

DELAWARE OPPORTUNITIES, INC. HEAD START



RESOURCE GUIDE

DELAWARE OPPORTUNITIES, INC.

HEAD START

35430 State Highway 10, Hamden, NY 13782, Phone (607) 746-1600, Fax (607) 746-1605

<u>Head Start</u> Children's ages 3-5 are served. Full day classrooms in Centers located in Arkville, Davenport, Delhi, Deposit, Fishs Eddy, Franklin, Hobart. Both full day and part day classrooms available in Sidney, and Walton. (607) 746-1640	<u>Healthy Families</u> Offers help through home visiting to mothers and children to assure the best possible start in life: health, nutrition, child development, access to services and more. (607) 746-1730
<u>Child and Family Development Division</u> Registration/Subsidies USDA Sponsor/Inspections (607) 746-1620 (877) 746-2279	<u>WIC (Women, Infants and Children)</u> Nutrition and education for pregnant, for pregnant, postpartum, and breast-feeding women and their infants and children under 5. Services provided at main office and at sites in Delhi, Franklin, Hancock, Hobart, Deposit, Sidney, Walton, Margaretville, Davenport. Call for days and times of availability. (607) 746-1700
<u>Emergency Food Bank</u> Volunteer food pantries to assist those who are without food or monies for the purchase food. (607) 746-1685	<u>Nutrition Advocacy</u> Joanna Clark - Food stamp pre-screenings, assistance with emergency food services. (607) 746-1667 Monday - Friday
<u>Safe Against Violence</u> Serving victims of domestic violence, rape or other crimes and their families. Collect calls accepted. (607) 746-1720 HOTLINE (866) 457-7233	<u>Respite Services</u> For families of developmentally disabled Individuals in Delaware and Chenango counties. (607) 746-1680
<u>Transportation</u> For Medicaid recipients to medical appointments, to low-income individuals for assistance in obtaining public benefits and other services, and to the elderly for medical appointments. Delaware County residents may be transferred to providers outside the county. (607) 746-1610	

(866) 753-4434	
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DENTISTS

ALBANY

Dental Clinic St. Peters Hospital Medicaid and Most Insurance 1092 Madison Avenue Albany, NY 12205 (518) 525-1757	Kids & Family Dental 65 Wolf Road Albany, NY 12205 (518) 435-0390 Fax (518) 435-0379
Kotlow, Larry, DDS_(Pedodontist) 340 Fuller Road Albany, NY 12203 (518) 489-2571 Fax (518) 489-0075 CDPHP/CHP, Fidelis, Delta, No flat Medicaid Accepting new patients 3 and under for hygiene.	Pediatric Dental Clinic Albany Medical Center New Scotland Avenue Albany, NY 12203 (518) 262-4372 Medicaid/Most Insurance
Pediatric Dentistry of Albany 980 Western Avenue Albany, NY 12203 (518) 512-3072 Fax (518) 612-7286	

AMSTERDAM

Dahlia Dental Family Dentistry 298 State Highway 30 Amsterdam, NY 12010 (518) 842-0800	New Dimensions 4298 State Highway 30 Amsterdam, NY 12010 (518) 843-2575 Fax (518) 843- 3255 Medicaid, Child Health Plus Dental, Well Care. Accepting new patients/ Sees children under 5.
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BINGHAMTON

Binghamton Dental and Denture Clinic 186 Robinson Street Binghamton, NY 13904 (607) 722-5555 Fax (607) 724-4506 CHP, FHP, Fidelis, Blue Cross, United, Delta, No Medicaid Serves children over 6.	Lourdes Pediatric Center for Oral Health 219 Front Street Binghamton, NY 13905 (607) 584-4545 Fax (607) 584-4530 Serves children & adults. Accepting child new patients, sees children under 5.
Orthodontic of the Southern Tier	United Health Dental Service

33 Front Street Binghamton, NY 13903 (607) 723-9576 Office (607) 748-6441 Emergency	Binghamton General Hospital 20-42 Mitchell Avenue Binghamton, NY 13903 (607) 762-2005 Medicaid, CHP
Wilson Dental 289 Chenango Street Binghamton, NY 13903 (607) 217-7123 Fax (607) 217-4633 Medicaid Offers all dental health and transportation	

CATSKILL

Greene Pediatrics 159 Jefferson Heights Suite A 202 Catskill, NY 12414 (518) 943-0780	
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CLIFTON PARK

Smile Lodge Pediatric 713 Pierce Road Clifton Park, NY 12065 (518) 373-1181 Fax (518) 373-0130 Managed Care Insurance – Medicaid, Health Plex (Excellus, MVP, WellCare), Fidelis, CDPHP Delta Dental, BlueCross, etc.	
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COOPERSTOWN

