

**Senior Resource Guide for  
Town, County, State, Federal Agencies  
and Miscellaneous Profit/Not for Profit**

**Published by: Rita J. Sheehan**

**Bethel Town Clerk**

**November 2013**

# **Listing of Town of Bethel Service Agencies**

Agency	Contact Information	What service they provide?
Town of Bethel 3454 Route 55 P.O. Box 300 White Lake, NY 12786	Town Supervisor: 583-4350 x. 12 Town Clerk 583-4350 x. 11 Assessor 583-4350 x. 13 Tax Collector 583-4350 x.18  Website: <a href="http://www.town.bethel.ny.us">www.town.bethel.ny.us</a>	Local government for the hamlets of Smallwood, White Lake, Bethel, Kauneonga Lake, and parts of Mongaup Valley and Swan Lake.
Town of Bethel Constables	583-4350 ext. 11 Emergencies 911	
Town of Bethel Animal Control	(845) 798-2340	Dog Adoption, dogs running at large, barking complaints.
Town of Bethel Senior Center 3594 Route 55 Kauneonga Lake, NY 12749	845-583-5230	Bethel Nutrition program Monday at Noon, Bingo afterwards. 60 years or older. Suggested Donation is \$3.00 per meal. Register with Office for Aging.
Bethel-Smallwood Senior Club 3594 Route 55 Kauneonga Lake, NY 12749	Contact Senior Center at (845) 583-5230	Monthly meetings, play days, trips, senior information
Bethel Senior Housing c/o Richman Asset Management Delsheda Khanni, Property Mgr. 340 Pemberwick Road Greenwich, CT 06831	1-800-333-3509 Ext. 313 Services Hotline: 1-888-363-8941 <a href="http://www.richmancapital.com">www.richmancapital.com</a>	Senior housing located in Kauneonga Lake for ages 55 and over. Income based rent. Application available on town website Departments/Seniors.

# **Listing of Sullivan County Service Agencies**

<b>Agency</b>	<b>Contact Information</b>	<b>What Service they Provide?</b>
Sullivan County Sheriff's Department	(845) 794-7100	Emergencies 911. Call to dispatch Town Constable.
Sullivan County Department of Motor Vehicles 100 North Street Monticello, NY 12701	845-807-0700	The mobile unit comes to Dr. Duggan School in White Lake from April through October on the third Thursday from 10 a.m. – 2 p.m. Call to confirm. Also, scheduled in other towns throughout the year.
Sullivan County Public Health Nursing 50 Community Lane Liberty, NY 12754	(845) 292-5910	The home care agency is able to provide the services of registered nurses, physical therapists, occupational therapist, speech therapist and home health aide care. All services are provided in the home. Flu shot clinics are held starting in October. Part of the Rural Health Network and the SullivanNY Connects.
Sullivan County TRIAD	(845) 292-5250 ext. 122 E-mail: <a href="mailto:bjl25@cornell.edu">bjl25@cornell.edu</a>	Partnership between senior citizens, senior providers and law enforcement. Provides solutions to reduce criminal victimization, improve quality of life and enhance the delivery of services to seniors in Sullivan County. Volunteers needed.
Sullivan County Dept. of Social Services 20 Community Lane Liberty, NY 12754	(845) 807-0142	Food stamp, Heating Energy Assistance Program (wood, electric, kerosene, gas, coal, propane (HEAP), financial assistance.



# **Listing of New York State Service Agencies**

Agency	Contact Information	What Service They Provide?
NYS Police Liberty Barracks	(845) 292-6600	Emergencies 911
Elderly Pharmaceutical Insurance Coverage (EPIC)	1-800-332-3742 <a href="http://www.nyhealth.gov">www.nyhealth.gov</a> click on EPIC for seniors; application available in English or Spanish	Information about the state prescription drug program for senior citizens and assistance in obtaining and filling out forms. NYS and Medicare working together to provide seniors with co-pay insurance for Medicare part D prescription drugs while in coverage gap.
NYS Office for the Aging	Help line 1-800-342-9871 <a href="http://www.aging.ny.gov">www.aging.ny.gov</a>	
NY Domestic Violence Hotline	1-800-942-6906	Scams, frauds, reverse mortgages, health care, saving and investing, retirement and estate planning. Resource for legal and financial assistance, nutrition, veteran's benefits.
NYS Public Service Commission NYS Lifeline Program	1-888-175-7721 or <a href="http://www.AskPSC.com">www.AskPSC.com</a>	Discounted Telephone Service for income eligible consumers landline or cell.
NYS Comptroller's Office	<a href="http://www.yourmoneynewyork.com/helpresource/seniors">www.yourmoneynewyork.com/helpresource/seniors</a> 1-866-805-0990	Scams, frauds, reverse mortgages, health care, saving and investing, retirement and estate planning. Resource for legal and financial assistance, nutrition, veteran's benefits.



