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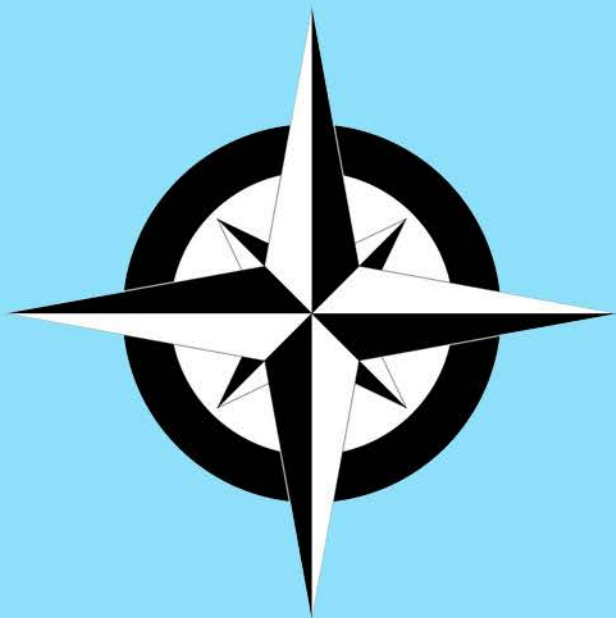
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- 4. Dual eligible plans**
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# HEALTH AND FINANCIAL PLANNING RESOURCE DIRECTORY 2022



## HEALTH NAVIGATOR

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# Noyes Medical Alert Program

## Emergency Medical Alert Response System

As your local medical alert provider, we will personally help you find the best option for your lifestyle, ensuring 24/7 support for any emergency!



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# Health and Financial Planning Resource Directory 2022



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## Special Thanks!

For all that worked on the 2022 Health Resource Directory:

Tracy Stillman of Elderwood, Dave Prete and  
WLEA/WCKR Radio's Todd Burritt

# Health and Financial Planning Resource Directory 2022



Some resources listed may be affected by the COVID-19 pandemic. We recommend always calling to confirm hours and services. If you are aware of any errors or additions for this directory please email [Toddwckr@gmail.com](mailto:Toddwckr@gmail.com).

## 1) DISABILITY RESOURCES

### A. Eligibility Determination

Start here for determining eligibility for an individualized service plan.

NYS Office for People with Developmental Disabilities | [opwdd.ny.gov](http://opwdd.ny.gov) |

Regional office for Allegany, Chemung, Schuyler, and Steuben: Rochester  
585-241-5700 or 855-679-3335

### B. Care Coordination Organizations for Individuals with Developmental Disabilities

Professionals that can provide assessments of the emotional, social, functional, financial and physical status of the individual and make appropriate recommendations/referrals on living arrangements, which may include home care, assisted living and nursing care, as well as family/caregiver support, crisis intervention, respite, and advocacy.

- Person Centered Services | 888-977-7030 | [personcenteredservices.com](http://personcenteredservices.com) | Allegany, Chemung, Schuyler, Steuben
- Prime Care | 1-844-347-3168 | [primecareny.org](http://primecareny.org) | [info@primecareny.org](mailto:info@primecareny.org) | Allegany, Chemung, Schuyler, Steuben
- Southern Tier Connect | 607-376-7526, ext. 100 | [southerntierconnect.org](http://southerntierconnect.org) | Chemung

### C. Other Services for Disabled Individuals and Their Families

Provide Consumer Directed Personal Assistance Program waivers through the New York State Medicaid program. Services can include any of the services provided by a personal care aide, home health aide or nurse. Recipients have flexibility and freedom in choosing their caregivers. The consumer or the person acting on the consumer's behalf assumes full responsibility for hiring, training, supervising, and if need be terminating the employment of persons providing the services.

- A Reflection of You Counseling & Support Services, LLC | 1-855-279-2771 | Steuben County



# Health and Financial Planning Resource Directory 2022



- ACCESS-VR | 800-888-5020 | Assist individuals with disabilities to achieve & maintain employment.
  - o Chemung, Schuyler, and Steuben local number: 607-734-5294
  - o Allegany local number: 1-888-652-7062
- AIM Independent Living Center | Corning | 607-962-8225 | Multiple services |Allegany, Chemung, Schuyler, Steuben
- Allegany Arc |Wellsville |585-593-5700 |alleganyarc.org |Residential & day programs.
- Arbor Housing and Development | Corning | 607-654-7487 | arbordevelopment.org/ |Chemung, Schuyler, Steuben
- Arc of Chemung |Elmira |607-734-6151 |arcofchemung.org |Residential & day programs.  
Arc of Schuyler |Watkins Glen |607-535-6934 |arcofschuyler.org | Residential & day programs.
- Arc of Steuben | Bath | 607-776-4146 | arcofsteuben.org | Residential & day programs.
- Capabilities |607-734-2006 |Provides personalized employment programs for individuals with disabilities |Chemung, Schuyler, Steuben
- Center for Disability Rights | Corning |607-654-0030 | www.cdrnys.org Provides community integration services to the elderly and individuals with disabilities at nursing facility level of care.
- LawNY | Bath: 607-776-4126 | Elmira: 607-734-1647 | See Legal resources |Allegany, Chemung, Schuyler, Steuben
- Maple City Music Therapy| 585-512-7029 | 1:1 and small group music therapy |Steuben
- NY Connects | Toll Free 1-800-342-9871 | Information on all long-term care services, including help putting together a plan to remain independent as long as possible in the community.
- Pathways, Inc. | Corning| 607-937-3200 | pathwaysforyou.org | Residential & day programs, TBI programs, family support services |Chemung, Schuyler, Steuben
- Steuben County Public Health | 607-664-2146 | Children 1-3 years

# Health and Financial Planning Resource Directory 2022



- Venture Forthe Inc. | Bath: 607-622-0842 or 1-800-701-1233 | [ventureforthe.com](http://ventureforthe.com)
  - o Allegany local number: 585-268-9390
  - o Chemung local number: 607-737-5520
  - o Schuyler local number: 607-535-7108
  - o Steuben local number: 607-664-2322

## 2) EDUCATIONAL RESOURCES

Educational opportunities for older adults or related to serving and caring for the aging population. This includes lifelong learning opportunities for individuals.

- AARP Driver Safety Courses | Visit [aarp.org/applications/VMISLocator/searchDspLocations.action](http://aarp.org/applications/VMISLocator/searchDspLocations.action) to find courses near you or register for the driver safety online course.
- AIM Independent Living Center | 607-962-8225 | American Sign Language courses | Chemung, Schuyler, Steuben
- Alfred State College of Technology | 1-800-425-3733 | [alfredstate.edu](http://alfredstate.edu) | Located in Allegany County
- Alfred University | 607-871-2111 | [Alfred.edu](http://Alfred.edu) | Located in Allegany County
- American Red Cross | Visit [redcross.org/take-a-class](http://redcross.org/take-a-class) to find courses near you | First Aid/CPR; AED; Basic Life Support training
- Cattaraugus-Allegany-Erie-Wyoming BOCES | Adult education resource | Belmont: 585-268-5481 | Allegany County
- Cornell Cooperative Extension | <http://putknoughttowork.org/> | Consumer and family education programs regarding nutrition, agriculture, youth development, environment and natural resources
  - o Allegany: 585-268-7644
  - o Chemung: 607-734-4453
  - o Schuyler: 607-535-7161
  - o Steuben: 607-664-2300
- Corning Community College | 607-962-9222 | [corning-cc.edu](http://corning-cc.edu) | A junior college in the NYS SUNY system. Offers vocational preparation or preparation for transferring to a four-year college | Located in Steuben County
- Elmira College | 607-735-1800 | [Elmira.edu](http://Elmira.edu) | Located in Chemung County



**Live safely and independently with consumer-directed home care.**

AIM's **Consumer Directed Personal Assistance Program (CDPAP)** lets people with physical disabilities or chronic illnesses choose, hire, train and supervise personal assistants to assist them with daily living activities, such as bathing, dressing, cooking and housekeeping. This program, covered by Medicaid, gives consumers more control over how their home care is provided.



*Available to residents  
of Steuben and Allegany  
counties and beyond!*

**(888) 962-8244 | [aimcil.com](http://aimcil.com)**

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

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

You can join if you are 65 years old or older, a New York State resident, and have an income up to \$75,000 single or \$100,00 if married. To receive EPIC benefits you must be enrolled in a Medicare Part D plan.

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

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



**EPIC**  
Elderly Pharmaceutical  
Insurance Coverage  
Program

# **We're here for you.**

 **Planned Parenthood  
of Greater New York** | Sexual Assault  
Survivor Support Services | Resource Center

The Sexual Assault Resource Center offers free, confidential services like emotional support, counseling, and help with medical and legal processes. SARC serves communities in Chemung, Schuyler, and Steuben counties.

**You are not alone.  
Call us 24/7 at  
888-810-0093.**



# Health and Financial Planning Resource Directory 2022



- Greater Southern Tier (GST) BOCES | Elmira: 607-739-3581 | Painted Post: 607-962-3175 | Hornell: 607-324-7880 | [gstboces.org](http://gstboces.org) | Adult education resource | Located in Steuben County
- Southern Tier Library System | Comprised of 48 library outlets throughout Allegany, Chemung, Schuyler, and Steuben | 607-962-3141 | <https://www.stls.org>
- Western New York Rural Area Health Education Center | 585-786-6275 | [www.r-ahec.org](http://www.r-ahec.org) | Non-profit organization serving 12 counties in Western NY. We offer pipeline programs for youth, healthcare student housing support, healthcare workforce training, and healthcare technology infrastructure support. | Allegany, Chemung, Schuyler, Steuben

## 3) EMERGENCY SERVICES

Organizations in our community that provide emergency assistance including crisis intervention, victim assistance, elder abuse prevention, protection services, and provisions for basic necessities in the event of an emergency.

### A. Personal Safety

- Adult Protective Services:
  - o Allegany Adult Protective & Preventative Services | 585-268-9316
  - o Chemung Adult Protective | 607-737-5417
  - o Schuyler Adult Services | 607-535-8338
  - o Steuben County Department of Social Services | 607-664-2000
- Emergency Services: Dial 911
  - o When calling 911 know: address of emergency, nearest intersection, phone number calling from and description of emergency.
- Non-emergency local numbers:
  - o Allegany: 585-268-9600
  - o Chemung: 607-737-2096
  - o Schuyler: 607-535-8200
  - o Steuben: 607-664-2991
- Child Abuse/Neglect 24-Hour State Hotline: Toll free dial '1' & then 800-342-3720
- Domestic Violence Services (ACCORD Corporation) | 24-hour confidential services for victims of domestic violence | 1-800-593-5322 | Allegany County

# Health and Financial Planning Resource Directory 2022



- First Step Victim Services Program | Provides advocacy and referral services to all victims of crime with a strong focus on victims of domestic violence or sexual abuse | Contact a Victim Services Advocate at: 607-535-2050, or call or text the 24/7 hotline: 607-742-9629 | Schuyler County
- Battered Women's Justice Project | (800) 903-0111, Ext. 1 | bwjp.org
- NYS Child Abuse Hotline | 800-342-3720 | [ocfs.ny.gov/main/prevent\\_child\\_abuse.asp](https://ocfs.ny.gov/main/prevent_child_abuse.asp) | This hotline operates 24-hours a day, seven days a week, 365 days a year. Calls to the hotline are anonymous and callers' identities are protected from disclosure.
- Sexual Assault Resource Center of the Southern Finger Lakes | 888-810-0093 | [sarcst.org](https://sarcst.org) | Crisis intervention, education, support, prevention, safety planning. | Chemung, Schuyler, Steuben
- National Domestic Violence Hotline | 1-800-799-7233 | [thehotline.org](https://thehotline.org)
- TRIAD | 607-664-2298 | Educates seniors to reduce crimes of fraud, scams, and abuse. Steuben County
- The Safe Child Card | See Families and Youth Section
- The Net Shelter & Domestic Abuse Program | Arbor Housing | 607-654-7487 or 800-286-3407 | Safe housing and crime victim advocate

