



2008

Parent HandyBook

The Parent Handbook of
Otsego Area Community Resources

Brought to you by the
Otsego Committee on Child Abuse and Neglect (OCCAN)



PREVENT CHILD ABUSE/NEW YORK

Otsego Committee on Child Abuse & Neglect
PO BOX 1332 ONEONTA NY 13820

PRODUCED IN COOPERATION WITH

 **A.O. Fox Hospital**

AFFILIATED WITH THE ALBANY MEDICAL CENTER

and



**BASSETT
HEALTHCARE**

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EMERGENCIES

dial 911



ALCOHOLICS ANONYMOUS	1-888-227-6237
CHILD ABUSE REPORTING	1-800-342-3720
CRISIS INTERVENTION SERVICE (Psychiatric)	1-877-369-6699
DOMESTIC VIOLENCE	(607) 432-4855
FIRE EMERGENCY	911
MEDICAL EMERGENCY	911
MEDICAL PROBLEMS	
A.O. FOX HOSPITAL EMERGENCY ROOM	(607) 431-5000
BASSETT HOSPITAL EMERGENCY ROOM.....	(607) 547-3355
NYSEG EMERGENCY	1-800-572-1111
POISON CONTROL	1-800-222-1222
POLICE EMERGENCY (life-threatening)	911
OTHER POLICE CONTACTS	
Cooperstown Village	(607) 547-2500
Oneonta City	(607) 432-1111
Otsego Co. Sheriff	(607) 547-4273
State Police	(607) 432-3211
RAPE	(607) 432-4855

NATIONAL HOTLINES:

MISSING AND EXPLOITED CHILDREN	1-800-843-5678
RUNAWAY YOUTH	1-800-621-4000
SUICIDE PREVENTION	1-800-SUICIDE (1-800-784-2433)

Otsego Committee on Child Abuse & Neglect
P.O. Box 1332
Oneonta, New York 13820
April 2008

Dear Friends of Children and Families,

We are again pleased to be able to provide the latest edition of the Parent HandyBook, a resource guide to services that can help parents and professionals in the Otsego County area deal with the challenges of family life. Copies of this booklet are available in print at area libraries and local agencies, on CD-ROMs by request at the above address, and online at www.parenthandybook.com.

The Otsego Committee on Child Abuse and Neglect (OCCAN) hopes that knowing where to turn for help will make a difference in dealing with the ordinary --- and extraordinary --- stresses of family life. OCCAN, since its origins in 1978, has focused on child abuse/neglect prevention through public awareness and professional development. This is OCCAN's 23rd year of presenting local conferences. This edition of the HandyBook is our 6th since 1992. OCCAN is a local organizational affiliate of Prevent Child Abuse – New York (www.preventchildabuseny.org.)

We are again grateful to Bassett Healthcare and A. O. Fox Hospital for underwriting the cost of printing, and to Bassett's Printing Services for production. We thank Betsy Hayes for diligent and creative work in typing, formatting and editing.

While we have listed many services and organizations, you must make your own judgment about whether the service will work for you and your family. We know that there may be resources we haven't listed, but which may be useful to include in future editions. Please let us know your suggestions: OCCAN, PO Box 1332, Oneonta, NY 13820.

Cordially,

The members of Otsego Committee on Child Abuse and Neglect (OCCAN):

Amber Bennett – LEAF Council on Alcoholism/Addictions
Eve Bouboulis – Otsego County Department of Social Services
Bill Hayes – Bassett Healthcare
Debra Miller – Sanguine Family Counseling and Consultation Services
Jo Spencer – Catholic Charities of Delaware and Otsego Counties

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SECTION 1: COUNSELING, LISTENING AND/OR REFERRAL

1. AIDS Services

- a. Albany – NYS Department of Health HIV Hotline
1-800-962-5065
HIV Information, Testing and Counseling
(Anonymous, Free, Rapid HIV testing available)
- b. Bassett Healthcare
125 Main Street
Oneonta, NY 13820
(607) 433-1790
Primary Care, HIV testing
- c. Catholic Charities: AIDS Services (Outreach Office)
176 Main St.
Oneonta, NY 13829
(607) 432-0061
www.ccrca.org

Provides intensive case management for those infected and/or affected by HIV/AIDS in Delaware, Otsego, Schoharie and part of Chenango Counties. Staff can help with arrangements for assistance with housing, transportation, nutrition, material and emergency support. An outreach site of Catholic Charities AIDS Services of Albany.

- d. Catskill Rural AIDS Services
66 Chestnut Street
Oneonta, NY 13820
(607) 436-9554 or 1-800-976-2727
Information, referrals, support services, free seminars (anonymity assured)
- e. Planned Parenthood of South Central NY, Inc.
37 Dietz Street
Oneonta, NY 13820
(607) 432-2250
1-800- 230-PLAN (will ring to the nearest Planned Parenthood Health Center)
HIV testing and counseling (Confidential, Anonymous, Free); STD (Sexually Transmitted Diseases) testing for Otsego Co. and Delaware Co. Departments of Health
- f. Southern Tier AIDS Program (STAP)
Otsego/Delaware County: (607) 432-6654 or 1-888-895-7264
STAP Regional AIDS Hotline: 1-800-333-0892
National AIDS Hotline: 1-800-227-8922
<http://www.stapinc.org/>

Support Services. Case Manager available week days to Delaware/Otsego Counties. Serves eight counties with advocacy, case management, support groups, trained volunteers, crisis information, and education to professional groups, schools and agencies. All services are free of charge.

2. Alcohol/Drug Community Support Groups/Information

- a. LEAF Council on Alcoholism/Addictions
80 Water Street
Oneonta, NY 13820
(607) 432-0090 or 1-800-339-1894
Website: www.leafinc.org
Hours: Monday – Friday, 8:30 AM – 4:30 PM

Information, referral and educational services on alcoholism and other drug addiction diseases and associated problems, for community, family and individuals. Resources, speakers, materials available for loan and free pamphlets.

b. Otsego Chemical Dependencies Clinics

8-12 Dietz Street	140 Co. Hwy. 33W, Suite 1
Oneonta, NY 13820	Cooperstown, NY 13326
(607) 431-1030	(607) 547-1600
FAX: (607) 431-1033	FAX: (607) 547-1607

Clinic hours: Cooperstown: Monday- Wednesday and Friday: 8:30-12N, 1PM-4:30PM;
Oneonta: Mon.-Fri.: 8:30-12N, 1PM-4:30PM (Mon - Wed until 7PM by appointment only)

A substance abuse program designed to confront the addictions and abuse of chemicals and alcohol. Individual and group counseling to individuals and families with drug related problems. Sources are provided on an outpatient basis with referrals made to in-patient or other facilities. Accepts crisis appointments and referrals from healthcare providers. Walk-in crisis appointments are based on availability.

c. Alcoholics Anonymous (AA)

Statewide information: 1-888-227-6237 (2 B Sober)

Website: www.ny-aa.org

This is AA. Counseling in self-help for alcoholics. Regular support meetings. For information on AA in your geographic area, call the above phone number. No charge.

3. Bassett Healthcare

1 Atwell Road
Cooperstown, NY 13326
1-800-BASSETT

a. Psychiatry Services: (607) 547-3500 Psychiatric services for adults, adolescents and children. Outpatient, child and adult. Adult inpatient unit for short term services. Medicaid, Medicare and other insurance and managed care plans accepted at Bassett Hospital and affiliated clinics. Call for specific information.

b. Social Work Services: (607) 547-3640 Social work counseling for adult and child illness, related personal and family concerns. Counseling for special health problems, i.e. kidney failure, cancer.

4. Bereavement Support Groups

Catskill Area Hospice and Palliative Care, Inc.
542 Main Street
Oneonta, NY 13820
(607) 432-5525
www.cahpc.org

Support group meets twice a month to serve those who have lost loved ones. (Oneonta Evening Group on 2nd and 4th Tuesdays from 5:30PM – 7PM and Day Group on 3rd Wednesdays from 2PM – 3:30PM at 1st United Methodist Church, 66 Chestnut St., Oneonta, NY) Annual child/teen summer camp available. Referral to bereavement support in other areas as needed.

5. Compassionate Friends

First United Methodist Church
66 Chestnut Street
Oneonta, NY 13820
(607) 433-2492

Local chapter of a national network of support groups for parents, family or friends of families who have experienced the death of a child. Meets third Thursday of the month, 7PM – 8:30 PM. Enter church through Church Street door. Handicapped accessible. Free

6. Counseling Center
State University College at Oneonta (SUCO)
Oneonta, NY 13820
(607) 436-3368
Hours: Monday – Friday, 8:00 AM – 4:30 PM.
Counseling for SUCO students: emotional, social, academic and vocational. Also, referral and information. No charge to SUCO students. Short-term developmental counseling service.
7. Dispute Resolution Center - See Section 5: Crisis Information, Family Support/Safety Net Agencies, 4(d)
8. Family Service Association of Oneonta - See Section 5: Crisis Information, Family Support/Safety Net Agencies, #7
9. LEAF Council on Alcoholism/Addictions (See #2a in this section)
10. Otsego Adopt, Inc.
PO Box 323
Springfield Center, NY 13468
(315) 858-0304
Contact: Debra Ann Miller
Email: dmiller14@stny.rr.com
Peer support group for adoptive and pre-adoptive families. Periodic support group meetings and family social events planned by members. Lending library resources available at no charge to interested families (includes books on parenting children with special needs as well as on adoption issues). A contact point for “Answering the Call”, NYS Citizens Coalition for Children’s *AdoptUSKids* Response Team.
11. Otsego County Chemical Dependencies Clinics (See #2b in this section)
12. Otsego County Mental Health Clinic
242 Main Street
Oneonta, NY 13820
(607) 433-2343 (adults 18 yrs and over) or (607) 433-2334 (children 3-17 years old)
Office hours: Monday - Friday 8 AM – 5 PM
Counseling available: individual, family, children (ages 3 to 16) and adults (18 and older). Sliding fee scale, Medicaid, Medicare, and other medical insurance payment accepted. Serves all Otsego County residents.
13. Otsego County Drug Treatment Courts : See Section 7: Legal and Consumer Services, #9d and #1a)
14. PFLAG (Parents, Families and Friends of Lesbians and Gays) Oneonta/Otsego Co. Chapter
PO Box 74
Colliersville, NY 13747
(607) 432-1251 Email: pflag@stny.rr.com Website: www.pflagotsego.org
PFLAG National website: www.pflag.org PFLAG's Safe Schools Coalition:
www.safeschools.org Best comprehensive website out there: www.youth-guard.org

PFLAG promotes the health and well-being of gay, lesbian, bisexual and transgender persons, their families and friends through: support, education, and advocacy. Parents, families and friends of lesbians and gays provide opportunities for dialogue about sexual orientation and gender identity, and act to create a society that is healthy and respectful of human diversity.

PFLAG meets at 4:30 pm on the second Sunday of each month at the First United Methodist Church in Oneonta(66 Chestnut St., at the corner of Church and Chestnut Sts.) Confidentiality is assured.

15. Salvation Army

25 River Street
Oneonta, NY 13820
(607) 432-5960

Hours: Monday – Friday, 9:30 AM – 4:30 PM

Offers assistance for families concerned with children's problems; brings the family together to address concerns. No charge.

16. Veteran's Affairs

Veterans Service Agency- Otsego Co.

197 Main Street
Cooperstown, NY 13326
(607) 547-4224

Hours: Tuesdays – Friday, 9AM- 1PM

Appointments appreciated

Sidney office: www.va.gov for current information

Upstate Regional Office: 1-888-VETS NYS

VA Hospital van: (607) 547-6498

Information for veterans and their dependents on benefits and services available to them. No charge.

Veterans Service Agency.- NYS

Division of Veterans Affairs

242 Main Street
Oneonta, NY 13820
(607) 432-4190

Hours: Tues/Thurs/Fri 8 AM – 4 PM

Appointment needed

17. Violence Intervention Program, Opportunities for Otsego, Inc.

3 West Broadway
Oneonta, NY 13820
Office: (607) 433-8038

Hotline: (607) 432-4855 (Collect calls accepted.)

Free and confidential services to victims of sexual assault, rape, date rape, incest, intimate partner violence, family violence or any innocent victim of a crime. Adults and children who have experienced trauma in the form of physical, emotional, psychological or verbal abuse will be provided confidential support and services. Offers a 24 hour crisis hotline, a staffed domestic violence safe house, individual and group counseling, legal advocacy and court accompaniment, crime victim board compensation assistance, domestic violence and sexual assault prevention education for schools and community organizations, and volunteer opportunities. Also offers transitional housing to victims who qualify for these services.

SECTION 2: EDUCATION/JOB SKILL DEVELOPMENT



1. Afton Central School Adult and Continuing Education Program
29 Academy Street
PO Box 5
Afton, NY 13730
(607) 639-2811

The Afton Central School Adult and Continuing Education Program offers free adult basic education and high school equivalency preparation classes at many locations. Classes are generally small in size and are taught by NYS certified teachers. Students are assessed in reading and math and then an individualized course of study is designed to meet the students' needs. Students work at their own pace on materials provided by the program free of charge. The program may be joined at any time. Also offered is GRASP (Give Ready Adults a Study Program). GRASP is a home study program for adults aged 21 and over who have good reading and math skills.

2. Catholic Charities Child Care, Resource and Referral - See Section 5: Crisis Information – Family Support Services – Safety Net Agencies, 4(b)
3. Clark Foundation Scholarship
P.O. Box 427 (State Route 28)
Cooperstown, NY 13326
(607) 547-9927

Scholarship program for eligible full time college undergraduate candidates. Based on scholastic criteria, not based on need. Candidates must have graduated from one of following local high schools: OAOC (Otsego Area Occupational Center); Cherry Valley/Springfield; Cooperstown; Edmeston; Laurens; Milford; Richfield Springs; Schenevus; Worcester; Van Hornesville; West Winfield. For candidates who have been out of school for awhile, there is a “proving” period – one year (full time enrollment with a 3.0 GPA) before becoming eligible. To apply or find out more information, contact the office for an interview. No charge.

4. Cornell Cooperative Extension of Otsego County
123 Lake Street
Cooperstown, NY 13326
(607) 547-2536 ; 547-5180 (FAX)
Email: otsego@cornell.edu
Website: www.cce.cornell.edu/otsego

- a. Education/Skill Development

Cornell Cooperative Extension of Otsego County is an organization that provides informal education for individuals of all ages. It has a history of conducting classes, workshops and tours, and providing informational and educational brochures for over 90 years. It is currently providing assistance in the areas of: Nutrition, Health & Safety; Individual and Community Well Being; 4-H/Youth Development; Agriculture Competitiveness and Profitability; Environmental Protection and Enhancement.

- b. Master Gardener Program

Cornell trained volunteers answer questions for new and experienced gardeners and provide information about gardening, vegetable and fruit cultivation, pests and diseases, harvesting and food preservation (freezing and canning). PH tests, pamphlets, information sheets and other resources are available.

Visit the Home Gardening Website: www.hort.cornell.edu/gardening/index.html.

5. Educational Opportunity Program
Administration Building, Room 332 B
State University of New York at Oneonta
Oneonta, NY 13820
(607) 436-2407

Assists financially and educationally disadvantaged individuals in admission to the college. Offers tutorial, financial counseling and advisory services throughout the college experience.

6. Empire State College
State Office Building, Room 505
44 Hawley Street
Binghamton, NY 13901
(607) 721-8651

Call for information Monday – Friday, 8:30 AM – 4:30 PM. Call ahead for an appointment.

Empire State College is a non-traditional, higher education system. It offers individualized education and college programs in support of life-long learning. Monthly informational meetings at addresses listed above.

7. Excelsior College
7 Columbia Circle
Albany, NY 12203-5159
(518) 464-8500 or toll free: 1-888-647-2388
www.excelsior.edu

Hours: Monday and Wednesday, 8:30 AM – 8 PM (5 – 8 PM phone only)
Tuesday, Thursday and Friday, 8:30 – 5:00 PM

Excelsior College offers 32 degree programs at associate and baccalaureate levels in business, liberal arts, nursing and technology. These degrees are comparable to those offered in two and four year colleges. Enroll any time. No residency requirement. Full or part-time. Academic advising services help you consolidate coursework on one transcript. Obtain credit for what you know through examinations if training is assessed to be at the college level. Costs are low. Regionally accredited by Middle States Association for Colleges and Schools. Nursing program accredited by the National League for Nursing. Electronics and Nuclear Engineering Technology are ABET accredited. Criminal Justice Degree offered. Call for information. Graduate level courses in Liberal Arts and Nursing are now available.

8. High School Equivalency and Adult Education Information

- a. Cooperstown Middle/High School
39 Linden Ave.
Cooperstown, NY 13326
(607) 547-8181 or (607) 547-5512
Newsletter of offerings.

- b. BOCES Educational Complex of Herkimer County
352 Gros Boulevard
East Herkimer, NY 13350-1499
(315) 866-3905

Full and part-time adult education and high school equivalency classes. Basic reading, English as a second language, EDP (External Diploma Program), Career Counseling for Adults.

c. Delaware/Chenango BOCES – Adult Education

Harold Campus 270 BOCES Drive Sidney Center, NY 13839 (607) 865-2500	BOCES Norwich 6678 County Road 32 Norwich, NY 13815 (607) 335-1200
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Information on adult education classes, newsletter of offerings, high school equivalency information. No charge for information. High school diploma or GED not required to be eligible for adult vocational training. Funding available for eligible adult students.

d. Educational Guidance Counselor

See your local school guidance counselor for information on classes for adults; continuing education courses and vocational programs; and, grants, scholarships and loans for full time school programs. No charge.

e. Office of Continuing Education, State University at Oneonta

Administration Building, Room 135
State University of New York at Oneonta
Oneonta, NY 13820
(607) 436-2522
Website: www.oneonta.edu

Information on continuing education courses available at State University of Oneonta, and, on college credit for life experience. Call for information. Courses listed online.

f. Otsego Area Occupational Center

1914 County Route 35 (P.O. Box 57,)
Milford, NY 13807
(607) 286-7715

Courses open to adults in career areas: culinary arts; cosmetology; esthetician; nail tech; barbering and waxing; visual art; media technology; agriculture; informational technologies; health occupations; building trades; natural resources; automotive mechanics; welding; and criminal justice and security.

No charge for information. Tuition charges for courses. Limited financial assistance available for qualified and eligible individuals.

- Otsego Area School of Practical Nursing:

50 Dietz Street – Suite O
Oneonta, NY 13820.
Call for information: (607) 431-2562

9. Job Service, New York State Employment Office

CDO (Chenango, Delaware and Otsego) Workforce Center
12 Dietz Street, Suite 101
Oneonta, NY 13820
(607) 432-4800 or toll free: 1-800-244-5779
Hours: Monday – Friday, 8:30 AM – 5:00 PM

Counseling and referral for job opportunities. Screening for training, special programs. No charge.

10. Literacy Volunteers of Otsego and Delaware Counties (LVODC)

Oneonta Community Education Center
189 Main Street – 5th floor
Oneonta, NY 13820
(607) 433-3645 or 1-800-782-3858
Website: www.oneontaadulted.org

Opportunities for Chenango
44 West Main Street
Norwich, NY 13815
(607) 334-7114
Website: www.ofcinc.org

Trains and coordinates volunteers who go into the community to help adults with one-on-one instruction in reading, writing or English as a second language. Volunteers also help adults learn skills to improve their employment opportunities or to help their children in school. Tutors and students meet at a time and location convenient to both. LVODC instruction and training are **free** and **confidential** for both tutor and student.

11. Oneonta Community Education Center (OCEC)

189 Main Street – 5th floor
Oneonta, NY 13820
(607) 433-3645 or 1-800-782-3858
Website: www.oneontaadulted.org

Certified teachers provide individualized instruction for any person sixteen years of age or older in comfortable, hassle-free classrooms at OCEC and community-based sites.