Northern Catskill Dental Associates Dr. Sunny Spinoso, DDS Dr. Nicholas Zacharczenko, DDS, MSD, PRh 6 Doubleday Court Cooperstown, NY 13326 (607) 547-2313 Fax (607) 547-6251	Paul Weber, DDS 5920 State Hwy 28 Cooperstown, NY 13326 (607) 544-1336 Fax (607) 544-1338
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DAVENPORT

Advanced Family Dentistry Prosper Bonsi, DDS 482 Main Street Oneonta, NY 13820 (607) 433-1472 Fax (607) 433-5208 Accepts Medicaid, Excellus, Delta Dental, Fidelis, Guardian, etc.	
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Accepting new patients, appointments far out, services children under 5 years old.	
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DELHI

Bassett Health Care – Dental Clinic O’Connor Hospital Andes Road Delhi, NY 13753 (607) 746-0540 Fax (607) 746-0474	Mondovi Dental Dr. Pablo De La Cruz, DDS 225 Phoebe Lane Delhi, NY 13753 (607) 746-3555 No Medicaid/CHP
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DEPOSIT

Mark Egner, DDS 113 Front Street Deposit, NY 13754 (607) 467-2995 Fax (607) 467-1812	
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ENDICOTT

Ronald Kane, DDS 1204 Monroe Street Endicott, NY 13760 (607) 757-0448 Medicaid, CHP	Valley Dental Group Gary Bigsby, DDS 609 E. Main Street Medical Arts Building Endicott, NY 13760 (607) 754-3903 Fax (607) 754-1428 Medicaid, CHP All aspects of dental needs.
Dinosaur Dental 1700 Monroe Street Endicott, NY 13760 (607) 953-4445 Fax (607) 953-4634	

FISHKILL

Family Dental Group 43 Commonwealth Avenue Fishkill, NY 12524 (845) 896-5151 CHP	
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GLENS FALLS, QUEENSBURY

Dean Bartlett, DDS, PC Orthodontist 33 Aviation Road, Building A Queensbury, NY 12801 (518) 793-8511 Fidelis, Medicaid, accepts new patients, services	
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children under 5.	
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HONESDALE, PA

Sprout Dental 554 Hamlin Highway Lake Ariel, PA 18436 (570) 253-0358 Fax (570) 352-3395 All insurance, all ages of children.	
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JOHNSON CITY

Timothy Lee, DDS – Adults Kristine Vingelis, DDS – Children 145 Oakdale Johnson City, NY (607) 217-5853 Fax (607) 237-0159	
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KINGSTON

Kingston Dental Care Center 7 Family Practice Drive Kingston, NY 12401 (845) 338-6918 Fax (845)-340-1786 Do not accept Medicaid – do accept insurance Plans. Accepting new patients, service children under 5.	Kingston Dentistry 370 Kings Mall Court Kingston, NY 12401 (845) 336-8478 Fax (845) 853-1586 Do not accept Medicaid or Fidelis – do accept most PPO plans. Accepting new patients, service children under 5.
Pediatric Dentistry of Kingston 169 Washington Avenue Kingston, NY 12401 (845) 514-2255 Fax (845) 514-2292 Hours: 9 – 6 PM: Mon – Thurs. 9 – 2 PM They accept Fidelis through Dental Quest and other PPO dental plans. They do not accept Medicaid. Accepting new patients, service children under the age of 5.	

LIBERTY

Great Expressions Pedodontics 37 Triangle Road, Suite 1 Liberty, NY 127 54 (845) 292-3900 Fax (845) 245-2112 Accept Fidelis, do not accept Medicaid,	
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accept private insurance. Accepting new patients, service children under 5.	
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MIDDLETOWN

<p>Middletown Dental Group 9 Bert Crawford Road, Suite 101 Middletown, NY 10940 (845) 343-2192 Fax (845) 342-9211 They accept Fidelis through Medicaid. They do not accept Medicaid. Private PPO Insurance accepted. Accepting new patients, DO NOT service children under 5. Will do cleanings for 5 years and up.</p>	
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NORWICH

<p>American Mobile Dental 116 Birdsall Street Norwich, NY 13815 (607) 432-1010 Fax (607) 432-1011 Does not accept CHPHP/Child Health Plus. Accepting new patients 3 years and up.</p>	<p>Chenango Memorial Hospital 179 N. Broad Street Norwich, NY 13815 (607) 335-4174 Medicaid, CHP</p>
<p>Family Dentistry 6362 County Road 32 Norwich, NY 13815 (607) 334-8452 Accepting new patients as well as pediatrics. Accepts most private insurance, DOES NOT accept Fidelis and Medicaid.</p>	