## **B. Emergency assistance organizations**

- American Red Cross
  - o Western New York Chapter | Buffalo | 716-886-7500 | Allegany County
  - o Finger Lakes Chapter | Corning | 607-936-3766 | Chemung, Schuyler, Steuben Counties
- Emergency Shelter Chemung County | Monday-Friday: 8:30am-4:30pm (closed for lunch from noon-1pm) | Second Place East Homeless Services, 380 S. Main Street, Elmira, NY 14904 | 607-734-4898
  - o AFTER HOURS: 605 College Ave., Elmira | 607-732-5954
- Emergency Shelter Schuyler County | Monday-Friday: 9am-5pm | 323 Owego Street, Montour Falls, NY 14865 | 607-535-8303
  - o AFTER HOURS: Schuyler County Sheriff's Office, 106 Tenth Street, Watkins Glen, NY 14891 | 607-535-8222
- Mustard Seed Ministries | A social ministry including food pantries, financial aid, provision of clothing and household items to those in need, and a seasonal thrift store | 607-228-0080 | [mustardseedtyrone.org](https://mustardseedtyrone.org) | Schuyler County

# Health and Financial Planning Resource Directory 2022



- Salvation Army:
  - o Allegany County: Wellsville: 585-593-2640
  - o Chemung County: Elmira: 607-732-0314
  - o Steuben County: Corning: 607-962-4681 | Hornell: 607-324-1933
- NYS Office of Emergency Management | Sign up for public alerts | [dhses.ny.gov/oem/](https://dhses.ny.gov/oem/)
- Allegany County Department of Emergency Management | 585-268-7658
- Chemung County Public Awareness and Preparedness | A collection of helpful links on how to stay aware and prepared in case of emergency situations | [chemungcountyny.gov/deparments/a\\_-\\_f\\_departments/fire\\_and\\_emergency\\_management/public\\_awareness\\_and\\_preparedness.php](https://chemungcountyny.gov/deparments/a_-_f_departments/fire_and_emergency_management/public_awareness_and_preparedness.php)
- Steuben County Department of Emergency Management | 607-664-2910 | [steubencony.org/pages.asp?PGID=25](https://steubencony.org/pages.asp?PGID=25) [ON-LINE REGISTRATION]
- The Net Shelter | 800-286-3407 | Temporary shelter, domestic violence services, 24-hour hotline
- Turning Point (Catholic Charities of Steuben) Bath: 776- 776-4575 | Hornell: 607-324-3457 | Canisteo: 607-698-4725 | Corning: 607-962-0704 | [catholiccharitiessteuben.org](https://catholiccharitiessteuben.org) | Turning Point offers financial assistance, health insurance information, transportation information, and food pantries. Catholic Charities also has services for children and for substance-free living

## 4) EMPLOYMENT SERVICES

- Allegany County Employment and Training Center | Assistance for employers and jobseekers | 585-268-9240
- Cattaraugus-Allegany Workforce Development Board | 716-806-0060 | [cawfny.com/index.asp](https://cawfny.com/index.asp) | Allegany County
- CSS Workforce | Hornell: 607-324-8388, Corning: 607-238-5730 x1106, Bath: 607-776-7712 | Chemung, Schuyler, Steuben
- NYS Department of Labor | 800-469-7365 | [labor.ny.gov/home/](https://labor.ny.gov/home/)

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# Health and Financial Planning Resource Directory 2022



## 5) FAMILIES | PARENTING | CHILDREN | YOUTH

- ACCORD | Head Start, respite (children), after school programs | 585-268-7605 | Allegany County
- Bath Area Family Resource Center | 607-776-4123 ext.5650 | [bathcsd.org/webpages/frc/](http://bathcsd.org/webpages/frc/) | BAFRC is a family resource center that has an early childhood classroom and an adult meeting where caregivers may stop in and play. The center provides parenting information, referrals, education, and family events.
- Baby Café | Bath | Fridays 9-10:30 at Dormann Library | 607-664-2438
- CASA of the Southern Tier | Corning | 962-3100 | [casasoutherntier.org](http://casasoutherntier.org) | A volunteer agency that recruits and trains community volunteers to advocate for abused and neglected children in Family Court. Serving Chemung, Schuyler, and Steuben counties
- Center for Dispute Settlement | 607-776-6976 | [cdsadr.org](http://cdsadr.org) | Mediation & arbitration, training in conflict resolution, anger management, etc. Steuben County
- Children's Health Home of Upstate NY (CHHUNY) | 855-209-1142 | Nicole Bryl | 716-572-9858 | [nbryl@childrenshealthhome.org](mailto:nbryl@childrenshealthhome.org) | Health Home is a care management service where all a child's caregivers communicate with one another. A care manager oversees and provides access to services needed on an individualized basis. Eligibility: must be under 21, enrolled in Medicaid, have significant behavioral, medical or social risk factors.
- Corning Youth Center (Laura Richardson Houghton) | 607-936-4116 | free after school program includes homework help & dinner
- Addison Youth Center | 607-359-2116 | <http://addisonyouthcenter.weebly.com/> | 4 after-school programs in Addison School District, summer program at the youth center
- Economic Opportunity Program, Inc. (EOP) | Head Start/Early Head Start, family support services | 607-734-6174 | Chemung and Schuyler counties
- Family Service Society (Corning: 607-962-3148 | Bath: 607-776-3822 | Hornell: 607-324-2460) | [familyservicesociety.org](http://familyservicesociety.org) | Family and individual counseling for youth and adults as well as ongoing youth programs. Professional Training Institute for therapists, social workers, and MH counselors. A New York State OASAS-approved education and training provider.



# Health and Financial Planning Resource Directory 2022



- Finger Lakes Parent Network Inc. | Bath: 607-776-2164 | [flpn.org](http://flpn.org) | A parent-governed organization, focused on the needs of adults, children and youth with emotional, behavioral, developmental and/or mental disorders and their families. Mission is to support and empower Individuals so that they can improve the quality of their lives and achieve their full potential within the community.
- Hillside Family of Agencies | Bath: 607-776-7480 (Snell) / 607-776-7480 (Office) | [www.hillside.com](http://www.hillside.com) | Provides child welfare, mental and physical health, youth development, juvenile justice, special education and developmental disabilities services.
- Hornell Area Concern for Youth | 607-324-0808 | [concernforyouth.com](http://concernforyouth.com) | Offers counseling, school-age and mentoring programs. A Steuben Prevention Coalition partner.
- Jennie Mose Family Resource Center | Addison | 607-359-3839 | Provides families links and resources to strengthen family functioning
- John Southard Youth Recreation Commission (JSYRC) | 607-776-6441 | Program engages youth in physical, artistic, and mental/social interaction while providing alternative, drug free activities. 5-week summer camp for all children which includes field trips on Mondays and Wednesday and Arts and Crafts/Movies at the Dormann Library on Tuesday and Thursday afternoons. Free to Bath youth ages 5-15.
- Kinship Family & Youth | Steuben Council on Addictions | Bath | 607-776-6441 x207 | [catholiccharitiessteuben.org](http://catholiccharitiessteuben.org) | Substance Free Living Program
- Laura Richardson Houghton Corning Youth Center: | 607-936-4116 | [familyservicesociety.org/corning-youth-center.html](http://familyservicesociety.org/corning-youth-center.html) | After-school and summer programs for youth
- Lesbian, Gay, Bisexual, and Transgendered Health & Wellness Project | 607-216-0021 x134 | [outforhealth.org](http://outforhealth.org) | Program aimed at improving health & wellness of LGBT people in Steuben and surrounding counties.
- NYS Kinship Navigator | 877-454-6463 | [nysnavigator.org](http://nysnavigator.org) | Grandparents raising grandchildren or anyone raising a child that is not their own
- Nonnie Hood Parent Resource Center | Corning | 607-936-3837 | [nonniehoodprc.org](http://nonniehoodprc.org) | A place for families to learn and grow through play
- Planned Parenthood of the Southern Finger Lakes | Corning Health Center: 607-962-4686 | Hornell Health Center: 607-324-1124 | Treats all people with or without insurance

# Health and Financial Planning Resource Directory 2022



- Pregnancy Resource of the Valleys | Bath 607-776-8004 | Corning: 607-936-3100 | [be-prcv.org](http://be-prcv.org) | Committed to helping before, during, and after pregnancy. Services: pregnancy test, on-site referrals to a physician, PLLC for confirmation of pregnancy, or talk to a trained Client Advocate about your next step options, we can help. All services free of charge
- Pro Action Inc. | 607-776-2125 or 1-800-553-2033 | Programs include: Early childhood, WIC, family literacy and development, child care, Head Start, family resource centers, Bone Builders
- Salvation Army | Corning: 607-962-4681 | After-school and summer programs for youth
- Schuyler Head Start | Provides education and health services to children with disabilities and their families | 607-535-6814
- Steuben County Public Health | 607-664-2166 | Child and mother health services
- Steuben County Sheriff Office | The Safe Child Card | 607-622-3930 or 800-724-7777 | [steubencony.org](http://steubencony.org) | The cards contain a child's name, biographical information (date of birth, gender, height, weight, hair color, eye color, etc.), and a fingerprint image of both index fingers. The card can be made in less than two minutes and can be easily carried in a wallet or pocketbook.
- Steuben Rural Health Network | 607-776-9467 | Girls on the Run of the Southern Tier
- WIC (Women, Infants, Children) Programs
  - o Allegany | 585-593-2533
  - o Chemung and Schuyler | 607-737-2039
  - o Steuben County | ProAction | 607-776-2125
- Youth Bureau | Responsible to plan, develop, and implement youth services in the county.
  - o Allegany | 585-268-5394
  - o Chemung | 607-737-2907
  - o Schuyler | 607-535-6236
  - o Steuben | 607-664-2119
- Youth Mentoring of the Southern Tier | 607-936-3507 | Corning | One-to-one matches of a mentor and a youth in a monitored, professionally-supported weekly program for youth. A program of Family Service Society. Serves Allegany, Chemung, and Steuben

# Are you living with dementia?



The Alzheimer's Association WNY chapter has a free social and educational series for those diagnosed with dementia and their care partners.

For additional information, send an email to Maggie Concannon at [MGConcannon@alz.org](mailto:MGConcannon@alz.org).

The WNY Chapter also offers education, support groups, care consultations and safety resources at no cost! Call the 24/7 Helpline at **800.272.3900** or visit [alz.org/wny](http://alz.org/wny) to learn more.