- GED (General Equivalency Diploma) preparation in writing, literature, science, social studies and math to prepare for the GED. GED Test information and registration for the Oneonta High School GED testing site.
- ABE (Adult Basic Education) training in basic life skills, reading, writing and math for the workplace.
- ESOL (English as a second language) English language instruction in listening, speaking, reading and writing English for adults whose native language is not English.
- GRASP Home Study for adults who are unable to attend class and are able to work independently at home for the high school equivalency diploma (GED).
- Computer Skills
- ABE/GED- related computer software programs.

12. Oneonta Job Corps Center

21 Homer Folks Avenue
Oneonta, NY 13820
(607) 433-2111 or 1-800-758-7502

Offers residential educational, vocational and GED education to young adults (ages 16 - 24) who qualify. Vocational offerings include: business clerical, culinary arts, nurses aide, electrician, welding, child care worker, tile setter, auto repair technician, auto body repair and cement masonry. Call for information.

13. Opportunities for Otsego - Child and Family Development Department: (607) 433-8055

3 West Broadway
Oneonta, NY 13820
(607) 433-8000 or 1-800-986-5463

a. Building Healthy Families: (607) 433-8048

Provides free, comprehensive, home-based services to pregnant and new parents. The long-range goals include: increasing the parent's knowledge of child development, connecting the family to available resources and supporting them through stressful

situations. Initial eligibility is pregnancy through 3 months of age. Once accepted into program, workers can work with families until the child enters Head Start or kindergarten. It is part of a state-wide initiative called *Healthy Families New York*.

b. Children's Center: (607) 433-8055

This program is located in the Otsego County Office Building in Cooperstown. It is a child care room, staffed by a childcare professional, where young children can participate in age-appropriate activities. This provides children an alternative to sitting through interviews at the Department of Social Services (DSS) or being present for court activities. It is a national model that is supported by Head Start, the NYS Judicial Commission and the local Department of Social Services.

c. Child Care: (607) 433-8055

Hours: Monday – Friday, 7:30 AM – 5:30 PM (year round)

Child Care services are available to preschool children. Offers limited Head Start/Early Head Start extended day care programming for children 8 weeks through 5 years old at 258 River St., Oneonta. Parents are encouraged to apply for Child Care subsidy through the Department of Social Services. Call for eligibility requirements.

d. Early Head Start: (607) 433-8055

Early Head Start provides services to expectant parents and parents of children under the age of 3 years old through home visits and center based services. Services include: child development education, health/wellness education for parents and children, ongoing support and referrals to other resources in the community. Early Head Start can benefit the whole family. Eligibility is based on federal income guidelines. There are no fees for participation.

e. Head Start: (607) 433-8055

Head Start provides your 3 or 4 year old child a happy, healthy life experience and preparation for kindergarten. Head Start can benefit the whole family. Eligibility is based on federal income guidelines. Head Start has 10 sites throughout Otsego County. Head Start also serves children with disabilities, if Head Start is the appropriate placement.

f. Universal Pre-Kindergarten Program: (607) 433-8055

Serves children in designated school districts to provide quality pre-school experiences. Offers education, health, nutrition, social services, parent involvement and special services for children with disabilities. Eligibility is based on residency and age of the child. No income guidelines. No charge.

g. WIC (Women, Infants and Children): (607) 433-8071

WIC is a federally funded program for pregnant women and families with children under the age of 5 years old. Income eligibility is 185% of the poverty level. This program stresses nutrition education and gives a family a voucher to purchase formula and nutritious food.

14. Otsego County Department of Social Services

The Meadows

140 County Highway 33W

Cooperstown, NY 13326

(607) 547-1700 or 1-800-422-2512

Mailing address: 197 Main Street, Cooperstown, NY 13326

Employment Unit – Works with people to achieve the goal of financial independence. Provides job readiness training classes, job search assistance, subsidized child care, supervised work experiences, training assistance, appropriate referrals as indicated. Assistance with support services. Must be presently receiving services in order to qualify.

15. Otsego County Office of Employment and Training

12 Dietz Street
Oneonta, NY 13820
(607) 432-4800 or 1- 800-244-5779

www.oet.org

www.cdoworkforce.org

Hours: 9:00 AM – 5:00 PM; summer (July and August) 9:00 AM – 4:00 PM

Provides assistance with job searches, resumes, assessment, development of marketable skills, and career exploration. Resource room with access to reference materials, copier, fax, telephone, computers, and the internet, for job-seeking purposes. Classroom training and on-the-job training opportunities available for eligible individuals.

Youth program provides similar assistance for individuals aged 14-21.

No charge for services.

16. Springbrook

2705 State Highway 28
Oneonta, NY 13820
(607) 286-7171

www.springbrookny.org

Springbrook is a multi-service organization that provides residential, educational, clinical and habilitative supports for individuals with developmental disabilities. Programs and services include: early intervention services; birth to 5 evaluations; preschool; main campus school; adult day habilitation, consultant teacher services; service coordination; community residences; campus residences; and individual residential alternative homes as well as respite and residential habilitation in the home and the community. Please call for informational brochures.

17. Utica School of Commerce – Oneonta Extension

17 Elm Street
Oneonta, NY 13820
(607) 432-7003

College level courses in business. One year college diploma program or two year associates degree in administrative assistant, business administration, data processing, accounting, business management, micro computer technologies program. TAP and PELL Grant information available. Year round schedule. Day and evening classes available. Call for more information.

NOTES

SECTION 3: ENERGY CONSERVATION AND EMERGENCY ENERGY SERVICE



Electric or Gas Emergency: Dial 911

Families/Individuals Threatened with Shut off of Gas or Electric:

Shut off of electric or gas can be a life threatening situation.

Take action immediately.

Do not ignore shut off notices or late bills.

If you are late or unable to pay your monthly energy bill, call the company:

NYSEG (NYS Electric and Gas): 1-800-572-1111

National Grid: 1-800-NIAGARA (1-800-642-4272)

REA Otsego Electric Cooperative: (607) 293-6622

- Talk to customer service representative. The representative will help you, based on your individual circumstances, to resolve your problem or may refer you to an agency which can help set up a plan of action.
- You must contact NYSEG or National Grid first before emergency assistance can be arranged.
- Contact Opportunities for Otsego or the Department of Social Services (who will direct you where to go to apply for HEAP (Home Energy Assistance Program), or Emergency Assistance to Families (EAF) if HEAP is unavailable).
- If you are not eligible for EAF, you can contact Opportunities for Otsego, Inc. to apply for one time FEMA funds for emergency fuel – these funds are sometimes available.
- If you have a life threatening situation and you have carefully followed the above steps and have been turned down by all, you may want to call the NYS Public Service Commission Hotline for help at 1-800-342-3355 (recorded message).

1. Citizen Action Fuel Group

94 Central Avenue

Albany, NY 12206

(518) 465-4600

1-800-559-4645

www.citizenactionny.org

A non-profit fuel group using group purchasing power to provide members with fuel oil and kerosene at much lower prices over the heating season. Membership in group costs \$25/year and \$20/year for senior citizens. There are no income eligibility requirements. No membership charged for HEAP or disability recipients. There is a one time start up registration fee of \$5.00 for all. Call for an application and information. Full service dealers provide the fuel, offer credit terms and automatic delivery.

2. Cornell Cooperative Extension of Otsego County

123 Lake Street

Cooperstown, NY 13326

(607) 547-2536

(607) 547-5180 (FAX)

Email: otsego@cornell.edu

Website: www.cce.cornell.edu/otsego

31 Maple Street

Oneonta, NY 13820

(607) 433-2521

(607) 436-9682 (FAX)

EmPower New York – Financial Education Workshops are available for groups of 5 or more. Workshops are free and open to the public. Topics include: Save Energy, Save Money, Making Ends Meet- Basic Money Management, and Exploring Credit/Debt Management Issues.

3. New York State Gas and Electric (NYSEG)

NYSEG Emergency: 1-800-572-1131

Consumer Advocate: 1-800-553-7056, Extension 248

Credit assistance and payment arrangements: 1-888-315-1755

Website: <http://www.nyseg.com>

Offers financial assistance/benefits and energy assistance to NYSEG customers.

4. NYS Office of Temporary and Disability Assistance HEAP Hotline

1-800-342-3009

Call this number to determine where you can obtain HEAP (Home Energy Assistance Program) services based on your residence. In Otsego County, see #6a or #7b in this section.

5. NYS Public Service Commission

Consumer Services Division

3 Empire State Plaza

Albany, NY 12223

Hotline: 1-800-342-3355 Offers recorded informational messages.

a. Consumers threatened with a shut off of gas, electric or steam:

You must contact the energy company first. If no help, ask for staff assistance to arrange for deferred payment agreements ensuring that the company complies with the Home Energy Fair Practices Act.

b. Consumer's unresolved complaints concerning utility bills and services:

HELPLINE: 1-800-342-3377. Monday – Friday, 10:00 AM - 4:00 PM

TDD for Hearing/Speech Impaired: 1-800-662-1220

File a complaint online at <http://www.dps.state.ny.us/complaints.html>

HELPLINE staff investigates each complaint, answers questions on electric, gas, telephone or privately owned water services.

c. New York State Energy Office:

1-866-NYSERDA

Distributes energy conservation information, energy investment loans to businesses and zero interest loans for HEAP recipients.

6. Opportunities for Otsego, Inc.

3 West Broadway

Oneonta, NY 13820

(607) 433-8000 or 1-800-986-5463

a. HEAP (Home Energy Assistance Program): (607) 433-8000

HEAP is a federally funded Home Energy Assistance Program that may assist eligible candidates with fuel and utility assistance, emergency assistance and furnace repair and replacement.

b. Weatherization: (607) 433-8000

The Weatherization Program is designed to help make your home more energy efficient, warmer and safer. Weatherization is available to income eligible homeowners and renters.

c. Assisted Home Performance with ENERGY STAR® : (607) 433-8000 or fax: 433-0440

Offers Comprehensive Home Assessments to qualified Otsego County homeowners and tenants, as well as a 50% subsidy (up to \$5000) for all eligible improvement work, which includes energy efficiency and health and safety measures. Targeted to 60%-80% of the State Median Income households, who do not income qualify for WAP (Weatherization Assistance Program). Funded by the New York State Energy Research and Development Authority (NYSERDA).

7. Otsego County Department of Social Services

Otsego Co. Office Building (for mail)
197 Main Street
Cooperstown, NY 13326

The Meadows (for services)
140 County Highway 33W
Cooperstown, NY 13326
(607) 547-1700, 1-800-422-2512

Hours: Monday – Friday, 9:00 AM – 5:00 PM (except summer)
Monday – Friday, 9:00 – 4:00 PM (July-August)

a. Emergency Aid to Families (EAF): (607) 547-1700, 1-800-422-2512

This program is designed to meet the emergency needs of families with children under 18 years of age in specific circumstances. Call for more information. Must apply in person. Bring any shut off notice with you.

b. Home Energy Assistance Program (HEAP): (607) 547-1700, 1-800-422-2512

This program provides one time benefit paid directly to fuel dealer. Must have vendor relationship for fuel oil, kerosene, electric, gas, wood, coal or rent and heat. Regular benefits program begins when funding is available. Limited funding. Individuals and families receiving public assistance and food stamps are automatically eligible and do not need to apply.

8. Otsego County Sheriff

172 County Highway 33 West
PO Box 326
Cooperstown, NY 13326
(607) 547-4271

For emergency: dial 911

Hours: Open 24 hours a day, seven days a week.

Call for assistance in case of life threatening situations and in relevant emergencies. Will notify fire department, ambulance or DSS (Department of Social Services) in case of emergency. No charge.

9. Project Share (NYS Electric and Gas) or Care and Share (National Grid)

Southern Tier Red Cross

Main Offices:
620 East Main Street
Endicott, NY 13760
(607) 785-7207 (24 hr/day, 7 days/wk.)

Otsego County Offices:

396 Chestnut St.
Oneonta, NY 13820
(607) 432-5353
8:30AM – 4:30 PM Mon/Wed/Fri.

101 Main Street (in Pioneer Alley)
Cooperstown, NY 13326
(607) 547-2441
8:30AM – 4:30PM Tues/Thurs.

Project Share or Care and Share provides financial assistance to NYSEG or National Grid elderly or disabled customers who require help to pay for basic energy needs. Can help pay for oil, gas, electricity, propane, or wood; or pay for repairs to heating equipment such as a broken furnace; or for weatherization such as a broken window. You must first apply for HEAP to be considered. (See #6a or #7b in this section.) No charge.

You may be eligible if:

- You have an energy related problem
- You are a NYSEG or National Grid customer or live in NYSEG or National Grid service area
- You have applied for HEAP
- You are eligible for Food Stamps or receiving Public Assistance
- You are/have:
 - Age 60 or older
 - Disabled, regardless of age
 - Have a medical problem which is aggravated by the energy emergency, regardless of age

NOTES

SECTION 4: FOOD AND NUTRITION SERVICES



1. A. O. Fox Hospital Nutrition Consultation Services
FoxCare Center
1 FoxCare Drive
Oneonta, NY 13820
(607) 431-5181

A registered dietitian is available for nutrition consultation within the Wellness and Education Center. You can get help to tailor a diet program that is right for you and your family.

2. Bassett Healthcare Outpatient Nutritional Counseling
Cooperstown: (607) 547-3063 for information
(607) 547-3300 for appointments
Canajoharie: (518) 673-5555 for appointments
Herkimer: (315) 867-2700 for appointments
Norwich: (607) 336-6362 for appointments
Oneonta: (607) 433-1790 for appointments
Richfield Springs: (315) 858-0040 for appointments

Offers outpatient nutritional counseling. Call for information or appointment.

3. Breastfeeding Support: La Leche League
1-877- 4-LALECHE (1-877-452-5324)
Website: www.llli.org

Information on the benefits of breastfeeding, childbirth and the family, the art of breastfeeding, avoiding difficulties, weaning and nutrition.

4. Cornell Cooperative Extension of Otsego County

123 Lake Street	31 Maple Street
Cooperstown, NY 13326	Oneonta, NY 13820
(607) 547-2536	(607) 433-2521
(607) 547-5180 (FAX)	(607) 436-9682 (FAX)
Email: otsego@cornell.edu	
Website: www.cce.cornell.edu/otsego	

- a. Diabetes Prevention and Control - The Healthy Living Partnership of Fulton, Montgomery, Otsego and Schoharie Counties provides education and outreach to adults both at risk and already diagnosed with diabetes. For information on events and activities, please contact Cornell Cooperative Extension.
- b. Eat Smart New York! (607) 547-2536 (Ext. 224 or 234) Promotes nutrition and physical activity through 6 lessons at no cost to the participant. Eligibility is based on involvement in any of the following programs: Food Stamps, WIC, Head Start, SSI or Medicaid. A trained Nutrition Program Educator will meet individually or in small groups for interactive lessons focusing on 1 or more of the following topics: Food Shopping and Budgeting, Food Preparation, Healthy Eating, Food Safety, Quick and Healthy Meals and Snacks, and much more. Graduation certificates and teaching tools are available to program participants.
- c. Master Gardener Program - (607) 547-2536 (Ext. 221) - Cornell trained volunteers answer questions and provide information about gardening, vegetable and fruit cultivation, pests and diseases, harvesting and food preservation (freezing and canning). Help for new or

experienced gardeners. PH tests, pamphlets, information sheets and other resources are available. Also visit the Home Gardening Website: www.gardening.cornell.edu

5. Diabetes Prevention Control – See Cornell Cooperative Extension, #4a in this section
6. Extra Helpings Program – see Opportunities for Otsego, #13a in this section.
7. Food: Soup Kitchens in Otsego County
 - a. The Lord’s Table
(St. James Episcopal Church)
18 Elm Street
Oneonta, NY 13820
Serving Mon. - Fri., 4:30- 6 PM
 - b. Saturday’s Bread
(First United Methodist Church)
66 Chestnut Street
Oneonta, NY 13820
Saturday, 11 AM – 1 PM
 - c. Meal with a Message
(Salvation Army)
25 River Street
Oneonta, NY 13820
Sunday, 4 PM after brief service.
8. Food Pantries in Otsego County (Some restrictions may apply.)
 - a. Burlington Flats
First Baptist Church of Burlington Flats
101 Arnold Road
Burlington Flats, NY 13315
(607) 965-8621
Contact: the Minister of the church, Pastor Jay Henderson
 - b. Cooperstown
Cooperstown Food Bank
Presbyterian Church
25 Church Street
Cooperstown, NY 13326
(607) 547-8902
Hours: Monday – Friday, 10 AM – 12 Noon, 2 PM – 4 PM, Except Holidays
Restrictions: Once per month
 - c. Edmeston
Second Baptist Church Food Pantry
7 North Street
Edmeston, NY 13335
Contact: Doreen Bush (607) 965-8258 or message at church (607) 965-8540
 - d. Gilbertsville
Butternut Valley Food Pantry
Marion Ave.
Gilbertsville, NY 13776
Hours: By appointment only
Contact: Debbie Gross: (607) 783-2344
Restrictions: By referral only, for emergency use.

- e. Hartwick
 Hartwick United Methodist Church
 3130 Main Street
 Hartwick, NY 13348
 Contact: Minister Rick Stackhouse: (607) 432-0397 or Anita Harrison: (607) 293-6602
- f. Laurens
 Laurens Presbyterian Food Pantry
 Corner of Main St. and County Route 12
 Laurens, NY 13796
 Hours: Call for an appointment
 Contact: Minister Harry Meyers: (607) 432-2833; or Neil and Frances Toombs: 432-2947
- St. Matthew's Lutheran Church
 125 Main Street
 Laurens, NY 13796
 Hours: Call for appointment.
 Contact: Ann Lloyd: (607) 432-2656; or Jeff Hahn: (607) 433-2615
- g. Mt. Upton
 United Methodist Church
 Route 8
 Mt. Upton, NY 13809
 Hours: By appointment
 Contact: Carol Clum: (607) 764-8365
- h. New Berlin
 St. Andrew's Episcopal Church
 42 South Main Street
 New Berlin, NY 13411
 Hours: By appointment
 Contact: Father Chuck Taylor: (607) 847-6361
- i. Oneonta
 St. James Episcopal Church Food Pantry
 305 Main Street
 Oneonta, NY 13820
 (607) 432-1458
 Hours by Appointment. Please call ahead.
- St. Mary's Roman Catholic Church at Parish Center
 38 Walnut Street
 Oneonta, NY 13820
 (607) 432-3920, Extension: 212
 Hours: Monday - Friday, 11 AM – 3 PM
 Restrictions: Access to Oneonta food pantries is once per month.
- Salvation Army
 25 River Street
 Oneonta, NY 13820
 Call (607) 432-5960 in an emergency Contact: Sharon Haines
 Hours: Monday – Friday, 9:30 AM – 4:30 PM
 Restrictions: Access to the Oneonta food pantries is once per month. They will refer you
 to your area food pantry if there is one available.

- j. Otego
 Otego Baptist Church
 290 Main Street
 Otego, NY 13825
 Contact: (607) 988-6373 (By appointment only.)

- k. Richfield Springs
 Church of Christ Uniting
 22 Church Street
 Richfield Springs, NY 13439
 Hours: Tuesday & Thursday, 10 AM – 12 Noon and 2nd and 4th Saturday, 10 AM – 12N
 Contact: Ken Dreis: (315) 858-0667 or the Church: (315) 858-1553

- l. Schenevus
 Tri-Valley Food Pantry Bank
 Schenevus United Methodist Church
 39 Main Street
 Schenevus, NY 12116
 Contact: Judy Staruck: (607) 638-5509 or Mary Mulbury (607) 638-5409
 Restrictions: By appointment only. Limited to immediate area. Call for specifics.

- m. Unadilla
 Unadilla Emergency Food Pantry
 Unadilla United Methodist Church
 17 Main Street
 Unadilla, NY 13849
 Hours: Monday and Friday, 11 AM – 12 Noon
 Contact: Ed Gifford: (607) 369-2474

- n. Worcester
 Worcester Food Pantry
 First Presbyterian Church
 174 Main Street
 Worcester, NY 12197
 Contact: Geraldine Roe: (607) 397-1802
 Restrictions: By appointment only. Limited to immediate area. Call for specifics.