ONEONTA

<p>Aaronson & Thompson & Heiland Dentistry 53 Chestnut Street Oneonta, NY 13820 (607) 432-4621 Fax (607) 433-0335 Delta, Cigna Accepting new patients 3 years and up.</p>	<p>Aspen Dental 5001 State Route 23 Oneonta, NY 13820 (607) 376-5082 No Fidelis or Medicaid</p>
<p>American Mobile Dental 8 Grand Street Oneonta, NY 13820 (607) 432-1010 Fax (607) 432-1011 Accepts Fidelis, Medicaid DOES NOT accept CHPHP, Child Health Plus Accepting new patients 3 years and up</p>	<p>Bearable Dentistry 7 Dietz Street Oneonta, NY 13820 (607) 432-5444 Fax (607) 433-1786 Accepts employee-based insurance. Accepting new patients 3 years and up.</p>

<p>Fox Care Dental Associates 1 Fox Care Drive, Suite 304 Oneonta, NY 13820 (607) 433-1778 Fax (607) 431-5327 Medicaid, CHP</p>	<p>Otsego Dental Care 32 Main Street Oneonta, NY 13820 (607) 441-3200 Fax (607)-441-4243 DO NOT accept Fidelis or Medicaid. They work with out of network plans, patients are responsible for the remainder of the cost that insurance does not pay. They are currently not accepting new patients; patients may be placed on a waiting list. Accept all ages of patients.</p>
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RENSSELAER

<p>Dental Clinic St. Peters Hospital 53 Columbia Street Rensselaer, NY 12144 (518) 294-6015 Fax (518) 463-9809</p>	
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RICHMONDVILLE

<p>Richmondville Family Dental 303 Main Street Richmondville, NY 12149 (518) 294-6015 Fax (518)294-6017 Accepts Fidelis and Medicaid Accepting new patients 3 and up.</p>	
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SCHENECTADY

<p>American Mobile Dental 79 Glenridge Road Schenectady, NY 12302 (646) 431-8673 Accepts Fidelis and Medicaid DOES NOT accept CHPHP, CHP. Accepting new patients 3 and up.</p>	
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STAMFORD

<p>Aives Dental 2 ½ Lake Street Stamford, NY 12167 (607) 652-4333 Open by appointment only.</p>	
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VESTAL

<p>New York Dental Group 4501 Vestal Parkway</p>	<p>Aspen Dental 2549 Vestal Parkway, Suite 4</p>
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Vestal, NY 13850 607) 777-1340 Fax (607) 777-1345 Takes most insurance. Accepting new patients, no children under the age of 5.	Vestal, NY 13850 607) 798-8011 Fax (607) 798-0733 No Fidelis or Medicaid VERY GOOD WITH CHILDREN
Valley Dental Pediatrics 139 North Jenson Road Vestal, NY 13850 (607)754-3903 Excepts Fidelis, CHP and Medicaid referrals.	

WALTON

Walton Dentist Group 36 West Street, Suite 4 Walton, NY 13856 (607) 865-4000 Fax (607) 865-4040 CSCA Loomis & teamsters Accepting new patients 3 years and up.	Delaware Dental 210 Delaware Street Walton, NY 13856 (607) 865-9330 Fax (607) 865-9370 Accepts most insurances. Office is not taking new patients presently.
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WINDSOR

Tier Family Dental 5 College Avenue Stillsone Medical Center Windsor, NY (607) 778-1400 Fax (607) 655-3388 Medicaid, Fidelus, Health Flex, CHP	
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WOODSTOCK

Vivian Letizia, DDS 2 Maverick Road Woodstock, NY 12498 (845) 679-2421	
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PHYSICIANS – GENERAL

ALBANY

Albany Medical Center 43 New Scotland Avenue Albany, NY 12208 (518) 262-3125	
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ANDES

Bassett Health Center Dr. Fiore 245 Lower Main Street Andes, NY 13731 (845) 676-3663	
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Fax (845) 676-3665 Taking new patients.	
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BINGHAMTON