**alzheimer's  association®**

**This program is supported in part by the Fial Fund and Dobrak Trust Administered by the Community Foundation for Greater Buffalo.**

# Health and Financial Planning Resource Directory 2022



## 6) MEDICAL EXPENSE ASSISTANCE

- American Cancer Society | [cancer.org/treatment/finding-and-paying-for-treatment.html](https://cancer.org/treatment/finding-and-paying-for-treatment.html) | Allegany, Chemung, Schuyler, Steuben
- Arnot Health | Community Care | 607-737-7777 | [arnothealth.org/financial-assistance](https://arnothealth.org/financial-assistance) | Chemung County
- Catholic Charities of Allegany | Wellsville: 585-593-2015 | Limited medical prescription assistance.
- Catholic Charities of Steuben | Bath: 607-776-4575, Hornell: 607-324-3457, Corning: 607-962-0704, Canisteo: 607-698-4725 | Financial assistance for medications | Steuben County
- Community Health Advocates | Get help with medical bills | 1-888-614-5400 | [communityhealthadvocates.org/get-help-medical-bills](https://communityhealthadvocates.org/get-help-medical-bills) | Allegany, Chemung, Schuyler, Steuben
- Guthrie | Financial Assistance | 570-887-2051 | [guthrie.org](https://guthrie.org) | Steuben County
- Salvation Army | Corning: 607-962-4681, Hornell: 607-324-1933 | Financial & income-based services | Steuben County
- St. James Hospital | Hornell | Charity Care | 607-324-8030 | [stjamesmercy.org](https://stjamesmercy.org) | Steuben and Allegany County
- Steuben County Public Health | 607-664-2146 | Physically Handicapped Children's Program | Steuben County
- Department of Social Services
  - o Allegany: 585-268-9622
  - o Chemung: 607-737-5302
  - o Schuyler: 607-535-8303
  - o Steuben: 607-664-2000

## 7) HEALTH CARE

### Health Insurance

- Allegany Office for the Aging (OFA) Health Insurance Information, Counseling and Assistance Program (HIICAP) | 585-268-9390 | Health insurance counseling for Medicare and Medicaid in Allegany County
- Chemung County OFA HIICAP | 607-737-5520 | Health insurance counseling for Medicare and Medicaid in Chemung County

# Health and Financial Planning Resource Directory 2022



- Schuyler County OFA HIICAP | 607-535-7108 | Health insurance counseling for Medicare and Medicaid in Schuyler County
- Steuben OFA (Office for the Aging) | Bath: 607-664-2298 | Corning: 607-936-7425 | Hornell: 607-281-3635 | Health Insurance Counseling for Medicare and Medicaid in Steuben County
- S2AY Rural Health Network | NY State of Health Navigator Program | 315-828-6828 for appointment with a Steuben County navigator | [s2aynetwork.org/](https://s2aynetwork.org/) | Chemung, Schuyler, Steuben
- IPA/Navigators | Provide in-person assistance applying for health insurance through the Marketplace | Visit [info.nystateofhealth.ny.gov/ipanavigatorsitelocationsto](https://info.nystateofhealth.ny.gov/ipanavigatorsitelocationsto) to find a navigator in your county
- Social Security Administration for Medicare (65 and older; disabled; with renal failure) [www.medicare.gov](https://www.medicare.gov) | [www.ssa.gov](https://www.ssa.gov)
- Medicaid: Department of Social Services [www.health.ny.gov/health\\_care/medicaid/](https://www.health.ny.gov/health_care/medicaid/)
  - o Allegany County: 585-268-9622
  - o Chemung County: 607-737-5302
  - o Schuyler County: 607-535-8303
  - o Steuben County: 607-664-2000

## Hospitals

### Allegany County

- Cuba Memorial Hospital | Cuba | 585-968-2000 | Provides a wide range of emergency care, in and outpatient procedures, and skilled nursing care to 61 residents.
- Jones Memorial Hospital | Wellsville | 585-593-1100 | A full service acute care facility.

### Chemung County

- Arnot Ogden Medical Center | Elmira | 800-952-2662 | 607-737-4100 | [arnothealth.org](https://arnothealth.org) | Offers specialty services including, cardiovascular care, cancer care, women's health services, emergency medicine and surgical services.
- St. Joseph's Hospital | Elmira | 607-737-4499 or 800-952-2662 | [arnothealth.org](https://arnothealth.org) | Specializes in orthopedic care, physical rehabilitation, geriatric medicine, behavioral science, and alcohol rehabilitation.

# Health and Financial Planning Resource Directory 2022



## Schuyler County

- Schuyler Hospital |Montour Falls |607-535-7121 | 25-bed critical access hospital with a 120-bed skilled nursing facility attached, Seneca View.

## Steuben County

- Bath Veterans Medical Center | 607-664-4000 | <https://www.bath.va.gov/> | Bath VA Medical Center is a U.S. Veterans Administration hospital. Affiliated with the University Of Rochester School Of Medicine, it provides secondary care and operates clinics in Elmira, Wellsville, Coudersport and Mansfield.
- Finger Lakes Community Health | Bath | 607-776-3063 | [flchealth.org](http://flchealth.org)
- Guthrie Corning Hospital | Corning | 607-937-7200 | [www.guthrie.org](http://www.guthrie.org) | Offers wide range of in and outpatient procedures. Cancer center and comprehensive breast care centers on site.
- Ira Davenport Memorial Hospital |Bath |607-776-8500 |Offers ancillary services and emergency medicine. The campus hosts a 120-bed skilled nursing facility, Taylor Health Center.
- UR Medicine |St. James Hospital |Hornell |607-324-8000 |Offers a wide range of emergency, as well as in and outpatient procedures.

## Urgent Care | Walk-in Clinics

### Allegany County

- Jones Memorial Hospital Walk-in Clinic |585-593-1100 |191 North Main Street, Wellsville, NY 14895

### Chemung County

- AOMC Horseheads Walk-in Care |607-739-0352 |100 John Roemmelt Drive, Suite 301, Horseheads, NY 14845
- Elmira Urgent Care |607-732-1100 | 260 W. Water Street, Elmira, NY 14905
- WellNOW Urgent Care |607-846-2030 |830 County Road 64, Elmira, NY 14903

### Schuyler County

- Primary and Walk-in Care |Schuyler Hospital |607-535-7154 |230 Steuben Street, Montour Falls, NY 14865

### Steuben County

- Express Care Clinic | St. James |Hornell | 607-324-0490 | Medical Village on Seneca Road



# Health and Financial Planning Resource Directory 2022



- Walk-in Care | Arnot | Erwin | 607-737-4499 | Hamilton Street
- Urgent Care | Guthrie | Corning Centerway | 607-936-9971

## Health Testing

- Breast Cancer Coalition (in Rochester, multi-county coverage) | 585-473-8177 | [bccr.org](http://bccr.org) | Breast and gynecological testing
- Cancer Services Program of Allegany, Cattaraugus, Chautauqua, and Steuben Counties | 877-778-6857 | [steubencsp.com](http://steubencsp.com) | Breast & Cervical Screening for eligible women; colorectal screening kits for eligible people over 50
- Finger Lakes Community Health | Bath | 607-776-3036 | [localcommunityhealth.com](http://localcommunityhealth.com) | Pregnancy services, cervical screening, STI testing & treatment
- Mobile Mammography Center | To find upcoming locations, visit [pink.rochesterregional.org/calendar/](http://pink.rochesterregional.org/calendar/) | Steuben County
- Planned Parenthood | gynecological & HIV testing
  - o Chemung | Elmira | 607-734-3313
  - o Schuyler | Watkins Glen | 607-535-0030
  - o Steuben | Corning | 607-962-4686 | Hornell: 607-324-1124
- County Public Health Departments | Can offer a variety of testing such as lead testing; STD/HIV testing, cancer screenings
  - o Allegany County Public Health | 585-268-9250
  - o Chemung County Public Health | 607-737-2028
  - o Schuyler County Public Health | 607-535-8140
  - o Steuben County Public Health | 607-664-2438 |
- Trillium Health | Bath | Main phone: 607-821-7979, or 1-800-954-2437 | [trilliumhealth.org](http://trilliumhealth.org) | Multiple health resources with a rural initiative | HIV testing

## 8) HOME BASED HEALTH CARE

### A. Certified Home Health Agencies (CHHA)

Provide part-time skilled nursing, therapy and supportive services with a physician's treatment plan for a short-term period. Medicare, Medicaid, Veteran Services and some insurance plans provide reimbursement for eligible patients.

- Chemung County Department of Health Home Health Agency | Elmira | 607-737-2028 | [chemungcountyhealth.org/home-health-care](http://chemungcountyhealth.org/home-health-care) | Chemung

# Catholic Charities



**Steuben/Livingston**

**"Help that works. Hope That lasts"**

Catholic Charities Steuben/Livingston proudly offers services to our community including:

- Emergency Financial Assistance
- Food Pantries
- Parenting Support and Education
- Residential Substance Abuse Treatment
- Substance Abuse Prevention Education
- Jail Transitional services
- Foster Care Services
- Transportation Assistance
- Home and Community Based Case Management
- Community Day Care
- Youth Mentoring
- Nutritional Support

Residents of Steuben County please call:

(607) 776-8085 for more information

Residents of Livingston County please call:

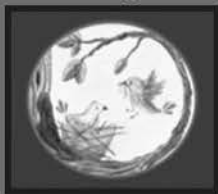
(585) 658-4468 for more information

Visit our website at: [ccsteubenlivingston.org](http://ccsteubenlivingston.org)

Email: [ccsteubenlivingston@dor.org](mailto:ccsteubenlivingston@dor.org)

## Forward-Thinking Home Solutions

Guiding Your Home Modifications while keeping  
beautiful Universal Design and Safety in mind



**(607)-333-4313**

**Sue Gruber**

Certified Aging-in-Place Specialist



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

# Health and Financial Planning Resource Directory 2022



- Guthrie Home Health | Corning | 607-937-4216 | [guthrie.org/services/home-health](http://guthrie.org/services/home-health) | Chemung, Steuben
- Kindred At Home | Corning | 866-546-3733 or 607-962-0102 | [kindredhealthcare.com/locations/home-health/corning-ny-2434](http://kindredhealthcare.com/locations/home-health/corning-ny-2434) | Chemung, Steuben
- Lifetime Care | Rochester | 585-214-1000 | [lifetimecare.org/services/home-health](http://lifetimecare.org/services/home-health) | Schuyler
- VNA Visiting Nurse Association of Western NY | Bath | 607-622-6155 | [www.vnawny.org](http://www.vnawny.org) | Allegany, Steuben
- Veterans Administration | 607-664-4000 or 607-664-4501 | [bath.va.gov/services/Home\\_Based\\_Primary\\_Care.asp](http://bath.va.gov/services/Home_Based_Primary_Care.asp) | Veterans must be registered with Bath VAMC at 76 Veterans Drive
- Willcare | Buffalo | 716-856-7500 | [lhcgroupp.com/locations/willcare-home-health-of-buffalo/](http://lhcgroupp.com/locations/willcare-home-health-of-buffalo/) | Allegany

## **B. Licensed Home Care Service Agencies(LHCSA)**

Licensed Home Care Service Agencies provide some of the same services as CHHAs but cannot directly bill Medicare. LHCSAs primarily offer personal care services such as dressing, bathing and toileting; some provide nursing service as well. LHCSAs may also offer non-medical services such as housekeeping, meal preparation and companion service. Payment sources include private pay, commercial insurance, and long-term care insurance. LHCSAs may provide aide service to a client during a Medicare covered episode if it does so through contract with a CHHA for billing purposes. Services and costs vary.

- All-American Home Care | 585-454-1776 | [all-americanhomecare.com/cdpap-services/](http://all-americanhomecare.com/cdpap-services/)
- All-Metro (formerly CareAmerica) | Corning | 607-248-9300 | [all-metro.com/](http://all-metro.com/)
- Caregivers Home Care | Elmira | 607-733-4504
- Center of Disability Rights | Corning | 607-654-1120 | [cdrnys.org/](http://cdrnys.org/)
- Comfort Keepers | 607-654-6050 or 877-857-7987 | [comfortkeepers.com](http://comfortkeepers.com)
- Home Health Care Services, Inc. | Hornell | 607-324-4142 | [homeandhealthcare.org](http://homeandhealthcare.org)
- Pathways | Corning | 607-937-3200 | [pathwaysforyou.org/index.php](http://pathwaysforyou.org/index.php)
- A Reflection of You, Counseling & Support Services, LLC | 855-279-2771 | [arycss.com/](http://arycss.com/)

# Health and Financial Planning Resource Directory 2022



- Seniors Helping Seniors | Corning | 607-398-0188 | [seniorcaresouthern tier.ny.com](http://seniorcaresouthern tier.ny.com)
- Southern Tier Independence Center | 607-724-2111 | [stic-cil.org/services.html](http://stic-cil.org/services.html)
- Staffings Health Care Systems | 607-734-3646 |
- Venture Forthe Inc. | Bath: 607-622-0842 or 1-800-701-1233 | [ventureforthe.com](http://ventureforthe.com)
- Visiting Angels Living Assistance Services | 607-846-2370 | [visitingangels.com/horseheads/home](http://visitingangels.com/horseheads/home)

## C. Medicaid Managed Long Term Care (MMLTC)

Managed long-term care helps people who are chronically ill or have disabilities and who need health and long-term care services (such as home care or adult day care) stay in their homes and communities as long as possible. The MLTC plan arranges and pays for a large selection of health and social services and provides choice and flexibility in obtaining needed services from one place.

