

Raising Awareness * Fostering Collaboration * Improving Services



Columbia-Greene Interagency Yellow Pages

Directory of Programs and Services

December 2015

Dear Health Care or Human Services Professional:

On behalf of the entire 2015 Columbia-Greene Interagency Awareness Day planning committee, we are pleased to provide you with the latest edition of this Yellow Pages Directory of Programs and Services. This directory is intended to serve as a resource to assist professionals working with residents in both counties that have specific health or human services' needs. It includes a wide range of agencies, organizations and groups that are either located in one or both counties or include them in their service territories. It provides them with an opportunity to share contact information along with their objectives, services provided, target audiences, eligibility requirements (if any), hours of operation and how to apply for services.

Many thanks to the organizations listed in this directory for providing this information. Every attempt has been made to assure the accuracies of the submissions. However, if there is an error or omission, please notify us and we will make the necessary change and notify directory recipients by email on a periodic basis. We are looking to host another IAD event in the spring of 2017. In the meantime, we hope that you find this document an informative and useful tool in carrying out the important work that you do to improve the quality of life for all Columbia and Greene County residents.

Sincerely,

Theresa C. Mayhew, Co-Chair
Cornell Cooperative Extension of Columbia & Greene Counties
Email: tcm5@cornell.edu

Katie Scheu, Co-Chair, Columbia County Department of Health
Maggie Graham & Deb Johnson, Greene County Mental Health
Ron Rouse & Melissa Sheriff, Greene County Rural Health Network
Kim Kaplan & Laura Churchill, Greene County Public Health Nursing
Guy Apicella, Columbia-Greene Community College
Jane Miller, Bonnie Westendorf & Nancy Winch, Community Volunteers

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Columbia County

Camphill Ghent

2542 Route 66, Chatham, NY 12037

(518) 392-2760

Fax: (518) 392-2762

Website: www.camphillghent.org

Contact: Nancy Benz, Community Relations Office

Objectives: Camphill Ghent is an independent and assisted living senior community that offers active social programs to support residents in maintaining their joy of living. Independent living housing includes apartments and townhomes.

Services provided: The Adult Home Assisted Living Program is licensed by the NYS Department of Health and offers 24-hour staffing, assistance with daily living activities, personal care, case management and home health services.

Hours: Monday – Friday, 8 am to 5 pm.

Target population: Age 55 and older.

Eligibility: None.

How to Apply for Services: Call 392-2760 for more information.

Coarc

P.O. Box 2, 630 Route 217, Mellenville, NY 12544

(518) 672-4451

Fax: (518) 672-0187

Website: www.coarc.org

Contact: Kenneth R. Stall, Executive Director

Email: info@coarc.org

Facebook: Coarc

Objectives: Coarc's mission is to expand abilities, one person at a time, so individuals experiencing disabilities can achieve their individual goals. Our vision is to be an ethical organization that is part of a society that recognizes people with different degrees of abilities as full contributing members of their community.

Services provided: Advocacy and Legal Services, Community Habilitation, Day Services, Employment Services, Medicaid Service Coordination, Residential Services, Respite Services, Respite Program, Self-Directed Services, Starting Place Preschool & Day Care, and Traumatic Brain Injury Services.

Hours: 24 hours/day; 7 days/week.

Target population: People with developmental, intellectual and other disabilities.

Eligibility criteria: OPWDD eligibility, TBI eligibility, ACCES-VR eligibility.

How to apply for services: Call 672-4451 or visit www.coarc.org.

Columbia County Community Healthcare Consortium, Inc.

325 Columbia Street, Suite 200, Hudson, NY 12534

(518) 822-8820

Fax: (518) 828-1479

Website: www.columbiahealthnet.org

Contact: Claire Parde, Executive Director

Email: cparde@columbiahealthnet.org

Objectives: Increase access to quality healthcare through collaboration, education, information and service delivery.

Services provided: Non-emergency medical transportation; application assistance for health insurance consumers using the New York State of Health Marketplace; free breast, cervical and colorectal cancer screenings for the uninsured and underinsured; access to no or low-cost prescription medications; education and advocacy for policy change regarding tobacco use; and financial assistance for individuals experiencing hardship due to illness.

Hours: Monday – Friday (except holidays), 8:30 am – 4 pm.

Target population: Uninsured, underinsured, economically disadvantaged or otherwise underserved residents of both Columbia and Greene Counties.

Eligibility criteria: Varies by program.

How to apply for services: By phone or in person. Please call, email or stop by for information and scheduling.

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Children and Adults Rural Transportation Service (C.A.R.T.S.)

Phone: (518) 822-8020

Fax: (518) 828-1479

Contact: Jim Funk, Transportation Coordinator

Email: jfunk@columbiahealthnet.org

Objectives: To provide non-emergency medical transportations for Columbia County residents

Services provided: Non-emergency, door-to-door medical transportation.

Hours: Monday – Friday, 8 am – 4 pm.

Target population: Seniors and low-income families.

Eligibility criteria: Must be a Columbia County resident.

How to apply for services: Please call for information and scheduling

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Cancer Services Program

Phone: (518) 822-8741, x-318

Fax: (518) 828-3425

Contact: Holly Hedgepeth, Public Education and Outreach Coordinator

Email: hhedgepeth@columbiahealthnet.org

Objectives: To provide uninsured residents of Columbia and Greene counties with recommended cancer screenings.

Services provided: No cost mammograms, pap smears/pelvic exams, clinical breast exams and colorectal cancer screenings – there are many local doctors to choose from; public awareness and educational presentations.

Hours: Monday – Friday, 8:30 am – 4 pm.

Target population: Uninsured women age 40 to 64; uninsured men age 50 to 64.

How to apply for services: Please call for information and scheduling.

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Columbia-Greene In-Person Assistor/Navigator Program

Phone: (518) 822-9600, x-307 or (800) 980-5530

Fax: (518) 828-4015

Contact: Lisa Thomas, Senior Program Director

Email: lisa@columbiahealthnet.org

Objectives: To assist individuals, families, small businesses and small business employees search, select and apply for public health insurance programs (e.g. Medicaid and Child Health Plus) and commercial health insurance products using the New York State of Health Marketplace.

Services provided: Assistance to individuals, families, small businesses and small business employees with searching, selecting and applying for public health insurance programs and commercial health insurance products on the New York State of Health Marketplace.

Hours: Monday – Friday, 8:30 am – 4 pm; some evening and weekend hours.

Target population: Uninsured and underinsured individuals, families, small businesses and small business employees in Columbia and Greene Counties.

How to apply for services: Please call or stop by for information and scheduling.

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NY Connects, Columbia County

Phone: (518) 828-2273, x-328

Fax: (518) 828-1479

Contact: Lynda Scheer, Program Coordinator

Email: Lynda@columbiahealthnet.org

Objectives: NY Connects, Columbia County is a trusted resource in our community that provides the free information and assistance you need to make informed decisions about long term care.

Services provided: Information on services currently available; referrals to agencies that may help in the care of loved ones; assistance in obtaining services.

Hours: Monday – Friday, 9 am – 4 pm.

Target population: Elderly and disabled of all ages in Columbia County.

How to apply for services: Please call or email for information and scheduling.

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Prescription Access and Referral Program

Phone: (518) 822-8820, x-328

Fax: (518) 828-3425

Contact: Lynda Scheer, Program Coordinator

Email: Lynda@columbiahealthnet.org

Objectives: To help residents of Columbia, Greene and northern Dutchess Counties obtain needed prescriptions if they are unable to afford them or lack prescription coverage.

Services provided: Access to low or no-cost prescription medications by the provision of direct financial assistance, assistance applying to patient assistance programs, and information and referral to other resources.

Hours: Monday – Friday, 8:30 am – 4 pm.

Target population: Residents of Columbia, Greene and northern Dutchess Counties.

How to apply for services: Please call or email for information and scheduling.

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Tobacco-Free Action of Columbia & Greene Counties

Phone: (518) 822-0999, x-305

Fax: (518) 828-1479

Website: www.rvwtobaccofree.org

Contact: Karen dePeyster, Program Director

Email: karen@columbiahealthnet.org

Objectives: Advocating for policy changes that reduce exposure to secondhand smoke, make tobacco products less visible and accessible, and make tobacco use more expensive, less convenient and less socially acceptable.

Services Provided: Advocacy, information, technical assistance and signage to help municipalities, businesses, and organizations create tobacco-free outdoor spaces. Information, technical assistance and signage to help owners and managers of multi-unit housing implement a smoke-free property policy. Advocacy and education to promote policies that protect children from the influence of tobacco marketing and prevent youth smoking.

Reality Check is the youth component of the program that engages teens as leaders and activists in the movement against the tobacco industry.

Hours: Monday – Friday, 8:30 am – 4 pm.

How to Apply for Services: Please call or email for information.

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Financial Assistance Funds

Phone: (518) 822-8820, x-328

Fax: (518) 828-3425

Contact: Lynda Scheer, Program Coordinator

Email: Lynda@columbiahealthnet.org

Objectives: To provide financial assistance to Columbia and Greene residents experiencing hardship due to illness.

Services provided: Financial assistance to offset expenses associated with medical care such as co-pays and co-insurance, insurance premiums, and prescription drug costs as well other expenses such as rent, utilities, and vehicle gas, and information and referral to other resources.

Hours: Monday – Friday, 8:30 am – 4 pm.

Target population: Columbia and Greene County residents.

How to apply for services: Please call or email for information and scheduling.

Columbia County Department of Health (CCDOH)

325 Columbia Street, Suite 100, Hudson, NY 12534

(518) 828-3358

Website: www.columbiacountyny.com/depts/health/

Contact: Jack Mabb, Interim Public Health Director, x-1240

Email: jack.mabb@columbiacountyny.com

General Email: ccdoh@columbiacountyny.com

Facebook: <http://tinyurl.com/o5tjmcn>

Objectives: The mission of the Columbia County Department of Health is to protect, preserve and promote the health of the people of Columbia County.

Services provided: See below.

Hours: Generally, Monday - Friday, 8 am to 4 pm. See below for clinic hours.

Target populations: Columbia County residents; for some services (i.e., Migrant and Seasonal Farmworker Program), the residents of surrounding counties, as well.

Eligibility: Program-dependent.

How to apply for services: Program-dependent.

CCDOH Certified Home Health Agency (CHHA)

Phone: (518) 828-3358, x-1295

Fax: (518) 671-6737

Contact: Liz Galle, Director of Patient Services

Email: elizabeth.galle@columbiacountyny.com

Objective: To provide high quality, intermittent home care services to Columbia County residents recovering from surgery or an acute episode of illness.

Services provided: Skilled Nursing, Physical Occupational and Speech Therapies, Medical Social Worker and aide services. Services are provided to qualified adult clients with physician's orders and a documented, acute need for care at home. Homecare services are short term and may be covered by private insurance or Medicare.

Hours: Monday – Friday, 8 am – 4 pm.

Target population: Adults.

Eligibility criteria: Determined at the time of referral.

How to apply for services: Call 828-3358 and ask for the Home Care Intake Nurse.

CCDOH Early Intervention and Preschool Services

Phone: (518) 828-4278

Fax: (518) 671-6738

Contact: Anna Papadakis, Director of Early Intervention Prevention and Preschool Services

Email: Anna.Papadakis@columbiacountyny.com

Objectives: To provide services to eligible infants, toddlers and preschool children under five (5) years of age who are deemed to have a developmental delay.

Services provided: Some examples of services provided in both programs are speech, occupational and physical therapies, special education, counseling and center-based programming.

Hours: Administration: Monday – Friday, 8 am – 4 pm. Services, however, can be provided to accommodate the schedule of the family.

Target population: Infants, toddlers and pre-school children under the age of five years.

Eligibility criteria: A child must be suspect in having a delay in one or more of the developmental domains. With parental consent, an evaluation will be done to determine eligibility following these criteria: 33% delay in one domain, 25% delay in two or more domains. Or, two (2) standard deviations below the mean in one domain, or, 1.5 standard deviations below the mean in two or more domains.

How to apply for services: Any parent who suspects their child may have a delay in their development may call our office and they will be guided to the appropriate contact. In general, based on the child's date of birth, a child under the age of three would be referred to the Early Intervention Program; or, if the child is almost three or older, that child would be referred to the Committee on Preschool Special Education in the school district in which the child and family reside.

CCDOH Environmental Health Division

Phone: (518) 828-3358, x-1238

Fax: (518) 828-2666

Contact: Ed Coons, Interim Director of Environmental Health

Email: edward.coons@columbiacountyny.com

Objectives: Implement regulatory programs to protect the health of the public in accordance with the NYS Sanitary Code and all other applicable regulations.