- 9. Holiday Food Baskets- available from the following agencies in November and/or December. Please contact them for details.
 - a. Family Service Association – See Section 5: Crisis Information- Family Support Services- Safety Net Agencies, #7d.
 - b. Opportunities for Otsego – See this section, #13
 - c. Salvation Army – See this section, #8i

- 10. New York State Food Stamp Hotline: 1-800-342-3009
 If you are having trouble getting Food Stamps, call for information and help. No charge.

- 11. Food Stamps – See #14 in this section

- 12. Master Gardener Program – See #4c in this section

13. Opportunities for Otsego, Inc. (OFO)

3 West Broadway
Oneonta, NY 13820
(607) 433-8000 or 1-800-986-5463
Website: www.ofoinc.org

- a. Extra Helpings Program is a Community Food Buying Club. For less than retail, participants can take home 12 nutritious items, including meats and produce. Food value far exceeds what you would pay in stores. Special monthly buys also available. There are no income guidelines or age restrictions. Contact: Mike Greely @ 433-8373
- b. Community Connections County Food Bank
Roundhouse Road
Oneonta, NY 13820
Contact: Mike Greely (607) 433-8373
- c. Holiday Food Baskets: (607) 433-8373
- d. WIC (Women, Infants and Children): (607) 433-8071
WIC is a federally funded program for pregnant women and families with children under the age of 5 years old. Income eligibility is 185% poverty level. Call for specific income requirements. This program stresses nutrition education and gives a family a voucher to purchase formula and nutritious food. Appointments available during the day, evening and Saturday appointments once a month. Outreach clinics also available

14. Otsego County Department of Social Services

Mailing address:
197 Main Street
Cooperstown, NY 13326

Services at:
The Meadows
140 County Highway 33W
Cooperstown, NY 13326
(607) 547-1700 or 1-800-422-2512

Food Stamps: Must be income eligible. Apply to find out. Phone for information. Request an application to be sent to you when you call. Complete all the information you can on the application. Be sure to fill out at least your name and address, the date and your signature. Bring or send the application to the Food Stamp Office as soon as possible. Your benefits, if eligible, will be counted from the date the signed, dated application is received at the Food Stamp Office; however, a face to face interview will still be required.

You may qualify for expedited food stamps if you meet the criteria. This means your Food Stamp application must be processed within 5 calendar days.

Many local churches also have food banks/pantries that can assist you when you are ineligible for Food Stamps. (See #5 and #6 in this section.)

15. WIC (Women, Infants and Children) – see #13d in this section

NOTES



SECTION 5: CRISIS INFORMATION - FAMILY SUPPORT SERVICES – SAFETY NET AGENCIES

1. AIDS Services - (See Section 1: Counseling, Listening and/or Referral, #1)

2. American Red Cross
Southern Tier Red Cross

Main Office:
620 East Main Street
Endicott, NY 13760
(607) 785-7207 – 24 hr/day, 7 days/wk.

Otsego County Offices:

396 Chestnut St.

Oneonta, NY 13820

(607) 432-5353

Hours: 8:30 AM – 4:30 PM (M/W/F)

101 Main Street (in Pioneer Alley)

Cooperstown, NY 13326

(607) 547-2441

8:30AM – 4:30PM (T/Th)

(+ Answering machine: 24 hr/day, 7 days/wk. and 24 hours a day/365 days a year, round the clock service for families in the military or disaster services)

Provides civil or natural disaster aid services to families and individuals including food, clothing, shelter. Verifying agency for Project Share and Share and Care (see Section 3: Energy Conservation and Emergency Energy Service, #8). Classes in first aid, CPR and Water Safety. Services and information for families in the military. Call for information. No charge for information or disaster services. Minimal charge for courses and booklets.

3. Berkshire Farm Center and Services for Youth

LIFE House for Runaway and Homeless Youth

387 Chestnut Street

Oneonta, NY 13820

24 Hour Hotline: 1-866-HELP-130 (1-866-435-7130)

Program information: (607)432-8370

FAX: (607)432-8303

www.berkshirefarm.org

Berkshire's LIFE (Live In Family Environments) House Program provides a temporary home for youth in crisis. Certified homes within the area keep kids safe while determining the next steps. The ultimate goal is to help kids and their families build on their strengths and reunite, if possible.

4. Catholic Charities

176 Main Street

Oneonta, NY 13820

(607) 432-0061

Hours: Monday – Friday, 9:00 AM – 5:00 PM.

Services for families and individuals. Catholic Charities responds to community needs through advocacy, direct services and education. Offers emergency assistance and referral.

a. CASA (Court Appointed Special Advocate): (607) 432-0061

email: jennm38@roadrunner.com

Trained CASA Volunteers in Otsego and Chenango Counties are assigned by judges to gather comprehensive individual information on a child involved with local courts due to abuse and neglect or abandonment. Contact: Jennifer Morris or Rita Maxwell.

- b. Child Care Resource and Referral (Child Care Connection):
(607) 432-0061 or 1-866-814-1117(toll free)

This program works to develop quality, reliable and affordable child care by recruiting, training, and providing technical assistance to local child care providers and programs. CCR&R also provides parents with referrals to NYS registered and/or licensed child care providers and tips on choosing an appropriate provider. Sponsor of the Child and Adult Care Food Program (CACFP).

- c. Community Maternity Services: (607) 432-9314 or (518) 295-6100

An outreach site of Community Maternity Services of Schoharie County serves pregnant and parenting teens in Otsego County. Home visits help to prepare young parents for the challenges of child rearing with information about child development, family budgets, operating a home and balancing work, school and parenting. Court ordered parenting education programs provided.

- d. Dispute Resolution Center of Delaware, Chenango and Otsego Counties:
(607) 432-0061; email: ypcjm38@hotmail.com

Offers a full range of family, custody/visitation, community, peer, employer/employee, landlord/tenant, neighbor/neighbor, and special education mediation and dispute resolution. Includes a Peacemaker curriculum for school.

- e. Otsego County Drug Treatment Court Case Management: (607) 432-0061
(see Section 7: Legal and Consumer Services: #1a)

- f. Single Room Occupancy Housing: (607) 436-9250 or (607) 432-0061
email: ccdodoc@stny.rr.com

Transitional housing and case management services for low income adults. Provides 26 units of affordable, shared housing for low income, single adults needing clean, safe, decent housing. Assists in preventing the unnecessary or early institutionalization of potentially homeless people.

- g. Victim's Impact Panel: (see Section 7: Legal and Consumer Services: #1c)

5. Cornell Cooperative Extension of Otsego County

123 Lake Street
Cooperstown, NY 13326
(607) 547-2536
(607) 547-5180 (FAX)
Hours : Mon. – Fri. 8:30 AM – 4:30 PM
Email: otsego@cornell.edu
Website: www.cce.cornell.edu/otsego

31 Maple Street
Oneonta, NY 13820
(607) 433-2521
(607) 436-9682 (FAX)
Hours : Mon. – Thurs. 8:30 AM – 4:30 PM

6. Family Resource Network (FRN)

46 Oneida Street
Oneonta, NY 13820
(607) 432-0001 or 1-800-305-8814
FAX: (607) 432-5516
Email: familyrn@gmail.com

Website: www.familyrn.org

The Family Resource Network, Inc. (FRN) is a parent-run, parent-driven, non profit organization serving families of children with special needs in Otsego, Delaware, Chenango, Broome, Tioga and Tompkins Counties. FRN provides information, support and advocacy services to families who have children with developmental, special health care and mental health needs. In Otsego County, FRN facilitates both an Autism Spectrum Disorder support group as well as the Parent Support Network serving caregivers of children with any type of special need. FRN also offers a Parent to Parent Program, Special Education Advocacy Program, and a Resource Center which includes a library and access to a copier and fax, the internet, and the use of a conference room. FRN is a chapter of Families Together in NYS serving families who have children with emotional, behavioral or social disorders.

7. Family Service Association of Oneonta, Inc.

277 Chestnut Street
Oneonta, NY 13820
(607) 432-2870

Hours: Mon. – Wed. (9:30 AM – 12:30 PM, 1:30 – 4:30 PM); Thurs. (1:30 – 4:30 PM); and, Fri. by appointment

Private human service agency which provides information, advocacy, referral services for individuals and families in need. Call for information. No charge.

- a. Clothing Program: free used Clothing Room, Oneonta Clothing Guild, Coats for Kids and Back to School Program.
- b. Emergency Services Program: limited funds for necessary medications, transportation, housing search assistance, hygiene/cleaning supplies and furniture recycling.
- c. Parent Resource Center: information/classes about parenting skills and child/adult development.
- d. Holiday Programs: Thanksgiving Food Basket Program and Adopt a Family at Christmas.
- e. Training: Volunteer training opportunities, Parent Group Facilitator and NYS Family Development Credentialing Programs are offered.

8. LEAF Council on Alcoholism and Addictions – See Section 1: Counseling, Listening and/or Referral, #2a.

9. New York State Child Abuse/Maltreatment Registry

NYS Department of Social Services
40 North Pearl Street
Albany, NY 12243

24 hour Hotline: 1-800-342-3720 to report suspected child abuse/neglect.
Hotline available 24 hours a day, seven days a week. No charge for call.

10. New York State Kinship Navigator

30 North Clinton Avenue
Rochester, NY 14604
Phone: 1-877-4KidInfo (1-877-454-6463)
TTY: New York Relay 711 or 1-800-421-1220
Email: navigator@nysnavigator.org
Website: www.nysnavigator.org

Hours: Monday – Friday: 10 AM – 4 PM (a Kinship Specialist is available to assist you)

This program is operated by Catholic Family Center and is specifically designed to provide information and resources to kinship caregivers (grandparents, aunts/uncles, etc.) across all of New York State. They answer questions and provide information on topics such as

legal rights regarding custody and visitation, decision-making authority, access to official records, eligibility for public assistance, foster care, tax credits, childcare and respite.

11. Opportunities for Otsego, Inc.

3 West Broadway
Oneonta, NY 13820
(607) 433-8000 or 1-800-986-5463
www.ofoinc.org

a. Child and Family Development Department: (607) 433-8055

- Building Healthy Families: (607) 433-8048

Provides free, comprehensive, home-based services to pregnant and new parents. The long-range goals include: increasing the parent's knowledge of child development, connecting the family to available resources and supporting them through stressful situations. Initial eligibility is pregnancy through 3 months of age. Once accepted into program, workers can work with families until the child enters Head Start or kindergarten. It is part of a state-wide initiative called *Healthy Families New York*.

- Child Care: (607) 433-8055

Hours: Monday – Friday, 6:30 AM – 5:30 PM (year round)

Child Care services are available to preschool children. Offer Head Start/Early Head Start extended day care programming for children 8 weeks through 5 years old at 258 River Street, Oneonta. Parents are encouraged to apply for Child Care subsidy through the Department of Social Services.

- Children's Center: (607) 433-8055

This program is located in the County Office Building in Cooperstown. It is a child care room, staffed by a childcare professional, where young children can participate in age appropriate activities. This provides children an alternative to sitting through interviews at DSS or being present for court activities. It is a national model that is supported by Head Start, the NYS Judicial Commission and the local Department of Social Services.

- Early Head Start: (607) 433-8055

Early Head Start provides services to expectant parents and parents of children under the age of 3 years old through home visits and center based services. Services include child development education, health/wellness education for parents and children, ongoing support and referrals to other resources in the community. Early Head Start can benefit the whole family. Eligibility is based on federal income guidelines. There are no fees for participation.

- Head Start: (607) 433-8055

Head Start provides your 3 or 4 year old child a happy, healthy life experience and preparation for kindergarten. Head Start can benefit the whole family. Eligibility is based on federal income guidelines.

- Universal Pre-Kindergarten Program: (607) 433-8055

Serves children in designated school districts to provide quality pre-school experiences. Offers education, health, nutrition, social services, parent involvement and special services for children with disabilities. No charge.

- WIC (Women, Infants & Children): (607) 433-8071

WIC is a federally funded program for pregnant women and families with children under the age of 5 years old. Income eligibility is 185% poverty level. This program stresses nutrition education and gives a family a voucher to purchase formula and nutritious food.

b. Community Connections

182 Roundhouse Road

Oneonta, NY 13820

- County Food Bank: (607) 433-8373

The Community Connection Food Bank was formed through a partnership of local organizations, businesses and houses of worship with the objective of providing centralized collection, storage and distribution of food to local pantries and feeding sites throughout Otsego County. (For individual soup kitchens and food pantries, see Section 4: Food and Nutrition Services, #5 and #6)

c. Crisis Intervention and Support Services: (607) 433-8038

- Emergency Housing Assistance Program: (607) 433-8337

Hotline: (607) 433-8318, 24 hours/day, 7 days/week

Provides advocacy and emergency housing for persons who are homeless or on the verge of homelessness. Provides emergency housing, assistance with finding permanent housing and advocacy.

- Violence Intervention Program: (607) 433-8038

Hotline: (607) 432-4855, 24 hours/day, 7 days/week. Collect calls accepted.

The Violence Intervention Program provides free and confidential services to victims of sexual assault, rape, date rape, incest, intimate partner violence and family violence or any innocent victim of a crime. Adults and children who have experienced trauma in the form of physical, emotional, psychological or verbal abuse will be provided confidential support and services. Offers: a staffed domestic violence shelter, individual and group counseling, legal advocacy and court accompaniment, crime victim board compensation assistance, domestic violence and sexual assault prevention education for schools and community organizations, and volunteer opportunities. Also offers transitional housing to victims who qualify for these services.

d. Housing, Employment and Energy Services

- HEAP (Home Energy Assistance Program): (607) 433-8000

HEAP is a federally funded Home Energy Assistance Program that may assist eligible candidates with fuel and utility assistance, emergency assistance and furnace repair and replacement.

- Weatherization: (607) 433-8000

The Weatherization Program is designed to help make your home more energy efficient, warm and safer. Weatherization is available to income eligible homeowners and renters.

- Assisted Home Performance with ENERGY STAR®: (607) 433-8000 or fax: 433-0440

Offers Comprehensive Home Assessments to qualified Otsego County homeowners and tenants, as well as a 50% subsidy (up to \$5000) for all eligible improvement work, which includes energy efficiency and health and safety measures. Targeted to 60%-80% of the State Median Income households, who do not income qualify for WAP.

Funded by the New York State Energy Research and Development Authority (NYSERDA).

12. Otsego Adopt, Inc.: (315) 858-0304 - See Section 1: Counseling, Listening and/or Referral, #10

13. Otsego County Department of Social Services (DSS)

Otsego Co. Office Building (<i>mailing address</i>)	The Meadows (<i>for services</i>)
197 Main Street	140 County Highway 33W
Cooperstown, NY 13326	Cooperstown, NY 13326
(607) 547-4355	(607) 547-1700, 1-800-422-2512
Hours: Monday – Friday, 9:00 AM – 5:00 PM (except summer)	
Monday – Friday, 9:00 – 4:00 PM (July-August)	

The Department of Social Services is the agency which provides basic life support services to all citizens of Otsego County. Provides a wide variety of services which are described briefly here. For more information, call Social Services.

No appointment is required to apply for Food Stamps, Temporary Assistance, Safety Net Assistance or Emergency Services. No new clients after 3:00 PM except for crisis or emergencies. You must have an appointment to apply for medical assistance.

Bring the following documentation: Birth certificates for all family members, Social Security numbers for all family members, health insurance card, rent/mortgage receipt, fuel/utility bills, phone bill, marriage certificate or divorce papers, custody papers, disability notice, unemployment book, proof of any income, life insurance, current savings/checking account statement.

DSS consists of two divisions: Services Division and Eligibility Division. The following is a brief summary of what each provides.

Services Division of DSS

a. Child Preventive Services:

Services offered to prevent disruption of family life and prevent placement of children in foster care. Parent must request the services.

- Foster Care: (607) 547-4355

DSS certified and supervised homes for children in need of temporary placement.
Court ordered placement.

- Adoption: (607) 547-4355

Information and help to surrender children for permanent adoption or to adopt a child.

b. Children Protective Service (CPS): (607) 547-4355

Investigates suspected child abuse or neglect upon referral from the NYS Child Abuse/Neglect Hotline. CPS insures that children's needs are met. Provides information to parents, services available to improve the home environment and referrals to services.

c. Protective Service for Adults: (607) 547-4355

Investigates reports of possible abuse/neglect of adults.

d. Child Care: (607) 547-1700 or 1-800-422-2512

Child care available to income eligible working parents or parents attending school or job training full time. Preventive child care also available for at-risk families. Eligibility determined by income/circumstances. Call for information.

- e. Homeless Services: (607) 547-1700 or 1-800-422-2512
Assistance with temporary housing, referrals, assistance to locate housing and household items, security letter/deposit. Personal interview required. Bring documentation.

Eligibility Division of DSS: (607) 547-1700 or 1-800-422-2512

- a. Public Assistance: Financial assistance for basic needs.
 - Temporary Assistance (TANF) – Financial assistance for children and families in need. Basic needs met.
 - Safety Net Assistance – Financial assistance for single adults or households without children
 - Emergency Assistance for Adults (EAA) – Emergency assistance to SSI recipients which cannot be met by the basic SSI monthly check.
 - Emergency Assistance to Families (EAF) – Designed to meet the temporary emergency needs of families with dependent children under 21.
- b. Medical Assistance: (607) 547-1700 or 1-800-422-2512
Medicaid is a medical assistance program for low income individuals/families which covers the cost of medical care. Applicants must meet income and asset limits to be eligible. All children 5 and under who are 133% of poverty are eligible. No resource test. Pregnant women and infants up to age 1 are eligible at 185% poverty, no resource test. Call for an application. Request list of required documentation required to qualify. Information and brochure is also available on request. No charge.
- c. Home Energy Assistance Program (HEAP): (607) 547-1700 or 1-800-422-2512
This program provides one time benefit paid directly to fuel dealer. Must have vendor relationship for fuel oil, kerosene, electric, gas, wood, coal or rent and heat. Regular benefits program begins when funding is available. Limited funding. Individuals and families receiving public assistance are automatically eligible and do not need to apply. Food stamp recipients apply via mail to DSS. Applications are automatically mailed to recipients.
- d. Food Stamps: (607) 547-1700 or 1-800-422-2512
Provides monthly benefits to buy needed food. See Section 4: Food and Nutrition, #13
- e. Medicaid Transportation: 1-800-388-9853. See Section 9: Medical/Dental Services, #11C
- f. Employment Unit: (607) 547-1700 See Section 2: Education/Job Skill Development, #12

14. Otsego County Office for the Aging

The Meadows

140 County Highway 33W

Cooperstown, NY 13326

(607) 547-4232

403 Chestnut Street

Oneonta, NY 13820

(607) 432-9041

Offers the following services to *senior citizens*: adult day care; caregiver service; homemaker services; real property tax exemption information; entitlement counseling regarding Medicare, Medicaid, Food Stamps, etc.; EPIC elderly pharmaceutical insurance coverage; HEAP/WRAP (Home Energy Assistance Program and Weatherization Referral and Packaging Program); HIICAP (Health Insurance Information Counseling Program); legal assistance; Lifeline; news exchange; nutrition services through Gathering Post meal sites and home delivery; ombudsman for residents at long term care facilities to help them understand and

exercise their rights; senior employment; tax aid and assistance; transportation; and the 55-Alive safe driving course.

Call for information, assistance and eligibility requirements.

15. Parenting Group Meeting Series

Family Service Association of Oneonta, Inc.

277 Chestnut Street

Oneonta, NY 13820

(607) 432-2870

Hours: Monday – Friday, 9:30 AM – 4:30 PM (call first).

Programs designed for parents around personal growth, parenting skills, problem solving and sharing. Films, discussion, and resources are available. No charge.

16. PFLAG (Parents, Families and Friends of Lesbians and Gays) Oneonta/Otsego Co. Chapter

(607) 432-1251; Email: pflag@stny.rr.com; Website: www.pflagotsego.org

(See Section 1: Counseling, Listening and/or Referral, #14)

17. Prevention Information Resource Center (PIRC)

Prevent Child Abuse New York

33 Elk Street

Albany, NY 12210

1-800-342-7472 (available 24 hour/day, 7 days a week in English and Spanish)

www.preventchildabuseny.org

PIRC is an information and referral service for parents, child care professionals and other citizens who want to prevent child abuse and neglect. It provides information and materials about: child abuse and neglect; new parent and prenatal programs; parent education and support groups; services for parents under stress; services for abused children and adult survivors of abuse; New York's Child Protective System; and, National information networks.