[health.ny.gov/health\\_care/medicaid/redesign/docs/mltc\\_guide\\_e.pdf](http://health.ny.gov/health_care/medicaid/redesign/docs/mltc_guide_e.pdf)

- Fidelis Care at Home | 800-688-7422 | [fideliscare.org/FidelisCareatHome](http://fideliscare.org/FidelisCareatHome) | Fidelis Care at Home is a Managed Long-Term Care (MLTC) plan for people who need long term care services and help to live independently in their own homes. Services include nursing, home health aides, therapy, medical supplies, adult day social care, and more. | Allegany, Chemung, Schuyler, Steuben
- Icircle | 844-424-7253 | [icirclecnny.org](http://icirclecnny.org) | A licensed non-profit Managed Care Organization offering health plans to individuals enrolled in Medicaid in the Southern Tier of New York. Managed Care is a health insurance plan ensuring the quality of care and services for its members. Icircle streamlines the delivery of long-term care services for adults at least 18 years of age who are chronically ill or disabled; and who wish to stay in their homes and communities. | Allegany, Chemung, Schuyler, Steuben
- NascentiaHealth, Inc. | 888-477-4663 | Services: nursing services, assistance with daily living, bathing & dressing assistance, medication reminders, well checks, therapy exercises, homemaker services, companion services, caregiver respite, medical alert service and medication service. | Allegany, Chemung, Schuyler, Steuben

# Health and Financial Planning Resource Directory 2022



## D. Medical Equipment

- Guthrie Medical Supply | 607-962-5205 |
- Everything Medical | Bath: 607-776-8000, Corning: 607-936-2044 | everythingmedicalequipment.com | equipment for: mobility, orthotic, post mastectomy & lymphedema, oxygen, lifts and elevators, surgical and sickroom supplies.
- LinCare | Hornell: 607-324-2585 or 607-698-5100 | respiratory care
- ProCairMedical Service Company | Hornell: 607-324-0335 | Medicare medical supplies and equipment
- Veterans Services | 607-664-4429 | arrangements made through OT and Physical Medicine

## E. Loan Closets

A program that allows people to borrow durable medical equipment and home medical equipment at no cost or at low cost. Items range from walkers & wheelchairs to hospital beds. Loan closets help people find equipment that they may not otherwise be able to afford and accept donations of equipment when it is no longer needed.

- Contact NYConnects for an extensive list of loan closets | 1-800-342-9871

## 9) LONG TERM CARE | SKILLED NURSING FACILITIES & REHABILITATION

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

### A. Skilled Nursing Facilities

#### Allegany

- o Cuba Memorial Hospital, Inc. SNF | Cuba | 585-968-2000 | 61 beds
- o Highland Park Rehabilitation and Nursing Center | Wellsville | 585-593-3750 | 80 beds
- o Houghton Rehabilitation and Nursing Center | Houghton | 585-567-2207 | 100 beds
- o Wellsville Manor Care Center | Wellsville | 585-593-4400 | 120 beds

#### Chemung

- o Bethany Nursing Home and Health Related Facility, Inc. | Horseheads | 607-739-8711 | 120 beds

# Health and Financial Planning Resource Directory 2022



- o Chemung County Health Center – Nursing Facility | Elmira | 607-737-2001 | 200 beds
- o Elcor Nursing and Rehabilitation Center | Horseheads | 607-739-0304 | 305 beds
- o St. Joseph's Hospital – Skilled Nursing Facility | Elmira | 607-733-6541 | 85 beds

## Schuyler

- o Schuyler Hospital and Long-Term Care Unit | Montour Falls | 607-535-7121 | 120 beds

## Steuben

- o Absolut at Three Rivers | Painted Post | 607-936-4108 | [absolutcare.com/three-rivers](http://absolutcare.com/three-rivers) | 120 beds | physical and occupational therapy
- o Arnot Taylor Health Center | Bath | 607-776-8650 | [arnothealth.org](http://arnothealth.org) | 120 beds, no respite
- o Corning Center for Rehabilitation and Healthcare | Corning | 607-654-2400 | [centershealthcare.org/corning\\_center](http://centershealthcare.org/corning_center) | 120-beds; respite beds if available
- o Elderwood | Hornell | 607-324-6990 | [elderwood.com](http://elderwood.com) | 112 beds, 2 respite beds
- o Hornell Gardens | Hornell | 607-324-7740 | [hurlbutcare.com/our-communities/hornell-gardens](http://hurlbutcare.com/our-communities/hornell-gardens) | 114 beds, respite beds
- o Steuben Center for Rehabilitation and Healthcare | Bath | 607-776-7651 | 105 beds, 2 certified respite beds | [centershealthcare.org/steuben\\_center](http://centershealthcare.org/steuben_center) | PT uses interactive computer software.
- o Community Living Center at Bath Veterans Administration | Judy Schwingel: 607-664-4517

## LITTLE ITALY

7498 Seneca Rd. Hornell, NY 14843

[www.littleitalyofhornell.com](http://www.littleitalyofhornell.com)

(607) 324-6740

### Hours

Monday: Closed

Tuesday-Saturday: 11:00 am-9:00 pm

Sunday: Closed

Take-Out and Delivery





# Health and Financial Planning Resource Directory 2022



## **B. Private Proprietary Homes for Adults**

Private proprietary homes for adults provide personal care and assistance in activities of daily living in addition to room and meals. No medical services may be offered by staff members. These homes are licensed and inspected by the New York State Department of Health, Rochester office.

## **C. Family Type Homes for Adults**

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

Contact NYConnects for an extensive list of proprietary and family type facilities | 1-800-342-9871

## **10) HOUSING (AFFORDABLE) RESOURCES**

Subsidized housing list available through NY Connects, 1-800-342-9871, or Arbor Housing, 607-654-7487

- Arbor Housing and Development | Mission to enhance the quality of life in communities by building independence and creating housing options. Section 8 rental assistance, rentals, housing development, domestic violence services, behavioral health services, help with taxes, reverse mortgages | [arbordevelopment.org](http://arbordevelopment.org) | Main office in Corning: 607-654-7487  
o Allegany County Supported Housing: 585-593-1671
- City of Hornell Housing Authority | 607-324-2125 ext. 140 or 607-324-7912 | [hornellhousing.org](http://hornellhousing.org) | Provides low rent public housing and Section 8 existing housing assistance.
- Southeastern Steuben County Habitat for Humanity | 607-936-4444
- Steuben County Department of Social Services | 607-664-2000 | [steubencony.org](http://steubencony.org) | The BILT (Building Independence for the Long Term) Program assists applicants/recipients of temporary assistance who present with significant barriers in achieving and maintaining independence.
- Steuben Livingston Agricultural Project | 585-384-5239 | a nonprofit entity managing two affordable housing apartment units in Cohocton.

# Human Trafficking can exist in any community.

Know the signs.

Visit [SafeHarbourHelp.org](http://SafeHarbourHelp.org) for more  
information about the reality of  
human trafficking.

Call/Text our 24/7 Hotline:

607-742-9629



## SAFE HARBOUR

*Providing Help for Youth in Schuyler County*

# Health and Financial Planning Resource Directory 2022



## **A. Rent/ Utility Payment Assistance**

- Arbor Housing | 607-654-7487
- Turning Point | Catholic Charities of Steuben | 607-776-4575
- City of Hornell Housing Authority | 607-324-7912 | hornellhousing.org
- Salvation Army | Corning: 607-962-4681 and Hornell: 607-324-1933
- Steuben County Department of Social Services | 607-664-2000

## **B. Utilities Connection or Payment Assistance**

- Bath Electric, Gas, and Water | 607-776-2173 | villageofbath.org/begws/
- Corning Natural Gas Corporation | Corning: 607-936-3755, Addison or Hammondsport: 800-834-2134 | corninggas.com
- HEAP (Home Energy Assistance Program) | 607-664-2500 | mybenefits.ny.gov/mybenefits/begin
- NYS Electric and Gas (NYSEG) | Payment Arrangements: 888-315-1755 | Customer Service: 800-572-1111
- Steuben Rural Electric Cooperative, Inc. | Bath | 607-776-4161 or 800-843-3414 | <http://steubenrec.coop/>

## **C. Subsidized apartment complexes**

- Conifer Realty | Painted Post | 585-324-0500 | coniferllc.com | For individuals 62+ or disabled of any age.
- Two Plus Four Companies | 315-437-2178 | <http://twoplusfour.com> | Builds/manages affordable housing. (e.g. Hornellsville Apartments, Arkport 607-295-9836.
- Clyde F. Simon Lakeview I & II | Bath | 607-776-4139 | [ehdoc.org/category/new-york/](http://ehdoc.org/category/new-york/) | A Non-Profit agency offering subsidized housing for low-income seniors and the disabled.
- Colonial Square | Painted Post | 607-654-7906 | <https://www.calamar.com/2014-colonial-square-home> | A 55+ independent senior apartment community.

## **11) HOME REPAIR | MODIFICATION | REHABILITATION**

- Arbor Housing | Housing Preservation & Septic / Well replacement | 607-654-7487 | [arbordevelopment.org](http://arbordevelopment.org)
- Bishop Sheen Ecumenical Housing Foundation | 585-461-4263 | [sheenhousing.org](http://sheenhousing.org) | Rural housing preservation offering help to buy or repair a home to those eligible.

# Health and Financial Planning Resource Directory 2022



- Community Progress, Inc. (CPI): Corning | 607-962-3506 | [communityprogressinc.com](http://communityprogressinc.com) | A non-profit providing home repair assistance to eligible households through deferred loans.
- Forward-Thinking Home Solutions | 607-333-4313 | [forwardthinkinghomesolutions.com](http://forwardthinkinghomesolutions.com) | Sue Gruber, Certified Aging in Place Specialist, can help you transform your home into a safer haven. We provide: home safety evaluations with some simple solutions and/or design suggestions for home modifications.
- Restore (Southeast Steuben County Habitat for Humanity Restore) | 607-377-5524 | [habitatcorning.org/restore/](http://habitatcorning.org/restore/) | The Habitat ReStore in Corning accepts donations of new and like-new furniture, household goods, appliances, and building supplies and sells those donations to the community to raise funds for Steuben County Habitat.
- Steuben County Habitat for Humanity | Corning | 607-936-4444 | [habitatcorning.org](http://habitatcorning.org)
- USDA Rural Development | Bath | 607-776-7398 x4 | <https://www.rd.usda.gov/> | Single Family Housing Repair Loan and Grant program. Provides loans to very-low-income homeowners to repair, improve or modernize their homes or grants to elderly very-low-income homeowners to remove health and safety hazards.
- Veterans | Only Veterans registered with Bath VAMC should apply. | Home Improvement Structural Alterations (HISA) | <https://www.benefits.va.gov/HOMELOANS/adaptedhousing.asp>

## 12) LEGAL RESOURCES AND FINANCIAL PLANNING

- Center for Disability Rights | 585-546-7560 | [cdrnys.org](http://cdrnys.org) | Marsha Sweet – pooled trusts | [msweet@cdrnys.org](mailto:msweet@cdrnys.org)
- Center for Dispute Settlement | Bath | 607-776-6976 | [cdsadr.org](http://cdsadr.org) | Building resilient communities by helping individuals and groups peacefully resolve conflict with: divorce, custody, family, school, police, etc.
- John G. Ullman & Associates, Inc. | Corning | 1-800-936-3785 | Financial planning services
- Law Office of Patrick J. Roth | 145 Chemung Street, #2735, Corning, NY 14830 | 607-962-6162 | Elder Law, Estate Planning (Wills, Power of Attorney, Health Care Proxy, etc.,) Estate and Trust Administration, Business Formations.

# CONSUMER DIRECTED PERSONAL ASSISTANCE SERVICES

An alternative to traditional in-home personal care services.

In the Consumer Directed Personal Assistance Program, the individual who is receiving the services manages their program. This allows the greatest control and independence while receiving vital in-home services.