NYS Department of Taxation	518-457-5181 <a href="http://www.tax.ny.gov">www.tax.ny.gov</a>  Telephone assistance for the hearing or speech impaired (By TDD) 711	New York State Income, Personal and Business Taxes
NYS Senior Action Council	Phone: 1-800-333-4374 E-Mail: <a href="mailto:info@nysenior.org">info@nysenior.org</a> Web: <a href="http://www.nysenior.org">www.nysenior.org</a>	Advocacy focus, helps seniors understand Medicare option and coverage. Newsletter, phone, counselors. Annual membership \$15.

# **Listing of Federal Service Agencies**

Agency	Contact Information	What Service They Provide?
U.S.A.	<a href="http://www.usa.gov/topics/seniors.html">www.usa.gov/topics/seniors.html</a>	Resources to find out about healthcare, laws, housing, retirement.
USDA Rural Development 225 Dolson Avenue Middletown, NY 10940	845-343-1872 ext. 4 or 315-477-6447	Home repair loans and grants for very low income household; roof repairs, septic, handicap accessibility.
Internal Revenue Service (IRS)	1-800-829-1040	Federal Taxes
Social Security Administration	<a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a> 1-800-772-1213 Hard of hearing: 800-325-0778 Monticello Office: 60 Jefferson Street Monticello, NY 12701	Provides immediate and accurate retirement benefit amount
Dept. of Veterans Affairs	1-800-827-1000	

# **Listing of Health Service Agencies**

Agency	Contact Information	What Service They Provide?
Crystal Run Healthcare	(845) 794-6999 (Physicians) (845)796-5444 Urgent Care (Rock Hill) (845) 703-6333 Urgent Care (Middletown)	Urgent Care and Doctor's Offices, Lab Services, Radiology  Monday thru Saturday 8:00 am – 6:00 pm. Sunday 8:00 am – 6:00 pm
Patient's Rights Medicare Helpline	1-800-333-4374	
American Occupational Therapy Association	<a href="http://www.AOTA.org/OlderDriver">www.AOTA.org/OlderDriver</a>	
Caregivers care and support Care giving Care giver Resource Center	1-800-677-1116 Online only 1-773-343-6341 (845) 292-6180	<a href="http://www.caregivers.com">www.caregivers.com</a> <a href="http://www.caregiving.com">www.caregiving.com</a>
Alzheimer's Assoc.	1-800-272-3900 (Hudson Valley)	<a href="http://www.alz.org">www.alz.org</a>
American Chronic Pain Assoc. American Pain Foundation	1-800-533-3231	<a href="http://www.theacpa.org">www.theacpa.org</a> <a href="http://www.painfoundation.org">www.painfoundation.org</a>
Catskill Regional Medical Center Harris NY  Callicoon Branch	(845) 793-3300  (845) 887-5530	Emergency Room, Hospital, Radiology, Laboratory Services
Bethel Medical Center Route 17B, White Lake, NY 12786	(845) 583-5620	Full-service doctor's office with doctors and physician assistants.

Orange County Regional Medical Center Middletown, NY	(845) 333-1000	Emergency Room, Hospital, Radiology, Laboratory Services
Medicare	1-800-633-4227 <a href="http://www.medicare.gov">www.medicare.gov</a> Deaf Line 1-877-486-2048	Medicare Savings Program. Prescription Drugs.
Benefit Check	<a href="http://www.mybenefits.ny.gov">www.mybenefits.ny.gov</a>	Quickly check your eligibility for a wide range benefits.

# **Listing of Miscellaneous Services**

Agency	Contact Information	What Service do They Provide?
Shortline Bus System	845-794-5500	Public Transportation from Binghamton to NYC
Poison Control Center	1-800-222-1222	
Suicide and Crisis Counseling	845-647-2443	The <b>American Foundation for Suicide Prevention</b> (AFSP) is the leading national not-for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide.
NYS Dept. of Housing	518-474-5700 <a href="http://www.dhcr.state.ny.us">www.dhcr.state.ny.us</a>	
CACHE	292-5821	Weatherization services, energy cost programs
Catholic Charities	(845) 791-6023	
Sullivan County Literacy Center North Street Monticello, NY 12701	(845) 794-0017	New and used book sales, computer classes, reading and writing skills.
Bethel Literacy Center (Dr. Duggan School) 3460 Route 55 White Lake, NY 12786	(845) 583-7191 Hours: Tues, Wed., Thurs. 10:30 – 5:30	New and used book sales, computer usage, reading and writing skills.



