

*Senior Resources
For the
Town of Gardiner, NY*



“Empowering Seniors”

Updated Fall 2019

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Gardiner, New York



GARDINER SENIOR RESOURCE COMMITTEE *Our Mission Statement*

The mission of the GSRC is to improve the town's livability for our seniors and to explore their needs so they may continue to stay in their homes with dignity and independence, while remaining involved in the community.

GSRC Information

www.facebook.com/GardinerSeniorResourceCommittee/

GSRC sends out a free newsletter via email at least monthly. The newsletter focuses on events and happenings around the area that might appeal to seniors. To sign up please email with your full name and email address to Steve Weir at sweir12525@gmail.com.

Town of Gardiner, NY

Town Hall 845-255-9675
General Information

Town Supervisor 845-255-9675 x101

Council Persons 845-255-9675 x100

Clerk/Registrar/Tax collector 845-255-9675 x100

Assessor 845-255-9675 x105

Bookkeeper 845-255-9675 x102

Highway Superintendent 845-255-1381

Town Justices 845-256-0017 x 106

Zoning & Building Inspector 845-255-9675 x107

IN CASE OF AN EMERGENCY DIAL 911

Board of Elections Office**845-334-5470**

284 Wall Street, Kingston NY 12401

www.ulstercountyny.gov/elections**Ulster County Veterans Services Agency****845-340-3190****VA Outpatient/Primary Clinic****845-331-8322**

324 Plaza Rd. Kingston, NY 12401

Veterans Crisis Hotline—1-800-273-8255**County Public Works Department (Roads)****845-340-3100****The Consumer Affairs Bureau****845-340-3260**

380 Blvd. Kingston, NY 12401

www.ulstercounty.gov/consumer-affairs**Local Law Enforcement**State Police Highland Barracks: **845-691-2922**Ulster County Sheriffs Office: **845-338-3640****Social Security**www.socialsecurity.gov 800-772-1213

323 Main St. Poughkeepsie, NY 12601

Local Senior Club Information

Serving and Staying in Place 845-255-0609

Meets every Tuesday at 9:30am at Plaza Diner, New Paltz, NY for breakfast. \$25 per year membership fee.

The Senior Citizen's Club of New Paltz & Gardiner
845-256-9490

Meets the 2nd Wednesday of the month at 1:30pm at
the VFW on Route 208 in New Paltz. Membership dues
\$25.

Health Services

Medicare

800-633-4227

Medicare is a health insurance program for people 65
years of age and older. It also supports individuals
with disabilities under the age of 65.

www.medicarerights.org

EPIC (Elderly Pharmaceutical Insurance Coverage
Program) 800-332-3742

EPIC is a New York State program that helps seniors
pay for their prescription drugs by providing second-
ary coverage. Eligibility requirements 1. NYS resident
age 65 and over, 2. Annual income \$75,000 or below
for singles/\$100,000 if married, 3. Enrolled or eligible
to be enrolled in Medicare Part D, 4. Not receiving full
Medicaid benefits.

www.healthy.ny.gov/health_care/epic/eligibility.htm

Alzheimer's Association of the Hudson Valley

845-471-2655 (Poughkeepsie) or 800-272-3900
2649 South Rd, Suite 101, Poughkeepsie, NY 12601
Family and patient support and information.

Hudson Valley Mental Health

845-486-2703 x5

239 Golden Hill Lane, Kingston, NY 12401
Ulster County Mental Health Department

Health Alliance of the Hudson Valley

845-331-3131 (Broadway Campus)

Inpatient Mental Health Service

Emergency Mental Health Service

Emergency/Inpatient Services: 24 hrs/day, 7 days/wk.

Speech and Hearing Center at SUNY New Paltz

845-257-3600 ~ Call for Appointment

Provides hearing and speech tests free of charge and also provides assistive hearing devices at a reduced cost from the general market price. No health insurance accepted.

Medical Alert System

845-340-3456 (Office for the Aging)

1003 Development Court, Kingston, NY 12401

Medical Alert devices enable a person living alone to have assurance that help is moments away. Devices worn around the neck or on the wrist send a signal to a central emergency response center. Income based service.