To learn more contact:  
(585) 546-7510 or [CDPAS@cdrnys.org](mailto:CDPAS@cdrnys.org)



**Center for Disability Rights, Inc.**  
INTEGRATION, INDEPENDENCE, CIVIL RIGHTS

# Health and Financial Planning Resource Directory 2022



- Law Office of Michael Robinson, P.C. | Bath | 585-374-5210 | [mrobinsonlaw.com](http://mrobinsonlaw.com) | Comprehensive estate planning which may include asset protection for long term care, avoiding probate and being prepared in the event there is incapacity.
- Legal Assistance of Western New York, Inc.® (LawNY®) | Bath | 607-776-4126 | provides free legal aid to people with civil legal problems. If you are having a legal problem with a person or agency, and it is not a criminal matter, LawNY® may be able to give you help or advice. [e.g. divorce, living wills, landlord, unemployment, foreclosure, public assistance denial] | Serves Allegany, Chemung, Schuyler, and Steuben
- Levene Gouldin & Thompson, LLP | 121 East Buffalo Street, Ithaca, NY 14850 | 607-584-5740 | Elder law, family law, corporate law, and personal injury attorneys.
- Steuben County Clerk | Bath | 607-664-2563 | Durable Power of Attorney for Assets.

## 13) MENTAL HEALTH | COUNSELING | SUICIDE PREVENTION

- American Self-Help Group Clearinghouse | 973-989-1122 | [mentalhelp.net/selfhelp](http://mentalhelp.net/selfhelp)
- Clinical Associates of the Southern Tier, PLLC | Corning: 607-936-1771 | psychotherapy, impaired driver program evaluations, employee assistance programs
- Depression and Bipolar Support Alliance | 800-826-3632 | [dbsalliance.org](http://dbsalliance.org) | information and meetings available
- Family Service Society | [familyservicesociety.org](http://familyservicesociety.org) | Family Service Society, Inc. provides professional counseling and community services that empower individuals and families to deal more effectively with their challenges, enhancing the quality of their lives. Bath: 607-776-3822 | Corning: 607-962-8422 | Hornell: 607-324-2461
- Guinnip's | Jasper | 814-367-7542 | [guinnipsantiquecoopholisticco.com](http://guinnipsantiquecoopholisticco.com) | holistic counseling | Eye Movement Desensitization and Reprocessing
- Health Homes of Upstate New York (HHUNY) | 855-613-7659 | A care management organization that coordinates Medicaid patients who have chronic conditions, including mental health conditions, substance use disorders, AIDS, asthma, diabetes, heart disease and being overweight (BMI greater than 25) with Adult Medicaid Health Homes. A health home is



# Health and Financial Planning Resource Directory 2022



not a physical place, but a care management service model in which all an individual's caregivers communicate with one another to coordinate their health needs in a comprehensive manner.

- National Alliance on Mental Illness | 800-950-6264 | nami.org.
- Steuben County Community Mental Health Centers | steubencony.org/pages.asp?PGID=30 | Provides a full range of outpatient mental health services to the residents of Steuben County. There are separate Adult Services and Children and Family Services programs. Bath: 607-664-2255 | Corning: 607-937-6201 | Hornell: 607-324-2483.
- Suicide Prevention Coalition | Call 911 for medical emergency | Call 211 for general information | Bath: 607-664-2156 | steubenpreventioncoalition.org | Corning: 607-937-6201 | Hornell: 607-324-2483 | emergency after hours: 607-937-7800 | also see Family Service Society.

## 14) MEDICATION DISPOSAL

### Allegany County

- o Alfred | Alfred Pharmacy | 36 North Main Street
- o Alfred | Alfred State University Police | 10 Upper College Drive
- o Belmont | Allegany County Sheriff's Dept. | 4884 State Route 19
- o Belmont | Nicholson's Pharmacy | 36 Schuyler Street
- o Bolivar | Jones Memorial Medical Practice | 120 First Street
- o Cuba | Cuba Police Dept. | 15 Water Street
- o Fillmore | Fillmore Pharmacy | 10560 State Route 19
- o Friendship | Friendship Pharmacy | 9 West Main Street
- o Wellsville | Jones Memorial Hospital | 191 North Main Street
- o Wellsville | Wellsville Police Dept. | 46 South Main Street

### Chemung County

- o West Elmira Police Department | 1255 W. Water Street
- o Horseheads Police Department | 202 S. Main Street
- o Elmira Police Department | 317 E. Church Street, #1
- o Gerould's Pharmacies (all locations)
- o Arnot Ogden Medical Center | 600 Roe Ave.
- o St. Joseph's Hospital | 555 St. Joseph's Blvd

### Schuyler County

- o Watkins Glen | Schuyler County Sheriff's Office | 106 10th Street

# POOLED TRUST SERVICES

An alternative to the traditional "spend down" to qualify for Medicaid.

The Pooled Trust shelters your excess finances and securely distributes money for most payments. This allows you independent living through your own income while still enjoying the benefits of Medicaid.

To learn more contact:  
(877)237-2230 or [JoinPooledTrust@cdrnys.org](mailto:JoinPooledTrust@cdrnys.org)



**Center for Disability Rights, Inc.**  
INTEGRATION, INDEPENDENCE, CIVIL RIGHTS

# Health and Financial Planning Resource Directory 2022



## Steuben County

- o Addison |Addison's Apothecary | 36 Main Street
- o Bath Police Department | 110 Liberty Street
- o Canisteo |Beavers Pharmacy |7 Main Street, Canisteo
- o Corning Hospital Pharmacy| 1 Guthrie Drive
- o Corning Police Department | 500 Civic Center Plaza
- o Corning |Gerould's Pharmacy | 98 West Pulteney Street
- o Hammondsport Village Hall | 18 Water Street
- o Hornell City Police Department | 110 Broadway
- o Corning |Market Street Apothecary | 78 West Market Street
- o Hammondsport | Park Pharmacy of Hammondsport | 27 Shether St
- o Bath | Steuben County Sheriff's Office | 7007 Rumsey Street
- o Bath | Steuben County Office Building | 3 Pulteney Square
- o Bath |Tops Friendly Market Pharmacy | 309 W. Morris Street

## 15) NUTRITION

### A. Home Delivered Meals

- Allegany County Office for the Aging Meals on Wheels |585-268-7612
- Chemung County Meals on Wheels | 607-734-9535 |  
[mealsonwheelschemung.org/meals](http://mealsonwheelschemung.org/meals)
- Schuyler County Home-Delivered Meals |607-535-7470
- Steuben County:
  - o Corning Meals on Wheels | Corning & Painted Post: 607-962-7985 or  
[cmowheels.com](http://cmowheels.com) serving residents in CPP school district
  - o Home Delivered Meals program is through ProAction,and they cover  
the remainder of the county.



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services, inc.*

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***607-324-4142 | [homeandhealthcare.org](http://homeandhealthcare.org)***

# Health and Financial Planning Resource Directory 2022



## B. Food Expense Assistance

- SNAP (Supplemental Nutrition Assistance Program) | Can apply in any county through the website: [www.mybenefits.ny.gov](http://www.mybenefits.ny.gov) | Or apply in your county of residence through the following resources:
  - o Allegany: Contact SNAP Outreach and Assistance at Foodlink | 585-328-3380x150 | or Allegany County Department of Social Services | 585-268-9622
  - o Chemung: Contact Foodbank of the Southern Tier | 607-796-5592x4014
  - o Schuyler County Department of Social Services | 607-535-8303
  - o Steuben: contact Turning Point Bath | 607-776-4575 | or Steuben County Department of Social Services | 607-664-2000

## C. Senior Lunch and Dinner Clubs/Congregate Meals

### Allegany County

- o Alfred | Union University Church | Mon., Tues., Thurs | 607-587-9288
- o Belmont | American Legion Hall | Tues., Thurs., | 585-268-5476
- o Bolivar | Fire Hall | Mon., Wed., Thurs., | 585-928-1250
- o Canaseraga | Fire Hall | Tues., Thurs., | 585-545-8963
- o Cuba | AA Arnold Community Center | Mon., Tues., Wed., Thurs., | 585-808-5201
- o Fillmore Fire Hall | Mon., Thurs., | 585-737-5609
- o Friendship | Community Center | Tues., Thurs., | 585-973-3110
- o Wellsville | Grace United Church | Mon., Wed., Thurs., Fri. | 585-808-5205
- o Whitesville Fire Hall | Mon., Tues., Wed., 607-356-3223

### Chemung County

The Eat Well Live Well congregate meal program is administered by the Chemung County Department of Aging | Advance reservations are required | Call 607-737-5520

- o George Bragg Towers | 115 Dewitt Avenue, Elmira | Mon-Fri, 11:30am
- o Edward Flannery Apartments | 300 South Main Street, Elmira | Mon-Fri, 11:30am
- o Park Terrace Apartments | 1281 Pennsylvania Avenue, Pine City | Mon-Fri, 11:30am
- o Big Flats Community Center | 476 Maple Street, Big Flats | Mon., Wed., Thur., 11:30am

# Health and Financial Planning Resource Directory 2022



- o St. Matthew's Episcopal Church | 408 S. Main Street, Horseheads | Wed., Fri., 11:30am
- o Retirement Estates | 24 Retirement Drive, Horseheads | Open the third Tuesday of each month, 11:30am

## Schuyler County

Administered through Schuyler County Office for the Aging | Reservations appreciated but not required | 607-535-7470

- o Montour Falls | Silver Spoon Cafe | Mon-Fri, 10:30am-1pm
- o Hector | First Presbyterian Church | Thursdays 10:30am-1:30pm
- o Monterey | Monterey Fire Hall | Tuesdays 11am-1pm
- o Tyrone | Tyrone United Methodist Church | Wednesdays 11am-1pm
- o Watkins Glen | Watkins Glen School Apartments | Fridays 12pm-1:30pm

## Steuben County

Steuben Senior Dinner Clubs | Program of Office for the Aging, administered by ProAction | <https://www.steubencony.org/pages.asp?PID=263>

- o Addison | Addison Place | Monday-Friday 12pm | 607-359-9297
- o Bath | Lakeview Apartments | Monday-Friday 11:30am-12:30pm | 607-776-4310
- o Corning | Senior Center | Monday-Friday | 12pm | 607-962-2009
- o Corning | Dayspring Apartments II | Monday-Friday, 12pm | 607-769-9786
- o Hornell | Senior Center | Monday-Friday 12pm | 607-324-8609
- o Hornell | Church St. Court | Monday-Friday 12pm | 607-324-0814

## **D. Southern Tier Food Bank**

[foodbankst.org](http://foodbankst.org) | call 211 or 1-800-346-2211 | [211helpline.org](http://211helpline.org) | [foodbankst.org](http://foodbankst.org) | The mobile food pantry delivers fresh produce, dairy products, and other food and grocery items directly to distribution sites. Clients "shop," choosing items that they need. Covers Chemung, Schuyler, and Steuben counties

## **E. Food Pantries** (call ahead to be sure hours are still the same)

### Allegany County

- o Call ACCORD for an updated listing of food pantry dates and locations | 585-268-7605x1001 or 1401

### Chemung County

- o Big Flats | 95 Main Street, Big Flats | Every Tuesday, 12-2pm | 607-562-8048

# Health and Financial Planning Resource Directory 2022



- o Elmira | Salvation Army | Mon-Fri, 9-11:50am | 607-732-0314
- o Elmira | North Presbyterian Church Food Pantry | Mon., Wed., Fri., 10am-12pm | 607-734-2977
- o Elmira | Catholic Charities Chemung Samaritan Center Mon-Fri, 10am-12pm | 607-734-4898
- o Elmira | In His Presence Ministry Pantry | Every Sunday, 1-2pm | 607-529-6387
- o Elmira | New Beginnings UMC | Every Monday, 8am-12pm | 607-734-2293
- o Elmira | Most Holy Name of Jesus | Every Tuesday, 11am-2pm | 607-733-0300
- o Elmira Heights | Oakwood UMC Food Pantry | Every Thursday, 4:30-6:30pm | 607-732-6042
- o Horseheads | 2943 Westinghouse Road, Horseheads | Every Tuesday and Thursday 12-2pm | 607-739-3854
- o Pine City | Pennsylvania Ave UMC Food Cupboard | 1st and 3rd Saturday of each month, 9-11am | 607-733-4485
- o Van Etten | 321 NY-224, Van Etten | 1st Thursday of each month, 5-6pm | 607-796-6061