UHS Chenango Bridge Pediatrics 91 Chenango Bridge Road Binghamton, NY 13901 (607) 648-6667 Fax (607) 648-414 Taking new patients.	Community Free Clinic 225 Front Street Binghamton, NY 13905 (607) 778-3938 or (607) 772-3519 Fax (607) 778-3924 Serves men and women 17 and over with no insurance – physicals, health problems, injuries etc. Monday and Thursdays 5 – 8 PM, walk-in or by appointment.
Lourdes Pediatrics 161 Riverside Drive #206 Binghamton, NY 13905 (607) 798-6176 Fax (607) 798-6755	Lourdes Center for Family Health DePaul Pediatric Center 303 Main Street Binghamton, NY 13905 (607) 729-8687 Fax (607) 798-8328
United Health Services Binghamton Pediatrics 10-42 Mitchell Avenue Binghamton, NY 13903 (607) 762-2468 Fax (607) 762-3871	

COOPERSTOWN

Bassett Healthcare 1 Atwell Road Cooperstown, NY (800) BASSETT Fax (607) 547-6782	
Services provided at Bassett Healthcare: Cancer Institute, Children's Health, Emergency & Trauma Care, Digestive Services, Heart Care Institute, Imaging Services, Kidney & Diabetes Care, Long-Term Care Services, Musculoskeletal/Physical, Occupational Medicine, Plastic Surgery, Psychiatry, Primary Care, Surgical Services, Women's Health, Allergy, Immunology, Anesthesiology, Dermatology, Infectious Disease, Intensive Care, IV Therapy/Blood Transfusion, Pathology, Pharmacy, Pulmonary Medicine, Respiratory Therapy, Sleep Lab, Sexually Transmitted Disease Clinic, OB/GYN, Ophthalmology, Optometry, Pediatrics, Speech Pathology	

DELHI

Bassett Healthcare – Delhi 460 Andes Road Delhi, NY 13753 (607) 746-0550 Fax (607) 746-0568	Joan M. Khouzam, FNP, CNM 135 Main Street Delhi, NY 13753 (607) 746-6999 Fax (607) 746-6995
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	Accepts Medicaid, \$40. Office visit for patients without insurance.
B.N. Samudrala, MD 460 Andes Road Delhi, NY 13753 (607) 746-6266 Fax (607) 746-6266	

DEPOSIT

United Health Services – Deposit (Deposit Family Care Center) 53 Pine Street Deposit, NY 13754 (607) 467-4195	
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DOWNSVILLE

United Health Services – Downsville (Colchester Health Center) 28315 State Hwy 206 Downsville, NY 13755 (607) 363-2517 Fax (607) 363-7856	
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FERNDALE

Garnett Health Doctors Group 39 Old Monticello Road Ferndale, NY 12734 (845) 292-6684 Fax (845) 292-6770	
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HANCOCK

Lourdes Primary Care (Hancock Family Practice) 39 E. Main Street Hancock, NY 13783 (607) 637-5700 Fax (607) 637-5703	
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JOHNSON CITY

Broome Pediatrics 639 Main St Johnson City, NY 13790 (607) 770-1988 Fax (607) 770-9086	Tier Pediatrics Dr. Battla 255 Harry L Drive Johnson City, NY 13790 (607) 777-9475 Fax (607) 797-3131
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KINGSTON

Institute for Family Health (Kingston Pediatric Care Center) 1 Family Practice Drive Kingston, NY 12401 (845) 339-9055 Fax (845) 339-2310 Accepts Medicaid & Fidelis. Accepting new patients.	
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LIVINGSTON MANOR

Livingston Manor Health Center 36 Pearl Street Livingston Manor, NY 12758 (845) 439-3580 Fax (845)-439-4028	
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MARGARETVILLE

Advance Medical Practice (Margaretville Family Health Center) 42084 Route 28 (845) 586-3888 Margaretville, NY 12455 Fax (845) 259-1666	
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MIDDLEBURGH

Bassett Healthcare – Middleburgh 109 Baker Ave. Middleburgh, NY 12122 (518) 827-7730 Fax (518) 827-7731 Accepts Medicaid & Fidelis. Accepting new patients.	
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NORWICH

Bassett Health Center 55 Calvary Drive Norwich, NY 13815 (607) 336-6362 Fax (607) 336-2028 Accepts Medicaid & Fidelis. Accepting new patients.	Chenango Memorial Hospital Family Health Center 179 N. Broad Street Norwich, NY 13815 (607) 337-4111 Fax (607) 336-2167 Accepts Medicaid & Fidelis. Accepting new patients.
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ONEONTA

