-Marie-Tooth Disease)
149 South Lake Ave.
Albany, NY 12208
www.cmtausa.org

Services: We meet every other month on Saturday at 10:30-12:30 at the East Greenbush library at 10 Community Way, East Greenbush, NY. The Upstate NY CMT Support & Action Group was started to offer support, resources and information for those living with CMT, as well as their families and caregivers. We are action-oriented (community awareness, education, fundraising), sponsored by the CMTA. CMT, is a group of inherited disorders that affect the peripheral nerves, which are the nerves outside the brain and spinal cord. There are 90 kinds of CMT. Each kind is caused by a different kind of mutation, and more causes are being discovered every year. CMT is just one kind of neuropathy (also called peripheral neuropathy), meaning simply that the peripheral nerves are damaged.

Area Served: Upstate New York.
US Committee for Refugees and Immigrants  
Albany Field Office  
Jill Peckenpaugh, Director  
991 Broadway, Suite 223  
Albany, NY 12204  
(518) 459-1790  
www.refugees.org/field-office/albany

Services: The committee works to open doors for uprooted people, helping the world’s most vulnerable rebuild their lives. They are part of a nationwide network that breaks through social, cultural, and economic barriers so previously interrupted lives can flourish. The first welcome begins with navigating American culture, laying solid foundations for a fresh start, and making essential community connections to successfully integrate into our community. Orientation and provide hands-on experiences to ensure our new neighbors are able to navigate, participate in, and feel a sense of belonging in their new communities. Advise on how and where to obtain medical and mental health care, support to obtain the basic shelter, food, and clothing, guidance through the employment search and job placement process, guidance through legal situations helping to properly submit forms and present cases, manage and implement language and job skill development programs for adults and enroll children in school, manage Unite Languages, a national interpreting network that bridges language and cultural barriers for limited-English proficient people.  
Area Served: Capital Region; primarily cities of Albany and Rensselaer.

Veterans Administration Medical Center  
Albany Stratton  
113 Holland Ave.  
Albany, NY 12208  
(518) 626-5000 or (800) 223-4810  
www.albany.va.gov

Services: The primary care program provides services at this facility as well as in 11 community-based outpatient clinics throughout the region. If you served in the active military, naval or air service and are separated under any condition other than dishonorable, you may qualify for VA health care benefits. You must enroll to be able to receive benefits. In addition to primary care, the Stratton VA Medical Center provides specialized medical services such as: cardiac catheterization, cardiac rehabilitation, nuclear medicine, radiation oncology, stereotactic radiosurgery, hospice/palliative care, adult day health care, post-traumatic stress disorder, compensated work therapy, memory clinic, geriatric assessment, nursing home and respite care. They also provide services to women veterans and lab and radiology services. Volunteers welcomed.  
Areas Served: 22 counties of upstate New York, western Massachusetts and Vermont. Transportation is provided free of charge
Visiting Nurses Home Care
150 Broadway, Suite 310
Menands, NY 12204
(518) 694-9907 or (800) 652-8025

**Services:** Personal Care, Home Health Aides, Companions. Visiting Nurses Home Care is a licensed home care agency providing professional and experienced staff for all your home health care needs. They employ personal care aides, home health aides, licensed practical nurses, and registered nurses. These home care professionals can perform a variety of services such as assistance with bathing supervision, meal preparation, light housekeeping, laundry, errands, companionship, grocery shopping, grooming and dressing, as well as nursing services.

**Areas Served:** Albany County, Clinton County, Columbia County, Delaware County, Dutchess County, Essex County, Franklin County, Fulton County, Greene County, Hamilton County, Montgomery County, Otsego County, Rensselaer County, Saratoga County, Schenectady County, Schoharie County, Warren County and Washington County.