## Schuyler County

- o Beaver Dams | Grace Lee Wesleyan Church | 1st Wednesday of the month, 12-2pm and 3rd Wednesday of the month 4-6pm | 607-962-3225
- o Beaver Dams | Grace Lee Memorial Wesleyan Church | 4th Wednesday each month 10-11am | 607-796-6061
- o Burdett | Reynoldsville United Methodist Church | 2nd Weds of the month 6-7pm and 2nd Thurs of the month 10-11am | 607-546-7810
- o Cayuta | Cayuta Town Hall | 3rd Friday of the month, 8:30-10:30am | 607-594-2245
- o Hector | Hector Presbyterian Church | 3rd Thursday of the month 9-11:30am | 607-546-2134
- o Tyrone | Tyrone United Methodist Church | 1st Tuesday of the month 9-11am | 607-292-3239
- o Tyrone | Tyrone United Methodist Church | SENIORS ONLY 1st Wednesday of the month 11am-12pm | 607-292-3239
- o Watkins Glen | Schuyler Outreach 112 10th Street, Watkins Glen | Tues. and Thurs. 9am-2pm, and Fridays Noon-4pm | 607-535-2815



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# Health and Financial Planning Resource Directory 2022



## Steuben County

- o Addison | 607-359-2555 | 3rd Wed, 3-5pm; 3rd Thurs. 9-11am | Serves ACS District residents
- o Bath | 607-776-4575 | 23 Liberty Street | Mon-Fri, 9am-11:15
- o Bradford | Mustard Seed Ministries | 607-583-2012 | 3rd Wednesday, 9-11am
- o Canisteo | Turning Point | Steuben Rural Ministry | 607-698-4725 | Mon, Wed, Fri, 9-noon
- o Canisteo | Buena Vista Wesleyan Church | 607-698-4484 | 4th Thursday, 2pm-4:30pm & 3rd Thursday Nov. & Dec
- o Cohocton | Catholic Church | 585-728-2228 | 1st & 3rd Wed, 1-3pm & 6-7pm
- o Corning | Salvation Army | 607-962-4681 | Mon-Fri, 9am-11:45am
- o Corning | East Corning | 962-6750 | Mon & Tue, 9am-noon, Wed, 10am-2pm, Thurs & Fri, Noon-3:00pm, 2nd & 4th Sat, 10am-noon.
- o Greenwood | 225-4968 | 3rd Thurs, 3-6pm | serves Greenwood & Rexville residents
- o Hammondsport | 607-569-3639 | Tues, 3pm-7:00pm & Sat, 10:30am-noon
- o Hornell | Turning Point | 607-324-3457 | Mon-Fri: 1:30-3:30
- o Hornell | Red Cross | 607-324-6511 | Tues & Thurs, 9am-1pm
- o Hornell | Christ Episcopal Church | 607-324-3620 | Tues. & Thurs, 8am-10am
- o Hornell | Salvation Army | 607-324-1933 | Mon-Fri, 9am-12:45pm
- o Kanona | UMC | 607-776-2154 | Thursdays 3-6pm | Serves Kanona, Wheeler, and Prattsburgh
- o Lindley | UMC | 607-523-7250 | Thurs, 4:30-5:30pm
- o Painted Post | 201 Hamilton Street | 607-962-1455 | Call First | Mon-Fri, 9am-noon
- o Painted Post | Christian Hope Center | 607-936-4656 | 2nd & 4th Wed, 4pm-6pm
- o Prattsburgh | American Legion | 607-522-3499 | 2nd & 4th Wed, 1-3pm & 3rd Sat, 1-3pm
- o Prattsburgh Emergency Pantry | Presbyterian Church | 607-268-8002 | 2nd & 4th Wed, 10-noon; 3rd Sat. 10-noon
- o Savona | Episcopal Church | 2nd Thurs, 4-6pm | 607-542-0873



# Health and Financial Planning Resource Directory 2022



- o Savona – Campbell | Campbell American Legion | Saturdays 11:30 –until gone
- o Troupsburg | UMC | 607-525-6243 | 3rd Wed, 2-3:30 & 6-7pm | Serves J-T School District
- o Wayland | 7th Day Adventist Church | 585-736-7586 | Wed, 4:30-6 & Sat, 9-10:30am
- o Woodhull | 1585 Academy Street | 607-458-5279 | 2nd Mon, 10-11:30am & 3rd Thurs, 6-7 pm | serves Hedgesville, Borden, Woodhull | food emergency leave message: 607-458-5279

## **F. Free Meals – Call ahead**

- o Addison | First Baptist Church | 607-359-3404 | Last Monday of each month 5 pm, unless otherwise noted in Addison Post | Open to everyone
- o Angelica | Route 19 Transit Bridge Angelica, NY | 585-365-2250 | Free meal at noon Wednesday and Friday 10am-2pm, and third Tuesdays 5-7pm
- o Bath | Wednesdays | St. Thomas Episcopal Church | 11:00 AM- 12:30 PM | 607-776-4503
- o Bath | Sundays | 3-4pm | location changes, call 607-776-6464
- o Corning | Sundays | The Salvation Army | 5 pm | 607-962-4681
- o Corning | Lunch | 3rd Thursday, 12:15pm | 7th Day Adventist Church | 607-962-7994
- o Cuba | Cuba Cultural Center | 585-209-0052 | Free meals once a week – call for times
- o Hornell | Sundays | 3:00-4:30pm | location changes, call 607-324-0755 or 607-324-5092
- o Wellsville | Christian Temple Church | 518-505-5947 | Hot meal every Saturday at 12pm

For more information on where to find food in Allegany County, visit [www.gotfood.us/service.php](http://www.gotfood.us/service.php)

## **16) PALLIATIVE CARE | COMFORT CARE | GRIEF SERVICES**

- CareFirst | 607-962-3100 | [carefirstny.org](http://carefirstny.org) | A non-profit community-based program providing palliative care, hospice care, grief services, and education. We help families cope with serious illness and all that comes with it. | Chemung, Schuyler, Steuben

# Health and Financial Planning Resource Directory 2022



- HomeCare & Hospice | 800-719-7129 | [homecare-hospice.org](http://homecare-hospice.org) | Medicare-certified provider of hospice services | Allegany County
- VA Medical Center | Bath | 607-664-4537 | Steuben County

## 17) PHARMACIES

Call to find out services. Along with regular pharmacy services, some offer medication setup, delivery, DMEs, Personal Emergency Response systems, home modification equipment, vaccinations, rehab & mobility equipment, respiratory services, etc.

### Allegany County

- o Alfred Pharmacy | 607-587-9222
- o Cuba Pharmacy | 585-968-3111
- o Fillmore Pharmacy | 585-567-2228
- o Friendship Pharmacy | 585-973-3496
- o Fisher's Pharmacy | Wellsville | 585-593-2611
- o Nicholson Pharmacy & Gift Shop | Belmont | 585-268-7287
- o Walgreens Pharmacy | Cuba: 585-968-1410, Wellsville Bolivar Road: 585-593-1232, Wellsville North Main Street: 585-593-1540

### Chemung County

- o Blitz Pharmacy | Big Flats | 607-358-4200
- o CVS Pharmacy | Elmira: 607-796-5911
- o Gerould's Professional Pharmacy | Elmira Hoffman Street: 607-732-0597, Elmira South Main Street: 607-733-6696, Horseheads: 607-796-2193
- o Mark W. Fagnan, RPh | Horseheads | 607-739-0301
- o Michelle N. Calabrese, RPh | Elmira | 607-739-0495
- o Rite Aid | Elmira Mount Zoar Street: 607-733-5636, Elmira Pennsylvania Avenue: 607-733-6262, Elmira West 2nd Street: 607-733-5202, Horseheads Grand Central Avenue: 607-739-0301, Horseheads Westinghouse Road: 607-796-2673
- o Sam's Club Pharmacy | Elmira | 607-739-6103
- o Walgreens Pharmacy | Elmira North Main Street: 607-271-9480, Elmira South Main Street: 607-737-1090
- o Walmart Pharmacy | Horseheads | 607-739-2087
- o Wegman's Pharmacy | Elmira | 607-737-5090
- o Weis Pharmacy | Elmira | 607-733-2399

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## HEALTH CARE CENTER

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**98 W Pulteney Street - Corning, NY**

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# Health and Financial Planning Resource Directory 2022



## Schuyler County

- o CVS Pharmacy | Watkins Glen | 607-535-7350
- o Kristy L. Wood, PharmD | Montour Falls | 607-535-7272
- o Quinlan's Pharmacy and Medical Supply | Montour Falls | 607-210-4262
- o Walmart Pharmacy | Watkins Glen | 607-535-3125

## Steuben County

- o Addison Apothecary | 607-504-4091
- o Beaver's Pharmacy | Canisteo | 607-698-4641
- o CVS Pharmacy | Dansville: 585-335-8292, Wayland: 585-728-2350
- o Gerould's Healthcare Center | Corning | 607-936-3233 | geroulds.com
- o Maple City Pharmacy | Hornell | 607-324-2212
- o Market Street Apothecary | Corning | 607-936-7023 | marketstreetapothecary.com
- o Naples Apothecary | 585-374-5040
- o Park Pharmacy | Hammondsport | 607-569-2800
- o Quinlan's Pharmacy | Wayland | 585-728-2198
- o Rite Aid | Bath: 607-776-4747, Corning: 607-937-5374, Hornell: 607-324-6276
- o Tops Friendly Markets | Bath: 607-776-1015, Riverside: 607-936-3923
- o Village Pharmacy | Bath | 607-664-9039 | villagepharmacybath.com/
- o Walgreens | Corning: 607-936-3529, Bath: 607-776-6039
- o Walmart | Hornell: 607-324-7225, Painted Post: 607-937-9681
- o Wegmans Pharmacy | Corning: 607-937-8307; Hornell: 607-324-3600; wegmans.com

## 18) SENIOR AND ELDER RESOURCES

- Caregiver Resource Center | Bath 607-664-2298 x4716 | Corning: 607-936-7428
- Expanded In-home Services for the Elderly Program | 607-664-2391 | Care Coordination
- Faith in Action | Hornell: 607-324-1138 | Corning: 607-936-0941 | fiasteuben.org | An interfaith volunteer caregiving program, helps the elderly in the Steuben County Area at no charge.
- Full Circle America | Steuben Senior Services Fund, Inc. | Bath | 607-664-2298 | Technology for aging in place.