Services provided: Emergency on-call services for rabies incidents; food service establishments; Adolescent Tobacco Use Prevention (ATUPA); beaches and pools; Clean Indoor Air Act (CIAA); children's camps; campgrounds; festivals and mass gatherings; childhood lead poisoning prevention; DEC programs; DEC hazardous spill response; temporary residences; rabies clinics and responses; migrant housing; mobile home parks; public health nuisances; public water; realty subdivisions; private subdivisions; individual on-lot sewage development; commercial sewage; permitted facilities; tick identification.

Hours: Monday – Friday, 8 am – 4 pm.

Target population: General public.

CCDOH Maternal and Child Health Division

Phone: (518) 828-3358, x-1295

Fax: (518) 828-8472

Contact: Liz Galle, Director of Patient Services

Email: elizabeth.galle@columbiacountyny.com

Objectives: To provide assessments and support for families with young children.

Services provided: Nursing support and education during pregnancy, help with obtaining resources, health assessments of mother and baby after delivery at home visits, and breastfeeding support. Call for more information about special programs – lead poisoning prevention, children with special health care needs.

Hours: Monday through Friday; 8 am – 4 pm.

Target population: All Columbia County residents during the prenatal and postpartum period and pediatric clients up to age 21.

CCDOH Migrant Program

Phone: (518) 828-3358, x-1252

Fax: (518) 828-1200

Objectives: To protect and promote the health of the migrant farm worker population of Columbia and surrounding counties through prevention, primary care, and the assurance of quality health care.

Services provided: Outreach clinics held at area farms offering blood pressure, vision, and diabetes screenings along with immunizations and tuberculosis testing; physician visits available through Columbia Memorial Hospital and Hudson River Health Care; access to dental visits and vaccinations; translation and transportation through the Community Health Worker; prenatal visits to point of delivery as well as birth certificates; OB/GYN visits; applications and visits to WIC office; pediatric office visits; Health Dept. STD and immunization clinics; translation and interpretation regarding legal, medical, and insurance matters.

Hours: Monday – Friday, 8 am – 4 pm.

Target population: Migrant and seasonal farm workers and their families in Columbia and surrounding counties.

How to apply for services: Call Irish Falkner, Community Outreach Worker, at (518) 567-2756 or Beth Neale, Registered Professional Nurse, at 828-3358, x-1252.

CCDOH Public Health Division

Phone: (518) 828-3358, x-1257

Fax: (518) 828-1200

Contact: Liz Galle, Director of Patient Services

Email: elizabeth.galle@columbiacountyny.com

Objectives: To investigate cases of infectious disease in the county to help prevent the spread of disease; to provide education, testing services, and immunizations; and to prepare for and respond to public health emergencies.

Services provided: Investigate infectious disease cases; interview patients and contacts to stop the spread of disease; conduct community education; conduct directly observed therapy for patients with tuberculosis; Sexually Transmitted Disease (STD) clinic, Immunization Clinic (children ages 18 and under may be eligible for free vaccines); outreach clinics in the community (flu clinics); community education to promote vaccination; plan and train for public health emergencies; respond to public health emergencies.

Hours: Monday -- Friday; 8 am -- 4 pm.

STD Clinic hours: Every Tuesday, 4:30 -- 5:30 pm. All services are free and confidential.

Immunization Clinic hours: Tuesday, 1- 3:30 pm and every third Wednesday of the month, 4 – 6 pm. By appointment only -- please call 828-3358, option #4 to make an appointment.

CCDOH Public Health Preparedness Program

Phone: (518) 828-3358, x-1247

Fax: (518) 828-1200

Website: <http://www.columbiacountyny.com/depts/health2/emergency.html>

Contact: Chuck Kaiser, Emergency Preparedness Coordinator

Email: Chuck.Kaiser@columbiacountyny.com

Objectives: To provide the development and oversight of Public Health Emergency Preparedness. This includes planning, preparing, and protecting the community from natural or manmade public health threats including biological, chemical and radiological agents. The Public Health Preparedness Program helps the county to get ready for emergencies by planning, training, conducting drills, and educating community members. We collaborate with other county, state and federal agencies, along with Columbia Memorial Hospital and Columbia County emergency services.

Services provided: Community education, training, planning, and coordinating drills for municipalities, private organizations, and industry to help mitigate and respond to a public health emergency.

Hours: Monday -- Friday; 8 am – 4 pm.

Columbia County Department of Human Services (CCDHS)

325 Columbia Street, Suite 300, Hudson, NY 12534

(518) 828-9446

Fax: (518) 828-8098

Contact: Michael W. Cole, Director of Community Services

Objectives: To develop and maintain a coordinated integrated continuum of services which permits all individuals to reach their personal potential and live their lives with dignity and independence. It is our belief that recovery is obtainable, treatment is effective and that the role of government is to see that high quality services are accessible and affordable to the maximum extent possible. We value the principles of community inclusion with respect to housing, employment, socialization, and health care

for individuals with disabilities. We continually strive to combat the stigma related to disabilities and promote a message of hope to anyone who may be experiencing despair and isolation.

Services provided: See below.

Mental Health Center Care Coordination Services

Phone: (518) 828-9446, ext. 2246

Fax: (518) 828-9450

Contact: John Lyons, Child and Adult Care Coordination Services Director

Email: jlyons@columbiacountyny.com

Objectives: Coordination of Care/Case Management so that medical, behavioral health and social services needs is addressed in a comprehensive manner.

Services provided: Comprehensive Case Management, Care Coordination and Health Promotion, Comprehensive Transition Care, Patient and Family Support, Referrals to Community and Social Support Services.

Hours: Monday, Tuesday & Friday: 8 am – 5 pm.

Target population: Adults and children.

Eligibility criteria: Adults: serious mental health condition or HIV/AIDS or two chronic conditions including physical, mental health or substance use disorders. Children: mental health needs.

How to apply for services: Contact the Child and Adult Care Coordination Services Director at 828-9446, x-2246.

Mental Health Clinic (with satellite locations throughout the county)

Phone: (518) 828-9446

Fax: (518) 822-8096

Contact: Dan Almasi, Deputy Director/Director of Clinical Services

Email: dan.almasi@columbiacountyny.com

Objectives: Provide mental health treatment to the residents of Columbia County.

Services provided: Individual and group therapy for the residents of Columbia County. In addition, we offer psychiatric evaluations and medication management. Children and family services provided at satellite locations throughout Columbia County. Contact the Mental Health Clinic for additional satellite information.

Hours: Monday, Tuesday, and Friday: 8 am – 5 pm.; Wednesday and Thursday: 8:00 am – 7:00 pm; Crisis Line – 24 hours: (518) 828-9446.

Target population: Age 5 and up.

Eligibility criteria: Must be a resident of Columbia County.

How to apply for services: Call 828-9446 and ask to schedule an intake assessment.

CCDHS Single Point of Access (SPOA)

Phone: (518) 828-9446, x-2282

Fax: (518) 822-8096

Contact: Susan Whittaker, Children's Single Point of Access (SPOA) Coordinator

Email: susan.whittaker@columbiacountyny.com

Objectives: To assess the mental health case management needs of children and families who have been referred through the Single Point of Access (SPOA) process and make service referrals.

Services provided: Facilitate a Level of Care meeting with the SPOA Team, which is made up of case management representatives and family support agencies, family members and the identified youth, if age appropriate. Determine if case management is appropriate and what level of care would be helpful.

Hours: Monday – Friday, 9 am – 5 pm. SPOA Level of Care meetings are scheduled twice a month on Tuesdays between 1 - 3 pm.

Target population(s): Youth with a mental health diagnosis (also having behavioral problems) which is interfering with their success at home, at school or in the community.

Eligibility criteria: Mental health diagnosis.

How to apply for services: Contact SPOA Coordinator for an application.

Columbia County Department of Social Services

P.O. Box 458, Hudson, NY 12534

(518) 828-9411, ext. 2109

Fax: (518) 828-5401

Contact: Judith Richards, Director of Administration and Training

Email: Judith.richards@dfa.state.ny.us

Objectives: The department strives to promote the health, safety, economic opportunity, and general well-being of the county's families and children through the compassionate delivery of service in the least restrictive way.

Hours: Monday – Friday: 8:00 am – 4:00 pm.

Services provided: Adult Services, Children's Services (Foster Care, Adoption, Child Protective and Preventive), Medicaid, Temporary Assistance, Supplemental Nutritional Assistance Program, Child Support, Legal Services, Day Care Eligibility Services, and Employment Services.

Hours: Monday – Friday, 8 am – 4 pm.

Eligibility criteria: Columbia County children and families.

How to apply for services: On-line and in-person at the department.

Columbia County Habitat for Humanity & ReStore

829 State Route 66, Hudson, NY 12534

518-828-0892

Fax: N/A

Contact: Brenda Adams, Executive Director

Website: www.columbiacountyhabitat.org

Objectives: Columbia County Habitat builds and provides, through no-interest mortgages, safe, affordable sustainable housing to working families living in substandard housing. Columbia County Habitat is committed to building affordable housing that also gives families long-term financial stability by lowering the costs of home maintenance and operation.

Services provided: We operate a ReStore in Hudson, which sells donated new and gently – used furniture, appliances, building materials and more to encourage recycling and reuse as well as generate funds to support construction.

Hours: Habitat offices: Monday – Friday, 9 am to 5 pm; ReStore: Thursday, 2 -- 6 pm; Friday & Saturday, 9 am - 5 pm

Target population: Prospective Habitat homeowners 20 to 60% of Columbia County AMI; ReStore open to general public.

Eligibility criteria: For housing: income, need for housing, and willingness to partner.

How to apply for services: To apply for a home, volunteer or donate to ReStore, call 828-0892 or visit our website.

Columbia County Office for the Aging

325 Columbia Street, Hudson, NY 12534

(518) 828-4258

Fax: (518) 822-0010

Website: www.columbiacountyny.com/depts/ofa

Contact: Kevin McDonald, Administrator

Email: ofa@columbiacountyny.com

Objectives: Supporting the independence and quality of life for seniors (individuals over 60 years of age) through advocacy and service delivery to help older citizens remain in their own homes connected to family, friends, and the community.

Services provided: In-home assistance with personal care and homemaking tasks for those unable to meet their own needs; home delivered meals; hot meals, leisure time, and recreation at one of seven Senior Community Centers; legal assistance; health insurance information, counseling and assistance program; medical transportation; nutrition education and counseling; home energy assistance program (HEAP); connections for caregivers (including respite services); case management; shopping assistance; information and referral.

Hours: Monday – Friday, 8 am – 4 pm.

Target population: Seniors, age 60+.

Eligibility criteria: 60 years of age and older.

How to apply for services: Contact the Office for the Aging at 828-4258.

Columbia County Veterans Service

401 State Street, Hudson, NY 12534

(518) 828-3610 office or (518) 610-0941

Contact: Gary L. Flaherty, Director

Email: gary.flaherty@columbiacounty.ny.us or

NYVETCOUNCIL@yahoo.com

Objectives: Providing maximum services to veterans and active duty members.

Services provided: Assistance with submitting claims for all veterans' benefits, assist veterans returning from the war zones with re-integration into the community/family, provide mentoring in the courts for any veteran who has been in trouble with the law and has issues with their war experiences, assist with arranging funerals, helping veterans' widows with the benefit process, participate in the

Battle Buddy Program, coordinate with the Veterans' Administration for all services veterans are entitled to, provide daily transportation to/from VA Hospital appointments to include wheelchair bound.

Hours: The director is available 24 hours/day including weekends and holidays.

Target population: Veterans, their families and widows.

Eligibility: As determined by the Department of Veteran Affairs.

How to apply for services: Contact the Director at (518) 610-0941 or the Hudson office on-duty secretary at 828-3601.

Columbia County Youth Bureau

25 Railroad Avenue, PO Box 458, Hudson, NY 12534

(518) 828-9411

Fax: (518) 828-5401

Contact: Jessica M. Nabozny, Executive Director

Email: Jessica.Nabozny@columbiacountyny.com

Objectives: Established for the purpose of planning, coordinating and supplementing the activities of public, private and religious agencies devoted to the welfare and protection of all youth, age birth to 21.

Services provided: No direct services – administrative.

Hours: Monday – Friday, 8 am – 4 pm.

Target population: Youth, up to age 21.

Eligibility: NFP agency status.

How to apply for services: Request for proposals – must be not for profit agency/program.

Columbia Opportunities, Inc. (COI)

Community Action Center

540 Columbia Street, Hudson, NY 12534

(518) 828-4611, x-228

Fax: (518) 828-4614

Toll-Free: 1-888-565-1240

Website: www.columbiaopportunities.org

Contact: Tina M. Sharpe, Executive Director

Email: tsharpe@columbiaopportunities.org

Objectives: Columbia Opportunities' mission is to help solve poverty related problems in our community. Our goal is to provide opportunities to families and individuals so they may attain the skills, knowledge and resources they need to become self-reliant.