18. Red Cross – See American Red Cross, #2 in this section.

19. Religious information

1) Anglican Service
The Old Stone Church
Route 28
Schuyler Lake, NY 13457
315-858-2253

2) Apostolic Fellowship
420 Co. Hwy. 58
Oneonta, NY 13820
(607) 433-0462

3) Assembly of God
1667 Co. Hwy. 48
Oneonta, NY 13820
(607) 432-4863

4) Baha' Faith
(607) 638-9016

5) Baptist Church
656 Winney Hill Road
Oneonta, NY 13820
(607) 432-8074

6) Bible Baptist Church
County Route 11B
Mt. Vision, NY 13810
(607) 432-3676

7) Blessed Sacrament Church
Public Landing Road
Springfield Center, NY 13468
(607) 264-3779

8) Burlington Baptist Church
6007 State Highway 51
Burlington Flats, NY 13315
(607) 965-8914

- 9) Calvary Christian Fellowship
Meets at VFW of Schenevus
25 Main Street
Schenevus, NY 12155
(607) 638-5544
Email: sg23.com\calvary
- 10) Cherry Valley Assembly of God Church
37 Alden Street
Cherry Valley, NY 13320
(607) 264-3306
- 11) Cherry Valley United Methodist Church
82 Main Street
Cherry Valley, NY 13320
(607) 264-3087
- 12) Christ Church
38 Marion Ave.
Gilbertsville, NY 13776
(607) 783-2267
- 13) Christ Church of Cooperstown
69 Fair Street
Cooperstown, NY 13326
(607) 547-9555
- 14) Christian Church of South Valley
1153 St. Hwy. 165
Cherry Valley, NY 13320
(607) 264-3035
- 15) Church of Christ Uniting
22 Church Street
Richfield Springs, NY 13439
(315) 858-1553
- 16) Church of the Holy Spirit
Schenevus, NY 12155
(607) 638-5612
- 17) Church of Jesus Christ of Latter Day Saints
Balmoral Road
West Oneonta, NY 13861
(607) 432-8195
- 18) Cooperstown Church of Christ
52 Linden Avenue
Cooperstown, NY 13326
(607) 547-1020 or 286-7410
- 19) Community Bible Chapel
577 Greenough Road
Cooperstown, NY 13326
(607) 547-9764
- 20) Community Gospel Church
12 Grove Street (near 125 Main St.)
Oneonta, NY 13820
(607) 432-3075 Office – (2031)
- 21) Cooperstown Assembly of God
PO Box 550
Routes 28N and 80W
Cooperstown, NY 13326
(607) 547-2833
- 22) Cooperstown Church of Christ
PO Box 103 – 52 Linden Ave.
Cooperstown, NY 13326
(607) 547-1020, 286-7410, 286-9167
- 23) Cooperstown United Methodist Church
66 Chestnut Street
Cooperstown, NY 13326
(607) 547-9540
- 24) East Worcester United Methodist Church
South Hill Road
East Worcester, NY 12064
(607) 397-9431
- 25) Elm Park United Methodist Church
401 Chestnut Street
Oneonta, NY 13820
(607) 432-6552
- 26) Evangelical Lutheran Church
4636 State Route 28
Cooperstown, NY 13326
(607) 547- 9613, 431-4599
- 27) Faith Baptist Church of Cooperstown
4898 State Route 28
Cooperstown, NY 13326
(607) 547-5067
- 28) First Baptist of Burlington Flats
6007 State Highway 51
Burlington Flats, NY 13315
(607) 965-8621

- 29) First Baptist of Cooperstown
19 Elm Street
Cooperstown, NY 13326
(607) 547-9371, 547-9258
- 30) First Baptist of Hartwick
300 Main St.(corner of Rts 205 & 11)
Hartwick, NY 13348
(607) 293-6672
- 31) First Baptist of Oneonta
71 Chestnut Street
Oneonta, NY 13820
(607) 432-2432
- 32) First Christian Church
2 West Branch Otsdawa
Otego, NY 13825
(607) 988-7144
- 33) First Church of Christian Science
61 Chestnut Street
Oneonta, NY 13820
(607) 432-8759
- 34) First Presbyterian Church
PO Box 235
56 Alden Street
Cherry Valley, NY 13320
(607) 264-8336
- 35) First Presbyterian Church
PO Box 341
Marion Avenue
Gilbertsville, NY 13776
(607) 783-2867
- 36) First Presbyterian Church
296 Main Street
Oneonta, NY 13820
(607) 432-4286
- 37) First Presbyterian Church
148 Main Street
Worcester, NY 12197
(607) 397-9260
- 38) First Presbyterian Church of
Springfield
5446 St. Hwy. 20
East Springfield, NY 13333
(607) 264-3111
- 39) First United Methodist Church
66 Chestnut Street
Oneonta, NY 13820
(607) 432-4102
- 40) First United Presbyterian Church
381 Main St.
Oneonta, NY 13820
(607) 432-7520
- 41) Fly Creek United Methodist Church
PO Box 135 - County Highway 26
Fly Creek, NY 13337
(607) 547-9946
- 42) Galilee Children's Choir at the First
Presbyterian Church
25 Church Street
Cooperstown, NY 13326
(607) 547-9300
Email: Katie@cherryvalley.com
- 43) Gilbertsville Baptist Church
PO Box 216
Gilbertsville, NY 13776
(607) 783-2993
- 44) Grace Episcopal Church
32 Montgomery Street
Cherry Valley, NY 13320
(607) 264-8303
- 45) Hartwick Christian Church
PO Box 65 - North Street
Hartwick, NY 13348
(607) 293-6025
- 46) Hartwick/Mt. Vision United Methodist
Church
State Highway 205
Mt. Vision, NY
(607) 432-0397
- 47) Holy Cross Church
43 West Main Street
Morris, NY 13808
(607) 263-5143
- 48) Hope Presbyterian Church (Meets at
Oneonta Community Christian School)
158 River Street
Oneonta, NY 13820
(607) 829-6610, 432-0383

- 49) Laurens Presbyterian Church
3 Main Street
Laurens, NY 13796
(607) 432-3738
- 50) Living Water Faith Fellowship
7 Lewis Street
Oneonta, NY 13820
(607) 433-2234
- 51) Lutheran Church of the Atonement
1 Center St. (Corner of Center
& West Sts.)
Oneonta, NY 13820
(607) 432-6852
- 52) Lutheran Cnt. Bible Church
61 Chestnut Street
Oneonta, NY 13820
(607) 432-2973
- 53) Main Street Baptist Church
333 Main Street
Oneonta, NY 13820
(607) 432-5712
FAX: (607) 432-0314
Email: msbc@msbchurch.org
Website: www.msbchurch.org
- 54) Maryland Baptist Church
Route 7
Maryland, NY 12116
(607) 638-5452
- 55) Methodist Church
3 North Street
Edmeston, NY 13335
(607) 965-8046
- 56) Milford Center Community Bible
Church
2582 State Highway 28
Oneonta, NY 13820
(607) 432-2973
- 57) Milford United Methodist Church
86 North Main Street
Milford, NY 13807
(607) 286-7243
- 58) Old Stone Church First Universalist
Schuyler Lake, NY 13457
(315) 858-2253
- 59) Otego Baptist Church
101 Main Street
Otego, NY 13825
(607) 988-6373
- 60) Otego United Methodist Church
PO Box 288
Otego, NY 13825
(607) 988-2866
- 61) Otego Presbyterian Church
16 River Street
Otego, NY 13825
(607) 988-2861
- 62) Pilgrim Holiness Church
83 Main Street
East Worcester, NY 12064
- 63) Presbyterian Church of Cooperstown
25 Church Street
Cooperstown, NY 13326
(607) 547-8401
- 64) The Religious Society of Friends
PO Box 238
Fly Creek, NY 13337
(607) 547-5450
- 65) Richfield Springs Bible Church
17 Church Street
Richfield Springs, NY 13439
(315) 858-2989
- 66) River Street Baptist Church
133 River Street
Oneonta, NY 13820
(607) 432-8285
- 67) St. Innocent Orthodox Church
1 Center St. (at Lutheran Church)
Oneonta, NY 13820
(607) 785-0147
- 68) St. James Episcopal Church
305 Main St. (Corner Main & Elm St.)
Oneonta, NY 13820
(607) 432-1458
- 69) St. John Lutheran Church
Routes 80 and 51
West Burlington, NY 13482
(607) 965-6643

- 70) St. John's Episcopal Church
98 Main Street
Richfield Springs, NY 13439
(315) 858-1121
- 71) St. Joseph's Catholic Church
181 Main Street
Worcester, NY 12197
(607) 397-9373
- 72) St. Joseph's Roman Catholic Church
35 Canadarago Street
Richfield Springs, NY 13439
(315) 858-1682
- 73) St. Mary's Roman Catholic Church
31 Elm Street
Cooperstown, NY 13326
(607) 547-2213
- 74) St. Mary's Roman Catholic Church
39 Walnut St.
Oneonta, NY 13820
(607) 432-3920
- 75) St. Matthew Lutheran Church
97 Maple
Laurens, NY 13796
(607) 432-9120
- 76) St. Matthew's Church
Main Street
Unadilla, NY 13849
(607) 369-3081
- 77) St. Thomas Church
1 Church Street
Cherry Valley, NY 13320
(607) 264-3779
- 78) St. Timothy's Episcopal Church
Westford, NY 13488
- 79) Salvation Army
25 River Street
Oneonta, NY 13820
(607) 432-5960
- 80) Schenevus First Baptist Church
Corner of Monitor & Division Sts.
Schenevus, NY
(607) 638-5866
- 81) Schuyler Lake Methodist Church
School Street
Schuyler Lake, NY 13457
(607) 547-9946
- 82) Second Baptist Church
7 North Street
Edmeston, NY 13335
(607) 965-8540
- 83) Second Baptist Church
PO Box 373
62 Main Street
Worcester, NY 12197
(607) 397-8353
- 84) Seventh Day Adventist
634 St. Hwy 205
Oneonta, NY 13820
(607) 432-8354
- 85) Sidney Center/Unadilla United
Methodist Church
PO Box 654
73 Main Street
Unadilla, NY 13849
(607) 369-2052
- 86) South Edmeston Community Church
4259 County Route 18
South Edmeston, NY 13411
(607) 847-6220
- 87) Southside Wesleyan Church
5300 State Highway 23 (East)
Oneonta, NY 13820
(607) 432-1083
- 88) Spirit and Truth Christian Assembly
PO Box 122
Country Club Rd. at "Old Town Hall"
Oneonta, NY 13820
(607) 433-0129
- 89) Susquehanna Valley Baptist Church
1796 Co. Hwy 48 (Back River Rd.)
Oneonta, NY 13820
(607) 432-8523
- 90) Temple Beth El
83 Chestnut Street
Oneonta, NY 13820
(607) 432-5522

- 91) Trinity Christian Reformed Church
168 Main Street
Richfield Springs, NY 13439
(315) 858-2448
- 92) Unadilla Baptist Church
16 Watson St.
Unadilla, NY 13849
(607) 369-7425
- 93) Unadilla Center United Methodist
73 Main Street
Unadilla, NY 13849
(607) 364-2054
- 94) Unitarian Universalist Society of
Oneonta
12 Ford Avenue
Oneonta, NY 13820
(607) 432-3491
Website: www.uuso.org
- 95) United Methodist Church
13 Church Street
Morris, NY 13808
(607) 263-5162
- 96) United Methodist Church
Roseboom, NY 13450
(607) 547-2649
- 97) United Methodist Church
73 Main Street
Unadilla, NY 13849
(607) 369-2052
- 98) United Methodist Church
Main Street
Worcester, NY 12197
(607) 397-8658
- 99) United Methodist Church
PO Box 176
66 Main Street
Schenevus, NY 12155
(607) 638-5867
- 100) West End Community
Baptist Church
18 Winney Hill Road
Oneonta, NY 13820
(607) 432-1294
- 101) West Exeter United Methodist
Church
PO Box 27
Burlington Flats, NY 13315
- 102) West Laurens Community Church
West Laurens, NY 13796
(607) 432-0397
- 103) West Oneonta Baptist Church
2845 County Route 8
Oneonta, NY 13820
(607) 432-0276
- 104) Westville United Methodist
Church
PO Box 274
Schenevus, NY 12155
(607) 433-1450
- 105) Word of Faith Fellowship
6568 State Highway 7
Maryland, NY 12116
(607) 432-4287
- 106) Zion Episcopal Church
158 Main Street
Morris, NY 13808
(607) 263-5927

20. Salvation Army

25 River Street
Oneonta, NY 13820
(607) 432-5960

http://www.use.salvationarmy.org/use/www_use.nsf

Hours: Monday – Friday: 9:30 AM – 12 N and 12:30 PM - 4:30 PM

Emergency services for families: food, clothing, as well as holiday food and gift boxes. Eligibility based on need and availability. Information on Salvation Army contacts all over Otsego County. Thrift clothing sale from 9:00 AM – 1:00 PM at Salvation Army Church on River

Street, third Friday of each month except November and December. Other programs for youth and senior citizens recreation.

21. Veteran's Affairs

Veterans Service Agency- NYS

197 Main Street
Cooperstown, NY 13326
(607) 547-4224
Hours: Tuesday - Friday
9:00 AM – 1:00 PM

Veterans Service Agency.- Otsego Co.

242 Main Street
Oneonta, NY 13820
(607) 432-4190
Hours: Tues/Thurs/Fri 8 AM – 4 PM
Appointment needed

Information on benefits and help with problems. Available to all veterans, their dependents or survivors. No charge.

NOTES



SECTION 6: HOUSING

1. City of Oneonta Code Enforcement
City Hall
258 Main Street
Oneonta, NY 13820
(607) 433-3435 or City Clerk at 432-6450
Hours: Monday – Friday, 8:00 AM – 4:00 PM

Enforcement of all fire and safety codes for rental housing in the City of Oneonta. Call from tenants WELCOME. Confidentiality of informer protected. Codes enforcement takes an aggressive position through enforcement. Renters do not lose housing – a preventative approach. Also inspects day care houses for safety. Call to schedule a visit.

2. City of Oneonta Housing Authority
2 Mitchell Street (Nader Towers – off River Street)
Oneonta, NY 13820
(607) 432-0170
Hours: Monday – Friday, 8:00 AM – 4:00 PM

Provides information and applications for rental assistance for seniors and low income family housing in the City of Oneonta. You must file an application. Verification required. WAITING LIST, but openings in some categories. Also, sign up for Lettis Apartments. Regular inspections of the apartments. Pre-payment of first month's rent plus security deposit required.

Bring: proof of income; proof of previous rent payment; and, references from former landlord. Verification of information is done by the Housing Authority staff. Fair hearing procedure available if family is turned down.

3. Habitat for Humanity of Otsego County
PO Box 34
Oneonta, NY 13820
(607) 432-7874
www.habitatotsego.org

This non-profit organization builds and renovates decent affordable housing using volunteer labor and tax-deductible materials. Selected homeowners-to-be contribute "sweat equity", and the homes are sold to partnering families at no profit, financed with affordable, no-interest loans.

4. Oneonta Water Treatment Facility
110 East Street
Oneonta, NY 13820
(607) 433-3470 or 433-3486 (Laboratory directly)

Tests drinking water for harmful bacteria. Drinking water test is \$30/sample. Pick up lab bottle and instructions from the water treatment plant. Call for further information.

5. Opportunities for Otsego, Inc – See Section 5: Crisis Information – Family Support Services – Safety Net Agencies, #11 c and d for the following:
 - a. Emergency Housing Assistance Program: (607) 433-8337 (office); 433-8318 (hotline)
 - b. HEAP (Home Energy Assistance Program): (607) 433-8000
 - c. Weatherization: (607) 433-8000
 - d. Assisted Home Performance with Energy Star®: (607) 433-8000

6. Otsego County Code Enforcement

140 County Highway 33W, Suite 2
Cooperstown, NY 13326
(607) 547-4320

Hours: Monday – Friday, 9 AM – 5 PM (until 4:00PM in July-August)

Provides fire and safety inspections for rentals and other buildings; issues building permits; issues certificates of occupancy; orders removal and clean up of garbage, refuse, junk vehicle parts; ANSWERS HOUSING COMPLAINTS; and, does home inspections for day care and adult homes. Call or stop in.

7. Otsego County Department of Social Services

Otsego Co. Office Building (*mailing address*)
197 Main Street
Cooperstown, NY 13326

The Meadows (*for services*)
140 County Highway 33W
Cooperstown, NY 13326
(607) 547-1700, 1-800-422-2512

Hours: Monday – Friday, 9:00 AM – 5:00 PM (except summer)
Monday – Friday, 9:00 – 4:00 PM (July-August)

Homeless Services: (607) 547-1700 or 1-800-422-2512: Assistance with temporary housing, referrals, assistance to locate housing and household items, security letter/deposit. Personal interview required. Bring documentation.

8. Otsego Rural Housing Assistance, Inc. (ORHA)

Hours: Monday – Friday, 9:00 AM – 4:00 PM

Offers a variety of services related to housing for low income families and individuals.
No charge.

a. Rent Assistance Program

The Meadows
140 Co. Hwy. 33 W, Suite 4
Cooperstown, NY 13326
(607) 547-8839

Rent assistance for low-income renters.

b. Otsego Rural Assistance, Inc.

Milford Commons
50 West Main Street
PO Box 189
Milford, NY 13807
(607) 286-7244

Programs offered at this site are: Modifications for Handicap Accessibility and Independent Living; Emergency Housing Repairs for Seniors; Mortgage Counseling; and Home-buyer Assistance Program.

9. USDA, Rural Development (for Otsego County)

Johnstown Service Center
113 Hales Mills Road
Johnstown, NY 12095
(518) 762-0077

Hours: Monday – Friday, 8 AM – 4:30 PM.

a. 502 Housing Program - Subsidized-interest mortgage loans are available to low and very-low income persons to purchase adequate housing in rural areas. A Pre-Qualification Worksheet (Pre-Qual) is used to determine financing feasibility. Prospective housing must meet or be brought up to Rural Development's requirements. Improvement costs and closing fees can be included in the loan. No down payment is required. Call for additional information and to obtain a Pre-Qual.

b. 504 Repair and Rehab. Program – A 1% Rural Development (RD) loan is possible for very low-income households who own and live in the house which is located in a rural area. RD can finance essential repairs for correcting safety and health items for a maximum of 20 years. A Grant may be possible for applicants who are 62 or older, have a very low income, own or live in the house needing repairs and lack repayment ability for the 1% loan.

NOTES

SECTION 7: LEGAL AND CONSUMER SERVICES



1. Catholic Charities

176 Main Street
Oneonta, NY 13820
(607) 432-0061

a. Otsego County Drug Treatment Court Case Management– Case management services are provided to participants of the Adult Otsego County Drug Treatment Court. Individuals who meet certain guidelines are eligible for case management services. These services are highly individualized for each participant and will increase individual's accessibility to services needed and will provide additional support to maintain a clean and sober lifestyle. Also see # 9d in this section under Otsego County Treatment Courts.

b. Dispute Resolution Center of Delaware, Chenango and Otsego Counties

Website: www.ccrda.org

Hours: Mon. – Fri., 9:00 AM – 5:00 PM. Evening and weekend hours by appointment
The local center for dispute settlement. Provides mediation services to residents of Otsego County to assist in resolving community conflict and personal disputes outside the courts. Conducts conflict management workshops. Volunteer mediator initial training and in-services available.

c. Victim Impact Panels will be sponsored in Otsego County for residents of Otsego, Delaware and Chenango Counties. A victim impact panel is provided to offenders of drug and alcohol related crimes to demonstrate the impact of these crimes on the community and to reduce recidivism. Participants must register prior to the panel. There is a fee for this service which must be paid upon arrival for the program.