# Health and Financial Planning Resource Directory 2022



- Proaction | Senior Nutrition Program | Bath | 607-776-4310 | <http://proactioninc.org/thriving-seniors/> | Coordinates 8 Senior nutrition sites and home-delivered meals.
- Second Season Newsletter | 607-664-2298 | [ofainfo@co.steuben.ny.us](mailto:ofainfo@co.steuben.ny.us)
- Staver Care Management LLC | Robin Staver MS Ed., CMC | Certified Care Manager & Aging Life Care Specialist | 646-522-6648 | [stavercare@gmail.com](mailto:stavercare@gmail.com) | [stavercare.com](http://stavercare.com)
- NY Connects | 1-800-342-9871

## 19) SERVICES AND THERAPIES FOR SPECIFIC HEALTH CONDITIONS

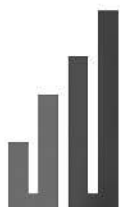
### A. Alcohol and Substance Abuse

- Allegany Council on Alcoholism and Substance Abuse, Inc. | Outpatient and residential services | Wellsville | 585-593-1920
- AL-Anon family groups & Alateen | 888-425-2666 | [al-anon.alateen.org](http://al-anon.alateen.org) | for families and friends of alcoholics and their teen children.
- Alcoholics Anonymous | 212-870-3400 | [aa.org](http://aa.org) | people helping each other recover from alcoholism | Southern Tier: [aaelmira.org/1](http://aaelmira.org/1) & [aadistrict0500.org/](http://aadistrict0500.org/)
- Bath Area Hope for Youth | 607-776-6441 | Provides one-on-one and small group counseling in schools to youth identified as being at risk for substance abuse. An evidence-based curriculum is used that helps students boost "protective factors" such as family attachment, pro-social involvement, academic participation, sense of right and wrong, and association with pro-social peers. Services are confidential and available to all children.
- Casa-Trinity | Community based treatment for chemically dependent individuals | Elmira | 607-737-5215
- Catholic Charities Steuben | Substance Free Living | Bath: 607-776-8085, Hornell: 607-776-5823 | Residential Services reduce homelessness while building skills among participants to maintain substance free living.
- Families Anonymous | 800-736-9805 | [familiesanonymous.org](http://familiesanonymous.org) | group support for and from friends and relatives of a person with addiction
- Loyola Recovery Foundation | Admission: 585-203-1005 or 877-519-7705 | Rehab: 607-282-5201 | Detox/Inpatient: 607-527-7038 | [loyolarecovery.org](http://loyolarecovery.org)

# Health and Financial Planning Resource Directory 2022




- New Dawn Inpatient Addiction Rehab | Arnot Health Systems, Elmira | 607-734-4499 | 800-952-2662 | acute care rehabilitation and ongoing support
- NYS Office of Alcoholism and Substance Abuse | [oasas.ny.gov](http://oasas.ny.gov) | NYS programs
- Steuben Council on Addictions | Bath | 607-776-6441 | Provides the general public with relevant substance abuse information through community events, advertising, and publicity. The program visits schools and adult community groups to help participants build knowledge and skills for substance abuse prevention. There is a wide range of courses to choose from and custom workshops are also available. We educate on a range of topics including, but not limited to: Life Skills, Bullying Prevention, Self-esteem, Active Parenting.
- Steuben County Alcohol and Substance Abuse Services | Bath: 607-664-2156 | Hornell: 607-324-2483 | Corning: 607-937-6201 | [steubencony.org](http://steubencony.org) | outpatient clinic, individualized care for adults and adolescents, group and individual therapy, family inclusive treatment.
- Steuben County Sheriff's Office | Stop DWI New York | 607-622-3930 | [allardj@co.steuben.ny.us](mailto:allardj@co.steuben.ny.us)
- Steuben Prevention Coalition | 607-776-6441 X202 | Help reduce teen and young adult alcohol use.
- Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline | Confidential, free, 24-hour-a-day information service for individuals and family members facing mental and/or substance use disorders | 1-800-662-4357
- Substance Free Living's Residential Services | Turning Point | Hornell | 607-324-0909 | Bath: 776-8085 | A Residential Reintegration Program that helps people maintain a substance free lifestyle through housing, support, and education in both a community residence and a supportive living setting in Bath, NY.
- US Dept. of Veterans Affairs | Bath: 607-664-4300, Bldg. 76, 5th Floor | Elmira: 607-733-2178



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3260 N 7th Street | Allegany, New York 14706 | 716.543.4200



# Health and Financial Planning Resource Directory 2022



## **B. Cancer**

- American Cancer Society | 800-227-2345 | [cancer.org](http://cancer.org) | Classes, information, & resources, lodging during treatment, survivor & caregiver support
- Ann and Carl Myers Cancer Center | Noyes Hospital | Dansville | Medical Oncology: 585-335-6830, Radiation Oncology 585-335-8675 | [urmc.rochester.edu/noyes.aspx](http://urmc.rochester.edu/noyes.aspx)
- Cancer Services of Steuben, Allegany, Chautauqua, Cattaraugus Counties 877-778-6857 | A statewide program covering free breast, colorectal, and cervical cancer screening for those who are eligible (uninsured or under-insured). Also helps eligible men who are diagnosed with prostate cancer.
- Falk Cancer Center | Elmira | 607-737-8100 | Compassionate care for cancer patients in the Southern Tier.
- Fund for Women of the Southern Tier | Corning | 607-542-7558 | [ffwst.org](http://ffwst.org) | financial assistance for women being treated with breast cancer
- Guthrie Corning Cancer Center | Corning Hospital | 607-937-3100 | [guthrie.org](http://guthrie.org)
- Wilmot Cancer Institute Infusion Center at Jones Memorial Hospital | Wellsville | 585-596-2059

## **C. Cognition / Dementia / Alzheimer's**

- Alzheimer's Association | Toll free 1-800-272-3900, Southern Tier Office: 607-378-6605 | [alz.org/RochesterNY](http://alz.org/RochesterNY) |
- Alzheimer's Caregiver Support Groups

### Allegany

- o Belmont | 3rd Tuesday of the month | 1 p.m. | Allegany County OFA
- o Wellsville | 1st Wednesday of the month | 1 p.m. | Total Senior Care/Daybreak

### Chemung

- o Horseheads | 1st Thursday of the month | 2 p.m. | Appleridge Senior Living
- o Horseheads | 3rd Thursday of the month | 12:15 p.m. | Courtyards at Bethany Village

### Schuyler

- o Montour Falls | 2nd Friday of the month | 10-11 a.m. | Schuyler County Human Services Building, Conference Room #115



# Health and Financial Planning Resource Directory 2022



## Steuben

- o Corning| 3rd Tuesday of the month| 3-4:30 | Corning Senior Center
- o Hornell| 2nd Thursday of the month | 1:30-3 p.m. |Hornell Senior Center
- o Wayland| 4th Tuesday of the month | 2-3 p.m.| Wayland Free Library
- Caregiver Resource Center is a program of the Steuben County Office for the Aging | 607-664-2298
- Finger Lakes Caregiver Institute at Lifespan is a grant partner expanding Alzheimer's Association service across a 10-county region | 585-244-8400 [www.lifespan-roch.org](http://www.lifespan-roch.org) | The Finger Lakes Caregiver Institute supports families caring for loved ones with dementia, Alzheimer's disease, or other memory-related concerns. Services include care management, respite, education and training, support groups, health and wellness activities, Peace of Mind planning, and more.
- Maple City Music Therapy| 585-512-7029 | 1:1 and small group music therapy
- Southern Tier Independence Center | (877) 722-9150 or 607-724-2111 | [stic-cil.org](http://stic-cil.org) | TBI & NHTD Waivers-Medicaid programs available for disabled or aging community members to avoid nursing home placement or to transition from a nursing home back to the community.

## **D. Dental Care**

- Health Economics Group | 800-666-6690 X505 | Dental Card Program | [heginco.com/index.html](http://heginco.com/index.html) | Pay a small annual fee and see participating dentists for discounted dental procedures.
- Oak Orchard Health | Hornell | 607-324-0314 | [oakorchardhealth.org](http://oakorchardhealth.org)
- S2ay Rural Health Network | 607-962-8459 | [s2aynetwork.org/](http://s2aynetwork.org/) | mobile dental services for kids in school
- Salmon Orthodontics | Provides orthodontic and 24-hour emergency services across New York State. Locations in Allegany and Steuben counties.
  - o Hornell: 607-968-2092
  - o Wellsville: 585-296-0044

# Health and Financial Planning Resource Directory

## 2022



### **E. Diabetes**

- Diabetes Prevention Program | Steuben Rural Health Network | 607-776-9467
- Diabetes on Target | Bath | 607-776-4065 | provides educational materials & support groups
- National & Medicare Diabetes Prevention Program | Bath and Hornell: 607-664-2438 | [steubencony.org/publichealth/](http://steubencony.org/publichealth/) Eligibility requirements. Paid by Medicare.

### **F. Hearing**

- Deaf Services | 607-215-7836 |
- Finger Lakes Region Lions Hearing Foundation | 315-704-4962 | [flrhf@gmail.com](mailto:flrhf@gmail.com) | low cost hearing aids for financially eligible individuals of any age
- TRIAD | 800-624-4143 | assistive technology for deaf individuals

### **G. Immunizations**

- Steuben County Public Health | 607-664-2166 |
- Steuben County Pharmacies |  
<https://www.steubencony.org/pages.asp?PID=587>

### **H. Lymphedema**

- Total Wellness Physical Therapy | Addison | Yvonne Strauss, PT | 607-359-2228 | Certified in Lymphedema treatment. Accepts Medicare-approved amount for therapy prescribed by physician.

### **I. Visual Impairment**

- Southern Tier Association for the Visually Impaired | 607-734-1554 | provide support, employment and rehabilitation services.

### **J. Wellness & Fitness Resources**

- Corning Senior Center | One Park Lane | 607-962-8000
- Curves | Hornell | Hornell Plaza: 936-1480, Seneca Road: 607-324-6160
- Exercise Enterprise | Watkins Glen | 607-535-7450 | [myexerciseenterprise.com](http://myexerciseenterprise.com)
- Grand Prix Fitness | Montour Falls | 607-210-4058
- HealthWorks Wellness & Fitness Center | a Guthrie facility | 607-937-5555
- Hornell Senior Center | 20 Broadway Mall | 607-281-3635
- Journey 333 Fitness | Corning | 607-973-2187 | [journeyfitness333.com/](http://journeyfitness333.com/)

# Health and Financial Planning Resource Directory 2022



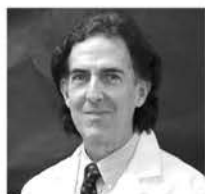
- Planet Fitness | Horseheads | 607-846-3130 | [planetfitness.com/gyms/horseheads-ny](https://planetfitness.com/gyms/horseheads-ny)
- Snap Fitness | Corning, Elmira, and Horseheads: 607-973-2888 | [snapfitness.com/us/](https://snapfitness.com/us/)
- Town of Erwin Senior Center | Lunch: 607-936-0310, Trips: 607-654-7222 | <https://www.erwinny.org/seniorservices.html>
- YMCA | A membership organization providing fitness, education, and recreational opportunities for all ages.
  - o Corning | 607-936-4638 | [rochesterymca.org/corning/](https://rochesterymca.org/corning/)
  - o Hornell | 607-324-5520 | [www.hornellymca.com](https://www.hornellymca.com)
  - o Wellsville | 585-593-3246 | [twintiersymca.org/locations/Wellsville-ymca](https://twintiersymca.org/locations/Wellsville-ymca)

## 20) TRANSPORTATION

- Ardent Solutions | Various transportation options in Allegany & Steuben County | 585-593-5223
- Bath VA Medical Center | [bath.va.gov](https://bath.va.gov) | Veterans who are enrolled in VA health care system and have a scheduled appointment at a VA facility can utilize VTS. Veterans not currently enrolled for VA health care benefits call 1-888-823-9656 to determine eligibility. To schedule a ride, call: Bath: 607-664-4682.
- Corning Erwin Area Transit System (CEATS) | 607-734-5211 | [rideceats.com](https://rideceats.com) | Has 5 bus routes in the Corning Coopers, Gang Mills, Painted Post area. If you live within  $\frac{3}{4}$  miles of a bus route, you may qualify for curbside pick-up.
- Easy Rider Sr. Transport | Steuben County OFA Project Care Program | 800-346-2211 or 607-664-2298 | Coordinates group grocery shopping for older persons.
- Faith in Action | Hornell: 607-324-1138 | Corning: 607-936-0941 | [fiasteuben.org](https://fiasteuben.org) | Provides free transportation and other help to people 60+ through volunteers.

# WOMEN'S HEALTH SERVICES

## The Jones Memorial Hospital Women's Health Team in Hornell welcomes new patients.



A. Rubert, MD  
OB/GYN



A. Haring, MD  
OB/GYN



E. Walsh, PA  
Physician Assistant



T. Chaffee, CNM  
Nurse Midwife

### Offering Comprehensive Health Services

- Full range of GYN Services, including annual exams
- Family Planning
- Prenatal Care
- Pelvic Floor Physical Therapy Referrals
- Surgical consultations for benign conditions, cancer, infertility, incontinence, and various other conditions
- Women's Health Screenings, including mammography and bone density referrals
- Deliveries at the Dr. F Clifton Miller Birthing Center at Jones Memorial Hospital.