Services provided: Child care; child development; crisis intervention; educational services; emergency services; financial assistance; information/referral; parenting support; transportation; volunteer opportunities; youth program; housing assistance; emergency food; weatherization.

Hours: Monday – Friday, 8:30 am – 4:30 pm.

Targeted population: Low-income individuals and families of all ages in Columbia County.

COI - Community Services Program

540 Columbia Street, Hudson, NY 12534

(518) 828-4611, x- 208

Fax: (518) 828-4614

Contact: Kathryn Applegate

Email: kapplegate@columbiaopportunities.org

Objective: To provide emergency intervention for food and shelter needs, problem solving for income and family issues, and advocacy to insure that individuals and families have access to all available and necessary assistance.

Services provided: Crisis intervention, financial assistance, emergency food, information and referral. COI offers limited financial assistance for a variety of emergency needs in partnership with the Berkshire Taconic Foundation Neighbor-to-Neighbor Fund and the Hudson River Bank & Trust Foundation. Customers have access to telephones and the internet to assist with job and housing searches and to arrange for social service and medical appointments.

Hours: Monday – Friday, 8:30 am – 4:30 pm.

COI - Hudson Family Literacy Program c/o Hudson City School District

John L Edwards Elementary School, 360 State Street, Hudson, NY 12534

(518) 828-4360, x-4350

Contact: Sophia Becker

Email: BeckerS@hudsoncsd.com

Objective: This program supports and guides adult and adolescent learners as they meet their educational and vocational goals. It also helps to develop the home as a learning environment for everyone in the family.

Services provided: Through a partnership between COI and the Hudson City School District and collaborations with other local education and community-based programs, the Hudson Family Literacy Program offers literacy services to families. Services for children include an early childhood classroom experience, after school program, monthly Family Night and summer activities. This program is available to residents of the Hudson City School District. Adult learners participate in English language classes, high school equivalency programs, and vocational training. Income eligibility guidelines must be met.

Hours: Vary according to the needs of the families served.

COI - Head Start

540 Columbia Street, Hudson, NY 12534

(518) 828-6312, x-220

Fax: (518) 828-4614

Toll-Free: 1-888-565-1240

Contact: Cindy Andrus

Email: candrus@columbiaopportunities.org

Objective: This comprehensive early childhood education program provides three (3) and four (4) year old children and their families a head start for the years to come through education, social, health, nutrition, and support services.

Services provided: Education, social, health, nutrition, and support services. Home based, combination, and center-based services are provided throughout Columbia County. Head Start

classrooms are currently located in: Chatham, Philmont, Craryville, Valatie, and Hudson. Income eligibility guidelines must be met.

Office hours: Monday – Friday, 8:30 am – 4:30 pm. Classroom schedules vary according to location.

Home Energy Assistance Program (HEAP)

540 Columbia Street, Hudson, NY 12534

(518) 828-4611, x-202

Fax: (518) 828-4614

Toll-Free: 1-888-565-1240

Contact: Gail Paone

Email: gpaone@columbiaopportunities.org

Objective: Columbia Opportunities, Inc. is an alternate certifier for the Home Energy Assistance Program (HEAP) providing easier access to benefits for eligible households.

Services provided: During the heating season, COI accepts HEAP applications from Columbia County residents from November through March. This program provides help with a household's annual energy costs. HEAP also offers an emergency benefit. People may apply in person or by mail. Through a partnership with HeartShare Human Services of NY, COI also serves as an intake site for the National Grid Care & Share Program. The Care & Share Energy Fund is designed to provide limited financial assistance to HEAP eligible households in National Grid's New York service area who are experiencing an energy-related emergency. People may apply by appointment.

Hours: Monday – Friday, 8:30 am – 4:30 pm. Evening hours available during the heating season.

COI Housing Choice Voucher Rental Assistance Program

540 Columbia Street, Hudson, NY 12534

(518) 828-4611, x-228

Fax: (518) 828-4614

Contact: Gail Paone

Email: gpaone@columbiaopportunities.org

Objective: This program helps low-income families, senior citizens and individuals with disabilities to live in affordable and decent rental housing throughout Columbia County, NY.

Services provided: The Housing Choice Voucher program provides federal housing subsidies to income eligible families living throughout Columbia County, including the City of Hudson. Income eligibility guidelines must be met. Area landlords are also encouraged to contact the program for information. The waiting list for this program is currently closed. COI is not accepting new applications at this time.

Hours: Monday – Friday, 8:30 am – 4:30 pm.

COI Voluntary Income Tax Assistance Program (VITA)

540 Columbia Street, Hudson, NY 12534

(518) 828-4611, x-228

Fax: (518) 828-4614

Contact: Tina Sharpe, Executive Director

Email: tsharpe@columbiaopportunities.org

Objective: The VITA program provides free tax preparation assistance to taxpayers who cannot afford the services of a paid tax preparer. Special attention is given to low income working parents and individuals who are eligible for the Earned Income Credit.

Services provided: Free tax preparation by IRS certified volunteers, electronic filing of tax returns, and direct deposit of tax refunds. Income guidelines must be met.

Hours: Evening hours during the tax season; scheduled appointments between 8:30 am and 4:30 pm year round.

COI Weatherization Program

PO Box 88, 2 Rock Street, Philmont, NY 12565

(518) 672-7268

Fax: (518) 672-7271

Toll-Free: 1-877-889-3331

Contact: James Reutenauer

Email: jreutenauer@columbiaopportunities.org

Objective: Assist Columbia County residents to make energy efficiency improvements to their homes.

Services provided through the following programs:

Weatherization Assistance Program

This program helps income-eligible households by reducing their energy costs and improving the safety of their homes through the installation of energy efficiency measures. Both single-family and multi-family buildings may be weatherized. Services are available to homeowners, renters and landlords with income eligible tenants. Income eligibility guidelines must be met.

EmPower New York Program

Sponsored by the New York State Energy Research and Development Authority (NYSERDA), this program also assists households with a limited income to take control of their energy use. COI will evaluate the home and provide energy efficiency services such as high-efficiency lighting, refrigerator replacement, and insulation. This program is also available to people who may have received our regular weatherization services in the past.

NYSERDA Home Performance with Energy Star Program

This program offers valuable financial cash back incentives, grants, and low interest financing that help make energy efficiency improvements affordable for most people. COI can work with homeowners with an annual gross income up to \$284,000. Free energy audits are available if the annual household income is less than \$142,000.

Hours: Monday – Friday, 8 am – 4 pm.

How to apply for services: Contact the program for applications.

Columbia Physical Essentials

273 County Route 28B, Valatie, NY 12184

(518) 414-1341

Facebook: Columbia Physical Essentials

Instagram: Cynthia_Lather_Wheeler

Website: www.nianow.com

Twitter: niadynamo

Email: niadynamo@gmail.com

Objectives: Provide integrated, evidence-based programs that promote wellness, fitness and mobility for all. Staff development and community education also provided.

Services provided: Holistic and integrated movement programs. Community or home-based for individuals or groups. Low to non-impact aerobic, sensorimeter, balance and coordination skills. Strengthening, stretching, body awareness and motor control exercises. Body, mind and spirit addressed via movement to music. Fused wellness and fitness on dry land or in aquatic environments. Applicable to gain benefit for ADL's, focus & attention, post grief or loss, weight & stress management, strength, range of motion, circulation, bone building, and improved self-image.

Hours of operation: Hours vary, open seven days a week.

Target population: Birth to five years, children, teens, adults and seniors. All body types, all abilities.

How to apply for services: Call 414-1341 or email niadynamo@gmail.com.

Galvan Housing Resources of Columbia County

252 Columbia Street. Hudson, NY 12534

(518) 822-0707

Fax: (518) 822-0367

Contact: Dan Kent, Director

Email: dkent@galvanfdn.org

Objective: To provide decent, safe, affordable housing to Columbia County residents.

Services provided: Affordable Rentals, Home Improvement Program, First Time Home Buyer Education, Credit Counseling, and Foreclosure Prevention Services.

Hours: Monday – Friday, 9 am – 4 pm.

Target population: Low to moderate income.

How to apply for services: Call the office for information.

Greater Hudson Promise Neighborhood

6 South 2nd Street, Hudson, NY 12534

(518) 828-5418

Fax: N/A

Website: www.greaterhudsonpromise.org

Contact: Joan E. Hunt, Project Director

Email: jhunt@mhacg.org

Facebook: Greater Hudson Promise Neighborhood

Instagram: greaterhudsonpromise

Objectives: To create sustainable school-community solutions for children and families within the Hudson City School District through partnerships that value our diverse community and unify efforts to improve academic achievement, strengthen parental engagement, promote physical, emotional and social well-being, develop leaders for 21st Century careers; and establish safe, healthy environments.

Services provided:

H.O.S.T. (Hudson Out of School Time) Collaborative

This initiative brings together over 25 organizations in the Hudson community that offer programs for children outside of school time to coordinate programs and services.

Great Hudson Initiative for Children with Incarcerated Parents (GHICIP)

Bringing together various stakeholders, this initiative supports children impacted by incarceration through education, programming, and policy changes that strengthen families and communities in the Greater Hudson area.

Families of Promise

Having just completed its fifth cycle, Families of Promise offers an eight-week series of workshops for new and expecting mothers in the Hudson community.

P.O.P.S. (Fatherhood Initiative)

Offering support, encouragement and fun trips for fathers and their children, the fatherhood initiative provides programs to assist fathers in developing responsible and meaningful relationships with their children.

Homework Help

Homework Help and other academic support are offered daily through the school year at the GHPN office located at 2nd Street. AmeriCorps volunteers offer support to students, many of whom they already work with during the school day.

Hours: Monday – Friday, 10 am – 6 pm

Target population: Children and families in the Hudson City School District.

How to apply for services: Please call 828-5418 for additional information.

Hudson Theatre Project

At The Hudson Opera House

327 Warren Street, Hudson, NY 12534

(518) 822-1438

Contact: Sage Carter, HOP General Office Manager

Email: info@hudsonoperahouse.org

(917) 886-8156

Contact: Carol Rusoff, HTP Founder/Director

Email: paprikash@earthlink.net

Objectives: Hudson Theatre Project’s mission is to provide a free total immersion program for community members in the collaborative and creative process of making theatre.

Services provided: The project is centered on theatre education and training in all its aspects. Participants learn to value the collaborative process of making theatre in a safe and non-competitive atmosphere. HTP’s intensive ensemble structure encourages the understanding of mutual trust. HTP is a unique opportunity for individuals to explore their potential and discover themselves as it strives to nurture the growth of life and art skills and stretch participants’ abilities in a creative and invigorating environment. Four to eight week sessions are both process and goal oriented, offering a myriad of theatre experiences from improvisation to Shakespeare. HTP celebrated its 10th anniversary in 2012.

Target population: Community members at large – both adults and youth.

How to apply for services: Call the Hudson Opera House 822-1438.

Ichabod Crane Clergy Association

P.O. Box 127, Valatie, NY 12184

(518) 758-6526

Contact: Reverend James Slater

Email: jhsiii@fairpoint.net

Objectives: To coordinate ministries of the churches in the Ichabod Crane School District

Services provided: Valatie Food Pantry; CROP walk; Community Ecumenical Emergency Fund; free winter dinners; ecumenical worship services; and Alanon support group.

Hours: 9 am – 3 pm.

Target population: People living in the Ichabod Crane School District.

How to apply for services: Call (518) 758-6528 or stop by St. Luke's Lutheran Church at 1010 Kinderhook Street, Valatie.

Newman Community Residence

P.O. Box 205, Copake Falls, NY 12517

(518) 329-1107

Fax: (518)-329-1764

Contact: Karin Newman, Director

Email: NewmanRes@aol.com

Objectives: To maintain residents living successfully in community without rehospitalization in a therapeutic environment conducive to anyone needing support while maintaining as much independence as possible.

Hours of operation: 24 hours/day, seven days/week.

Target population: Seriously mentally-disabled only.

Eligibility criteria: Over age 30.

How to apply for services: Application/interview/visit.

Our Community Cares, Inc.

P.O. Box 463, Ghent, NY 12075

(518) 336-5254

Fax: N/A

Website: www.ourcommunitycarescc.org

Contact: Carl Quinn, President

Email: cquinn0908@gmail.com

Facebook: chathamnycares

Instagram: N/A

Twitter: twitter.com/commcares

Objectives: The mission of Our Community Cares is to provide emotional and financial support to residents of Columbia County who are facing a hardship.

Services provided: Referrals to community resources and fundraising assistance. We follow a criteria and review system to determine the appropriate level of support to provide on a case-by-case basis. Emergency situations will be reviewed as the need arises. Other requests for support may be submitted in writing to be reviewed by our Board of Directors.