2. Cornell Cooperative Extension of Otsego County

123 Lake Street	31 Maple Street
Cooperstown, NY 13326	Oneonta, NY 13820
(607) 547-2536	(607) 433-2521
(607) 547-5180 (FAX)	(607) 436-9682 (FAX)
Email : otsego@cornell.edu	
Website: www.cce.cornell.edu/otsego .	

Educational research-based resources on consumer issues including, but not limited to, food and nutrition, youth development, budgeting and safety. (See relevant sections on Education/Job Skill Development, Food and Nutrition Services, and Youth Programs.)

3. Legal Aid Society, Inc.

189 Main Street, Suite 401
Oneonta, NY 13820
Phone: (607) 433-2600 or Toll Free: 1-800-821-9895; FAX: (607) 433-1433

a. Legal services

Legal services are provided for families and individuals who are eligible. Lawyers and paralegal aides available. Entitlement problems, advocacy consumer problems and creditors. Federal guidelines poverty level. Call for information. Appointment necessary. Must be income eligible. All Office for Aging clients eligible.

b. Legal Aid for Victims of Domestic Violence, Sexual Assault and Stalking

(607) 433-2600 or 1-800-821-9895

Provides free civil (non-criminal) legal services to victims of domestic violence, sexual assault and stalking. Clients generally must have low income and low resources, exceptions are made in some cases.

Some of the legal services available include orders of protection, divorces, separations, child custody and child support. Also, assistance is available for other legal problems that keep victims from becoming independent from their abusers, such as problems with finances, housing, public benefits, access to healthcare, immigration and other legal problems.

4. New York State Bar Association

1-800-342-3661

Website: www.nysba.org

The NYS Bar Association can help you find a lawyer in your area, provides guidelines for deciding when and how to hire a lawyer, and has information on how to get legal help if you can't afford it.

5. New York State Division of Human Rights

State Office Building

44 Hawley Street, 6th floor

Binghamton, NY 13901

(607) 721-8467

Investigates complaints of discrimination because of sex, race, religion, color and/or ethnic origin in employment, credit, housing or public accommodation. Call for more information.

6. Oneonta, City Code Enforcement – See Section 6: Housing, #1

7. Opportunities for Otsego, Inc.

3 West Broadway

Oneonta, NY 13820

(607) 433-8000 or 1-800-986-5463

– See Section 5: Crisis Information/Family Support Services/Safety Net Agencies, #11c for the following programs:

a. Emergency Housing Assistance Program: (607) 433-8337; (607) 433-8318 (Hotline)

b. Violence Intervention Program (VIP): (607) 433-8038; (607) 432-4855 (Hotline – collect calls ok)

8. Otsego County Code Enforcement – See Section 6: Housing, #6

9. Otsego County Courts

a. Family Court

197 Main Street

Cooperstown, NY 13326

(607) 547-4264

Hours: Monday – Friday, 9:00 AM – 5:00 PM

Family Court has original jurisdiction for all cases involving: abuse/neglect of children; child care; support of children; paternity and support of children born out of wedlock; termination of custody; juvenile delinquency or whether a person is in need of supervision (PINS); family offences; orders of protection; adoption proceedings; status review of foster children; support; and, custody. Call if you have questions related to any of the topics above. No charge.

b. Probation Department

197 Main Street
Cooperstown, NY 13326
(607) 547-4216
Hours: Monday – Friday, 9:00 AM – 5:00 PM

Provides intake, investigation and supervisory services for Otsego County Courts. Screening of cases not requiring judicial action, initial casework services and referral.

- Investigation – preparation of pre-sentence reports concerning defendants. Family Court investigations encompass the individual's background from birth to present court appearance. Handles custody, visitation, abuse/neglect and adoption investigations ordered by Family Court.
- Supervision – rehabilitative services to individuals placed on probation in Otsego Co.
- Payment – of restitution ordered by courts.
- PINS (Persons in Need of Supervision) – assist parents and schools in obtaining services for ungovernable children who are under age 18.

These services are referred. You may refer yourself or be referred by an official. Call for appointment. No charge.

c. Surrogate Court

197 Main Street
Cooperstown, NY 13326
(607) 547-4338
Hours: Monday – Friday, 9:00 AM – 5:00 PM

Processes and records all petitions (administration of estates, adoptions, etc.). Holds genealogical records. Minimal charge for copies. No charge for information.

d. Otsego County Treatment Court

Catholic Charities Case Management Services
176 Main Street
Oneonta, NY 13820
(607) 432-0061

The purpose of the Otsego County Treatment Court is to address the underlying reason for an individual's involvement with the court system: his/her chemical dependence. In Otsego County, the program provides comprehensive and integrated services to address the multifaceted needs of chemically dependent individuals/families.

For more information on the Treatment Courts, or to make a referral, call the Treatment Court Coordinator, Leo Giovagnoli at (607) 547-4375.

10. Otsego County Department of Social Services (DSS) – Fair Hearing Procedures

Everyone who requests services from the Department of Social Services (Medicaid, Food Stamps, Public Assistance, etc.) has the right to request a Fair Hearing on any case decision. Read over your DSS notices carefully or ask an advocate to read it over with you. The Otsego County Department of Social Services would usually prefer to set up a conference with you about your concerns/issues/request and why it was denied or a change was made. At the conference, a representative from DSS will explain why the denial was made. If you still believe the denial is not justified, call 1-800-342-3334 or go online at

<http://www.otda.state.ny.us/oah/forms.asp> to request a hearing. Then, send a letter to the Albany address below telling them about your phone call and your request for a Fair Hearing. Ask to have your financial aid and services continued. (You have a right to request that services continue, however, if you lose the fair hearing, you will have to pay back any benefits you received and were not entitled to receive.) KEEP A COPY OF THE LETTER AND ANY OTHER INFORMATION RELATED TO THE SITUATION.

Send your letter to:

New York State Office of Temporary and Disability Assistance
PO Box 1930
Albany, NY 12201

In order to continue services while waiting for the Fair Hearing, you must make your Fair Hearing request before the EFFECTIVE DATE – the day the change in services is to take place. You may request the chance to review your case record. This can be done before and at the hearing. Let the eligibility worker have the request for your case record in writing immediately.

If you go for a Fair Hearing, the final decision would be made by a Fair Hearing representative from Albany following the actual Fair Hearing meeting. You have the right to ask for an advocate to be present with you at the hearing or at any conference you have at Social Services. Also, request the written summary of the decision and why it was determined by law/regulation.

11. Veterans Service Agency, Otsego County
197 Main Street
Cooperstown, NY 13326
(607) 547-4224
Hours: Tuesday – Friday
9:00 AM – 1:00 PM

Veterans Service Agency, NYS
242 Main Street
Oneonta, NY 13820
(607) 432-4190
Hours: Tuesday/Thursday 8 AM – 4 PM
Appointment needed

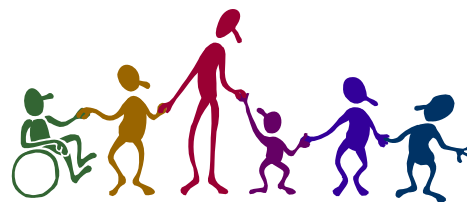
Information for veterans and their dependents on benefits and services available to them.
No charge.

NOTES

SECTION 8: SERVICES FOR CHILDREN AND OTHERS WITH SPECIAL NEEDS

1. Access Pass

State Parks
Albany, NY 12238
(518) 474-2324
Website: www.nysparks.com



An Access Pass permits a resident of New York State with a permanent disability free use of parks, historic sites and recreational facilities operated by the NYS Office of Parks, Recreation and Historic Preservation and the NYS Department of Environmental Conservation. For more information or an application for the Access Pass, contact the NYS Office of Parks, Recreation and Historic Preservation at the above number or call Parent to Parent of NYS at 1-800-305-8814.

2. Association for Vision Rehabilitation and Employment, Inc.

174 Court Street
Binghamton, NY 13901
(607) 724-2428
FAX: (607) 771-8045
Website: <http://www.avreus.org>

A private, non-profit organization that serves people with vision problems in the Twin Tier region, including Otsego County. Offers technology, counseling and visual rehabilitation.

3. The Arc Otsego

35 Academy Street
PO Box 490
Oneonta, NY 13820
(607) 432-8595
FAX: (607) 433-8430
Website: www.arcotsego.org

Hours of Administrative Offices: Monday – Friday, 8 AM – 4:30 PM

The Arc Otsego is a private, not-for-profit organization offering comprehensive, community-based services, support and programs to individuals with intellectual and other developmental disabilities and their families throughout Otsego County. Services include: in-home respite and rehabilitation support; day programs; sheltered employment at the Vocational Training Center; residential living options; clinical services; service coordination; adaptive technology and environmental modifications through the home and community based waiver; and guardianship services. Eligibility is based on a diagnosis of an intellectual and/or developmental disability.

4. BOCES (Board of Cooperative Educational Services)

a. BOCES SETRC (Special Education Training and Resource Center) The SETRC network is an instructional support system organized to train educators and distribute information to persons involved in the education of students with disabilities. SETRC provides technical assistance to parents and educators of children with disabilities and informs district personnel of courses, workshops, regional training opportunities and satellite conferences. SETRC disseminates information about New York State and federal laws and regulations relating to the education of students with disabilities and has a library of materials available to parents and professionals. All SETRC materials and workshops are free to parents/caregivers.

- Herkimer-Fulton-Hamilton-Otsego BOCES SETRC

352 Gros Blvd.
Herkimer, NY 13350-1499
Phone: (315) 867-2082
FAX: (315) 867-2087

- Otsego – Northern Catskill BOCES SETRC

Cyr Center
Stamford, NY 12167
Phone: (607) 652-1240
FAX: (607) 652-1264

Lynn Gallo, SETRC Coordinator
lgallo@mail.oncboces.org
Phone: (607) 433-1401
FAX: (607) 433-2731

b. BOCES District Offices

- Delaware-Chenango-Madison-Otsego BOCES

Chenango Campus:
6678 County Road 32
Norwich, NY 13815
(607) 335-1200

Robert W. Harrold Campus
270 BOCES Drive
Sidney Center, NY 13839
(607) 865-2500

Website: www.dcmoboces.org

Hours: Monday – Friday, 8:00 AM – 4:30 PM

Provides information and referral for students with special needs. Programs for birth – 21 years old including home based, center based and classrooms. Multidisciplinary evaluations for pre-schoolers. Eligibility determined by diagnostic requirements. Birth – 3 year olds: parent may refer, funded through Health Department. Three to 5 year olds: center based pre-school for children with severe disabilities. Referral through Committee on Preschool Special Education (CPSE) of home school district. School age children served through Committee on Special Education (CSE) referral. Itinerant related services for school age. Referral through CSE. Centers in Norwich and Sidney Center for school age children with disabilities. Mainstreamed settings available. No charge.

- Herkimer BOCES

352 Gros Boulevard
Herkimer, NY 13350
(315) 867-2000

Website: www.herkimer-boces.org

Referrals, resources and advocacy for infants and children with disabilities, and their families. Child must have diagnosed disability to be eligible. Birth – three, infant stimulation, home based program funded through Department of Health and Herkimer County. Early childhood special education program for three and four year olds. Referral by CPSE (Committee on Preschool Special Education) of local school district. Developmental readiness program for school aged children. Referral by CSE (Committee on Special Education). No charge. Serves school age population, also. A special Program provides educational outreach to migrant children and their families in a 13 county area.

- Otsego – Northern Catskill BOCES

Frank W. Cyr Center
159 West Main Street
Stamford, NY 12167
(607) 652-1200

Website: www.oncboces.org

Northern Catskill Occupational Center
2020 Jump Brook Road
Grand Gorge, NY 12434
(607) 588 – 6291

Otsego Area Occupational Center
1914 Co. Hwy. 35 (PO Box 57)
Milford, NY 13807
(607) 286 - 7715

The Otsego Northern Catskill BOCES Innovative Programs Department provides special education and itinerant services to school districts to augment their locally operated programs. Comprehensive programs are provided for exceptional children within integrated schools and community settings. Itinerant teachers are provided for academics, arts, student population not sufficient to justify a full-time position.

5. Brain Injury Association of New York State

10 Colvin Avenue
Albany, NY 12206
(518) 459-7911
Family Help Line: 1-800-228-8201
Website: www.bianys.org

Provides education, advocacy and community support services that lead to improved outcomes for children and adults with brain injuries. Offers toll-free Family Help Line, video library and regional support groups. Advocates for appropriate public policies.

6. Broome Developmental Services

249 Glenwood Road
Binghamton, NY 13905
(607) 770-0211

Broome Developmental Services is a unit of the NYS Office of Mental Retardation and Developmental Disabilities. Serves individuals with mental retardation or developmental disabilities from six years up. Call for more information.

a. High Risk Births Clinic

305 Main Street
Binghamton, NY 13905
(607) 729-1295

Hours: Monday – Friday, 8 AM – 4:30 PM or by arrangement.

Services for newborns through age 12. Developmental clinic for prevention of disabilities, diagnosis, evaluation and early intervention. Parent self-referral or agency referral. Medicaid, third party payment, sliding scale fee or no charge – depending on circumstances. Some off-site services by arrangement.

b. Otsego Regional Center

28 Hill Street
Oneonta, NY 13820
(607) 432-8860

Provides comprehensive services for people with developmental disabilities and their families. Evaluations, treatments, vocational training, child care services, recreational/ social programs and respite services available. No charge.

7. Catholic Charities

Dispute Resolution Center of Delaware, Chenango and Otsego Counties

176 Main Street
Oneonta, NY 13820
(607) 432-0061

Offers special education mediation and dispute resolution. Includes a Peacemaker curriculum for schools.

8. Catskill Center for Independence
6104 State Highway 23 (P.O. Box 1247)
Oneonta, NY 13820
(607) 432-8000 (Voice and TTY)
Website: www.ccfi.us

Provides information, referral, advocacy, housing assistance, and/or information on transportation for individuals with disabilities. Attendant referrals, benefits advisement, peer counseling, resource center, consultants (re: architectural barriers), daily living skills training, support groups, employment advice. No charge for any services. Call for information. Transitional services offered for older youth.

9. Down Syndrome Aim High Resource Center
1 Marcus Blvd., Suite 105
Albany, NY 12205
(518) 438-1113
Website: www.aimhigh.org/data/
Email: info@dsahrc.org

The mission of the Down Syndrome Aim High Resource Center is to provide parent-to-parent and professional services and support to individuals with Down syndrome and their families and to educate the broader community on Down syndrome. The services and support are provided to enable individuals with Down syndrome the opportunity to reach their fullest potential and to become fully included members of their communities.

10. Early Childhood Direction Center
Southern Tier Independence Center
24 Prospect Avenue
Binghamton, NY 13901
(607) 724-2111
FAX: (607) 722-3615
E-Mail: ecdc@stic-cil.org

Information and referral for parents and service providers who have questions about a child's development, birth – five years. The staff provides free consultation and assistance in linking a child or parent to the services needed.

11. Early Intervention Program and Preschool Special Education
Otsego County Department of Health
Division for Children with Special Needs
140 County Highway 33 W, Suite 3
Cooperstown, NY 13326
(607) 547-6474
FAX: (607) 547-6402
TDD: (607) 547-7552

To enhance the development of infants and toddlers with disabilities and/or developmental delays, and the capacity of families to meet their special needs. Children under three years of age who have a developmental delay or a diagnosed physical or mental condition that has a high probability of resulting in a delay in any of the developmental areas: cognitive; physical, including vision and hearing; communication; social or emotional; or, adaptive.

Call for information or to make a referral.

12. Family Resource Network, Inc. See Section 5: Crisis Information – Family Support Services
Safety Net Agencies, #6

13. The Harbour Program See: #17:Mental Health Association in Ulster County in this section.

14. Kennedy Willis Center on Down Syndrome

Pathfinder Village
3 Chenango Road
Edmeston, NY 13335-2314
(607) 965-8377
Email: info@pathfindervillage.org
Website: <http://www.pathfindervillage.org>

Provides resources and support to those who have Down Syndrome. As an outreach and education center, it offers hands-on education, direct counseling and research on Down syndrome.

15. Kids Unlimited Preschool

A division of Springbrook
2705 State Highway 28
Oneonta, NY 13820
(607) 286-7171 Ext. 361

Springbrook provides integrated preschool and early intervention programs, providing support services for infants and young children. Springbrook provides evaluations for children from birth to age five and offers early intervention therapy services. At four sites, Kids Unlimited prepares typically developing children and children with special needs for a lifetime of continuous learning. As an integrated program stressing peer interaction and child-directed "hands-on" learning, full and half-day programs are provided to inspire youngsters toward a love of learning. Eligible children can access the program through their local Committee on Preschool Education (CPSE). Tuition assistance is available for children enrolled through private pay.

16. "Loving Up the Downs"

Lisa and Eric Depperman: (607) 433-6260

This parent driven network is for anyone living with or caring for children and adolescents with Down Syndrome. Founded by parents in 2001, members provide support with prenatal decisions, the birth of the baby, and with finding and negotiating systems to provide the best care for their child. Phone calls, hospital visits, shared life experience, and periodic gatherings are offered.

17. Mental Health Association in Ulster County, Inc.

5546 State Highway 7
Oneonta, NY 13820
(607) 433-0700
Hours: Monday – Friday, 9 AM-5PM

a. The Harbor Program

56 Shepard Street
Walton, NY 13856
Phone: (607) 865-4422
FAX: (607) 865-4423

Serves parents/caregivers who have a child who is considered to have behavioral, social or emotional disabilities. Services include: respite services to children between ages of 5-18; family based treatment (a therapeutic home for children who otherwise might be placed in a more restricting non-family setting); and, family support groups for parents and

caregivers that may be struggling with caring for a child with emotional, social and behavioral difficulties.

b. Mental Health Home and Community Based Services Waiver Program: (607) 433-0700

Enables children to remain at home and in the community. Serves Otsego, Chenango and Delaware Counties. Services provided: individualized care coordination; crisis response services; intensive in-home services; respite care; family support services; and skill building services.

Eligibility of children: are aged 5 through 17 at enrollment; have a serious emotional disturbance; require institutional level of care but are capable of being cared for in the home with support and/or services; have needs that cannot be met by just one agency or system; demonstrate complex health and mental health needs; and, have viable living arrangements and parents/guardians who are able and willing to participate in the HCBS Waiver and support their child in the home and community.

c. Otsego Adolescent Outreach Program: (607) 433-0700

Information and referral to link youth/families with appropriate mental health resources.

d. New Ventures Program: (607) 433-0700, extension 104

Serves children and families in Otsego County. These youth are between the ages of 5 to 18 who have been identified as at-risk for developing emotional or behavioral needs. To obtain services, children are referred through SPOA (Single Point of Access). Contact the Otsego County Mental Health Clinic (432-2343) for more information. Provides support, skills, and resources which will allow young people and their families to live productive, healthy lives.

18. Mothers And Babies Perinatal Network

457 State Street

Binghamton, NY 13901

1-800-231-0744 or (607) 772-0517

Non-profit agency provides information and referrals to perinatal and other services with the goal of improving perinatal health outcomes for women, infants, and families in South Central New York. Specific services include smoking cessation support for pregnant women and parenting family members, facilitated enrollment to assist individuals applying for public health insurance, pregnancy prevention programs for middle school children, and parent workshops. Provides informational materials on a range of issues including maternal/child health, prenatal care, HIV/AIDS, substance use, FAS (fetal alcohol syndrome), birth defects, family planning, and adolescent health.

19. NYS Commission on Quality of Care and Advocacy for Persons with Disabilities (CQCAPD)

401 State Street

Schenectady, NY 12305-2397

1-800-624-4143

Email: webmaster@cqcaped.state.ny.us

Website: <http://www.cqc.state.ny.us>

Offers outreach and advocacy for individuals with disabilities.