Bassett Healthcare – Oneonta 125 Main Street	Child & Adolescent Healthcare Associates 1 Foxcare Drive, Suite 213
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Oneonta, NY 13820 (607) 433-1790 Fax (607) 433-6519 Accepts Medicaid & Fidelis. Accepting new patients.	Oneonta, NY 13820 (607) 432-5600 Fax (607) 431-5275
Bassett Family Medicine 739 State 28 Suite 9 Oneonta, NY 13820 (607)431-1015 Fax (607)431-1050	Oneonta Family Practice 1 Foxcare Drive, Suite 308 Oneonta, NY 13820 (607) 432-1163 Fax (607) 431-5367
Susquehanna Family Practice 1 Foxcare Drive Suite 103 Oneonta, NY 13820 (607) 431-5757 Fax (607) 431-5038	United Health Services Pediatrics of Oneonta 179 River Street Oneonta, NY 13820 (607) 433-3484 Fax (607) 432-5790 Accepts Medicaid & Fidelis

RICHFORD

Lourdes Center for Family Health 13293 Route 38 Richford, NY 13865 (607) 657-8521 Fax (607) 657-8006	
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ROSCOE

United Health Services (Roscoe Health Center) 1982 Old Route 17 Roscoe, NY 12776 (607) 498 - 4800 Fax (607) 498 - 5455 Accepts Medicaid & Fidelis.	
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ROXBURY

McLaughlin Family Health 54178 State Highway 30 Roxbury, NY 12474 (607) 326-7791 Fax (607) 326-7794 Accepts Medicaid & Fidelis.	
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SIDNEY

Bassett Healthcare – Sidney 39 Pearl Street W. Sidney, NY 13838 (607) 561-2021 Fax (607) 563-2663	Sidney Primary Care 59 River Street Sidney, NY 13838 (607) 563-8022 Fax (607) 563-8106 Only 2 doctors in practice that accept Medicaid & Fidelis
United Health Service Primary Care 44 Pearl Street Sidney, NY 13838 (607) 561-2200 Fax (607) 561-2205 Accepts Medicaid and Fidelis	

STAMFORD

Bassett Healthcare – Stamford 28650 Route 23 Stamford, NY 12167 (607) 652-2537 Fax (607) 652-2719	Stamford Family Care 32 Main Street Suite 34 Stamford, NY 12167 (607) 652-2000 Fax (607) 652-2423
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VESTAL

United Health Services (Primary Care) 4417 Vestal Parkway Vestal, NY 13850 (607)770-7365 Fax (607)240-2875	Lourdes Vestal Family Medicine 3101 Shippers Rd #203 Vestal, NY 13850 (607)786-4822
Lourdes Pediatrics 105 Ridgehaven Drive Vestal, NY 13850 (607)798-6176 Fax (607)798-5257	

WALTON

Bassett Health Care –Walton 130 North Street Walton, NY 13856 (607) 865-6541 Fax (607) 865-9164	United Health Service Primary Care (Delaware Valley Family Health) Dr. Petterson 2 Titus Place Walton, NY 13856 (607) 865-2400 Fax (607) 865-7305
UHS Walton Family Care Joelle Underwood 6 Franklin Road Walton, NY 13856 (607) 865-580 Fax (607) 865-5882	

WINDSOR

United Health Services – Windsor (Windsor Primary Care) 5 College Ave Windsor, NY 13865 (607) 655-1230 Fax (607) 655-3038	
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WORCESTER

Southern Otsego Healthcare 4 Decatur Road Worcester, NY 12197 (607) 397-8183	
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NORTHERN PENNSYLVANIA

Honesdale Pediatric Center 1837 Fair Ave. Honesdale, PA 18431 (570) 253-5838 Fax (570)798-2636 No Fidelis	Northern Wayne Family Center 412 Como Road Lake Como, PA 18437 (570) 798-2828 Fax (570) 798-2636 No Fidelis
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WALK-IN CLINICS

<u>Bassett Convenient Care</u> 1 Associate Drive Oneonta, NY 13820 (607) 433-6400 Fax (607) 433-6483	Lourdes Walk-In 276 Robinson Street Binghamton, NY 13904 (607) 771-7234 Fax (607) 772-2095 8am to 8pm
UHS Walk-In Vestal 4417 Vestal Pkwy East Vestal, NY 13850 (607) 729-2145 8am to 8pm	UHS Walk-In Robinson 160 Robinson Street Binghamton NY 13904 (607) 269-2222 M-F 8am to 5pm
Fox Now Walk-In Health Care 1 Fox Care Drive Oneonta, NY 13820 (607) 432-2000 8am to 5pm	Well Now Urgent Care 5001 NY 23 Oneonta, NY 13820 (607) 376-5346
Crystal Run Urgent Health Care 61 Emerald Place Rock Hill, NY 12775 (845) 796-5444 Till 7:30 pm	