Kingston VA Primary Care Outpatient Clinic

845-331-8322

324 Plaza Rd, Kingston, NY 12401

Transportation services are provided to County veterans to and from the Albany VA Hospital on a daily basis. Burial plots at no charge for veterans and their spouse are available at the Ulster County Veteran's Cemetery. Government Marker has to be purchased.

Ulster County NY Connects (Office of the Aging)

845-334-5307

Ulster County Health Care Resources and Information—Connecting older adults and disabled

people of all ages to long term care options with an emphasis on home and community based services.

www.ulstercountyny.gov/aging/ny-connects

Hospice

845-338-2273 (Ulster) 845-485-2273(Dutchess)

www.hvhospice.org

Resource Center for Accessible Living

845-331-0541

727 Ulster Ave, Kinston, NY 12401

RCAL has a variety of services including Architecture Modification Consulting, Benefits Advisement, Enhanced Supported Employment Project, Equipment Loan Closet, Medicaid Service Coordination, Support Groups and Transition Assistance Project.

Hearing Loss Support Group

845-255-6128

Meets second Thursday at 1:30pm at Gardiner Library.

Loop and caption Available.

Low Vision Services

Mid Hudson Valley Low Vision Network (MHVLVN)

914-993-5370 ~ Wendy Buckler

NYS Commission for the Blind and Visually Handicapped.

Catholic Guild for the Blind

Phone: (845) 452-1400

218 Church St, Poughkeepsie, NY 12601

Association for the Visually Impaired

Phone: (845) 574-4950 ~ Beth Bate-DuBoss

Free support groups.

avieyes.org

Ulster County Low Vision Specialist

845-236-3341 ~ Dr. Sam Schenker

14 Western Avenue, Marlboro, NY 12542

Lions Club Eye Institute

845-255-6128

Lions Clubs assist individuals with getting annual eye exams and eyeglasses. There are several locations in Ulster Co.

Lighthouse Guild for the Blind

800-284-4422

www.lighthouseguild.org

**Emergency Response Systems and
Care Management**

Ulster County Crime Victims Assistance Program

845-340-3443 Mon-Fri 9am-5pm.

845-340-3442 Hotline ~ nights, weekends & holidays after 5pm.

Family of Woodstock

845- 679-2485

Family of Woodstock is a multi-program human service agency, providing crisis intervention services, emergency shelter and food programs, child care programs, and case management services. Services are free.

Family of New Paltz**845-255-8801**

Provides crisis intervention, emergency short-term counseling, information and referral, emergency food, and access to emergency housing. Many support groups are sponsored. Services are free.

911 Senior Safety Cell Phones (Ulster County Office for the Aging; NY Connects)**845-340-3456**

Free cell phones that have been donated by the community are programmed for 911 only service. Call for more information.

United Way of Ulster County

2-1-1 Free Helpline

845-331-4199

United Way's 2-1-1 Helpline is a free, confidential, multilingual service in partnership with Ulster County to assist the public in finding answers to a variety of Health and Human Services related questions. You can call or search the database about everything from basic needs like food, clothing and shelter to legal services, employment support, eldercare and more.

Jewish Family Services**845-338-2980 www.jfulster.org**

Provides home services to people of all faiths through counseling and psychotherapy as well as assessments, and support groups for caregivers. Additionally, a volunteer program offers telephone reassurance for seniors who live alone, or are ill and in need of a friendly call. Caregivers' respite support now offered, as well. Transportation and accompaniment is also available through this program.

Ulster County Office for the Aging**845-340-3456** or Toll Free at **877-914-3456**

Sue Koppenhaver, MS, Director

1003 Development Court, Kingston, NY 12401

The government agency that assists seniors to be as independent as possible for as long as possible.

They work as aides and advocates for seniors, offering information and referrals, as well as providing programs for a variety of services. Additional Office for the Aging services listed on pages 7, 15, and 20.

Interested in volunteering?

Contact - Patrick McDonough, Director

Office for the Aging Volunteer Program

845-443-8836**Household Assistance****Storm Water Hotline**

845-334-8510

Call the County storm water hotline if you wish to report pollution discharges.

Water QualityUS Geological Survey **888-275-8745**National Water Information Center **605-594-6092****Weather**www.noaa.gov

NYS Office of Temporary & Disability Assistance

800-342-3009 Prompt 3 ~ 8:30 am to 4:30 pm

HEAP provides funding to help pay heating bills for income eligible households. Inquire about Cooling Programs—special documentation needed.