20. Opportunities for Otsego – See Section 2 on Education/Job Skill Development, # 13

Child and Family Development Program

3 West Broadway

Oneonta, NY 13820

(607) 433-8055

21. Otsego Adopt, Inc. - See Section 1 on Counseling, Listening and/or Referral, #10
(315) 858-0304

22. Parent to Parent of NYS

46 Oneida Street
Oneonta, NY 13820
1-800-305-8814
Email: val@parenttoparentnys.org
Website: <http://www.parenttoparentnys.org>

Parent to Parent of NYS connects you with a variety of services and programs that are available locally, regionally and nationally, to parents of children with special needs. Also provides matching to a parent who has a child with a similar disability or issue.

23. Rehabilitation Support Services (RSS)

Delaware/Otsego/Schoharie Division
PO Box 781
9 River Street
Oneonta, NY 13820
(607) 433-0002

Provides services and opportunities for meaningful emotional, vocational and educational growth for people experiencing mental illness. Services may include community residences, social club, case management, community education and respite services. Call for information on services in your area.

24. Supplemental Security Income (SSI)

Social Security Administration
31 Main Street, Suite 1
Oneonta, NY 13820
www.ssa.gov
(607) 433-0171 or 1-800-772-1213
TTY: (607) 433-6607

Monthly SSI benefits based on income and assets of parents to support expenses of a family with a child or family member of any age who has a debilitating handicapping condition. Tax free dollars. Disabled person also receives Medicaid. Guidelines change. Local Social Security office will determine eligibility. No charge.

25. Trillium Place

(607) 334-8244 or 431-9012

Eight bed, co-ed community residence for emotionally disturbed children ages 12 to 18. Serves Chenango, Delaware, Otsego and Schoharie Counties. Admission is arranged through County Mental Health Offices, by referral by professionals or parents. Call for further information.

26. Springbrook (formerly Upstate Homes for Children and Adults, Inc.)

2705 State Highway 28
Oneonta, NY 13820
Main Switchboard: (607) 286-7171
Website: www.springbrookny.org

a. Kids Unlimited Preschool – See #15 in this section.

b. Early Intervention and Preschool Evaluations: (607) 286-7171 Ext. 364

The evaluation team works with families to address concerns about a child's development. Evaluators include special education teachers, school psychologists, speech-language pathologists, and occupational and physical therapists. Children access the evaluation services through the NYS Department on Preschool Special Education (CPSE). Evaluations assist in determining a child's eligibility for special education services through local programs (EI [Early Intervention] and CPSE)

c. Saturday Recreation Program: (607) 286-7171 Ext. 351

Springbrook has a recreation program for special needs children and adults. The program focuses on adaptive swim and activities centered around the experience and abilities of the individuals. The on-campus activities take place on Saturday mornings from 9 AM to 12 Noon with a second session from 11 AM – 2 PM in the Springbrook's therapeutic pool and gym, a safe and secure environment conducive to special needs individuals and their families. Interested individuals will be assigned to age related groups. Staffing includes the coordinator and core of 4 Upstate Home employees with training related to the needs of the individuals served. Call for further information and an application. See Section 2 (Education/Job Skill Development), #16 for additional information about Springbrook.

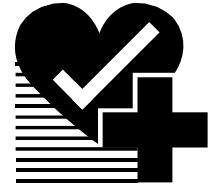
d. Service Coordination and Home and Community Based Waiver Services:

Service Coordination is about helping individuals with developmental disabilities and their families obtain the services, outcomes and dreams they desire. The Service Coordinator works hand in hand with the consumer and/or advocate to insure that the individual has access to the comprehensive social, medical, clinical, educational, vocational, residential and other services or supports that help the individual meet his/her potential. Through the Home and Community Based Waiver Service (HCBS) Springbrook can provide services in the home to individuals with disabilities. The Medicaid Service Coordinator can help access the services which are available through the Waiver. Waiver services could include residential habilitation, day habilitation, adaptive technologies, environmental modifications, respite and family education and training.

e. Social Club: (607) 286-7171 Ext. 351

A social club for young adults (ages 13-21) with special needs. The group focuses on increasing social skills and developing friendships. The group meets on Fridays from 6 PM – 8 PM in Springbrook's gymnasium. Contact Tammy Jones for information.

NOTES



SECTION 9: MEDICAL/DENTAL SERVICES

1. A. O. Fox Hospital and FoxCare Services
Switchboard/Information: (607) 432-2000
Website: www.aofoxhospital.com
 - a. A. O. Fox Hospital Emergency Department
1 Norton Avenue
Oneonta, NY 13820
(607) 431-5000
Hours: 24 hours a day, seven days a week.
Doctors in attendance, specialists available. Medicaid accepted.
 - b. Child and Adolescent Health Care of Oneonta
1 FoxCare Center – Route 7, Suite 213
Oneonta, NY 13326
(607) 432-5600
Hours: Monday – Thursday, 8:00 AM – 6:00 PM; Friday, 8:00 AM – 4:00 PM
Offers full medical services for children, Medicaid accepted.
 - c. Family Health Center
59 Main Street
Otego, NY
(607) 988-2854
 - d. FoxCare Dental Associates
1 FoxCare Center - Route 7, Suite 304
Oneonta, NY 13326
(607) 433-1778
Hours: Monday – Friday, 8:00 AM – 4:00 PM.
General dentistry. Referrals as needed. Call for current insurances accepted.
 - e. FoxNow Walk-in Healthcare
739 NYS Route 28, Suite 9 (Hannaford Plaza)
Oneonta, NY 13820
(607) 431-5052
Hours: 9 AM – 7 PM daily (7 days/week)
A walk-in clinic for treatment of minor illnesses and injuries. First come-first served.
Most insurance accepted.
 - f. Oneonta Family Practice
1 FoxCare Center - Route 7, Suite 308
Oneonta, NY 13820
(607) 431-5555 (Appointments)
(607) 432-1163 (General Information)
Hours: Monday – Friday, 8:00 AM – 5:00 PM.
 - g. Southeastern Otsego Health Center (Worcester Clinic)
P.O. Box 160 (Main and Decatur Sts.)
Worcester, NY 12197 (turn at Key Bank/look for sign)
(607) 397-8783
Hours: Monday - Thursday, 8:30 AM – 5:00 PM; Friday, 8:30 AM – 4:30 PM

A primary care health facility. Medical exams/services, immunizations, referrals.
Medicaid accepted.

h. Southeastern Otsego Dental

Main Street
Worcester, NY 12197
(607) 397-8010
Hours: Tuesday and Thursday, 8:00 AM – 4:00 PM.
Handicap accessible.

i. Stamford Family Practice

32-34 Main Street
Stamford, NY 12167
(607) 652-2000
Hours: Monday – Friday, 7:00 AM – 5:00 PM.
Primary health care.

j. Susquehanna Family Practice

1 FoxCare Drive, Suite 103
Oneonta, NY 13820
(607) 431-5757
Hours: Monday – Friday, 8:00 AM – 5:00 PM.
Primary health care.

2. AIDS Services – See Section 1: Counseling, Listening and/or Referral, # 1

3. American Cancer Society

5 Oak Avenue
Sidney, NY
(607) 563-9634
1-800-227-2345
Website: www.cancer.org
Information on smoking cessation, support groups, coping and getting help.

4. Bassett Healthcare (including affiliated sites and partners)

Switchboard: (607)547-3456 or 1-800-BASSETT
Website: www.bassett.org

Medicaid and most insurances accepted.

a. Hospitals in the Bassett Healthcare system

(1) The Mary Imogene Bassett Hospital

1 Atwell Road
Cooperstown, NY 13326
(607)547-3456 or 1-800-BASSETT
Emergency Room: (607) 547-3355 Available 24 hours a day, 7 days a week.
Doctors, nurses, physician's assistants and specialists in attendance.

(2) O'Connor Hospital

460 Andes Road
Delhi, NY 13753
(607) 746-0300
Website: www.oconnorhosp.org

Emergency room and inpatient adult care.

(3) Cobleskill Regional Hospital

178 Grandview Drive

Cobleskill, NY 12043

Switchboard: (518) 254-3456

Website: www.cobleskillhospital.org

Emergency room and inpatient adult care.

Doctor in attendance at all times, specialists available. Medicaid accepted.

(4) Little Falls Hospital

140 Burwell Street

Little Falls, NY 13365

(315) 823-1000

Emergency room and inpatient adult care

(5) Tri-Town Regional Hospital

43 Pearl Street

Sidney, NY 13838

Emergency Room: (607) 563-7080

b. Outpatient Centers in the Bassett Healthcare system

(1) Canajoharie

56 Montgomery Street

Canajoharie, NY 13317

(518) 673-5555

Hours: Monday – Friday: 8:00 AM – 5:00 PM

(2) Cobleskill

121 Legion Drive

Cobleskill, NY 12043

(518) 234-2555

Hours: Monday – Thursday: 8:00 AM – 8:00 PM; Friday 8:00 AM – 5:00 PM

Saturday: 8:00 AM – Noon

(3) Cherry Valley

Community Health Center

2 Main Street

Cherry Valley, NY 13320

(607) 264-3036

Hours: Monday, Tuesday, Thursday, Friday, 8:30 AM – 5:00 PM

Wednesday, 1:00 PM – 9:00 PM

A private, primary care, health facility for the whole family. Medical exams/services, immunizations, referrals. Medicaid accepted.

(4) Cooperstown

1 Atwell Road

Cooperstown, NY 13326

Switchboard: (607) 547-3456 or 1-800-BASSETT

(a) Medical and Specialty Clinics: (607) 547-3456

(b) Pediatric Clinic : (607) 547-3290

Full medical services for children. Pediatric specialties: hearing, speech, orthopedics, physical and occupational therapy, and cardiology. Medicaid accepted.

(c) Psychiatry Clinic: (607) 547- 3500

(d) Women's Health Clinic: (607) 547- 3160

Reproductive, maternity and follow-up care by certified nurse-midwives and doctors. PCAP coordinated access to Medicaid and referral to local support systems. Introductory class on prenatal care, nutrition, nurse midwifery; for newly pregnant first-time moms. Childbirth classes offered later in third trimester of pregnancy.

(5) Delanson

One Cooley Heights
Delanson, NY 12053
(518) 895-2000

Hours: Monday - Friday, 8:00 AM – Noon, and 1:00 PM – 5:00 PM.

(6) Delhi

460 Andes Road
Delhi, NY 13753

a. Orin Q. Flint Physician's Building

Medical: (607) 746-0550

Medical hours: Monday – Friday, 8:00 AM – 5:00 PM

b. O'Connor Hospital

Dental: (607) 746-0540

Dental hours: Monday – Friday, 8:30 AM – 5:00 PM

Specialty Clinics: (607) 746-0525

Specialty Clinic hours: Monday – Friday, 8 AM – 4:30 PM

(7) Edmeston- Burlington

Route 80, P.O. Box 15 (near Pathfinder Village)

Edmeston, NY 13335

(607) 965-8900

Hours: Monday – Friday, 8:00 AM – 5:00 PM

(8) Gloversville

99 East State Street

Gloversville, NY 12078

(518) 725-9698

Hours: Monday – Friday, 8:00 AM – 5:00 PM

(9) Hamilton

160 Broad Street

Hamilton, NY 13346

Hours: Monday – Friday, 8:00 AM – 5:00 PM

Cardiology and Surgery: (315) 824-0161

Dental: (315) 825-3100

Medical: (315) 825-3111

Obstetrics and Gynecology: (315) 824-2651

- (10) Herkimer
 321 East Albany Street
 Herkimer, NY 13350
 (315) 867-2700
 Clinic hours: Monday – Friday: 8:00 AM – 5:00 PM
 Urgent Care hours: Monday – Friday: 8:00 AM – 8:00 PM;
 Saturday and Sunday: 9:00 AM – 7:00 PM; Closed major holidays
- (11) Little Falls
 140 Burwell Street, 2nd Floor
 Little Falls, NY 13365
 (315) 823-4546
 Hours: Monday - Friday 8:00 AM – 5:00 PM
 Family Medicine and Obstetrics and Gynecology: (315) 823-4546
- (12) Morris
 93 Main Street
 Morris, NY 13808
 (607) 263-5111
 Hours: Monday – Friday: 8:00 AM – 5:00 PM; Tuesday until 8:00 PM
- (13) Norwich
 55 Calvary Drive
 Norwich, NY 13815
 (607) 336-6362
 Hours: Mon., Tues., Thurs., Fri., 8:00 AM – 5:00 PM; Wednesday, 9:00AM - 5:00 PM
- (14a) Oneonta
 125 Main Street
 Oneonta, NY 13820
 (607) 433-1790
 Pediatrics (607) 433-1792
 Hours: Monday - Thursday, 8:00 AM – 6:30 PM
 Friday, 8:00 AM – 5:00 PM; Saturday, 8:00 AM – Noon
 Pediatrics, obstetrics and adult primary care.
- (14b) Oneonta Specialty Services
 One Associate Drive
 Oneonta, NY 13820
 (607) 433-6300
 Hours: Mon. – Fri., 8 AM – 5 PM
 Multi-specialty services including outpatient surgery, dialysis unit, eye care, orthopedics, sports medicine, physical therapy and other specialties. Call for details.
- | |
|--|
| <p>Urgent Care: assessment and treatment of minor problems on walk-in basis
 (607) 433-6400
 Hours: M-F 8 AM – 7:30 PM; Sat/Sun 9 AM-5 PM</p> |
|--|
- (15) Richfield Springs
 8550 State Highway 28
 Richfield Springs, NY 13439
 (315) 858-0040
 Hours: Monday – Friday, 8:30 AM – 4:30 PM

- (16) Schoharie
Barton Hill Road
Schoharie, NY 12157
(518) 295-8521
Hours: Monday- Wednesday, 8:00 AM - 8:00 PM; Thursday/Friday, 8:00 AM - 5 PM
- (17) Sharon Springs
519-1 State Highway 20
Sharon Springs, NY 13459
(518) 284-2223
Hours: Monday - Friday, 8:00 AM – Noon, and 1:00 PM – 5:00 PM
- (18) Sherburne
20 Chapel Street
Sherburne, NY 13460
(607) 674-2445
Hours: Monday – Friday, 8:00 AM – 5:00 PM
- (19) Sidney
39 Pearl Street
Sidney 13838
(607) 561-2021
Hours: Monday - Friday, 8:00 AM– 5:00 PM
- (20) Stamford
Harper Street, Route 23
Stamford, NY 12167
(607) 652-2537
Hours: Monday - Friday, 8:00 AM – Noon, and 1:00 PM – 5:00 PM
- (21) Unadilla
Clifton Street
Unadilla, NY 13849
(607) 369-2271
Hours: Monday - Friday, 8:00 AM – 5:00 PM.
- (22) Walton
130 North Street
Walton, NY 13856
(607) 865-6541
Hours: Monday – Friday, 8:00 AM – 5:00 PM
- (23) West Winfield
544 East Main Street
West Winfield, NY 13491
(315) 822-6348
Hours: Monday - Friday, 8:00 AM – 5:00 PM; Tuesday, 8:00 AM – 7:00 PM.

5. Breast Feeding Support: La Leche League: See Section 4 on Food/Nutrition Services, #3.

6. Catskill Area Hospice and Palliative Care, Inc.

542 Main Street
Oneonta, NY 13820
(607) 432-5525

Website: www.cahpc.org

Hours: 24 hour on-call service

Provides medical and emotional support for individuals and families coping with life-limiting illness. May be cared for at home, hospital or nursing home. Bereavement counseling, support groups and "Forget Me Not" for grieving children and teens. Serves Otsego, Delaware and Schoharie Counties.

7. Child Health Plus Insurance Plan and/or Family Health Plus Insurance Plan

a. Mothers and Babies Perinatal Network (regional contact)

457 State Street
Binghamton, NY 13901
1-800-231-0744

Hours: Monday – Friday, 8:30 AM – 4:30 PM

Depending on the family's income, children (under age 19) may be eligible to join either Child Health Plus A (formerly Medicaid) or Child Health Plus B (a managed care plan). Plan A has no cost to the family. Premiums for Plan B are on a sliding scale. No co-payments or deductibles are required.

Covered are: regular doctor visits, immunizations, emergency care, x rays, lab tests, prescriptions, sick visits, rehabilitation therapy, in-patient hospital care, dental trauma/care and mental health care.

One application per household. Proof of income, residency, birth certificate required. In Otsego area, call an enrollment coordinator at Mothers and Babies Perinatal Network (1-800-231-0744) for information and assistance. For other areas, call 1-800-698-4-KIDS for referral to the nearest enrollment coordinator.

b. Opportunities for Otsego

3 West Broadway
Oneonta, NY 13820
(607) 433-8023

A facilitated enroller is available to discuss and/or enroll eligible families and children in Family Health Plus and Child Health Plus, to get insurance or Medicaid.

8. Dentists in Otsego County (All in general practice unless otherwise noted)

a. According to the 6th District Dental Society of the State of NY

Website: www.6dds.org (accessed January 29, 2008)

Dr. Bruce Aaronson
53 Chestnut Street
Oneonta, NY 13820
607-432-4621

Dr. Francis Angelino
53 Chestnut Street
Oneonta, NY 13820
607-432-4621

Dr. Ira Adelman
6 Doubleday Court
Cooperstown, NY 13326
607-547-2313

Dr. Francis Barra
1 FoxCare Dr., Suite #304
Oneonta, NY 13820
607-433-1778

Dr. Thomas Barrett
374 Main St., PO Box 488
Otego, NY 13825
607-988-6555

Dr. Leonard Bers
6 Doubleday Court
Cooperstown, NY 13326
607-547-2313

Dr. Prosper Bonsi
482 Main Street
Oneonta, NY 13820
607-433-1472

Dr. Peter Bronsky
Orthodontics
126 Main Street
Oneonta, NY 13820
607-436-9728

or
101 Main Street
Cooperstown, NY 13326
607-547-1983

Dr. Kathleen Davine
6411 State Highway #28
Fly Creek, NY 13337
607-547-1291

Dr. Robert Donnelly
77 Main Street
Cooperstown, NY 13326
607-547-9331

Dr. David Dugan
Oral Surgery
39 County Club Road
Oneonta, NY 13802
607-432-8808

Dr. Kevin Ferguson
1 FoxCare Dr., Suite #304
Oneonta, NY 13820
607-433-1778

Dr. Hany Ghaleb
200 Main St., PO Box 129
Richfield Springs, NY 13439
315-858-1012

Dr. Scott Heiland
1 FoxCare Drive, Suite 304
Oneonta, NY 13820
607-433-1778

Dr. William Lado
75 Market Street
Oneonta, NY 13820
607-432-2335

Dr. Mark Lavine
53 Chestnut St.
Oneonta, NY 13820
607-432-4621

Dr. Linda Lee
429 Main Street
Oneonta, NY 13820
607-432-7484

Dr. Donald Lynd
82 Oneida Street
Oneonta, NY 13820
607-433-2037

Dr. Richard Polgar
7 Dietz Street
Oneonta, NY 13820
607-432-5444

Dr. Gerald Pondolfino
39 Dietz Street
Oneonta, NY 13820
607-432-2867

Dr. Robert Pondolfino, Jr.
39 Dietz Street
Oneonta, NY 13820
607-432-4681

Dr. Charles Randolph
8 Grand Street
Oneonta, NY 13820
607-432-1010

Dr. John Schiavo Jr
25 Chestnut Street
Cooperstown, NY 13326
607-547-4446

Dr. Amy Jean Thompson
53 Chestnut Street
Oneonta, NY 13820
607-432-4621

Dr. Paul Weber
5920 State Highway 28
Cooperstown, NY 13326
607-544-1336

Dr. Leon Wiggin
General Practice
78 Chestnut Street
Oneonta, NY 13820

Dr. David Zeitlin
General Practice
8 Grand Street
Oneonta, NY 13820

b. Additional dental offices in the region:

American Mobile Dental Van
8 Grand Ave.
Oneonta, NY 13820
1-877-248-6684 or
(607) 432-1010

Bassett Healthcare: Delhi Dental
O'Connor Hospital
460 Andes Road
Delhi, NY
(607) 746-0540

Bassett Healthcare: Hamilton Dental
160 Broad Street
Hamilton, NY
(518) 825-3100

Chenango Memorial Hospital
32 Conkey Ave.
Norwich, NY
(607) 337-4174

Faxton - St. Lukes Dental Health Center
1714 Burrstone Road
Utica, NY
(315) 624-6227

Lordes Dental Clinic
219 Front Street
Binghamton, NY
(607) 584-4545

Richmondville Family Dental Practice
303 Main Street
Richmondville, NY
518-294-6015

Sitirin Dental
Herkimer/New Hartford
1-866-724-8746

Walton Dental Group
132 Delaware Street
Walton, NY
(607) 865-4000

9. Family Service Association of Oneonta

277 Chestnut Street
Oneonta, NY 13820
(607) 432-2870

Provides limited emergency assistance for essential prescriptions and medications to lower income families or those dealing with crisis. Applying for Medicaid recommended, but not required for assistance. Call for information.