Voorheesville Library
51 School Rd.
Voorheesville, NY 12186
(518) 765-2791
www.voorheesvillelibrary.org

**Services:** The Voorheesville Public Library is a public institution that serves as the community's information center. The library strives to act as a center of lifelong learning for all citizens, and particularly as an educational support for the community's greatest resource: its young people. It seeks to inform, educate, entertain, and culturally enrich. Volunteers welcomed. Provide books, audio-visual materials and a wide variety of other resources, including computer services, meeting facilities, and professional services for use by individuals, community groups, and businesses. Volunteers welcomed.

**Area Served:** Voorheesville and surrounding communities.

Wagner, Roberta A. MD
2280 Western Ave.
Guilderland, NY 12084
(518) 452-5647

**Services:** Psychiatry.

**Areas Served:** Capital District.
Washington Irving Adult and Continuing Education Center
422 Mumford St.
Schenectady, NY 12307
(518) 370-8220
www.acces.nysed.gov

**Services/Education:** GED, Literacy. Washington Irving Adult and Continuing Education Center Adult Education offers free classes for all adults 21 years of age and older and Schenectady City School District students who are beyond mandated attendance age. In addition to offering career readiness and vocational training programs, Washington Irving serves over 1,000 adult students (over 21) and 250 youth students (under 21) who are pursuing a New York State High School Equivalency Diploma by taking the TASC test (Test Assessing Secondary Completion – formerly GED), each year. Washington Irving has served over 400 English learners in our ESL classes from complete non-speakers through fluency in reading and writing. Volunteers welcomed.

**Areas Served:** City of Schenectady and surrounding areas.

Wheelers Accessible Vans, Inc.
17 Warehouse Row
Albany, NY 12205
(518) 456-6351
www.wheelersaccessiblevans.com

**Services:** Wheelchair transportation-long or short distance. Wheelers provides transportation to meet the needs of people in wheelchairs. They also offer transportation for people not wheelchair-bound but who need extra assistance to walk.

**Area Served:** Capital District.

Whiskers Animal Benevolent League
310 State St.
Albany, NY 12210
(518) 458-2287
www.ewhiskers.com

**Services:** Whiskers is a small, all volunteer-run, no-kill animal shelter. Their mission is to provide abandoned, abused, and stray animals with a place of comfort, safety, and health and ultimately find them loving, responsible, permanent homes. Operates a shelter and maintains foster homes for housing lost, homeless, abandoned, injured or sick animals. Provides adoption service. Volunteers welcomed.

**Area Served:** Capital District.

Whitney M. Young Jr. Health Services WIC Program
920 Lark Dr.
Albany, NY 12207
(518) 465-9387
www.wmyhealth.org

**Services:** Health and nutrition. The Whitney M. Young Jr. Health Services WIC program’s mission is to partner with families to provide: breastfeeding support and peer counselors, nutrition education focused on needs, healthy lifestyle promotion and support, referrals to other health and social services, individualized food packages.

**Area Served:** Albany and Rensselaer Counties.
Whitney M. Young Jr. Health Services
920 Lark Dr.
Albany, NY 12207
(518) 465-4771
www.wmyhealth.org

**Services:** Whitney M. Young Jr. Health
Services provide affordable quality medical, dental and behavioral health services without regard to income. Addiction, Adult Health, Birth Control/Contraception, Children’s Health, Dental Health, Family Planning, HIV/AIDS, lesbian, Gay, Bisexual Transgender, Queer (LGBTQ), Pregnancy, STI/STDs, Women’s Health.

**Areas Served:** Albany and Rensselaer Counties.

WMHT Educational Telecommunications
4 Global View
Troy, NY 12180
(518) 880-3400
www.wmht.org

**Services:** Services include WMHT-DT (17.1), WMHT-Create (17.2), WMHT-World (17.3), WMHT PBS Kids (17.4), WMHT-FM 89.1 & 88.7 (classical public radio); and EXIT 97.7 WEXT (AAA public radio). WMHT also operates RISE, a radio reading service for the visually and print disabled. WMHT is a locally owned, nonprofit, multichannel public communications organization that reaches beyond the traditional broadcasting model to act as a leader by convening arts, culture, learning and civic interests. WMHT focuses on Community, Culture and Connections by providing entertainment, enrichment and engagement through television, radio, digital media, and educational services.