You can begin applying for a HEAP grant in Oct. or Nov. each year. HEAP provides grants on a first come, first serve basis until the funds provided for each heating season run out. If you received HEAP in the past year from the Office for the Aging, you will automatically receive a HEAP application for the present year.

Weatherization Referral and Packaging Program

845-338-8750 Press Option 2 - 9am - 3pm

WRAP offers a variety of services and resources to low income, vulnerable elderly to assist them in maintaining a safe, affordable, energy-efficient home.

Applicants must be full-time Ulster County residents over age 60 and be responsible for their own heating costs.

Access to Home Program

845-331-0541

Hours of operation: 9:00am -4:30pm

RUPCO and Resource Center for Accessible Living have partnered to administer the Access to Home Phase IV program. This is a program for Ulster County residents with disabilities or elderly in need of accessibility modifications to their home. Benefits are income-based.

Pet Services

Gardiner Animal Hospital

845-255-1549

177 Main Street, Gardiner, NY 12525

Provides medical services for all animals. Will make house calls.

The Natural Pet Center at Ireland Corners

845-255-PETS(7387)

609 Route 208, Gardiner, NY 12525

A bulletin board is provided to allow pet owners and pet caregivers an opportunity to contact each other for dog walking or pet sitting.

Additional Online Resource Sites

www.Eldercare.gov Eldercare Locator

800-677-1116

Information about local agencies and organizations

www.BenefitsCheckUp.org Lists public and private programs for low income Medicare beneficiaries, covering food and medicine. Run by National Council on Aging

www.Medicare.gov Compare detailed information about every Medicare and Medicaid-certified nursing home in the country.

www.theseniorlist.com - Senior articles and discounts offered by local businesses.

Transportation

Dept. of Motor Vehicle Information Center
845- 340-3700

Ulster County Area Transit (UCAT)
845-334-8458
888-827-8228

Weekly Bus Schedule Monday-Friday
The W Route, serving New Paltz, Ireland Corners, Wallkill and Plattekill, passes through Gardiner at Ireland Corners; also stops at Town Hall. Schedules for all routes are available at the Town Hall or from UCAT.

Minimum Fare: \$1.50 (Riders age 60 and older may ride for 1/2 Fare during the hours of 9am and 3 pm.)
Must present a valid Medicare card upon boarding.

Offers public transportation service throughout Ulster County, with limited service to Orange County and connecting service to Dutchess County. All buses are equipped with bicycle racks, lifts and ramps for wheelchairs.

To make a reservation for next day curb to curb service call, Monday thru Friday, 8:00 a.m. to 4:00 p.m.

Transportation Senior Services - UCAT

845-334-8120 ~ to schedule ride

Seniors 60 and over, registered with the Office for Aging, may ride one round trip for shopping and two round trips for medical service per week free on the Ulster County Area Transit System or the Office for Aging medical van. Seniors may give a voluntary contribution in lieu of the normal fare. Drivers will provide envelopes for contributions.

Once a week subsidized transportation is available for shopping. Medical transportation is available by appointment on Monday through Friday. Call for more information and to schedule appointments. Must Register with Office for the Aging.

Office for the Aging Neighbor to Neighbor Program

845-443-8837

Seniors with physical disabilities or limitations and no means of transportation may qualify for services. Appointments must be scheduled 7 to 10 business days in advance.

Food Accessibility

Local Food Pantries

Helping Hands Ministry Food Pantry

845-255-1374

Saint Charles Boromeo Church

2212 Route 44/55

Gardiner, NY 12525

Thursdays 11am to 12:30pm with identification

Two bills showing current address

St. Joseph's Church Food Pantry

845-255-5635 Ext 100

34 South Chestnut St.

New Paltz, NY 12561

Every Mon, Tue, Wed and Fri 11 to Noon

May get food once per month with identification

Family of New Paltz Food Pantry

845-255-8801

51 North Chestnut St.

New Paltz, NY 12561

Mon-Thurs 10-5, Fri 10-4

Free bread, pastries and vegetables when available

Online Options

Groceries

ShopRite From Home, Montgomery, NY

Local grocery delivery right to your door for a fee of \$12.95. (Includes \$5 service fee plus \$7.95 delivery fee), Home delivery is available 7 days a week. Visit www.ShopRite.com for more information and weekly promotions or call a Personal Shopper Team Leader at 845-457-1087.