10. In -Home Health Care Services

a. At Home Care

297 Main Street
Oneonta, NY 13820
(607) 432-7924 or 1-800-783-0613
Office Hours: Monday – Friday, 8:30 AM – 5:00 PM.

On physician referral, provides intermittent skilled health care services to individuals in their homes. May be covered by Medicare, Medicaid and private insurers. Sliding scale for out-of-pocket payments.

11. Medicaid

a. For children: See # 7 in this section

b. For adults:

Otsego County Department of Social Services

Otsego Co. Office Building (mailing address)

197 Main Street

Cooperstown, NY 13326

The Meadows (service site)

140 County Highway 33W

Cooperstown, NY 13326

(607) 547-1700 or 1-800-422-2512

Hours: Monday – Friday, 9:00 AM – 5:00 PM (except summer)

Monday – Friday, 9:00 AM – 4:00 PM (July and August)

Medicaid is an assistance program for low income individuals and families which covers the cost of medical and mental health care. Applicants must meet income and asset limits to be eligible.

Call for application, and request a list of required documentation and an appointment. A personal interview and specific documentation is required to qualify. Information and a brochure is also available on request. No charge.

c. Medicaid Transportation for Otsego County: 1-800-388-9853

Transportation to and from medical, optical, dental and psychological services available for Medicaid recipients. Call in advance to make arrangements. One week notice is needed. Some out of county travel available in special circumstances with 3 day notice needed, if possible. No charge.

12. New Berlin Family Practice

4 Terrace Heights

New Berlin, NY 13411

(607) 847-6750

Office open: Monday, Wednesday and Thursday, 8 AM – 4:30 PM;

Tuesday and Friday, 7AM – 3:30 PM.

Primary health care for children, teens and adults. Well-baby check-ups, referral to specialists. Medicaid and most insurances accepted.

13. Northern Catskill Dental Associates, PLLC

6 Doubleday Court

Cooperstown, NY 13326

(607) 547-2313

Full dental services. Only new Medicaid children, no Medicaid adults. Dentist on call for emergencies for established patients only.

14. Oneonta Water Treatment Facility: See Section 6: Housing, #4.

15. Otsego County Department of Health

140 County Highway 33 West, Suite 3

Cooperstown, NY 13326

(607) 547-4230

a. Otsego County Public Health Department : (607) 547- 4230; after hours: 547- 1697

Provides: immunizations (under doctor orders); blood pressure screening; health and wellness information; maternal and child health information; tuberculosis screening and referral; STD (Sexually Transmitted Diseases) screening and referral; HIV testing and counseling; communicable

disease surveillance and follow-up; rabies control program and animal bite follow-up; West Nile virus information and monitoring; and, public health emergency preparedness and response.

b. Children with Special Needs: (607) 547-6474

FAX: (607) 547-6402

- Early Intervention Program The Early Intervention Program's goal is to improve the identification, location, referral to care and follow-up of infants and toddlers at risk of developmental delays and disabilities. Participation involves no cost to the family. Also see Section 8: Services for Children and Others with Special Needs, #11.

- Physically Handicapped Children's Program Children birth – 21 with certain medical conditions needing diagnosis may be eligible for financial help. The NYS Department of Health may pay approved health care providers for diagnosis and evaluation of eligible children. Call for current information.

c. Childhood Lead Poisoning Prevention Program: (607) 547-4230

A Public Health Nurse provides education and home visits in the prevention of lead poisoning of children who are 0 – 6 years old.

16. Planned Parenthood of South Central New York, Inc.

37 Dietz Street

Oneonta, NY 13820

(607) 432-2250

Toll-free: (800) 230-PLAN (will ring to the Planned Parenthood Health Center nearest you.)

FAX : (607) 432-2984

Email : ppscny@ppfa.org

Web site : www.ppscny.org

Clinic locations: Binghamton, Lisle, Norwich, Oneonta, Sidney, Walton

Oneonta clinic hours: Monday – Friday, 8:30 AM – 4:30 PM; some evenings for clinics.

Information and medical services related to birth planning and women's health. Call for appointment – pap smear, breast check, medical exam and general primary care. Reproductive health care for women and men. Referrals. Low cost contraceptives available. Testing for sexually transmitted diseases and pregnancy testing and counseling. All services confidential. Medicaid accepted, also sliding fee scale. No one refused care regardless of age or life circumstances or ability to pay.

17. Planned Parenthood of Mohawk - Hudson, Inc.

401 East German Street

Herkimer, NY 13350

(315) 866-3085

Hours: Mon., 11:30 AM – 8 PM; Tues.- Wed. 8 AM - 4:30PM; Thurs., 8:30 AM - 12:30 PM;
and Fri., 8:30AM – 4:30 PM

Information and medical services related to birth planning and women's health. Pap smear, breast check and medical exam. Testing for sexually transmitted diseases for men and women. Pregnancy testing and counseling. Call for appointment. Low cost contraceptives available. Medicaid accepted, sliding fee scale. All services confidential. No one refused care regardless of age or life circumstances.

18. Prenatal Care Assistance Program (PCAP)

M.I. Bassett Hospital

1 Atwell Road

Cooperstown, NY 13326

(607) 547-3091 or 547-3303

FoxCare

FoxCare Drive, Suite 303

Oneonta, NY 13820

(607) 432-3711

PCAP serves pregnant women who have no insurance or insurance which doesn't cover the full cost of prenatal care. Eligibility based on income and family size. 185% of federal poverty or below. No resource test. Covers prenatal care, delivery, post partum care, and necessary hospitalization during

pregnancy. Infant automatically covered for one year following delivery if mom is PCAP eligible at delivery.

Both Bassett and Fox PCAP provide free related educational classes and programs. Bassett PCAP makes regular check-ups available at primary care sites around the county.

19. Prepared Child Birth Classes

FoxCare Center

1 FoxCare Drive – Route 7
Oneonta, NY 13820
(607) 431-5730 (8-3:30 M-F)
Call for times.

Bassett Healthcare

(607) 547-3160
Call for times and locations in
Oneonta and Cooperstown.

Prenatal childbirth instruction for moms and coaches. Classes cover breathing techniques, pain management, anatomy, coach's role, newborn care, and many other topics.

20. Smoking Cessation

a. NYS Smokers' Quitline: 1-866-697-8487

Provides information and referral to local services.

b. Rural Three for Tobacco Free Communities: 1-866-3RURAL3

Website: www.rural3.org

Provides resources and technical assistance to businesses, organizations, governments and individuals. Current projects include eliminating exposure to secondhand smoke by supporting smoke-free home, apartment and public outdoor area policies as well as reducing and removing tobacco industry advertisements, sponsorships, and promotional displays in Delaware, Otsego and Schoharie Counties.

c. Fresh Start – See American Cancer Society, #3 in this section.

d. Smoking Cessation for Pregnant Women

Mothers and Babies Perinatal Network
457 State Street
Binghamton, NY 13901
1-800-231-0744

Free individual counseling offered to pregnant women and their families who would like to stop smoking.

NOTES

SECTION 10: YOUTH PROGRAMS/SERVICES



1. American Red Cross:
Southern Tier Red Cross (Main Office)
620 East Main Street
Endicott, NY 13760
(607) 785-7207 – 24 hr/day, 7 days/wk.

Otsego County Offices:

396 Chestnut St., Suite 3
Oneonta, NY 13820
(607) 432-5353

101 Main Street (in Pioneer Alley)
Cooperstown, NY 13326
(607) 547-2441

Hours: 8:30 AM – 4:30 PM (M/W/F)

8:30 AM – 4:30 PM (T/Th)

(+ Answering machine: 24 hr/day, 7 days/wk. And, 24 hours a day/365 days a year, round the clock service for families in the military or disaster services)

Red Cross provides water safety courses, taught at Oneonta YMCA, Hartwick College, Clark Sports Center, and the State University at Oneonta. Life saving certification classes and aquatic survival, CPR, First Aid courses are offered. Also offered are babysitting courses, 24 hour disaster assistance with volunteers, on call team, blood services and food bank referral. For Project Share or Care and Share, see Section 3: Energy Conservation and Emergency Energy Service, #8. Or, see Section 5: Crisis Information – Family Support Services – Safety Net Agencies, #2 for additional information on Red Cross.

2. Big Buddy Program
Delaware Opportunities, Inc. (DO)
35430 State Highway 10
Hamden, NY 13782
(607) 746-1746

The Big Buddy Program is a mentoring program that matches up volunteer adults with children (ages 5 to 14 years old) who are looking for a “special friend”: to serve as a role model, mentor and friend; to provide support, guidance and encouragement; and, to boost self-esteem and give children the tools they need to succeed in life.

Call for more information, to volunteer, or to sign up for the program. Open to Otsego and Delaware County residents.

3. Boy Scouts of America – Otschodela Council
P.O. Box 1356
6134 State Highway 23
Oneonta, NY 13820
(607) 432-6491
Hours: Monday – Friday, 9:00 AM – 5:00 PM

Character development, physical fitness, citizenship through group and individual experiences. Year around camping program. Serves boys first grade through 21 years of age. Call for information.

4. Clark Sports Center
P.O. Box 850 (on Susquehanna Avenue)
Cooperstown, NY 13326
(607) 547-2800
Summer hours (May-October): 6:00 AM – 9:00 PM
Winter hours: 6:00 AM – 9:30 PM
Saturday: 8:00 AM – 9:00 PM
Sunday: 9:00 AM – 6:00 PM (after Memorial Day, closed on Sunday)

Offers a wide choice of recreational activities and services for all ages. Activities include: camping, hiking, swimming lessons, after school activities, summer camp, aerobics, rock climbing and more. Call for information.

5. Community Youth Organization of West Edmeston

Meets at the West Edmeston Parish House
315-855-7540

For youth in grades 5 – 12 in West Edmeston & Edmeston

This is a youth center with a complete gymnasium and offers weekly recreational activities and special events at no charge.

6. Cooperstown Ecumenical Youth Group (CEYG) (inactive as of July 2008, call for current information)

c/o 25 Church Street

PO Box 872

Cooperstown, NY 13326

(607) 547-8401 (Presbyterian Church office)

Website: www.ceyg.org

Email: ceygdirector@yahoo.com

Christian youth group open to all middle and high school students, regardless of church affiliation or faith. Meets weekly and sponsors regular community services and fellowship activities.

7. Cornell Cooperative Extension of Otsego County

123 Lake Street

Cooperstown, NY 13326

(607) 547-2536

(607) 547-5180 (FAX)

Email : otsego@cornell.edu

Website: www.cce.cornell.edu/otsego

a. 4-H Youth Development Program

The 4-H Youth Development Program offers a variety of educational and fun experiences for youth ages 5-19 and adult volunteers. The opportunities offered are Community 4-H Clubs, 4-H School Enrichment, Special Interest Groups, 4-H Overnight Summer Camp and Inter-agency Networking Coalitions.

b. Reality Check

(607) 547-2536

E-mail: realitycheckotsego@Yahoo.com

Website: www.rctruth.org

Reality Check is a youth-led, adult supported, tobacco control movement designed by teens for teens (ages 13-18). It offers youth unique training opportunities and hands-on experience in peer leadership, communication, and tobacco control. Teen presenters are available to speak to Middle and High Schools and community youth groups about tobacco related issues. Call Cornell Cooperative Extension in Cooperstown for more information.

8. Girl Scouts Indian Hills Council

3200 Chestnut Street, Suite 109

Oneonta, NY 13820

(607) 432-2910

Website: www.gsinc.org

Hours: Mon – Wed, 11 AM – 5 PM; Thurs, 11AM – 7PM; (July and August: 11:30 AM – 4:30 PM)

Offers girls the opportunity to make new friends, develop leadership skills and build self-confidence through continuous adventures in learning that address current interests and future roles as women. Call for information.

9. Girls on the Run

PO Box 118
Fly Creek, NY 13337
(607) 293-7972

Otsego Co. website: www.otsegocountygotr.org National program website: www.girlsontherun.com

Girls on the Run - Otsego County is a chapter of the national Girls on the Run organization. Its mission is to prepare and educate girls for a lifetime of healthy living and self respect. Programs available in Cooperstown, Milford, Gilbertsville, Oneonta, Cherry Valley, Schenevus, Worcester, Morris, Richfield Springs, Edmeston, Laurens and Van Hornesville. More are anticipated. For more information, contact Paula Huntsman, Council Director, at 293-7972.

10. Juvenile Bureau of the Oneonta Police Department

Public Safety Building
81 Main Street
Oneonta, NY 13920
(607) 432-5819 (Juvenile Bureau) or 432-1111 (Main/Emergency number)
Hours: Monday – Friday, 8:00 AM – 4:00 PM, Emergency 24 hours/7 days a week

Offers preventive information and services for young people 7-16 years old who are at risk or involved in legal dilemmas with the justice system, drug or alcohol abuse/other. Functions in police role to identify youth with legal problems. Accepts referrals for youth from agencies, families or individuals. Works with individual youth or groups who need help/time. Fosters a positive police/youth relationship. Call or write for information. No charge.

11. Kids Unlimited Preschool of Springbrook

2705 State Highway 28
Oneonta, NY 13820
(607) 286-7171 Ext. 361
Hours: Monday – Friday, 9:00 AM – 2:30 PM on a school calendar with a 6 week summer program.
Website: www.springbrookny.org

Provides early childhood education for children ages 3 to 5 years in a safe, nurturing environment. Serves children with special needs and their peers in an integrated classroom. Classroom staff include a special education teacher, early childhood education teachers, teaching assistant and classroom aide. Eligible students may receive speech-language, occupational and/or physical therapy. Teaching staff facilitates learning through a developmentally appropriate, theme based curriculum, “hands on” learning experiences and cooperative activities in large and small groups. Parent participation is encouraged.

Eligible children can access the program through their local Committee on Preschool Special Education (CPSE) with funding provided by the child’s county of residency. Community based locations include Portlandville (Springbrook’s Main Campus) and Oneonta (6 Country Club Road).

12. Oneonta Boys and Girls Club, Inc.

70 River Street
P.O. Box 1117
Oneonta, NY 13820
(607) 432-1133 FAX: (607) 432-2146
Hours: September – June: Tuesday – Friday, 1:00 PM – 5:00 PM; 6:00 PM – 9:00 PM; Saturday, 10:00 AM – 3:00 PM. Closed Sunday and Monday.

Serving Otsego, Delaware and Chenango youth, ages 7-15 with continued membership up until the age of 21. Offers a wide range of sports activities as well as more leisurely programs such as: arts ‘n crafts, wood shop, game room activities, board games, etc. For more information, call or stop in and see the facility for yourself.

13. Oneonta Community Alliance for Youth (OCAY)

Oneonta Teen Center

4 Academy Street

Oneonta, NY 13820

(607) 433-2009

Website: www.myspace.com/ocay

Hours: Wednesday – Friday 3 – 6PM for recreational activities and sports

Friday and Saturday evening activities including live music, local teen bands

Located in the basement of the Armory, the Oneonta Teen Center provides programs for youth in Junior/Senior High School. Game room, computer room and internet access, performance stage and equipment, tutoring program (by Hartwick College students), workshops (film making, DJing), snack bar. Youth employment available. Summer program. No charge.

14. Oneonta Family YMCA

20-26 Ford Avenue

Oneonta, NY 13820

(607) 432-0010

Hours: *September – June*: Monday – Friday, 5:45 AM – 9:00 PM; Saturday, 8:00 AM – 6:00 PM;

September – May: Sunday, 1:00 PM – 5:00 PM

July and August: Monday – Friday, 5:45 AM – 9:00 PM; Saturday, 8:00 AM – 12 Noon

June – August: Sunday, Closed.

Offers a wide choice of recreational activities and services: pool, gym, fitness center. Programs include youth gym and social program, youth swim, family program, baby-sitting services, nursery school, after-school program, summer day camp, other. Annual, monthly, daily fees. Scholarships available. Call for information.

15. Otsego Co. Department of Social Services: See Section 5: Family Support/Safety Net Agencies, #13

16. Otsego County Office of Employment and Training

12 Dietz Street

Oneonta, NY 13820

(607) 432-4800 or 1- 800-244-5779

Website: www.cdoworkforce.org

Hours: 9:00 AM – 5:00 PM; summer (July and August) 9:00 AM – 4:00 PM

Provides assistance with job searches, resumes, assessment, development of marketable skills, and career exploration. Resource room with access to reference materials, copier, fax, telephone, computers, and the internet, for jobseeking purposes. Classroom training and on-the-job training opportunities available for eligible individuals. Youth program provides similar assistance for individuals aged 14-21. No charge for services.

17. Otsego County Youth Bureau

197 Main Street

Cooperstown, NY 13326

(607) 547-4329

Hours: Wednesdays, 9:00 AM – 4:00 PM and Thursdays, 1:00 PM – 4:00 PM

All areas of youth programming such as funding, research information and planning. Assists public and private groups to apply for 50% reimbursement for programs serving children, youth and families. Administers funds for NYS OCFS (Office of Children and Family Services) for recreation and youth services. Call for information about youth services.

18. Otsego's C.H.O.I.C.E. (Choosing Healthy Options in the Community/College Environment) Coalition
LEAF, Inc. Council on Alcoholism & Addictions
80 Water St.
Oneonta, NY 13820
(607) 432-0090 or toll free: 1-800-339-1894
Website: www.leafinc.org

The goal of the Otsego's C.H.O.I.C.E. coalition is to reduce underage drinking in Otsego County. This is achieved through reducing risk factors that lead to underage drinking and substance abuse and increasing protective factors in the lives of Otsego County youth. Provides information and educational services on underage drinking and substance abuse to schools, families, individuals, and the general community. Resources, speakers, materials available.

19. Planned Parenthood Association of South Central New York, Inc.
37 Dietz Street
Oneonta, NY 13820
(607) 432-2252
Toll-free: (800) 230-PLAN (will ring to the Planned Parenthood Health Center nearest you.)
FAX : (607) 432-2984
Email : ppscny@ppfa.org
Website : www.ppscny.org
Clinic locations: Binghamton, Lisle, Norwich, Oneonta, Sidney, Walton

The education department at Planned Parenthood is a trusted resource serving individuals, families and professional groups. Well-trained and experienced educators provide up-to-date information on human sexuality and reproductive health. Parents often look to Planned Parenthood to help them comfortably deal with their children's questions, and questions of their own. The Education Resource Center has pamphlets, brochures, books and videos available. Many of these services are free and others are available for a modest fee.

20. St. James Episcopal Church Afterschool Program for Teens
305 Main Street
Oneonta, NY 13820
(607) 432-1458 Church Offices
(607) 432-8029 Youth Program
Youth Center Hours: Monday, Tuesday, Thursday and Friday: 2:30 PM – 5:00 PM

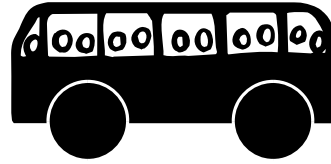
21. SUCO Children's Center
Bugbee Hall
State Street
Oneonta, NY 13820
(607) 436-2484
Hours: Monday – Friday, 6:45 AM – 5:30 PM

Provides child care for children 8 weeks – 5 years old. School age program for before/after school – available school holidays. Summer camp. Sliding fee scale. SUCO students and staff have priority. Call for information and/or appointment.