**JMH Women's Health Office**  
7309 Seneca Road • Hornell NY  
**(607) 324-0604**



**UR**  
MEDICINE

**JONES**  
MEMORIAL HOSPITAL

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- Hornell Area Transit System (HATS) | 607-324-7910 | [www.hatrides.com](http://www.hatrides.com) | Provides regular bus service throughout the City of Hornell and between Hornell and Canisteo, Alfred (Alfred State College and Alfred University), and Bath, with limited service to Towns of Dansville, Canaseraga and Wayland. On request, bus service may be available. Flag bus to stop for pick-up anywhere along route. Bicycle racks are available on most buses. Offers curbside pickup for individuals living within 1/2 mile of a fixed bus route.
- Institute for Human Services | 1-800-346-2211 | [211helpline.org](http://211helpline.org). Information on bus ([needaride.info](http://needaride.info)), carpooling, medical transportation, travel training.
- Medicaid Travel | Medical Transportation Management (MAS) | 888-226-2219 | [www.medanswering.com](http://www.medanswering.com) | Medicaid patients call for transportation to non-emergency medical appointments. Call 3-5 days ahead.
- Steuben Area Rides | 607-776-1229 | <http://arcofsteuben.org/arctransportation/> | Provides transportation to Arc programs, non-emergency medical services, and other agencies. Offers public transportation throughout Steuben County on 4 routes.
- Steuben Transit | Powered by First Transit | 607-734-5211 or 800-445-4423 | [steubentransit.com](http://steubentransit.com). Runs three routes: Bath - Corning; Village of Bath; Bath to Hammondsport.

## 21) VETERAN RESOURCES

- AIM Independent Living Center | Veteran Services | 607-962-8225 Ext. 216 | Provides education, advocacy, information and referral to help military veterans achieve their goals of independence.
- Allegany County Veterans Service Agency | Belmont | 585-268-9387 | Works with veterans and their families to ensure they get all the benefits they are entitled to.
- American Legion Department of NY | 518-463-2215 | [nylegion.net](http://nylegion.net)
- AMVETS National HQ | 516-312-2896 | [nyamvets.com](http://nyamvets.com)
- Bath VA Medical Center Rehabilitation | 607-664-4000 or 607-664-4506 (Admissions) | PT, OT, & speech
- Caregiver Support | 855-260-3274 | [caregiver.va.gov](http://caregiver.va.gov) | for help with caring for a disabled vet

# Kindred at Home



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Families trust us.

For more information please call us at  
607-962-0102

[www.kindredathome.com](http://www.kindredathome.com)



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- Chemung County Veterans Service Center | Elmira | 607-737-5445 | Works with veterans and their families to ensure they get all the benefits they are entitled to.
- Disabled American Veterans | [dav.org](http://dav.org) | Bath: 607-368-9251 | Kimble Kowalski #7 - monthly meetings: 3rd Monday, 7pm at 14 W. William St. | A nonprofit that provides a lifetime of support for veterans of all generations and their families. Provides rides to medical appointments and assists with benefit claims. Connects veterans with employment opportunities.
- Elmira VA Outpatient Clinic | 877-845-3247 |
- Homeless Veterans Hotline | 877-424-3838
- Iraq and Afghanistan Veterans of America | 212-982-9699 | [iava.org](http://iava.org)
- Lifeline for Vets | 888-777-4443 | connects veterans needing assistance with other veterans, providing someone who can offer emotional support who has also "been there, done that."
- Military OneSource | 800-342-9647 | Veterans and their families have access to 24/7 counseling sessions and to people who can help them find resources in their area.
- NYS Division of Veterans Affairs: Veterans Counselors | 1-888-838-7697 | Chemung and Schuyler counties
- Red Cross Hero Care Network | 877-272-7337 | Red Cross emergency assistance for members of the military currently serving on active duty by using the online self-service tool.
- Paralyzed Veterans of America | Benefits: 866-734-0857 | Caregivers: 855-260-3274 | [pva.org](http://pva.org) | Syracuse Office: 315-425-4400 x53317
- US Department of Veterans Affairs – Bath Medical Center | 607-664-4000 or 877-845-3247 | [bath.va.gov](http://bath.va.gov)
- Schuyler County Veterans Service Agency | Montour Falls | 607-535-2091 | Works with veterans and their families to ensure they get all the benefits they are entitled to.
- Soldier On | 866-406-8449 | [wesoldieron.org](http://wesoldieron.org) | helps homeless vets with emergency and transitional housing, mental health or substance abuse treatment, peer support
- Steuben County Veterans Service Agency | Bath | 607-664-2527 | Works with veterans and their families to ensure they get all the benefits they are entitled to.

# Health and Financial Planning Resource Directory 2022



- Veterans Crisis Line | 800-273-8255 Press 1 | text: 838255 | hearing impaired: 800-799-4889 | [veteranscrisisline.net](http://veteranscrisisline.net) | suicide, alcoholism, homelessness, chronic unemployment, relationship problems
- VFW | Department of NY | 518-463-7427 | [vfwny.com](http://vfwny.com) |
- Women Veterans Call Center | 888-829-6636 | for info on eligibility, benefits & health care
- Wounded Warrior Project | 877-832-6997 | Pittsburgh: 412-471-0935 | NYC: 212-629-8881

## 22) VOLUNTEER (SENIOR) OPPORTUNITIES | BY COUNTY

### Allegany

- o AARP | Multiple volunteer opportunities | To find volunteer opportunities in your county, visit [aarp.org/giving-back/?intcmp=FTR-LINKS-ACT-VLNTEER-EWHERE](http://aarp.org/giving-back/?intcmp=FTR-LINKS-ACT-VLNTEER-EWHERE)
- o ACCORD | 585-268-7605x1340
- o Allegany Arc | 585-593-5700x514
- o Allegany County Office for the Aging | Friendly visiting, tax counseling, shopping assistance, senior luncheon volunteers | 585-268-9390
- o Habitat for Humanity | Volunteer opportunities including construction, hospitality, and committee members | 301-687-1006
- o Meals on Wheels (Home Delivered Meals) | Volunteer opportunities including drivers, runner/visitor, and kitchen workers | [alleganyco.com/nutrition-program/](http://alleganyco.com/nutrition-program/) | 585-268-7612
- o Ombudsman Program | Be trained to advocate for residents in nursing homes, assisted living, and adult homes | AIM Independent Living Center | 607-962-8225x112
- o Youth Mentoring of the Southern Tier | Family Service Society | 607-936-3507

### Chemung

- o AARP | Multiple volunteer opportunities | To find volunteer opportunities in your county, visit [aarp.org/giving-back/?intcmp=FTR-LINKS-ACT-VLNTEER-EWHERE](http://aarp.org/giving-back/?intcmp=FTR-LINKS-ACT-VLNTEER-EWHERE)
- o Arc of Chemung | Senior companion opportunities | 607-734-6151x128





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Your Link to Long Term  
Services and Supports

of ALLEGANY COUNTY  
(800) 342-9871 (866) 268-9390

# Allegany

COUNTY  
New York

6085 State Route 19N  
Belmont, NY 14813  
Ph: 585-268-9390  
Ph: 866-268-9390  
FAX: 585-268-9657

## Office for the Aging

### Where do you go for help?

The **Allegany County Office for the Aging** and **NY Connects** is here to help you find the services you need! Whether you are a senior, a caregiver or an individual with a disability, we can help you make the connections to the services you need. So smile, at the Allegany County Office for the Aging and NY Connects, we have answers.

Call us toll free at 1-866-268-9390.



Allegany County

Smile... We have answers.

585-268-9390 or Toll free 1-866-268-9390



DIL, inc.

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## 2022



- o Bridges for Brain Injury, Inc. | [bridgesforbraininjury.org/getinvolved/volunteer.html](http://bridgesforbraininjury.org/getinvolved/volunteer.html) | Volunteer opportunities to mentor, fundraise, participate in community outreach, and more
- o Chemung Volunteer Action Corps | Cornell Cooperative Extension of Chemung County | 607-734-4453x215
- o Food Bank of the Southern Tier | 607-796-6061x4043
- o Friendly Visitor and Telephone Reassurance Program | Chemung County Department of Aging and Long Term Care | 607-737-5520
- o Habitat for Humanity | 607-734-1361
- o Meals on Wheels (Home Delivered Meals) | 607-734-9535
- o Ombudsman Program | Tompkins County OFA | 607-274-5498
- o Youth Mentoring of the Southern Tier | Family Service Society | 607-936-3507

### Schuyler

- o AARP | Multiple volunteer opportunities | To find volunteer opportunities in your county, visit [aarp.org/giving-back/?intcmp=FTR-LINKS-ACT-VLNTTEER-EWHERE](http://aarp.org/giving-back/?intcmp=FTR-LINKS-ACT-VLNTTEER-EWHERE)
- o Arc of Schuyler | 607-535-6934
- o Food Bank of the Southern Tier | 607-796-6061x4043
- o Habitat for Humanity | E-mail [bgroll@schuylerhabitat.org](mailto:bgroll@schuylerhabitat.org)
- o Meals on Wheels (Home Delivered Meals) | 607-535-7470
- o Ombudsman Program | Tompkins County OFA | 607-274-5498
- o Retired and Senior Volunteer Program (RSVP) | Catholic Charities Schuyler-Yates RSVP | 607-535-2050x211
- o Youth Mentoring of the Southern Tier | Family Service Society | 607-936-3507

### Steuben

- o AARP | Multiple volunteer opportunities | To find volunteer opportunities in your county, visit [aarp.org/giving-back/?intcmp=FTR-LINKS-ACT-VLNTTEER-EWHERE](http://aarp.org/giving-back/?intcmp=FTR-LINKS-ACT-VLNTTEER-EWHERE)
- o Arc of Steuben | 607-776-4146
- o CareFirst | Multiple opportunities to help families dealing with family member illness | 607-734-4161 | [carefirstny.org/volunteer-opportunities/](http://carefirstny.org/volunteer-opportunities/)
- o Corning Meals on Wheels | Volunteers needed for meal prep or to deliver meals | 607-962-7985 | <http://www.cmowheels.com/>

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- o Corning Museum of Glass | Opportunities including event volunteers, performance ushers, guest service ambassador | 607-438-5286 |
- o Coordinated Transportation Services | Institute for Human Services | Volunteers drive people to medical appointments | 1-800-346-2211
- o Faith in Action | An interfaith volunteer caregiving program, helps the elderly in Steuben County at no charge | Corning: 607-936-0941 | Hornell: 607-324-1138
- o Food Bank of the Southern Tier | 607-796-6061x4043
- o Habitat for Humanity | 607-936-4444
- o Corning Restore | 607-377-5524
- o Meals on Wheels (Home Delivered Meals) | For Steuben County other than the Corning area | 607-664-2298
- o Ombudsman Program | AIM Independent Living Center | 607-962-8225x112
- o Project Care | A program of Steuben County OFA serving the Greater Bath Area with friendly visits, grocery shopping, chore services, and transportation | 607-664-2298
- o Retired and Senior Volunteer Program (RSVP) | Steuben County OFA | 607-664-2298
- o ServSteuben Medical Reserve Corps (MRC) | Steuben County Public Health's volunteer program, providing both medical and non-medical opportunities for volunteers to prepare for and respond to emergencies, disasters, and public health needs | 607-664-2438 | [steubencony.org/pages.asp?PID=232](http://steubencony.org/pages.asp?PID=232)
- o United Way of the Southern Tier | 607-936-3753 | [uwst.org/](http://uwst.org/)
- o Youth Mentoring of the Southern Tier | Family Service Society, Inc. | Volunteer mentors needed | 607-936-3507x309

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