Online Options (Cont'd)

Netgrocer.com

An online grocery store. Selection of refrigerated, frozen, and non-perishable groceries, health and beauty supplies, home and gift items.

Customer support : 888-638-4762

Soap.com

Over 25,000 products. Delivery within 2 business days. Customer Service: 800-762-7123

Amazon.com - Amazon account required

875,000 non-perishable grocery items available.
888-280-3321

Prescription/Pharmacy

Walmart.com /Pharmacy

Home Delivery: Customer service at 800-273-3455

Mail Delivery: Customer Service at 800-236-7563

Drugstore.com

Customer Care 800-378-4786

CVS.com

Customer Service 800-746-7287

Port Ewen Pharmacy

Free Prescription Delivery to most locations in Gardiner (Wednesdays)

845-331-4229

Supplemental Nutrition Assistance Program (SNAP): Ulster County DSS

845-334-5200

The food stamp program is a state-administered federal nutrition assistance program. It is designed to be a supplement to the household budget. Assistance is available to those who meet financial eligibility guidelines.

Applications can be submitted from any computer location, even your local library's.

fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap

Restaurant Delivery

Pizza/Italian Cuisine

Pasquale's 845-255-4455

Paesano's 845-883-8300

Rino's 845-255-8600

Miscellaneous

www.CarryOutKings.com 845-256-6542

Text only

Servicing over a dozen restaurants in New Paltz. Also handles dry cleaning pick up.

Meal Options

Congregate Meals from Office for the Aging -

This program is open to Ulster County seniors 60 yrs & older.

Guidelines - Reservations & registration are required for this program. **For meal reservations please call Gateway Community Industries at 845-331-2180 by 10am the day before.** The recommended voluntary contribution for a Community Café meal is \$3.00 per meal, but not mandatory. All contributions are voluntary and confidential. No one will be denied a meal if they do not contribute. **Call Ulster County Office for the Aging at 845-340-3456 for details.**

Locations: You may attend any Community Café which is convenient for you:

Ellenville Mental Health Center

50 Center St., Ellenville, NY - open 5 days a week

Saugerties Senior Center

207 Market St., Saugerties, NY - open 5 days a week

Rosendale Recreation Center

Rt. 32, Rosendale, NY - open 5 days a week

Ulster Senior Hub

5 Development Court, Kingston, NY -
open Monday & Wednesday

Meal Options (Cont'd)

Town of New Paltz Community Center

3 Veterans Dr, New Paltz, NY - open every Thursday

CANCELLATIONS: Please be sure to call Gateway Community Industries by 10am the day before at **845-331-2180** to cancel your reserved Community Café meal.

If you need general nutrition information or information about meeting needs of a special diet, please call our Registered Dietitian at **845-340-3456**.

Home Delivered Meals

845-340-3456 Central Intake Number

To receive home delivered meals you must be 60 years of age and over, homebound and a resident of Ulster County who is unable to prepare your own meals or have meals prepared for you. A home visit by the Office for the Aging or the Department of Social Services caseworker is required before the start of delivery meals. Income requirement.

Edible Independence

845-331-6325 - edibleindependence.com

Home delivered service of weekly chef prepared frozen "heat and eat" meals. Seven dinners for \$55. Office for the Aging approved.

Nutrition Counseling: Office for the Aging

845-340-3456

Nutrition counseling is available by arrangement at the congregate meal dining sites or to homebound seniors by a Registered Dietitian.

Adult Day Care Centers

Social Model Centers: Day care services providing supervision and activities

Club at Golden Hill

99 Golden Hill Drive, Kingston, NY 12401

845-340-3390

Valley Vista Adult Care Center

141 North Road, Highland, NY 12528

845-691-7400

Medical Model Centers: Day care services providing medical monitoring, counseling, therapy and activities.