Hours of operation: By appointment.

Target population: Columbia County residents only.

How to apply for services: Assistance application can be completed via phone or online.

Social Security

747 Warren Street, Hudson, NY 12534

(877) 828-1691

Fax: (518) 828-8976

Website: www.socialsecurity.gov

National Toll-free Number: 1-800-772-1213 (available 7 am – 7 pm).

TTY: 1-800-325-0778 (available 7 am – 7 pm).

Services provided: Retirement, survivors benefits, disability insurance; and Medicare.

Hours: Monday & Tuesday, 9 am – 4 pm; Wednesday, 9 am – 12 noon; Thursday & Friday; 9 am to 4 pm. Closed on federal holidays.

How to apply for services: Internet, phone/office appointment.

Twin County Recovery Services, Inc. – Columbia County

350 Power Avenue; PO Box 635; Hudson, NY 12534

(518) 751-2083, x-320

Fax: (518) 751-2086

Contact: Beth Schuster, Executive Director

Email: beths@twincountyrecovery.org

Objective: Serve Columbia and Greene County residents impacted by alcohol and/or substance abuse problems.

Services provided: Out-patient clinics, community residences, community prevention, Drinking Driver Program.

Hours: Vary depending on program. Out-patient: Monday – Friday, 8 am – 7 pm.

Target population: Individuals with alcohol and substance abuse problems.

Eligibility criteria: Diagnostic.

How to apply for services: Call or stop in.

Valatie Ecumenical Food Pantry

First Presbyterian Church

3212 Church Street, Valatie

Mailing Address: P.O. Box 267, Valatie, NY 12184

(518) 392-4627

Contact: Donald Campbell, Chairman

Email: FoodPantry@kinderhookny.us

Objectives: To supplement the nutritional needs of the hungry in our part of Columbia County.

Services provided: Provide food to last a family approximately five days each month as needed.

Hours: Mondays, 12 Noon – 2 pm; 1st, 3rd and last Wednesday of the month, 6 – 8 pm; 2nd and 4th Saturday of the month, 9 – 11 am.

Target population: Ichabod Crane School District Residents.

Eligibility criteria: Must show proof of residency in ICS school district.

How to apply for services: Show up at pantry during hours of operation or call 392-4627.

Women's Health Project

41 N. 2nd Street, Suite 202; Hudson, NY 12534

(518) 708-9775

Contact: Jeannette Johnson

Website: www.albany.edu/womenshealthproject

Email: jjohnson2@albany.edu

Objectives: The Women's Health Project is a community-based initiative of the Center for the Elimination of Minority Health Disparities at the University at Albany. We are funded by the National Institute on Minority and Health Disparities, National Institutes of Health. Our goal is to inform and assist women who face barriers in obtaining quality health care with a focus on comprehensive reproductive services.

Services provided: Women's health and wellness events, and reproductive/sexual health outreach and informational services.

Hours: Wednesdays, 12 noon – 4 pm.

Target population: Low-income and minority women who live or work in the city of Hudson, especially the uninsured.

Eligibility criteria: None.

How to apply for services: Call 708-9775 or stop in the office to speak with one of the peer assistants who conduct the weekly tabling events in and around Bliss Tower.

Greene County

Catskill Mountain Housing Development Corporation

448 Main Street, Catskill, NY 12414

(518) 943-6700, x-12

Fax: (518) 943-0113

Website: www.cmhdc.org

Contact: Lawrence Krajieski, Executive Director

Email: larry@cmhdc.org

Objectives: Catskill Mountain Housing assists elderly, family and special needs households to purchase, build, rehabilitate or lease safe affordable housing on an equal opportunity basis.

Services provided: Affordable rental housing for seniors and disabled persons; home repair and trailer replacements for families and seniors.

Hours: Monday – Friday, 9 am - 4:30 pm.

Target population: Low- and moderate-income Greene County residents.

How to apply for services: Applications can be obtained at the office, by phone, email or regular mail.

Community Action of Greene County, Inc.

7856 Route 9W, Catskill, NY 12414

(518) 943-9205, x-101

Fax: (518) 943-0343

Website: www.cagcny.org

Domestic Violence Hotline: (518) 943-9211 (open 24/7)

Contact: Florence Ohle, Executive Director

Email: fohle@cagcny.org

Objectives: Community Action is the designated anti-poverty agency for Greene County and provides services and programs to help low-income and vulnerable individuals and families achieve self-sufficiency. Our mission is "Creating Opportunities, Fighting Poverty, Changing Lives."

Services provided: Columbia-Greene Domestic Violence Program; Wheels for Work; Weatherization Assistance Program; Emergency Food Pantry; Housing and Homelessness Prevention; Healthy Homes; Emergency Services, Columbia-Greene Crime Victims Advocacy Program; and Pay it Forward Community Thrift Store (open Tuesday - Friday – 10 am – 5 pm; Saturdays – 10 am – 6 pm).

Hours: Office Hours: Monday – Friday, 8:30 am - 4:30 pm; closed noon -- 1 pm for lunch.

Target population: Low-income, at risk, homeless, and victims of domestic violence & other crimes.

Eligibility criteria: Dependent on grant criteria.

How to apply for services: Call 943-9205.

See page 37 for information on CAGC's Columbia-Greene Crime Victim Advocacy Program and Domestic Violence Program.

Greene County Department of Human Services

(Serving Greene County Department for the Aging & Greene County Youth Bureau)

411 Main Street, Catskill, NY 12414

(518) 719-3555

Fax: (518) 719-3798

Website: <http://greenegovernment.com/> Under Departments, click Human Services

Contact: Terry McGee Ward, Executive Director

Email: aging@discovergreene.com

Objectives:

Department for Aging: The department will assist adults, age 60 and older, in maintaining and/or improving their social, economic, health, safety and nutritional status by providing a network of supportive services. Our goal is to help seniors maintain their dignity and independence within their communities.

Youth Bureau: Major responsibilities include advocacy and the funding of programs aimed at improving and enhancing the welfare of Greene County children and youth, age birth to 21. By assisting in the development and funding of these programs we encourage youth to become involved, develop a sense of responsibility, and make a positive contribution to their community.

Services provided:

Aging: We provide information and assistance, legal services, caregiver support, energy assistance, health insurance counseling, and transportation services. Long Term Care Services including case management, homemaker/personal care, respite services and PERS units provide the necessary support to homebound individuals. Through the Nutrition Program, seniors enjoy a hot, nutritious meal at either a senior service center or as a home delivered meal for those homebound. In addition, we assist seniors looking to remain active by volunteering their time.

Youth: We run the Pre-PINS (Persons In Need of Supervision) program and work with agencies that operate programs for youth, such as recreation, Sprouts, Cornel Cooperative and other.

Hours: Monday – Friday, 8:30 am – 5 pm.

Target population: Aging -- 60 & older; Youth -- Birth to 21.

Eligibility criteria: Varies per service – Age is primary eligibility factor for both.

How to apply for services: Contact the office directly.

Greene County Early Recognition and Screening Program

905 County Office Building, Cairo, NY 12413

(518) 622-9163, x- 7183

Fax: (518) 622-8592

Contact: Deborah Johnson, Early Recognition Specialist **Email:** djohnson@discovergreene.com

Objectives: To screen school aged children for social, emotional, and behavioral health; to help parents understand behaviors that make up social, emotional and behavioral health; to catch problems sooner rather than later in order to provide intervention and insure that all children function at their potential at every stage of their lives.

Services provided: Free, voluntary and confidential screening of school aged children. Scores are sent directly to parent or caregiver.

Hours: Monday – Friday, 9 am – 5 pm.

Target population: School-age children.

Eligibility criteria: Age requirements and must live in Greene County.

How to apply for services: Response to written materials sent in the mail or contact Deb Johnson at djohnson@discovergreene.com or 622-9163, x-7183.

Greene County Family Planning

411 Main Street, Catskill, NY 12414

(518) 719-3580

Fax: (518) 719-3797

Website: www.greencountyfamilyplanning.com

Contact: Laura Churchill, Deputy Director of Public Health & Clinical Services

Email: lchurchill@discovergreene.com

Facebook: www.facebook.com?MYGCFP

Instagram: MY_RAPP

Snap chat: MY_RAPP

Objectives: Greene County Family Planning, a department of Greene County Public Health, is a Title X funded Family Planning Program. Since 1972, GCFP has provided comprehensive, affordable, confidential, and accessible reproductive health care and education to women, men, and teens. The goal of GCFP is to lower the number of unintended pregnancies, to prevent sexually transmitted diseases through outreach and education, and to foster positive relationships and reproductive life plans. With the guidance of our Medical Director Dr. Mabry, three board certified Nurse Practitioners provide quality, comprehensive care to our clients in a non-judgmental, confidential manner.

Services provided: Sexually transmitted infection testing and treatment; anonymous or confidential rapid or standard HIV testing and counseling; breast, cervical, prostate and testicular cancer screenings; Hepatitis C screenings; HPV vaccinations; birth control methods including LARC's and same day insertion; emergency contraception; preconception counseling and Reproductive Life Plans; pregnancy tests; referrals for pregnancy care and options counseling; urine testing for chlamydia and gonorrhea; FREE condoms; assistance with insurance applications; language line services for FREE language assistance.

Hours: Monday, Tuesday, Thursday & Friday: 8:30 am – 4:30 pm; Wednesday: 11 am – 6 pm.

Target population: Women, men, and adolescents.

Eligibility criteria: None.

How to apply for services: Stop in or call for appointment. The Certified Application Counselor on site can assist with insurance questions and enrollment in the Family Planning Benefit Program or the Marketplace.

Greene County Mental Health

905 County Office Building, Cairo, NY 12413

(518) 622-9163

Fax: (518) 622-8592

Website: www.greengovernment.com

Contact: Maggie Graham, Director of Community Services

Objective: The Greene County Mental Health Center is a licensed NYS Office of Mental Health outpatient community mental health treatment facility.

Services provided: Psychiatric care, psychologist services, social workers, mental health nurses, and nurse practitioners work together to provide a comprehensive system of care to meet the mental health needs of county residents. We also provide screening for school age children by our Early Recognition Specialists. GCMH is the home of “single point of access” or SPOA for Greene County children and youth as well as Adult SPOA.

Hours: Monday, Wednesday & Friday, 9 am – 5 pm; Tuesday & Thursday, 9 am – 7 pm.

Open access hours: Monday – Thursday, 9 - 11 am.

Target population: Greene County residents in need of Mental Health Services.

Eligibility criteria (if any): Children under the age of 17 must be accompanied by an adult.

How to apply for services: Call to make an appointment or come to open access hours.

Greene County Public Health

411 Main Street, Catskill, NY 12414

(518) 719-3600

Fax: (518) 719-3871

Website: www.greengovernment.com

Contact: Kimberly Kaplan, MA, RN, Interim Director of Public Health

Email: publichealth@discovergreene.com

Facebook: www.facebook.com/GreeneNYHealth

Twitter: www.twitter.com/GreenNYHealth

Objectives: Our mission is to serve the community collaboratively to prevent disease, promote and protect health, and to provide education that supports healthy lifestyles. Our vision is to be what the community will recognize, value and respect as a trusted resource and partner, relying on our knowledgeable and committed staff to support a healthy Greene County. Our five values are Dedication, Professionalism, Excellence, Compassion and Teamwork. Goals include Education and Community Engagement, Workforce Development and Internal Collaboration, and Information Management and Quality Improvement.

Services provided: *Early Intervention Program* provides cost free screening evaluations and services for eligible children through age three who have developmental delays. *Children with Special Health Care Needs Program* provides free assistance for children through age 21 in finding medical and related

community services (including insurance). *Physically Handicapped Children's Program* provides financial assistance for hearing and orthodontic services for children through age 21. *Preschool Special Education Program* provides educational services to children ages 3 to 5 who have a disability that affects their learning. The *Maternal Child Program* offers a Public Health nurse to visit your home to provide teaching and guidance for you and your baby.

Project Needle Smart is a community safe sharps collection program offering awareness on proper access and disposal of needles and syringes to prevent injury, illness and pollution. The mission of the *Greene NY Medical Reserve Corps (MRC)* is to mobilize trained medical and non-medical volunteers to effectively support public health operations and foster community resiliency within Greene County through training, exercises and response to real-world events. The department is also involved with emergency preparedness, general health education, immunizations and clinics for adults and children, lead poisoning prevention and screening, Lyme disease education, and rabies clinics (vaccinations) for pets.

Hours: Most services are available Monday -- Friday between 9 am -- 5 pm. Evening immunization clinics are available the third Wednesday of the month from 4 -- 6 pm by appointment.

Target population: Greene County residents.

Eligibility criteria: Greene County resident, additional eligibility criteria available by program.

How to apply for services: Contact the department at 719-3600.