**Area Served:** Eastern New York and Western New England.

Women’s Health Center of Albany Medical College WIC Program
220 Green St.
Albany, NY 12202
(518) 432-4033
www.amc.edu

**Services:** Women, Infants and Children is a nutrition program that provides healthy foods for growth and development, encourages regular health care, and promotes food nutrition through education. WIC checks for food are provided free of charge to pregnant, postpartum or nursing women, infants and children less than five years old who demonstrate a need as determined by WIC guidelines. These checks can be used at participating grocery stores and Farmers Markets within New York State. Access to healthy foods for growth and development and promoting food nutrition through education.

**Areas Served:** Albany County--offices in Albany, Ravena, and the hill towns of Berne, Knox, and Westerlo
Emergencies

911

POISON CONTROL

800-222-1222

Ambulances:

Voorheesville Area
(518) 765-2344

Western Turnpike Rescue Squad - Centre Drive
(518) 456-3600

Western Turnpike Rescue Squad - Carman Road
(518) 456-5144

Police: (Non-emergency)

Altamont Police Department
(518) 861-5480

Guilderland Police Department
(518) 356-1501

New York State Police-Guilderland Substation
(518) 456-1118

Fire Departments: (Non-emergency)

Altamont
(518) 861-8171

Fort Hunter
(518) 355-2434

Guilderland
(518) 456-5000

Guilderland Center
(518) 861-8871

McKownville
(518) 489-4340

Voorheesville
(518) 765-4048

Westmere
(518) 456-5200

Post Offices:

Altamont
(518) 861-6953

Guilderland
(518) 456-1400

Guilderland Center
(518) 861-5090

Stuyvesant Plaza
(518) 438-0773

Schools:

Altamont Elementary
(518) 861-8528

Christ the King School
(518) 456-5400

Guilderland Schools Transportation
(518) 861-6434

Guilderland District Administration
(518) 456-6200

Guilderland High School
(518) 861-8591

Farnsworth Middle School
(518) 456-6010

Guilderland Elementary
(518) 869-0293

Lynnwood Elementary
(518) 355-7930

Pine Bush Elementary
(518) 357-2770

St. Madeleine Sophie
(518) 355-3080

Westmere Elementary
(518) 456-3771

General Information:

Albany County Clerk’s Office
(518) 487-5100

Albany County Executive’s Office
(518) 447-7040

Altamont Fairgrounds
(518) 861-6671

Altamont Village Hall
(518) 861-8554

Guilderland Animal Control Officer
(518) 356-1501

Guilderland Animal Shelter
(518) 861-6855

Guilderland Chamber of Commerce
(518) 456-6611

Guilderland Food Pantry
(518) 930-1001

Guilderland Highway Department
(518) 861-5108

Guilderland IDA
(518) 356-1980

Guilderland Interfaith Council
(518) 456-5410 or (518) 355-3000

Guilderland Parks & Recreation Department
(518) 456-3150

Guiderland Performing Arts Center
(518) 456-3150

Nott Road Park
(518) 869-9884

Park Superintendent
(518) 456-8220

Summer Day Camp (Tawasentha)
(518) 456-3475

Town Pool
(518) 456-4446

Guilderland Public Library
(518) 456-2400

Guilderland Senior Service
(518) 280-7607

Guilderland Town Hall
(518) 356-1980

Guilderland Transfer Station
(518) 861-6776

Guilderland Water & Wastewater Management Dept.
(518) 456-6474
Who We Are
Guilderland Cares formed when several residents started talking about what our community would look like if everyone felt cared for and included. This group grew to include town officials, clergy, not-for-profit leaders, and business professionals who regularly meet to brainstorm, problem solve and share.

What We Can Do For You
Guilderland Directory of Services offers residents a comprehensive list of resource agencies who provide assistance with health, legal, social and economic needs.

For further information visit:

(518) 320-8903
GuilderlandCares.com
guilderlandcares@gmail.com
facebook.com/GuilderlandCares

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