Ten Broeck Commons

One Commons Drive, Lake Katrine, NY 12449

845-336-6666

Nursing and Homemaking Service Providers

Arch Care at Home,

918 Ulster Ave, Kingston, NY 12401

845-339-6683

WillCare, Lake Katrine, NY 12449

845-331-5064

Physical Therapy, Occupational Therapy, Home Health Aides

Learning Opportunities

Gardiner Library

845-255-1255 ~ www.gardinerlibrary.org

Offers programs and services for seniors such as: tai chi, chair exercise and yoga classes, and book club. Free access to Ancestry, streaming movies and passes for Mohonk Preserve and Motorcycle Museum. Large print and audio books are available. The Library to Go program provides delivery service of books, DVDs, and CDs to homebound library patrons. Sign up for notices of new events and programs.

Lifetime Learning Institute at SUNY New Paltz

(845) 257-2892

Membership in the Institute entitles you to a diverse array of courses, as well as scheduled special events.

Ulster County BOCES Adult Education

845-331-5050 ~ www.ulsterboces.org

Courses are offered at Highland and New Paltz campuses, as well as at other locations. Call to request a catalog.

L.I.F.E. Program at Mount St. Mary

845-565-2076 ~ www.msmc.edu/desmond

Learning is Forever Enriching Community Education Program. Courses for adults age 55 and over at the Desmond Campus, Newburgh, NY 12550. Day trips. Call to request a catalog.

Road Scholar

800-454-5768 ~ www.roadscholar.org

Offers educational tours in all 50 states and 150 countries. Experience in-depth and behind-the-scenes learning opportunities.

Live, Laugh, Learn**845-340-3456** (Office for the Aging)

Varied program of interesting topics offered by the Office for the Aging every August.

Courserawww.coursera.org

Free online courses available

Family of New Paltz**845-255-8801**

Free computer use and lessons available. Call for appt.

Legal Services**Legal Services of the Hudson Valley****845-331-9373 x100.****Ulster County Consumer Affairs****845-340-3260; Fax 845-340-3189**

239 Golden Hill, Kingston, NY 12401-3708

The Office for the Aging**845-340-3456**

The Office for the Aging provides counseling on civil matters including wills, landlord/tenant problems and powers of attorney.

Public Defender's Office**845-340-3232**

Senior Discounts

Discount Program. “F.A.V.O.R.”

(Find & Assist Veterans of Record) will give honorably discharged veterans the opportunity to apply for a County-issued I.D. card which will allow them to obtain discounts on goods and services at over 200 Ulster County businesses.

Find the complete list at

ulstercountyny.gov/programs-initiatives/return-favor-program

or Contact Ulster County Veterans Service Agency.
Monday through Friday, 9:00 a.m. to 4:45 p.m.

845-340-3190

Other Senior Store Discounts

Minnewaska State Park

845-255-0752 ~ Rt 44/55 Gardiner, NY

This State Park participates in the state-wide Golden Parks Program. As such, it offers free parking and entrance to seniors over 62 on non-holiday weekdays only. Parking is \$10 on weekends.

Other Senior Store Discounts Continued

Roots & Wings

845-255-2278 ~ Puja Thomson

10% Discount available for energy healing and for her book After Shock; From Cancer Diagnosis to Healing. Revised Edition

ShopRite

845-255-5015 ~ Customers age 65 and older

5% discount with Price Plus Card on Tuesdays

Tops Friendly Market

845-256-0121 ~ Customers age 60 and older

6% discount on first Tuesdays

Walgreens

845-255-9210 ~ Customers age 65 and older

20% off non-prescription non-sale items first Tuesday of the month. Applies in store and online.

New Paltz Travel Center

845-255-7706 ~ Contact Colleen Gillette

Assists finding and processing savings on tours and travel packages for seniors.

Notes

EMERGENCY NUMBERS

Dial 911 on either a landline or your cell phone for all fire, police, and medical emergencies.

Electric/Gas emergencies contact:

Central Hudson Gas and Electric at (845) 452-2700
or (800) 527-2714

For gas odors dial (800) 942-8274

Poison Control: (800) 222-1222

All of the above are available 24/7.

PERSONAL EMERGENCY CONTACT NUMBERS

Please use the space below to fill in your personal emergency contact numbers.

Next of Kin: _____

In Case of Emergency: _____

Primary Physician: _____

Caretaker: _____

Other: _____

Other: _____

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