Greene County Rural Health Network

159 Jefferson Heights, Suite A112, Catskill, NY 12414

(518) 943-5072

Fax: (518) 943-5084

Website: www.greenehealthnetwork.com

Contact: Ron Rouse, Executive Director

Email: RRouse2272@aol.com

Contact: Melissa Scheriff, Program Coordinator

Email: scheriff1@fairpoint.net

Objective: To improve access to and delivery of high quality healthcare to Greene County residents.

Services provided: Small business start-up grants to health care providers for innovative program ideas

Hours: 24/7.

Target population: All Greene County residents.

How to apply for services: RHN typically approaches providers and works with them to craft a start-up program.

The Healthcare Consortium

325 Columbia Street, Suite 200, Hudson, NY 12534

Phone: (518) 822-8820

Fax: (518) 828-1479

Website: www.columbiahealthnet.org

Contact: Claire Parde, Executive Director

Email: cparde@columbiahealthnet.org

Objectives: Increase access to quality healthcare through collaboration, education, information and service delivery.

Services provided: Non-emergency medical transportation; application assistance for health insurance consumers using the New York [State of Health Marketplace](#); free breast, cervical and colorectal cancer screenings for the uninsured and underinsured; access to no or low-cost prescription medications; education and advocacy for policy change regarding tobacco use; financial assistance for individuals experiencing hardship due to illness or injury.

Hours: Monday – Friday (except holidays): 8:30 am – 4 pm.

Target population: Uninsured, underinsured, economically disadvantaged or otherwise underserved residents of both Columbia and Greene Counties.

Eligibility criteria: Varies by program.

How to apply for services: By phone or in person. Please call or stop by for information and scheduling.

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Cancer Services Program

Phone: (518) 822-8741, x-318

Fax: (518) 828-3425

Contact: Holly Hedgepeth, Public Education and Outreach Coordinator

Email: hhedgepeth@columbiahealthnet.org

Objectives: To provide uninsured residents of Columbia and Greene counties with recommended cancer screenings.

Services provided: No cost mammograms, pap smears/pelvic exams, clinical breast exams and colorectal cancer screenings – there are many local doctors to choose from; public awareness and educational presentations.

Hours: Monday – Friday, 8:30 am – 4 pm.

Target population: Uninsured women age 40 to 64; uninsured men age 50 to 64.

How to apply for services: Please call for information and scheduling.

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Columbia-Greene In-Person Assistor/Navigator Program

Phone: (518) 822-9600, x-307 or (800)980-5530

Fax: (518) 828-4015

Contact: Lisa Thomas, Senior Program Director

Email: lisa@columbiahealthnet.org

Objectives: To assist individuals, families, small businesses and small business employees search, select and apply for public health insurance programs (e.g. Medicaid and Child Health Plus) and commercial health insurance products using the New York State of Health Marketplace.

Services provided: Assistance to individuals, families, small businesses and small business employees with searching, selecting and applying for public health insurance programs and commercial health insurance products on the New York State of Health Marketplace.

Hours: Monday – Friday, 8:30 am – 4 pm; some evening and weekend hours.

Target population: Uninsured and underinsured individuals, families, small businesses and small business employees in Columbia and Greene Counties.

How to apply for services: Please call or stop by for information and scheduling.

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Prescription Access and Referral Program

Phone: (518) 822-8820, x-328

Fax: (518) 828-3425

Contact: Lynda Scheer, Program Coordinator

Email: Lynda@columbiahealthnet.org

Objectives: To help residents of Columbia, Greene and northern Dutchess Counties obtain needed prescriptions if they are unable to afford them or lack prescription coverage.

Services provided: Access to low or no-cost prescription medications by the provision of direct financial assistance, assistance applying to patient assistance programs, and information and referral to other resources.

Hours: Monday – Friday, 8:30 am – 4 pm.

Target population: Residents of Columbia, Greene, and northern Dutchess Counties.

How to apply for services: Please call or email for information and scheduling.

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Tobacco-Free Action of Columbia & Greene Counties

Phone: (518) 822-0999, x-305

Fax: (518) 828-1479

Website: www.rvwtobaccofree.org

Contact: Karen dePeyster, Program Director

Email: karen@columbiahealthnet.org

Objectives: Advocating for policy changes that reduce exposure to secondhand smoke, make tobacco products less visible and accessible, and make tobacco use more expensive, less convenient and less socially acceptable.

Services provided: Advocacy, information, technical assistance and signage to help municipalities, businesses, and organizations create tobacco-free outdoor spaces. Information, technical assistance and signage to help owners and managers of multi-unit housing implement a smoke-free property policy. Advocacy and education to promote policies that protect children from the influence of tobacco marketing and prevent youth smoking. Reality Check is the youth component of the program that engages teens as leaders and activists in the movement against the tobacco industry.

Hours: Monday – Friday, 8:30 am – 4 pm.

How to apply for services: Please call or email for information.

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Financial Assistance Funds

Phone: (518) 822-8820, x-328

Fax: (518) 828-3425

Contact: Lynda Scheer, Program Coordinator

Email: Lynda@columbiahealthnet.org

Objectives: To provide financial assistance to Columbia and Greene residents experiencing hardship due to illness or injury

Services provided: Financial assistance to offset expenses associated with medical care such as co-pays and co-insurance, insurance premiums, and prescription drug costs as well other expenses such as rent, utilities, and vehicle gas; and, information and referral to other resources.

Hours: Monday – Friday, 8:30 am – 4 pm

Target population: Columbia and Greene County residents

How to apply for services: Please call or email for information and scheduling

Jewett Food Pantry

513 Route 17, Jewett, NY 12444

(917) 992-7419

Contact: Janet Moran, Director

Objectives: To reach those living in the Greene County Mountain Top towns who are in need of food with a monthly allotment of three (3) meals per day, six (6) days per person.

Services provided: Free 'clothing closet'; household supplies such as pots, pans, dishes, toilet paper, diaper and sanitary items; occasionally furniture (couches, cribs, beds) and appliances (stoves, refrigerators).

Hours: 12:30 – 2:30 pm, Sundays.

Target population: Income eligibility or those with a Social Services' benefit card.

How to apply for services: Come in on a Sunday.

Twin County Recovery Services, Inc. – Greene County

428 West Main Street, Catskill, NY 12414

(518) 943-2036

Fax: (518) 943-0513

Contact: Jane Doris, Clinical Director

Email: janedoris52@yahoo.com

Website: www.twincountyrecovery.com

Objectives: Alleviating effects of chemical dependency and abuse.

Services provided: Evaluations; group and individual counseling; consultations; referrals; and school-based education.

Hours: Monday – Thursday, 8 am – 6 pm; Friday, 8 am – 4 pm.

Target population: Greene County residents.

Eligibility criteria: Diagnostic appropriateness.

How to apply for services: Call 943-2036, x-10.

Regional

ACCES-VR

80 Wolf Road, Suite 200; Albany, NY 12205

(518) 473-8097

Fax: (518) 457-4562

Website: <http://www.acces.nysed.gov/vr//>

Contact: Bryan D. Baszczuk, Employment Specialist

Email: Bryan.Baszczuk@nysed.gov

Objectives: Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR) offers access to a full range of employment and independent living services that may be needed by persons with disabilities throughout their lives.

Services provided: Through its administration of vocational rehabilitation and independent living programs, VR coordinates policy and services relating to: transition services for students with disabilities from school to adult services; vocational rehabilitation services for working age individuals with disabilities; independent living services for people with disabilities of all ages; and business services for hiring a qualified diverse workforce.

Hours: Monday – Friday, 8 am -- 5 pm.

Target population: Persons with disabilities who want to work.

Eligibility criteria: ACCES-VR eligibility is based on a person meeting the following basic criteria:

Does the person have a disability? Does the disability have a significant impact on the person's employability? Can the person benefit from ACCES-VR services? Are ACCES-VR services necessary for the person to get and/or maintain employment?

How to apply for services: Individuals can apply for ACCES-VR services themselves, be referred by their physicians and/or treatment providers, or be referred by their schools if they are students. ACCES-VR offers orientation sessions where individuals can learn about the types of services available.

Applications and related forms are available at the orientation sessions. To begin the application process, contact the Albany District Office 473-8097 for information and/or to register to attend a group orientation session.

Adult Learning Institute (ALI) at Columbia-Greene Community College

4400 Route 23; Hudson, NY 12534

(518) 828-4181, ext. 3431

Fax: (518) 828-8543

Website: www.sunycgcc.edu

Contact: Margaret Choinsky-Farrell, Office Manager

Email: ali@sunycgcc.edu

Objectives: To provide an opportunity for educational, cultural, and social experiences for mature adults. ALI's goal is to encourage older people to continue to learn, expand their horizons, make new friends, and experience the joy of lifelong learning.

Services provided: Provide educational, cultural and social experiences for older adults.

Hours: Monday – Thursday: 9 am – 1 pm; morning and afternoon program hours vary.

Target population: Seniors.

Eligibility criteria: Membership organization; annual dues.

How to apply for services: Contact the ALI Office.

Alight Center, Inc.

192 Fairview Avenue, Hudson, NY 12534

(518) 822-9008

Fax: (518) 751-2029

Website: www.Alightpc.org

Contact: Bethany Alfeld, Executive Director

Email: info@alightpc.org

Facebook: Alight Center, Inc.

Twitter: @AlightPC

Instagram: AlightCenter

Objectives: The mission of the Alight Center, Inc. is to empower as many individuals as possible in the greater Columbia, Greene and Dutchess county areas to make healthy life choices related to their sexuality and child-bearing, consistent with a culture of life. We do this by providing medical consultation and support services for pregnancy, pregnancy loss, post-abortion, and community educations programs.

Services provided: Pregnancy testing; ultrasounds; STI/STD testing and treatment; adoption information; abortion information; childbirth; infant care; breastfeeding; parenting and other various classes. Post abortion support. Material support (i.e., diapers, wipes, clothing, formula). Offices located in Hudson, Catskill, and Red Hook.

Hours: Monday by appointment; Tuesday 10:30 am – 4 pm; Wednesday, 10 am – 5 pm; and Thursday, 10 am to 5 pm.

Target population: Women of child-bearing age.

Eligibility: None.

How to apply for services: Call or stop in. All services are free and confidential.

Alliance for Positive Health

927 Broadway; Albany, NY 12207

(518) 828-3624, x-3503

Website: www.allianceforpositivehealth.org

Contact: Mary Hazel Morelock, Client Services Supervisor

Email: mmorelock@alliancefph.org

Facebook: Alliance for Positive Health

Instagram: N/A

Twitter: @alliancefph

Objectives: The mission of the Alliance for Positive Health is to reduce the impact and incidence of HIV/AIDS and other serious medical and social conditions.

Services provided: HIV+ Care Management, Chronic Disease Care Management, Health Insurance Assistance, Housing Support, Behavioral Health Education, Family Ties (future planning for HIV+ parents), Nutrition, Women Helping Women peer program, HIV.STI/Hepatitis C Testing, and Transportation.

Hours: Monday – Friday, 9 am - 5 pm.

Target population: The Alliance for Positive Health provides a continuum of direct services to individuals who live with or are affected by HIV+/AIDS, those with chronic conditions, the uninsured and underinsured and people who face barriers to accessing health care and social services.

Eligibility criteria: Varies depending on program.

How to apply for services: Call 434-4686 or email info@alliancefph.org for more information.

Alzheimer's Association of Northeastern New York

4 Pine West Plaza, Suite 405; Albany NY 12205

(518)867-4999, x-224

Fax: (518) 867-4997

Website: www.alz.org/northeasternny

Contact: Molly McCann, Program Manager

Email: Mmccann@alz.org

Objectives: To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Services provided:

Helpline – Families are only a phone call away from getting information, education and support related to Alzheimer's disease, caregiving and community resources through our 24 hours/day, 7 days/week Helpline. To reach a Helpline Specialist, call (800) 272-3900.

Care Consultation – Personalized sessions for individuals and families with Alzheimer's Association staff to help them better understand the Alzheimer's disease process and develop an action plan for the future. To set up a care consultation, please call (518) 867-4999 or (800) 272-3900.

MedicAlert/Safe Return[®] – MedicAlert[®] + Alzheimer's Association Safe Return[®] is a 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia that wander or who have a medical emergency.

Support Groups – The NENY Alzheimer's Association offers more than 37 support groups throughout our region for people in the early stages of Alzheimer's disease as well as family members, friends and caregivers of those diagnosed with Alzheimer's disease and related dementias. Group members learn more about the disease, share experiences and strategies to face daily challenges, and provide support and encouragement.

Education Programs – Educational programs, professional trainings and caregiver conferences are offered throughout the year to provide knowledge and practical tips for understanding and caring for persons with Alzheimer's disease. Programs are listed in our newsletter and on our website, www.alz.org/northeasternny.