ALLERGY, ASTHMA & IMMUNOLOGY

Allergy Asthma & Immunology 260 Riverside Drive Johnson City, NY 13326 (607) 798-7811 Fax (607) 770-7035 Needs referral	Albany Med. Allergy, Asthma & Immunology 176 Washington Ave. Albany, NY 12208 (518) 264-2510 Ext. 102
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AUDIOLOGIST

Bassett Healthcare 1 Atwell Drive Cooperstown, NY 13326 (607) 800-BASSETT	Hear Here! 194 Main Street Unadilla, NY 13849 (607) 369-3802 Good with children, DOES NOT accept Insurance.
Oneonta Specialty Services 1 Associate Drive Oneonta, NY 13820 (607) 433-6300	Southern Tier Hearing Services 231 Main Street #4 Vestal, NY 13850 (607) 205-1041 Fax (607) 239-5156 No Medicaid
Lourdes Audiologist 161 Riverside Drive Johnson City, NY 13790 (607) 770-9050 Ext. #205	Wayne Memorial Audiology 909 Main Street #2 Honesdale, Pa 18431 (570) 253-7323

DEVELOPMENTAL PEDIATRICIAN

Capital Care Developmental & Behavioral Pediatrics 7B Johnson Road Latham, NY 12110 (518) 782-7733	Center for Developmental Pediatrics 725 Irving Ave. Syracuse, NY 13202 (315) 464-6395
Kirch Developmental Center 601 Elmwood, Box 671 Rochester, NY 14642 (585) 275-2986 Fax (585) 275-3366	Center for Disabilities Services 314 South Manning Blvd. Albany, NY 12208 (518) 437-5624
Developmental Evaluation Center 215 Bassett Street Syracuse, NY 13201 (315) 472-4404	High Risk Births Clinic 305 Main Street Binghamton, NY 13905 (607) 729-1295 Children at risk or diagnosed with developmental disabilities & their families.
The Children's Annex 70 Kukuk Lane Kingston, NY 12401 (845) 336-2616 Specialized in Autism	Monica Meyer, MD 9 Elwyn Lane Woodstock, NY 12498 (845) 586-3888

EAR, NOSE & THROAT

<u>Bassett Healthcare</u> 1 Atwell Drive Cooperstown, NY 13326 (607) 800-BASSETT	
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HOLISTIC SERVICES

Albany Med. Dept. of Pediatrics Judith Lucas 391 Myrtle Ave #3B Albany, NY 12208 (518) 262-5401	Holiscopes LLC 577 Reagan Road Bovina Center, NY 13740 (917) 741-0060
Dr. Patty Barber ND 3401 East Main Street Endicott, NY 13760 (607) 761-8569	Complementary Medicine & Healing Arts 31 Adams Ave. Suite 4 Endicott, NY 13760 (607) 729-0591
Hands on Healing 677 Main Street Margaretville, NY 12455 (845) 586-3821	Holistic Health & Wellness North East Park Place Norwich, NY 13815 607-336-4400
Rosa Wholistic Health 417 Rock Hill Drive Practitioner Rock Hill, NY 12775 (845) 74-3972	Center for Holistic Services 4513 Vestal Road Vestal, NY 13850 (607) 729-7001

ACUPUNCTURE

Healthy Living Acupuncture Amanda Lewis 75 Pennsylvania Avenue Binghamton, NY 13903 (607) 768-5958	
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MENTAL HEALTH SERVICES

<p>Mobile Crisis Assessment Team (MCAT) 1 Hospital Rd. Walton, NY 13856 (877) 369-6699, (844) 732-6228, (315) 732-2228 and Fax (315) 732-1182 Accept Fidelis & Medicaid Website: www.neighborhoodctr.org/mcat_crisis_service0.aspx</p> <p>MCAT is available to anyone seeking crisis intervention services for children and adults in Delaware County. Services are available 24/7 and provide mental health assessments, crisis de-escalation, debriefing, linkage and follow up to services. Services are coordinated with schools, medical/mental health providers, and other agencies to provide crisis intervention and help monitor clients who are at risk.</p>