22. The Zone Youth Center
Corner of Ann and Walnut Streets - PO Box 108
Richfield Springs, NY 13439
(315) 858-0938
Hours: Friday and Saturday nights: 7- 10 PM

Supervised social activities, game room and mentoring. Additional activities as scheduled by Youth Coordinator and Youth Council.

SECTION 11: TRANSPORTATION



1. A & D Taxi
83 Lower River Street
Oneonta, NY 13820
(607) 433-1726

2. Bus Terminal:
47 Market Street
Oneonta, NY 13326
607-432-2661
Adirondack Trailways Bus: 1-800-858-8555
Greyhound Bus: 1-800-231-2222
Hours: M-F: 7:30 AM – 5 PM; Sat/Sun: 9 AM – 5 PM

Serves State Route 28 corridor Utica: Cooperstown - Oneonta and beyond.

3. Medicaid Transportation
Otsego County Department of Social Services
928 County Highway 27,
Richfield Springs, NY
1-800-388-9853

Transportation to and from medical, optical, dental and psychological services available for Medicaid patients. Call in advance to make arrangements. A full 3 business days' notice is needed. Some out of county travel available in special circumstances. Need a notice plus doctor's referral. No charge.

4. Oneonta Public Transit (OPT)
Clinton Plaza
104 Main Street
Oneonta, NY 13820
(607) 432-7100
Hours: 7AM – 6PM Daily except Sunday

Call for information regarding OPT routes, schedules and handicapped services.

Cooperstown Line:

Bus service from Oneonta to Cooperstown and return. Routes 7 and 28 to and from Cooperstown. Currently the schedule is as follows:

Leaves Oneonta: M-F: Every hour between 6:00 AM and 5:00 PM

Leaves Cooperstown: M-F: Every hour on the hour from 7:00 AM – 6:00 PM

**On Saturdays only:* Leaves every 2 hours (Oneonta on even hours and Cooperstown on odd hours)

Cost: \$1.30 per person one way (\$1.00 for senior citizens, free for children under 5)

Oneonta Line:

Serves the City of Oneonta, the University, North and South Sides, East and West End, River Street/Downtown and Otego.

Cost: 65 cents/adult, 35 cents/student through *high* school. Under 5 free.

5. Otsego Express (GUS the Bus)
928 County Highway 27
Richfield Springs, NY 13439
(800) 388-9853

Public transportation on several routes throughout Otsego County. Handicapped accessible with 24 hour notice. Monthly passes, senior citizen discounts, single trip fare. Zoned service provides "dial-a-ride" pick-up/drop-off on certain days. Call for routes and/or schedules.

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| <p>6. <u>Veterans Service Agency, Otsego County</u>
197 Main Street
Cooperstown, NY 13326
(607) 547-4224
Hours: Monday – Thursday:
9:00 AM – 1:00 PM</p> | <p><u>Veterans Service Agency, NYS</u>
242 Main Street
Oneonta, NY 13820
(607) 432-4190
Hours: Tuesday, Thursday and Friday
8:00 AM – 4 PM Appointment appreciated</p> |
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Provides assistance to veterans and their families in understanding and applying for veterans' benefits.

Operates a passenger vehicle from various Otsego County locations to the VA hospital in Albany and back for ALL veterans, plus some Social Services, Medical Assistance recipients by prior arrangement. Pick up points in Oneonta and other communities. Call to make a reservation. No charge.

NOTES

Section 12: Telephone Index



Agency/ Program Title	Phone Number
A & D Taxi	(607) 433-1726
A. O. Fox Hospital and FoxCare Services - See additional services under (A.O.) <u>F</u> ox Hospital and FoxCare Services	(607) 432-2000 (switchboard/information)
Access Pass	(518) 474-2324
AIDS Services	
Albany – NYS Dept. of Health Hotline	1-800-962-5065
AIDS Services – Catholic Charities	(607) 432-0061
Bassett Healthcare, Oneonta	(607) 433-1790
Catskill Rural AIDS Services	(607) 436-9554 or 1-800-976-2727
Planned Parenthood	(607) 432-2250
Southern Tier AIDS Program (STAP)	1-800-333-0892 (Regional AIDS hotline)
Otsego/Delaware Counties	(607) 432-6654 or 1-888-895-7264
Alcoholics Anonymous (AA)	1-888-227-6237
American Cancer Society	1-800-227-2345
American Red Cross	See Southern Tier Red Cross
The Arc Otsego	(607) 432-8595
Association for Vision Rehabilitation and Employment, Inc.	(607) 724-2428
At Home Care	(607) 432-7924 or 1-800-783-0613
Bassett Healthcare	1-800-BASSETT or (607) 547-3456
Bassett Healthcare Outpatient Centers	See Section 9, #4b for specific sites
Bassett Healthcare Outpatient Nutritional Counseling	See Section 4, #2
Bassett Clinic Appointments	(800) 298-8900 or (607) 547-3900
Bassett Hospital Emergency Room	(607) 547-3355
Bassett Hospital Outpatient Psychiatric Clinic	(607) 547-3500
Bassett Hospital Outpatient Pediatric Clinic	(607) 547-3290
Bassett Hospital Social Work Department	(607) 547-3640
Bassett Hospital Switchboard	(607) 547-3456
Billing/Patient Accounts	(800) 642-0455
Cobleskill Regional Hospital Switchboard	(518) 254-3456 (Emergency Room = 254-3300)
Little Falls Hospital	(315) 823-1000
O'Connor Hospital	(607) 746-0300
Tri-Town Regional Hospital	(607) 563-7080
Urgent Care/Oneonta	(607) 433-6400
Berkshire Farm Center and Services for Youth	(607) 432-8370 (Program info)
LIFE House for Runaway & Homeless Youth - 24 Hour Hotline	1-866-HELP-130 (1-866-435-7130)
Big Buddy Program	(607) 746-1746
BOCES District Offices	Also see Section 8, #4b
Delaware/Chenango/Madison/Otsego Counties	(607) 335-1200(Norwich); 865-2500(Sidney Cn)
Herkimer/Oneida Counties	(315) 867-2000
Otsego – Northern Catskills (ONC)	(607) 652-1200
BOCES in Delaware Co.: Northern Catskill Occupational Center	(607) 588-6291
BOCES in Otsego County	Also see Section 2, #8f
Otsego Area Occupational Center (OAOC)	(607) 286-7715
Practical Nursing Program	(607) 431-2562
BOCES SETRC	Also see Section 8, #4a
Herkimer-Fulton-Hamilton-Otsego BOCES SETRC	(315) 867-2082
Otsego – Northern Catskill BOCES SETRC	(607) 652-1240 (Coordinator = 433-1401)
Boy Scouts of America (Otschodela Council)	(607) 432- 6491

Brain Injury Association of New York State	(518) 459-7911 Helpline: 1-800-228-8201
Breast Feeding Support/LaLeche League	1-877-4-LALECHE (1-877-452-5324)
Broome Developmental Services	(607) 770-0211
High Risk Births Clinic	(607) 729-1295
Otsego Regional Center	(607) 432-8860
Bus Terminal (Oneonta)	(607) 432-2661
Adirondack Trailways	1-800-858-8555
Greyhound Bus	1-800-231-2222
Catholic Charities	(607) 432- 0061
AIDS Services	(607) 432-0061
Case Management Services for Treatment Courts	(607) 432-0061
Child Care Resource and Referral (CCR&R)	(607) 432-0061 or 1-866-814-1117
Community Maternity Services	(607) 432-9314 or (518) 295-6100
CASA (Court Appointed Special Advocate)	(607) 432-0061
Dispute Resolution Center	(607) 432-0061
Single Room Occupancy Housing	(607) 436-9250 or 432-0061
Victim Impact Panel	(607) 432-0061
Catskill Area Hospice and Palliative Care, Inc.	(607) 432-5525
Catskill Center for Independence	(607) 432-8000 (Voice and TTY)
Child Health Plus (CHP) or Family Health Plus Insurance Plans	
Mothers and Babies Perinatal Network	1-800-231-0744
Child/Family	(607) 433-8023
Health Plus Facilitated Enrollment at OFO	
(Prepared) Child Birth Classes	See Section 9: Medical/Dental Services, #19
Children with Special Needs – Department of Health	(607) 547-6474
Citizen Action Fuel Group	(800) 559-4645 or (518) 465-4600
Clark Foundation Scholarship	(607) 547-9927
Clark Sports Center	(607) 547-2800
Community Youth Organization of West Edmeston	(315) 855-7540
Compassionate Friends	(607) 433-2492
Cooperstown Ecumenical Youth Group	(607) 547-8401
Cornell Cooperative Extension of Otsego County	(607) 547-2536, 433-2521
Diabetes Prevention and Control	(607) 547-2536, 433-2521
Eat Smart! New York	(607) 547-2536 (Ext 224,234)
EmPower New York	(607) 547-2536, 433-2521
4-H Youth Development Program	(607) 547-2536, 433-2521
Master Gardener Program	(607) 547-2536 (Ext. 221)
Reality Check	(607) 547-2536
Counseling Center (SUCO)	(607) 436-3368
Dentists and dental clinics	See Section 9: Medical/Dental, #8
Diabetes Prevention and Control	(607) 547-2536, 433-2521
Dispute Resolution Center	(607) 432-0061
Down Syndrome Aim High Resource Center	(518) 438-1113
Early Childhood Direction Center	(607) 724-2111
Early Intervention Program & Preschool Special Education	(607) 547-6474
Eat Smart New York!	(607) 547-2536 (Ext 224,234) or 433-2521
EMERGENCY -	911
Empire State College	(607) 721-8651
EmPower New York	(607) 547-2536, 433-2521
Excelsior College	(518) 464-8500 or 1-888-647-2388
Family Resource Network	(607) 432-0001 or 1-800-305-8814
Family Service Association of Oneonta, Inc.	(607) 432-2870
Food Pantries in Otsego County	see Section 4: Food & Nutrition, #8

Food Stamps	see Section 4: Food & Nutrition, #14
(A. O.) Fox Hospital and FoxCare Services	See Section 9: Medical/Dental Services, #1
Emergency Department	(607) 431-5000
Clinics and Associated Practices	See Section 9: Medical/Dental, #1a-j
Nutrition Consultation Services	(607) 431-5181
Prenatal Care Assistance Program (PCAP)	(607) 432-3711
Prepared Child Birth Classes	(607) 431-5730
Switchboard/information	(607) 432-2000
Girl Scouts – Indian Hills Council	(607) 432-2910
Girls on the Run	(607) 293-7972
“Gus the Bus”	1-800-388-9853
Habitat for Humanity	(607) 432-7874
The Harbour Program of the Mental Health Assoc. in Ulster Co.	(607) 865-4422
HEAP Hotline	1-800-342-3009 – recorded menu
HEAP Opportunities for Otsego (OFO) or Otsego Co. Dept. of Social Services (DSS)	(607) 433-8000 (OFO) (607) 547-1700 or 1-800-422-2512 (DSS)
Holiday Food Baskets	see Section 4: Food & Nutrition, #9
Kennedy-Willis Center on Down Syndrome	(607) 965-8377
Kids Unlimited Preschool	(607) 286-7171 Ext. 361
La Leche League (for breast feeding support)	1-877-4 LaLeche (1-877-452-5324)
Lead Poisoning Prevention Program	(607) 547-4230
LEAF Council on Alcoholism/Addictions	(607) 432-0090 or 1-800-339-1894
Legal Aid for Victims of Domestic Violence, Sexual Assault & Stalking	(607) 433-2600 or 1-800-821-9895
Legal Aid Society, Inc.	(607) 433-2600 or 1-800-821-9895
LIFE House for Runaway & Homeless Youth - 24 Hour Hotline	1-866-HELP-130 (1-866-435-7130)
Literacy Volunteers of Otsego & Delaware Counties (LVODC)	(607) 433-3645 or 1-800-782-3858
“Loving Up the Downs”	(607) 433-6260
Medicaid for adults	(607) 547-1700 or 1-800-422-2512
Medicaid for children	See Section 9 Medical/Dental Services, #11a
Medicaid Transportation for Otsego Co.	1-800-388-9853
Mental Health Association in Ulster County, Inc.	(607) 433-0700
The Harbour Program	(607) 865-4422
Mental Health Home/Community Based Services Waiver Program	(607) 433-0700
Otsego Adolescent Outreach Program	(607) 433-0700
New Ventures Program	(607) 433-0700 Ext. 104
Mothers and Babies Perinatal Network	1-800-231-0744 or (607) 772-0517
National Grid	1-800-NIAGARA (1-800-642-4272)
New Berlin Family Practice	(607) 847-6750
Northern Catskill Dental Associates, PLLC	(607) 547-2313
Niagara Mohawk	See National Grid
NYS Child Abuse/Maltreatment Registry	1-800-342-3720
NYS Bar Association	1-800-342-3661
NYS Com. on Quality of Care & Advocacy for Persons w/ Disabilities	1-800-624-4143
NYS Division of Human Rights	(607) 721-8467
NYSEG (NYS Electric and Gas)	1-800-572-1111 (menu)
EMERGENCY	1-800-572-1131
Credit assistance and payment arrangements	1-888-315-1755
Customer Advocate	1-800-553-7056, Ext. 248
NYS Employment Office (CDO Workforce Center)	(607) 432-4800 or 1-800-244-5779
NYS Energy Office	1-866-NYSERDA
NYS Food Stamp Hotline	1-800-342-3009

NYS Kinship Navigator	1-877-4KidInfo (1-877-454-6463)
NYS Public Service Commission Hotline	1-800-342-3355 – recorded message
Consumer Helpline (for utility bills/services)	1-800-342-3377 – recorded message
Oneonta Boys and Girls Club, Inc.	(607) 432-1133
Oneonta Community Alliance for Youth (OCAAY)	(607) 433-2009
(City of) Oneonta Code Enforcement	(607) 433-3435 or 432-6450 (City Clerk)
Oneonta Community Education Center (OCEC)	(607) 433-3645 or 1-800-782-3858
Oneonta Family YMCA	(607) 432-0010
(City of) Oneonta Housing Authority	(607) 432-0170
Oneonta Job Corps Center	(607) 433-2111; 1-800-758-7502
Oneonta Police Department, Juvenile Bureau	(607) 432-5819; 432-1111(for emergency)
Oneonta Public Transit (OPT)	(607) 432-7100
Oneonta Teen Center	(607) 433-2009
Oneonta Water Treatment Facility	(607) 433-3470, 433-3486 (lab)
Opportunities for Otsego, Inc.	(607) 433-8000 or 1-800-986-5463
- <i>Child & Family Development Department</i> -	
Building Healthy Families	(607) 433-8055
Children's Center	(607) 433-8048
Child Care	(607) 433-8055
Child/Family Health Plus Facilitated Enrollment	(607) 433-8055
Early Head Start	(607) 433-8023
Head Start	(607) 433-8055
Universal Pre-Kindergarten Program	(607) 433-8055
WIC (Women, Infants and Children)	(607) 433-8071
- <i>Community Connections</i> -	
County Food Bank	(607) 433-8373
Extra Helpings Program	(607) 433-8373
Holiday Basket and Food Bank	(607) 433-8373
- <i>Crisis Intervention & Support Services</i> -	(607) 433-8038
Emergency Housing Assistance Program	(607) 433-8337 (24 hr. Hotline = 433-8318)
Violence Intervention Program	(607) 433-8038 (Hotline=432-4855) Collect calls ok.
- <i>Housing, Employment and Energy Services</i> -	
Assisted Home Performance with ENERGY STAR®	(607) 433-8000
HEAP (Energy Assistance Program)	(607) 433-8000
Weatherization	(607) 433-8000
Otsego Adopt, Inc.	(315) 858-0304
Otsego Chemical Dependencies Clinics	(607) 431-1030 or 547-1600
Otsego County Code Enforcement	(607) 547-4320
Otsego County Courts	
Family Court	(607) 547-4264
Probation Department	(607) 547-4216
Surrogate Court	(607) 547-4338
Treatment Court	(607) 547-4375
Otsego County Department of Health	(607) 547-4230; 547-1697 (after hours)
Childhood Lead Poisoning Prevention Program	(607) 547-4230
Children with Special Needs	(607) 547-6474
Early Intervention Program	(607) 547-6474
Physically Handicapped Children's Program	(607) 547-6474
Otsego County Department of Social Services	(607) 547-1700 or 1-800-422-2512
- <i>Services Division of DSS</i> -	
Child Preventive Services (Foster Care & Adoption)	(607) 547-4355
Children Protective Service (CPS)	(607) 547-4355
Child Care	(607) 547-1700 or 1-800-422-2512

Homeless Services	(607) 547-1700 or 1-800-422-2512
Protective Service for Adults	(607) 547-4355
- <i>Eligibility Division of DSS -</i>	(607) 547-1700 or 1-800-422-2512
Emergency Aid to Families (EAF) or Adults (EAA)	(607) 547-1700 or 1-800-422-2512
Employment Unit	(607) 547-1700 or 1-800-422-2512
Fair Hearing Procedures	See Section 7: Legal/Consumer Services, #10
Food Stamps	(607) 547-1700 or 1-800-422-2512
Home Energy Assistance Program (HEAP)	(607) 547-1700 or 1-800-422-2512
Medical Assistance	(607) 547-1700 or 1-800-422-2512
Medicaid Transportation	1-800-388-9853
Public Assistance (TANF, Safety Net, EAA,EAF)	(607) 547-1700 or 1-800-422-2512
Otsego County Office for the Aging	(607) 547-4232; 432-9041
Otsego County Office of Employment and Training	(607) 432-4800 or 1-800-244-5779
Otsego County Sheriff	(607) 547-4271 or 911 in an emergency
Otsego County Youth Bureau	(607) 547-4329
Otsego Express (GUS the Bus)	(800) 388-9853
Otsego County Mental Health Clinic	
Children 3-17 years old	(607) 433-2334
Adults 18 yrs and over	(607) 433-2343
Otsego Rural Housing Assistance, Inc. (ORHA)	
Rent Assistance	(607) 547-8839
Otsego Rural Assistance	(607) 286-7244
Otsego's C.H.O.I.C.E.	(607) 432-0090 or 1-800-339-1894
Parent to Parent of NYS	1-800-305-8814
Parenting Group Meeting Series	(607) 432-2870
PFLAG (Parents, Families & Friends of Lesbians and Gays)	(607) 432-1251 (Oneonta/Otsego Co. Chapter)
Planned Parenthood of Mohawk – Hudson, Inc.	(315) 866-3085 or 1-800-230-PLAN
Planned Parenthood of South Central New York, Inc.	(607) 432-2252 or 1-800-230 PLAN
Prenatal Care Assistance Program (PCAP)	See Section 9: Medical/Dental Services, # 18
Prevention Information Resource Center (PIRC)	1-800-342-7472
Project Share/Care	See Southern Tier Red Cross
REA Otsego Electric Cooperative	(607) 293-6622
Red Cross	See Southern Tier Red Cross
Rehabilitation Support Services (RSS)	(607) 433-0002
Religious information	See Section 5, #16
St. James Episcopal Church Afterschool Program for Teens	(607) 432-8029; 432-1458 (church offices)
Salvation Army	(607) 432-5960
Smoking Cessation	
NYS Smokers' Quitline	1-866-697-8487
Rural Three for Tobacco Free Communities	1-866-3RURAL3
Fresh Start (American Cancer Society)	1-800-227-2345
Smoking Cessation for Pregnant Women	1-800-231-0744
Social Security	1-800-772-1213; (607) 433-0171
Soup Kitchens in Otsego County	see Section 4: Food and Nutrition, #7
Southern Tier Red Cross	
Main Office in Endicott	(607) 785-7207 (24 hr./day, 7 days/wk.)
Cooperstown Office	(607) 547-2441 (+ answering machine)
Oneonta Office	(607) 432-5353 (+ answering machine)
Springbrook	(607) 286-7171
Early Intervention and Preschool Evaluations	(607) 286-7171, Ext. 364
Kids Unlimited Preschool	(607) 286-7171, Ext. 361
Saturday Recreation Program	(607) 286-7171, Ext. 351
Service Coordination & Home/Community Based Waiver Services	(607) 286-7171