Hours: 24/7-- call 1 (800) 272-3900.

Target population: Individuals that are impacted by dementia and their families.

How to apply for services: No application process; simply call to access our free services.

American Cancer Society

1 Penny Lane, Latham, NY 12110

(518) 220-6962

Fax: (518) 783-2057

Website: www.cancer.org

Contact: Theresa Montanye, Office Coordinator

Email: Theresa.montanye@cancer.org

Objectives: To assure newly diagnosed cancer patients that they are not alone in this journey.

Services provided: *Road to Recovery* transportation to and from cancer treatment (dependent upon volunteer driver availability); *Look Good...Feel Better* program for women undergoing cancer treatment; *Reach to Recovery* for breast cancer survivors; free wig bank. Also provide basic cancer information as well as referrals to other community resources.

Hours: 24/7.

Target population: Anyone diagnosed with cancer or anymore looking for cancer detection services or information.

How to apply for services: Call 1-800-227-2345 to initiate contact.

American Foundation for Suicide Prevention (AFSP)

P.O. Box 486; East Greenbush, NY 12061

(518) 791-1544

Contact: Laura Marx, Area Director for Capital Region

Facebook: facebook.com/afspcapitalregionny

Twitter: @afspcapregionny

Website: www.afsp.org/capitalregionny

Email: imarx@afsp.org

Instagram: afspcapitalregionny

Objectives: AFSP is dedicated to saving lives and bringing hope to those affected by suicide. AFSP creates a culture that's smart about mental health through education and community programs, develops suicide prevention programs through research and advocacy, and provides support for those affected by suicide.

Services provided: Community education presentations, survivor outreach programs, educational films for high schools, college students and physicians, Interactive Screening Program, general resource information.

Hours: Monday – Friday, 9 am – 5 pm.

Target population(s): Open to anyone in the community.

How to apply for services: Call 791-1544 or email imarx@afsp.org.

Arc of Ulster-Greene

311 West Bridge Street, Catskill, NY 12414

(518) 943-9592 or 1-800-324-8272

Fax: (518) 943-7087

Website: www.ugarc.org

Contact: Elizabeth Rowntree, Regional Director

Email: info@ugarc.org

Facebook: Arc of Ulster-Greene

Objectives: The Arc of Ulster-Greene is a private not-for-profit agency founded in 1956 by Ulster and Greene Counties families who insisted that their children with disabilities have the same opportunities as anyone else. Our mission is “to offer people with intellectual and other developmental disabilities opportunities to live and experience full lives”. We are guided by the core values of: Respect, Integrity, Compassion and Excellence. Arc Ulster- Greene believes each person is unique and provides individualized supports to all who are a part of our programs.

Services provided: Autism Specific Services; Clinical Services; Education & Mentoring for Parents or Peers; Environmental Assessments & Modifications; Geriatric Specific Services; Guardianship & Trust Counseling; Housing & Residential Options; In-Home Supports & Training; Life Skills Assessments & Training; Pre-School & School-Aged Services; Respite & Social Supports; Retirement Options & Planning; Self-Advocacy Awareness & Outreach; Service Guidance, Direction & Coordination; Technological Supports & Adapted Equipment; Transition from School to Adulthood; and Vocational Training & Career Discovery Center.

Hours: Administrative office hours Monday – Friday, 8 am – 5 pm.

Target population: People with intellectual and developmental disabilities including autism.

Eligibility criteria: Medicaid waiver.

How to apply for services: Contact Arc Ulster-Greene’s Welcome Center at 1-800-324-8272 or email us at info@ugarc.org.

Catholic Charities of Columbia and Greene Counties

431 East Allen Street, Hudson, NY 12534

(518) 828-8660

66 William Street, Catskill, NY 12414

(518)943-1462

Fax: (518) 828-4016

Website: www.catholiccharitiescg.org

Contact: Theresa Lux, Executive Director

Email: tlux@cathcharcg.org or info@cathcharcg.org

Objectives: Catholic Charities of Columbia and Greene Counties responds to those in crisis, provides for basic needs, and strengthens families and communities. Services available to all regardless of race, religion or lifestyle with an emphasis given to the poor and vulnerable.

Services provided: Women, Infant, and Children (WIC) Supplemental Nutrition Program; WID Peer Breastfeeding Counseling Program; Alcohol and Substance Abuse Prevention Education Program; Facilitated Supervision Program; Parenting Enrichment; Care Coordination; Disability Services, Emergency Assistance and Food Pantry.

Hours: Monday, Tuesday, Thursday, and Friday, 8:30 am - 4 pm; Wednesday, 11 am – 7 pm; other hours vary by program.

Target populations: Poor and vulnerable children and families.

Eligibility criteria: Varies by Program.

How to apply for services: Call 828-8660.

Center for Disability Services

314 South Manning Boulevard, Albany, NY 12208

(518) 437-5600

Fax: (518) 437-5551

Website: www.cfdsny.org

Contact: Sue Foley, People Services Program Manager

Email: services@cfdsny.org

Objectives: To enable and empower people, primarily those with disabilities, to lead healthy and enriched lives.

Services provided: Service coordination, Nursing Home Transition and Diversion Waiver, Traumatic Brain Injury Waiver, Center Health Care, Children’s Services, Adult Day Services, Residential Services, Home and Community Based Services, Respite Services, and Clover Patch Camp.

Hours: Monday – Friday, 8 am to 6 pm.

Target population: Varies.

Eligibility criteria: Dependent upon service requested.

How to apply for services: Call 437-5600 or visit the website and complete a referral form. Call with any questions.

Childcare Connections

160 Fairview Avenue, Suite 207, Hudson, NY 12534

(518) 822-1944

Fax: (518) 822-8233

Website: www.cconnectionsny.org

Contact: Suzanne Holdridge, Director

Email: sholdridge@familyofwoodstockinc.org

Objectives: To support the community by expanding and promoting high quality child care that meets the needs of children and their families.

Services provided: Support to families and child care providers to protect the healthy development and well-being of children.

Hours: Monday – Friday, 8 am – 4 pm.

Target population(s): Families and child care providers.

Eligibility: Must be a Columbia or Greene county resident.

How to apply for services: Contact our office or go on-line.

Columbia-Greene Community College Workforce Investment Office

4400 Route 23, Hudson, NY 12534

(518) 828-4181, x-5510

Fax: (518)822- 2007

Website: www.columbiagreenevents.org

Contact: Mary-Alane Wiltse, Director

Email: wiltse@sunycgcc.edu

Objectives: To support the growth of the local economy by meeting the employment needs of individuals and business.

Services provided: NYS Job Bank member; Resource room with computers, copier, laser printer, fax machine, phone and Job Board; workshops on computer basics, job search topics, and career planning; job-seeking assistance; career planning services; labor market information; financial aid (to those who qualify) for vocational training programs in in-demand occupations; On-the-Job Training program for employers and job-seekers; TASC preparation programs and internships for eligible youth.

Hours of operation: Monday to Friday, 8:30 am to 5 pm; Resource Room open 8:30 am to 4:15 pm.

Target population: Low income, unemployed, and underemployed, youth drop-outs.

Eligibility criteria: Varies.

How to apply for service: Call or stop by offices, no appointment necessary.

Columbia-Greene Crime Victim Advocacy Program (a program of Community Action of Greene County, Inc.)

7856 Route 9W, Catskill, NY 12414

(518) 943-9205, x-111

Fax: (518)943-0343

Website: www.cacgny.org

Contact: Anique D'Angelo, Crime Victim Advocate

Email: adangelo@cacgny.org

Objectives: Provide advocacy and support services to innocent victims of a crime and their family members as well as to educate and inform the community on issues surrounding crime victims in our local area.

Services provided: Non-residential services, including: support counseling, claim assistance, advocacy, referral and community education.

Hours: Monday – Friday; hours vary depending on program needs.

Target population: Innocent victims of a crime and their families.

Eligibility criteria: Must be an innocent victim of a crime or their family members.

How to apply for services: Call 822-0849.

Columbia-Greene Domestic Violence Program (a program of Community Action of Greene County, Inc.)

7856 Route 9W, Catskill, NY 12414

(518) 943-9205, x-111

Fax: (518)943-0343

Website: www.cacgny.org

Contact: Barbara Palmateer, Director

Email: barbarap@cacgny.org

Objectives: Provide emergency shelter, advocacy and support services to victims of domestic violence and their children, as well as to educate and inform the community on issues surrounding the subject of domestic violence

Services provided: Emergency shelters in both Columbia and Greene Counties; a transitional apartment building; 24-hour hotline; non-residential services, including: support counseling, aftercare, advocacy, referral and community education.

Hours: Office Hours: 8:30 am -- 4:30 pm; Hot-line and shelters: 24/7.

Target population: Victims of domestic violence and their families.

Eligibility criteria: Must have experienced or been a witness to domestic violence.

How to apply for services: Call the Hotline at 943-9211.

Columbia Memorial Health

71 Prospect Avenue, Hudson, NY 12534

(518) 828-8013 (M-F)

Fax: (518) 828-8119

Website: www.columbiamemorialhealth.org

Contact: Mary Daggett, Director Community Health Services **Email: mdaggett@cmh-net.org**

Services Provided: Primary and acute healthcare services.

Hours: 24 hours/day, 7 days/week (828-7601).

Commission on Economic Opportunity Foster Grandparent Program

2328 Fifth Avenue, Troy, NY 12180

(518) 272-6012

Fax: (518) 272-6020

Website: www.CEO-CAP.org

Contact: Tracy Brown, Coordinator

Email: tbrown@ceoempowers.org

Objectives: Federally funded volunteer program for seniors 55 years and over which pays a stipend and partial mileage for individuals able to work 15-40 hours per week with children in schools, day care settings, Head Start classrooms, and/or after school programs.

Services provided: Foster grandparents receive ongoing training, support, special event invitations and referrals for needed resources.

Hours: Monday – Friday, 8 am – 4:30 pm.

Target population: Adults, 55 and over.

Eligibility criteria: Low-income.

How to apply for services: Call 272-6012 or 1(800) 455-6014.

Common Ground Dispute Resolution

11 William Street, Catskill, NY 12414

(518) 943-0523

Fax: (518) 943-62494915

Website: www.commongroundinc.org

Contact: Dawn K. Wallant, Executive Director

Email: dwallant@commongroundinc.org

Facebook: Common Ground Dispute Resolution, Inc.

Objectives: To provide the citizens of Greene and Columbia Counties with an efficient way to resolve everyday disputes.

Services provided: Custody mediation, elder decision-making, civil and minor criminal dispute resolution, housing disputes, multi-party facilitation, cooperative parenting workshops for separating/divorcing couples, conflict coaching for youth and adults, anti-bullying programs for schools, conflict resolution workshops for youth and adults.

Hours: Monday – Friday, 9 am – 5 pm, and by appointment.

Target population: All.

Eligibility criteria: Mediation is not suitable for victims of domestic violence and is prohibited with a finding of child abuse and/or neglect.

How to apply for services: Call 943-0523, email or visit the website.

Cornell Cooperative Extension of Columbia & Greene Counties

Extension Education Center

479 Route 66, Hudson, NY 12534

(518) 828-3346

Fax: (518) 828-3069

Agroforestry Resource Center

6055 Route 23, Acra, NY 12405

(518) 922-9820

Fax: (518) 622-0115

Contact: Chuck Brooks, Executive Director

Email: cb657@cornell.edu

Website: www.columbiagreene.org

General email: columbiagreene@cornell.edu

Association Facebook: Cornell Cooperative Extension of Columbia and Greene Counties

4-H Facebook: www.facebook.com/4HColumbiaandGreene

Objective: The Cornell Cooperative Extension educational system enables people to improve their lives and communities through partnerships that put experience and research knowledge to work.

Services provided: Educational information on family economics & resource management, energy conservation, home environment, economic vitality, 4-H youth development, parenting skills, gardening, wellness, and nutrition behaviors delivered through workshops, classes, webinars, newsletters, after-school programs, 4-H clubs, exhibits, and local media. Visit our website to learn about our agriculture & food systems, community horticulture, and environment & natural resources program offerings.

Hours: Monday – Friday, 8:30 am – 4:30 pm; closed for lunch between noon and 1 pm.

Target population: Columbia and Greene County residents.

How to apply for services: Call, email, register for classes online or stop by either office.

The Eddy Visiting Nurse Association

Greene Medical Arts Center

159 Jefferson Heights, Suite C201, Catskill, NY 12414

(518) 943-5530

Fax: (518) 943-6014

Website: www.sphp.com

Contact: Caitlin St. George, Community Liaison 270-1347

Email: Caitlin.st.george@sphp.com

Objectives: To help individuals remain independent and in the comfort of their homes.