<p>Debra J. Clark, LCSW-R 531 Southside Drive Oneonta, NY 13820 (607) 342-9801 Family, Adolescents, and Children. Sees children starting July 2021. Accepts Fidelis, Excellus, and CHDP</p>	<p>William Carentz, LCSW-R 48 Dietz Street Oneonta, NY 13820 (607) 432-1180 Adolescents, Children, specializes in ADD, Couples, Family, and Marital Counseling.</p>
<p>Charlotte Black, CSW-R 143 Main Street Oneonta, NY 13820 (607) 432-0475 Adolescents, Family, Couples, and Marital Counseling</p>	<p>Marilyn Babcock, LCSW P.O. Box 730 Unadilla, NY 13849 (607) 369-3902 Adolescents</p>
<p>Barbara Agoglia, CSW 34 Main Street Oneonta, NY 13820 (607) 432-1390 Adolescents, Children, and Family</p>	<p>Sallie Dunham-Davis, CSW, ACSW 75 Market Street Oneonta, NY 13820 (607) 433-0209 Children, Adolescents, Adults, and Couples</p>
<p>Illumina Psychotherapy Associates 555 Main Street Margaretville, NY 13731 (845) 586-1606 Family, Couples, Children, Adolescents, and Adults</p>	<p>Bill Grappone, CSW 10 Telford Street Oneonta, NY 13820 (607) 432-9128 Adolescents, Children, Elderly, and Family Counseling</p>
<p>Mind Matters Lin Stephan, Ph.D. 189 Main Street, Suite 401 (607) 432-0060</p>	<p>Ron LaFrance, Ed-D 75 Market Street Oneonta, NY 13753 (607) 436-3711 Adolescents</p>
<p>Blanche Hill, CSW-R 143 Main Street Oneonta, NY 13820 (607) 434-6299 Family Counseling</p>	<p>Ann Marie Mills, CSW 3200 Chestnut Street Oneonta, NY 13820 (607) 436-9033 Children, Couples, and Marital Counseling</p>
<p>Arden Keller, LCSW 140 Main Street Delhi, NY 13753 (607) 746-8899</p>	<p>Debra Ann Miller, LCSW P.O. Box 323 Springfield Center, NY 13468 (315) 858-2556 Adults, Family, Trauma, Loss, Adoption, and Children</p>

<p>Suzanne Zeien, CSW-R, ACSW 34 Main Street Oneonta, NY 13820 (607) 434-3032 Adolescents, Children, Specializes in ADD, Couples, Families and Martial Counseling</p>	<p>Ellen Stewart, MA, A TR-BC, LCAT 118 Roosevelt Avenue Roxbury, NY 12474 (607) 326-4340 Private pay/ Sliding scale Sees Children</p>
<p>Bonnie Mitchell, LCSW 34 Church Street Margaretville, NY 13731 (845) 586-1716</p>	<p>Esther Miller, ACSW 89-C Main Street Cooperstown, NY 13326 (607) 547-1303 Adolescents</p>
<p>Neurofeedback Centers Oneonta, NY 13820 (607)-437-3305 Fax (607)-334-1610 Accepts No insurance</p>	

OPHTHOLMOLOGISTS

<p>Bassett Health Care 1 Atwell Drive Cooperstown, NY 13326 (800) BASSETT</p>	<p>Anya Bitterman, MD 1 Fox Care Drive Oneonta, NY 13820 (607) 432-1262</p>
<p>Chenango Eye Associates 194 Grandview Lane Norwich, NY 13815 (607) 334-3225</p>	<p>Oneonta Specialty Services 1 Associate Drive Oneonta, NY 13820 (607) 433-6300</p>

OPTOMETRISTS

Roberts Eye Care Associates 75 Main Street Sidney, NY 13838 (607) 563-7551 Fax (607) 563-2442 Accepts Fidelis/Medicaid/ Sees Children	Oneonta Specialty Services 1 Associate Drive Oneonta, NY 13820 (607) 433-6300
Catskill Eye Care Associates 5532 State Highway 7 Oneonta, NY 13830 (607) 432-2600 Fax (607) 432-8124 (6 432-2600 DOES NOT Accept Fidelis and Medicaid, accepts Excellus and CDHP. Sees children.	Dr. Robert J. Connelly 22 Harper Street Stamford, NY 12167 (607) 652-7207
Chenango Eye Associates 194 Grandview Avenue Norwich, NY 13815 (607) 334-3225	Bassett Health Care 1 Atwell Drive Cooperstown, NY 13326 (800) BASSETT

ORTHOPEDIST

Bassett Health Care 1 Atwell Drive Cooperstown, NY 13326 (800) BASSETT	Dr. Joseph Dutkowsky, Pediatric Bassett Healthcare (800) BASSETT Oneonta Office: (607) 433-6300 Delhi Office: (607) 746-0550 Fax (607) 547-4786
Orthopedic Associations 56 Pennsylvania Ave. Binghamton, NY 13903 (607) 723-5393	Oneonta Specialty Services 1 Associate Drive Oneonta, NY 13820 (607) 433-6300
Upstate Orthopedics 6620 Fly Road Suite 100 Syracuse, NY 13051 (315) 464-4472 Accepts Fidelis and Medicaid	Lourdes Orthopedic Associates 240 Riverside Drive Johnson City, NY (607)798-9356 Accepts Fidelis and Medicaid