<p>Catskill Ramapo Library System Libraries serving the Town of Bethel Ethel B. Crawford Liberty Western Sullivan Public Library</p>	<p><a href="http://www.crls.org">www.crls.org</a>  794-4660 292-6070 482-4350</p>	<p>Check-out books, movies, resources, computer usage. First register to get your library card at your library where your home is located then you can access any library in the Catskill Ramapo Library System online. Reserve books and order online.</p>
<p>The Legacy Project began in 2004, when Karl Pillemer, a professor of Human Development in the College of Human Ecology at Cornell University, and Professor of Gerontology in Medicine at the Weill Cornell Medical College started collecting the practical advice of living America's elders.</p>	<p><a href="http://legacyproject.human.cornell.edu/">http://legacyproject.human.cornell.edu/</a></p>	<p>"What are the most important lessons you have learned over the course of your life?" 1500 answers by older Americans compiled by Karl Pillemer, tried and true advice from the wisest Americans. Some of the topics covered are aging well, living with loss, worry and stress.</p>
<p><i>30 Lessons for Living: Tried and True Advice from the Wisest Americans</i> by Dr. Karl Pillemer.</p>	<p>Available at Amazon, Barnes and Noble, Indie Bound, and Penguin Books</p>	<p>Published in 2011. Named to the list of "Best Self-Help Books of 2011 by Library Journal</p>
<p>Union Square Flash Mob</p>	<p><a href="http://www.youtube.com/watch?v=SPzBYYfGopU">http://www.youtube.com/watch?v=SPzBYYfGopU</a></p>	<p>You Tube video of senior group flash mobbing Union Square in New York City</p>
<p>Community Driver Safety Associates Manny Safer</p>	<p>(845) 583-7971 Website: communitydriversafeteyprograms.com Email: cds156@verizon.net</p>	<p>Point reduction, insurance savings after completion of class.</p>

Bethel Safety Associates Michael LaFountain	(845) 468-0125 Website: bethelsafety.com Email: bethelsafety@yahoo.com	Point reduction, insurance savings after completion of class.
Car Fit	<a href="http://www.carfit.com">www.carfit.com</a>	“CarFit” was designed to provide a quick but comprehensive check of how well you and your vehicle work together.
AAA (American Automobile Association)	<a href="http://www.AAA.com">www.AAA.com</a> <a href="http://www.AAASeniors.com">www.AAASeniors.com</a>  1-800-222-4357  Nearest Office: 1126 Main Street Honesdale, PA 1-570-253-0160	
AARP	<a href="http://www.AARP.org/Drive">www.AARP.org/Drive</a>	
Independent Living, Inc. 10 Prince Street #12 Monticello, NY 12701	845-794-3322 <a href="http://www.myindependentliving.org">www.myindependentliving.org</a>	Serves as a common voice for persons with disabilities living in our community. As a freestanding, locally controlled, nonprofit agency operated by people with disabilities, we offer a wide range of programs and services dedicated to ensuring universal access and opportunity in every aspect of community life.
Aging with Dignity (5 wishes)	1-888-594-7437	<a href="http://www.agingwithdignity.org">www.agingwithdignity.org</a>
Compassion Books	1-888-615-7246	<a href="http://www.compassionbooks.com">www.compassionbooks.com</a>
Eldercare Locator	1-800-970-4220	<a href="http://www.eldercare.gov">www.eldercare.gov</a>

<p>NYSEG          Payments:          P.O. Box 11745          Newark, NJ 07101-4745</p>	<p>1-800-572-1131          1-800-572-1111          Dial: 711  <a href="http://www.nyseg.com">www.nyseg.com</a></p>	<p>Electricity Interruptions          Service &amp; Billing questions          Hearing &amp; Speech impaired          Website</p>
<p>United Way Help Center</p>	<p>Dial: 211          Web: <a href="http://www.211.org">www.211.org</a></p>	<p>United Way's 211 Helpline is a free, confidential, multilingual service to assist the public to find the answers to a variety of Health and Human Services related questions. Call or search this database for basic needs like food, clothing and shelter, volunteer opportunities, legal services, drug treatment, employment support, childcare, eldercare and more. 211 can give callers up-to-date information on emergency shelters, road conditions, etc.</p>