Services provided: Home health aides; nurses; physical, occupational & speech therapists; medical social workers; nutritionists; home infusion; medical equipment & supplies, tele-homecare; personal emergency response systems; monitored medication dispensers; and palliative care.

Hours: Monday – Friday, 8 am to 4 pm. Troy office open weekdays 7:30 am to 5 pm (518-272-6200).

Target population: 18 years and older.

Eligibility criteria: Please call for the criteria on the different levels for services offered.

How to apply for services: Call 943-5530.

The Empire Justice Center

119 Washington Avenue, Albany, NY 12210

(518) 462-6831, x-2696

Fax: (518)935-2852

Website: www.empirejustice.org

Contact: Muriel J. Miller, Health Law Paralegal

General Email: Health@empirejustice.org

Facebook: Empire Justice

Objectives: Empire Justice Center's statewide health law practice provides advocacy and legal services to low-income clients who need assistance accessing health care services and health insurance. Empire Justice also provides technical assistance and training to advocates that are helping individuals access health care.

Services provided: Advocacy assistance, including legal representation, to low-income people seeking access to health care services and health insurance. Assistance is available regardless of insurance type or insured status, with an emphasis on people on Medicaid, Medicare or both, and those who are uninsured. In Columbia and Greene Counties, all healthcare issues are handled with a particular focus on Medicaid homecare and Medicaid managed long term care.

Hours: Monday – Friday, 9 am to 5 pm.

Target population: Low-income.

Eligibility criteria: Not applicable.

How to apply for services: Call 800-724-0490, x-5822 or email Health@empirejustice.org.

Epilepsy Foundation of Northeastern New York

3 Washington Square, Albany, NY 12205

(518) 456-7501

Fax: (518) 452-1282

Website: www.epilepsyfoundation.org/efneny

Contact: Deborah Bain, Director of Educational Programs

Email: dbain@epilepsyneny.org

Objectives: The mission of the Epilepsy Foundation is to lead the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures, and save lives. One of our primary goals is to provide accessible, current information about epilepsy/seizure disorders to individuals with epilepsy, parents, family members, and friends. We also provide information about epilepsy to professionals in the community through our in-service training programs.

Services provided: Information and referral, service coordination, counseling, school and community education, advocacy, and support groups.

Hours: Monday – Friday, 8:30 am – 4 pm.

Target population: Individuals with epilepsy, their families, caregivers, and the community.

Eligibility criteria: Diagnosis of epilepsy/seizure disorder.

How to apply for services: Call 518-456-7501.

Fidelis Care

31 British American Boulevard, Latham, NY 12110

(800) 550-8031, x-23558

Fax: (518) 491-9322

Website: www.fideliscare.org

Contact: Shawn Smeltzer, Outreach Specialist

Email: ssmeltzer@fideliscare.org

Facebook: www.facebook.com/fideliscare

Objectives: Fidelis Care offers quality, affordable health insurance coverage for children and adults of all ages and all stages of life. With more than 1.4 million members statewide, Fidelis Care was founded on the belief that all New Yorkers should have access to affordable, quality health insurance.

Services provided: Medicaid Managed Care, Child Health Plus, products available through NYS of Health; the Official Health Plan Marketplace, Medicare Advantage, and Managed Long Term Care through Fidelis Care at Home.

Hours: Call toll free 24/7 at 888-343-3547.

Eligibility criteria: Call or go online to www.fideliscare.org.

Target population: Adults, children, seniors, and families.

How to apply for services: Call toll free 888-343-3547 or via the website.

Healthy Capital District Initiative

175 Central Avenue, 5th Floor, Albany, NY 12202

(518) 486-8406, x-8413

Fax: (518)462-7021

Website: www.hcdiny.org

Contact: Andrew Velasquez – Public Health Planner

Email: avelasquez@hcdiny.org

Objective: The mission of HCDI is to measurably and sustainably improve public health in the Capital Region.

Services provided: Provide support to maximize the success of public health initiatives, collect and analyze public health data, relay and assist securing funding opportunities, provide tech support for public health initiatives, identify best practices to implement public health initiatives.

Hours: Monday – Friday, 9 am – 5 pm.

Target population: Capital Region residents (Albany, Columbia, Greene, Rensselaer, Saratoga & Schenectady Counties).

Eligibility criteria: None.

How to apply for services: Call 486-8406 or email nostoyich@hcdiny.org.

HRHCare

750 Union Street, Hudson, NY 12534

(518) 751-3060

Fax: (518) 822-9424

Website: www.hrhcare.org

Facebook: www.facebook.com/hrhcare

Instagram: hrhca

Twitter: hrhcare

Objectives: The mission of HRHCare is to provide the highest quality medical, dental and behavioral health care to underserved communities throughout the Hudson Valley and Long Island.

Services provided: Adult and pediatric care; obstetrical and gynecological care; family planning; HIV counseling, testing and referrals; dental services; mental health counseling; nutritional counseling; podiatry; WIC services; health education; outreach; transportation; healthy insurance enrollment assistance.

Hours: Monday & Wednesday, 8 am – 5 pm, Tuesday 10 am – 7 pm; Thursday 9 am – 5 pm; and Friday 8 am to 4 pm.

Target population: All, regardless of income or insurance status.

Eligibility criteria: None.

How to apply for service: Call to make an appointment or stop by office.

Independent Living Center Hudson Valley, Inc.

802 Columbia Street, Hudson, NY 12534

(518) 828-4886

Fax: (518) 828-2592

Website: www.ilchv.org and www.ilusa.com

Contact: Jacqueline Bachman, Peer Advocate

Email: jbachman@ilchv.org

Objectives: Rooted in a philosophy of ILC, a leader in eliminating barriers, inspiring opportunities, promoting self-determination, economic freedom and full and equal participation by people with disabilities in all aspects of community living.

Services provided: We are non-residential, consumer-controlled and community-based, providing: advocacy; technical assistance; peer counseling; benefits advisement; employment support; housing information; student and family services; architectural barrier consultation; barrier removal; Work Incentives Planning and Assistance (WIPA); and deaf and hard of hearing specialized expertise.

Hours: Monday – Friday, 9 am – 5 pm.

Target population: Serves people of any age with disabilities (toward self-reliance).

Eligibility criteria: For all individuals with a disability and family members.

How to apply for services: Call ILCHV office for referral to advocates.

Interim HealthCare

1735 Central Avenue, Albany, NY 12205

(518) 610-8145

Website: www.interimhealthcare.com

Contact: Joe Boduch, Operations Manager

Email: jboduch@interimhealthcr.com

Objectives: There is no place like home. At Interim HealthCare we understand how important it is for people to remain safe and independent in their homes. We have over 44 years of experience providing trusted and respected home care services in the Capital Region and Columbia County.

Services provided: Our services can be customized to meet your needs from 2 hours a day up to 24 hours a day, 7 days a week. We can provide the continuum of care from the non-medical companion level right up to a skilled nursing level. So as your needs change we are there to help identify those needs and provide the appropriate level of care. We take pride in our highly trained staff which starts with our thorough hiring process that is tried and true. Our caregivers are carefully screened, bonded and insured. An RN or a client service supervisor will oversee care and employees on each case. We are available 24 hours a day to answer all of your questions, concerns and help with identifying you or your loved one's home care needs.

Hours: Albany office – Monday to Friday, 8 am - 5:30 pm. We are in Columbia County every Friday from noon until 4 pm at 1042 Kinderhook Street, Valatie.

Target population: General and senior population.

How to apply for services: Call 610-8145 for more information and to schedule services.

Legal Aid Society of Northeastern New York

55 Colvin Avenue, Albany, NY 12206

(518) 462-6765

Fax: (518) 427-8352

Website: www.lasny.org

Contact: Wendy Wahlberg (non-intake contact- Deputy Director) **Email:** wwahlberg@lasny.org

Objectives: The Legal Aid Society of Northeastern New York provides effective, free civil legal services and education to and advocacy for people with low income or other barriers to accessing the legal

system. We secure basic needs, protect and preserve legal rights, provide equal access to justice and seek fairness and dignity for our clients. Our service area covers 16 counties in Northeastern New York including Columbia and Greene.

Services provided: Our organization provides free legal services to low (and sometimes moderate) income clients in Columbia and Greene Counties in civil, not criminal, legal matters. Our income restrictions vary so we encourage a call to our office to determine eligibility for our services which are always free. In Columbia and Greene Counties we can provide representation with Landlord Tenant, Foreclosure, Income Maintenance, SSI/DIB, Immigration, Children's Law, HIV/AIDS, Low Income Taxpayer, Consumer, Utility, Unemployment Insurance, and Domestic Violence issues. We can also provide advice or brief service in other civil (non-criminal) matters.

Hours: Albany office is open Monday – Friday, 9 am – 5 pm. Some intake is done on a first-come, first-serve basis at 9 am every day except Thursday. Intake for other projects is done on an ongoing basis throughout the business day. Initial intake is done by phone. Staff travels to meet clients in Columbia and Greene Counties on an as needed basis.

Target population: Low income and very low income, although this varies and can include moderate income households.

Eligibility criteria: Must call in for intake - varies by grant.

How to apply for services: Call 462-6765 or 1-800- 462-2922 to do an intake, and for more information.

The Leukemia & Lymphoma Society

5 Computer Drive West, Suite 100, Albany, NY 12205

(518) 438-3583 (Office)

Fax: (518) 438-6431

Website: www.lls.org

Contact: Jennifer McGarry, Patient Services Manager

Email: Jennifer.Mcgarry@lls.org

Objectives: To cure leukemia, lymphoma, Hodgkin's Disease, and multiple myeloma and to improve the quality of life of patients and their families.

Services provided: Patient financial support, patient social support, educational materials/programs and opportunities for advocacy engagement.

Hours: Monday -- Friday: 8:30 am – 4:30 pm.

Target population: Blood cancer patients/family members, survivors and healthcare professionals.

Eligibility criteria:

- For financial support—receiving active treatment for a blood cancer diagnosis.
- For social support programs—blood cancer patient/ survivor or family member.
- For educational materials/ programs and advocacy engagement—anyone.

How to apply for services: Contact an Informational Specialist at 800-955-4572.

Literacy Connections of Columbia/Greene Counties

Hudson Area Library at The Armory

51 North 5th Street, Hudson, NY 12534

(518)828-1792, x-104

Website: www.literacyconnections.org

Contact: Heather Martin, Program Coordinator

Email: colgreene@literacyconnections.org

Objectives: To serve Columbia and Greene counties by providing trained volunteers to help adults improve their literacy and/or English speaking skills.

Services provided: One-on-one tutors for basic readers and group tutoring for English language learners; accept adult client referrals from human services agencies from both counties; and provide NYS reading and speaking assessments to students to ascertain grade level and speaking ability. Programs are free of charge.

Hours: Tuesday & Thursday: 10 am – 5 pm; Wednesday: 1 – 8 pm

English classes: Hudson Area Library: Wednesdays 6 – 8 pm, Thursdays 10 am – 12 noon; Haines Falls Library: Mondays 5:30 – 7:30 pm.

Target population: Adults with low literacy skills and/or lack of English skills. Students must be adults, 18 years of age or out of school.

How to apply for services: Fill out an application by calling or visiting our Hudson library office. Students may drop in during office hours.

Make-A-Wish Northeast New York

3 Washington Square, Albany, NY 12205

(518) 456-9474

Fax: (518) 782-0618

Website: www.neny.wish.org

Contact: Caryn Anatriello, Director Mission Delivery

Email: neny@neny.wish.org

Facebook: Make-A-Wish Northeast New York

Twitter: MakeAWish_NENY

Objectives: Make-A-Wish grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy.

Services provided: The Northeast New York Chapter was incorporated in 1987 and grants around 100 wishes each year. We serve the 15 counties that comprise the 518 area code.

Hours: Monday – Friday, 8:30 am – 5 pm.

Target population: Children between the ages of 2 ½ and under the age of 18 diagnosed with a life-threatening medical condition.

Eligibility criteria: Medical eligibility is determined by the child's physician based on criteria established by the Make-A-Wish Foundation of America.

How to apply for services: Referrals may be made by a child's health care provider(s), parent(s) or legal guardian.

Mental Health Association of Columbia-Greene Counties

713 Union St., Hudson, NY 12534

(518) 828-4619, x-333

Fax: (518) 828-1196

Website: www.mhacg.org

Contact: Jeffrey Rovitz, Executive Director

Email: jrovitz@mhacg.org

Objectives: Assist children, families, and adults in learning skills and developing supports so they can live successful and meaningful lives in the community.

Services provided: Residential services, recovery services, clinical services, supported employment, supported education, day programs, peer support, case management, school based services, Americorps grant, crime victim services, health home care coordination, and mentoring.

Hours: Office: Monday—Friday, 9 am – 5 pm; specific programs have varied hours.

Target population: Adults with mental illness; homeless; children and families; crime victims.

Eligibility criteria: Based on program.

How to apply for services: Based on program.

National Grid

1125 Broadway, Albany, NY 12204

(518) 433-3840

Fax: (518) 621-0739

Website: www.nationalgrid.com

Contact: Barbara Michalski, Consumer Advocate

Email: Barbara.michalski@nationalgrid.com

Objectives: To assist special needs and low-income customers by meeting their energy needs through early intervention, crisis bill paying management, and outreach and education.

Services provided: Help connect you with agencies that provide services to our communities; services to homebound customers; presentations to consumer groups and agencies on financial assistance programs, energy-saving tips; and payment options.

Hours: Monday—Friday, 8 am – 4:30 pm.

Target population: Special needs; elderly; disabled.

How to apply for services: Call 433-3840.

Northeast Career Planning

This office serves both Columbia and Greene Counties

Facility Address: 1 Vapor Trail, Hudson, NY 12534

Mailing Address: P. O. Box 1218, Hudson, NY 12534

(518) 312-4831, x-301

Fax: (518) 953-1449

Website: www.northeastcareer.org

Contact: Jennifer Searing-Burke, Program Supervisor of Employment and Youth Services

Email: jsearing@northeastcareer.org

Objectives: Northeast Career Planning empowers individuals with disabilities and other barriers to achieve their goals toward self-sufficiency and personal success. NCP is committed to being a leader in promoting opportunities for employment, training, and education; as well as delivering services that promote recovery. NCP maintains financial viability through grants, fund raising, designated donor funding, other sources of revenue, and expanding services through strategic partnerships.

Services provided: NCP offers a wide variety of programs designed to assist individuals in reaching their potential. Our vocation programs function as a tool to help individuals with barriers to employment determine realistic job goals and provide assistance to achieve them. Programs are specialized to meet the specific needs of those with mental illness, development disabilities, physical disabilities, addictions and substance abuse, and other barriers to employment. NCP also focuses on

the special needs of youth. Individualized services include: job readiness screening; vocational assessment; vocational counseling; career exploration; job readiness preparation; job seeking skills; job development and placement; job retention and support; and referrals to additional service providers. Services include transition coordination and consultation for youth to find employment and boost career development.

Hours: Monday – Friday, 8:30 am – 4:30 pm.

Target population: Individuals with barriers to employment including adults and youth with disabilities.

Eligibility criteria: Varies by program.

How to apply for services: Referral from ACCES-VR/OPWDD/School Districts/providers, etc.

Northeast Parent & Child Society

530 Franklin Street, Schenectady, NY 12305

(518) 346-1284

Fax: (518) 372-2869

Website: www.northernrivers.org

Contact: Audrey LaFrenier, Chief Operating Officer

Email: Audrey.LaFrenier@northernrivers.org

Objectives: To provide *Life changing care* to children, young adults and families.

Services Provided: Northeast, together with fellow member agency Parsons Child & Family Center under Northern Rivers Family of Services, offers a continuum of more than 60 programs and services encompassing behavioral health, care management and clinical support, residential and foster care and special education.

Hours: Vary by program and service, including 24-hour support. There are 21 office locations throughout New York State.

Target Population: Children, adults and families who would benefit from clinical, therapeutic, educational, case management and community support. Specific target populations are defined by each program's purpose. More than 11,000 children, adults and family members receive services every year.

Eligibility Criteria: Varies by program/ service area.

How to Apply for Services: Varies by program/ service area. Most services are accessed via referral by DSS/ OCFS or other service providers, or call 518.346.1284 for self-referral.

Northeastern Association of the Blind (N.A.B.A.)

301 Washington Avenue, Albany, NY 12206

(518) 463-1211, x-234

Website: www.naba-vision.org

Contact: Cheryl Lawyer, Outreach Services

Email: clawyer@naba-vision.org

Objectives: NABA provides low vision and vision rehabilitation services to help people of all ages remain active, independent and "age successfully" as they experience vision loss. Programs and services include low vision exams, vision and technology aids, vision rehabilitation, vocational

assistance, technology training, orientation & mobility, and counseling. Services are free to the legally blind. Low vision and vision loss education programs are available to groups, schools, professionals, senior centers and health care organizations.

Services provided: Senior adaptive living program, youth programs, vocational programs, vision rehabilitation; Kidsight vision screening, low vision eye exams; [community](#) education programs.

Hours: Monday – Friday, 8 am – 4 pm.

Target population: All legally blind and vision impaired, [as well as](#) seniors.

How to apply for services: Call the office.

Parent Network of the Capital Region (PNCR)

1190 Troy-Schenectady Road, Latham, NY 12110

(518) 640-3320

Fax: (518) 640-3401

Website: www.pncrny.org

Contact: Diane Miller, Outreach Coordinator

Email: info@pncrny.org

Facebook: www.facebook.com/parentnetworkcapitalregion

Mission: To provide parents with the knowledge, skills, and resources to facilitate productive relationships with their school districts ensuring an appropriate education for their child.

Objectives: We provide training and support to families who have children with disabilities. We provide a variety of services to parents and caregivers including special education and disability related training and other workshops, individualized guidance and information, and other resources including books, literature and other community resources.

Services provided: PNCR offers one on one support, workshops, and resources to help families of students with disabilities fully participate in their child's education.

Hours: Monday — Friday: 8:30 am – 4:30 pm.

Target population: Families with children with disabilities ages 3 - 21.

How to apply for services: No application process, call for information.

Parsons Child & Family Center

60 Academy Road, Albany, NY 12208

(518) 431-1652

Fax: (518) 426-2835

Website: www.northernrivers.org

Contact: Audrey LaFrenier, Chief Operating Officer

Email: Audrey.LaFrenier@northernrivers.org

Objectives: To provide *Life changing care* to children, young adults and families.

Services provided: Parsons, together with fellow member agency Northeast Parent & Child Society under Northern Rivers Family of Services, offers a continuum of more than 60 programs and services encompassing behavioral health, care management and clinical support, residential and foster care, and special education.

Hours: Vary by program and service, including 24-hour support. Twenty-one office locations throughout New York State.

Target population: Children, adults and families who would benefit from clinical, therapeutic, educational, case management, and community support. Specific target populations are defined by each program's purpose. More than 11,000 children, adults and family members receive services every year.

Eligibility criteria: Varies by program/ service area.

How to apply for services: Varies by program/ service area. Most services are accessed via referral by DSS/OCFS or other service providers, or call 518.426.2600 for self-referral.

Questar III

Facility Address: 131 Union Turnpike, Hudson, NY 12534

Mailing Address: 35 Colleen Road, Troy, NY 12180

(518) 479-6895

Fax: (518) 273-4129

Website: www.questar.org

Contact: Liz Santa Barbara, Director – Adult Education

Email: Liz.santabarbara@questar.org

Facebook: QuestarIII

Twitter: @questarIII

Objectives: This program is designed to provide learning opportunities that tap into the potential of the students we serve and then link them with meaningful employment that recognizes the skills, talents, and abilities they have developed.

Services provided: Adult Literacy, HSE (formerly known as GED) preparation and testing, English as a New Language (ENL) -- formally ESL, Community Education and other training programs.

Hours: Monday – Friday, 8 am – 4:30 pm; summer hours 8 am – 4 pm.

Target population: Serving Columbia, Greene and Rensselaer Counties.

How to apply for services: Call 479-6913.

The REACH Center/Mental Health Association of Columbia-Greene Counties

713 Union Street, Hudson, NY 12534

371 Main Street, Catskill, NY 12144

(518) 828-4619 or (518) 943-4482 and Toll Free: 1-888- 943-2472 Fax: (518) 828-1196

Website: www.mhacg.org

Contact: Julianne Baumann, LMSW, Program Director

Email: jbaumann@mhacg.org

Objectives: To eliminate interpersonal violence and promote, represent, and address the interests of survivors of such crimes in Columbia and Greene Counties and to serve these communities by advocating for the needs of victims of the violent crimes.

Services provided: Crisis counseling, trauma therapy, community outreach and awareness events, educational programs, crime victim advocacy and accompaniments, professional training, victim compensation claim assistance and support. All services are free and confidential.

Hours: Monday – Friday, 8:30 am – 4:30 pm; 24- hour crisis hot-line (518) 943-4482 or (518) 828-5556.

Target population: Innocent victims of crime/abuse and their families/loved ones.

How to apply for services: Call 828-4619 or 943-4482.

Resource Center for Accessible Living, Inc. (RCAL)

727 Ulster Avenue, Kingston, NY 12401

(845) 331-0541; TTY: (845) 331-4527

Fax: (845) 331-2076

Website: www.rcal.org

Email: office@rcal.org

Objectives: A non-profit, community based service and advocacy organization run by and for people with any type of disability, RCAL is dedicated to assisting and empowering disabled individuals of all ages to live independently and participate in all aspects of community life. RCAL operates in accordance with the conviction that people with disabilities can and should make their own choices and decisions, and take control of all aspects of daily living, including education, employment, housing, health care, and recreation.

Services provided: Special Education Advocacy, Disability Awareness, Service Coordination, Equipment Loan Closet, Nursing Home Transition and Diversion Waiver Program, Representative Payee, Community Habilitation, Respite, Benefits Advisement, Accessibility Consulting, and Support Groups.

Hours: Monday – Friday, 9 am – 4:30 pm.

Target population: People with any type of disability.

How to apply for services: Depends on service – call or stop in.

RUPCO

408 Main Street, Catskill, NY 12414

289 Fair Street, Kingston, NY 12401 (Main office)

(518) 943-5170

Fax: 518-943-4342

Website: www.rupco.org

Contacts: Karyn Perez, HCV Program Specialist

Email: kperez@rupco.org

Danielle Antonelli, HCV Program Specialist

Email: dantonelli@rupco.org

Facebook: /RUPCO

Instagram: rupcony

Twitter.com/RUPCO_

Objectives: To create homes, support people and improve communities.

Services provided: Housing Choice Voucher Program (Section 8) in Greene and Ulster Counties, rental assistance, senior supportive housing, first-time homebuyers, foreclosure counseling, personal finance coaching, homeowner energy-efficiency programs in 10 counties through Green Jobs/ Green NY, real estate development of affordable housing.

Hours of operation: Monday – Friday, 8:30 am – 4:30 pm.

Target population: Hudson Valley region.

Eligibility criteria: Depends on program/grant offering, usually low-middle income clients.

How to apply for services: Visit the satellite office in Catskill or the main office in Kingston.

NOTES:

The Business Case for Worksite Wellness

The Problem

The health problems resulting from unhealthy lifestyle choices such as tobacco use, poor nutrition and physical inactivity are costing the United States economy over \$117 billion a year. Unhealthy workers require more medical care, take more sick days, and are less productive on the job. The ability of companies across the nation to thrive and remain competitive is being threatened by the burden of poor health and the ever increasing costs of health care.

A Solution

On average, Americans spend 36 percent of their total waking hours at work. Therefore, worksites are a prime venue for promoting and supporting healthy lifestyle habits for employees. A recent national opinion poll conducted by the Society for Human Resource Management showed that the majority (55%) of employers polled were utilizing worksite wellness programs to improve employee health. In addition, 85 percent of polled employers that had a worksite wellness program were interested in expanding or improving the program over the next three years, while 69 percent of employers that don't offer wellness programs were interested in developing them within three years.

How Does it Work?

A worksite wellness program can inspire employees to take responsibility for their own health. The program can raise awareness so employees with fewer risk factors remain at low risk for chronic diseases. A program can also encourage employees with health risk factors to make lifestyle changes to improve their quality of life.

Benefits

- ☞ Improved productivity and performance
- ☞ Improved morale
- ☞ Reduced healthcare costs
- ☞ Reduced worker's compensation claims
- ☞ Reduced absenteeism
- ☞ Enhanced corporate image

A Good Investment

Programs have achieved a rate of return on investment ranging from \$3-\$15 for each dollar invested with savings realized within 12-18 months.

Sources:

Alliance for a Healthier Minnesota (2012). The State of Worksite Wellness in America 2012.

Bureau of Labor Statistics (2010). American Time Use Survey 2010.

Centers for Disease Control and Prevention (2004). The burden of chronic diseases and their risk factors: national and state perspectives.

Centers for Disease Control and Prevention (2005). Physical activity and good nutrition: Essential elements to prevent chronic diseases and obesity 2005.

Trust for America's Health (2012). F as in Fat: How Obesity Threatens America's Future 2012.

Wellness Councils of America (2009). Fact Sheet: Physical Activity for a Healthy Weight.

Source: <http://dhhs.ne.gov/publichealth/WorkplaceWellnessToolkit/Documents/TheBusinessCaseForWorksiteWellness.pdf>