PEDIATRIC NEUROLOGIST

Albany Medical Center Pediatric Neurology Dept. 43 New Scotland Ave. Albany, NY 12208 (518) 262-5226 Fax (518) 262-6261	Golisano's Children's Hospital 90 Presidential Plaza Syracuse, NY 13201 (315) 464-4243 Fax (315) 464-7328 Accepts Fidelis and Medicaid
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Golisano Center for Special Needs Dr. Louis Pellegrino, MD 475 Irving Ave Suite 300 Syracuse, NY 13201 (315) 464-3555 Accepts Fidelis and Medicaid	

PEDIATRIC PSYCHIATRISTS

Bassett Health Care 1 Atwell Drive Cooperstown, NY 13326 (800) BASSETT	Binghamton University Psychological Clinic P.O. Box 6000 Binghamton, NY 13905 (607) 777-2103
Campbell House Psychological Assoc. 101 State Street Schenectady, NY 12305 (518) 346-0762 Not accepting new patients and waiting list	Catholic Charities Certified Social Worker 232 Main Street Binghamton, NY 13905 (607) 729-9166 Family Counseling Only
Kenneth Gordon, MD 75 Chestnut Street Oneonta, NY 13820 (607) 433-1663 Children and Adolescents	Samaritan Counseling Center Licensed Social Workers Only 202 East Main Street Endicott, NY 13760 (607) 754-2660
Saratoga Psychological Assoc. 63 Franklin Street Saratoga Springs, NY 12866 (518) 587-0499	Mark Schneider, MD 1 Fox Care Drive Oneonta, NY 13820 (607) 434-1069

MISCELLANEOUS HEALTH SERVICES

American Red Cross 620 East Main Street Endicott, NY (607) 785-7207	Del. Co. Alcohol & Drug Abuse Services State Highway 10 Hamden, NY 13782 (607) 832-5890
Del. Co. Public Health 99 Main Street Delhi, NY 13753 (607) 832-5200	Greater Binghamton Health Center Children & Youth Mobile Health 425 Robinson Street Binghamton, NY 13904 (607) 724-1391
Healthy Living Partnerships Contact: Mary McFadden	

(607) 724-1391 Fax (607) 778-3929 Mammograms for persons 40 or high risk, Pap Tests 18-55 Must meet income guidelines	
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SPECIALTY SERVICES

Bassett Health Services 1 Atwell Drive Cooperstown, NY 13326 (800) BASSETT Fax (607) 547-6782	Services Provided: Cancer Institute, Children's Health, Emergency & Trauma Care, Eye Care, Digestive Services, Heart Care Institute, Imaging Services, Kidney & Diabetes Care, Long-Term Care Services, Musculoskeletal/Physical, Occupational Medicine, Plastic Surgery, Psychiatry, Primary Care, Surgical Services, Women's Health, Allergy, Immunology, Anesthesiology, Dermatology, Infectious Disease, Intensive Care, IV Therapy/Blood Transfusion, Pathology, Pharmacy, Pulmonary Medicine, Respiratory Therapy, Sleep Lab, Sexually Transmitted Disease Clinic, OB/GYN, Ophthalmology, Optometry, Pediatrics, Speech Pathology
Oneonta Specialty Services 1 Associate Drive Oneonta, NY 13820 (607) 433-6300 Accepts Fidelis and Medicaid	Services Provided: Audiology, Cardiology, Dermatology, Digestive Disease, General Surgery, Hand Surgery, Mammography, Medical Oncology, Mental Health Consulting, Optometry, Ophthalmology, Cataract Surgery, Orthopedic Surgery, Otolaryngology, Pediatric Orthopedics, Physical Therapy, Plastic Surgery, Podiatry, Pulmonary Medicine, Sports Medicine, Surgical Oncology, Thoracic Surgery, Urology, Vascular Surgery, Urgent Care, Dialysis
Oneonta Surgical Assoc. 449 Main Street Oneonta, NY 13820 (607) 432-5680 Fax (607) 432-5575	

WEBSITES

Consumer Reports, Free Web Site	www.ConsumerReports.org
Delaware Opportunities, Inc.	www.delawareopportunities.org
American Cancer Society	www.cancer.org
The National Cancer Institute	www.nci.nih.gov
Centers for Disease Control and Prevention	www.cdc.gov
Institute for Safe Medicine Practices	www.ismp.org

USDA Nutrient Database	www.nat.usda.gov/fnic/foodcomp
National Hospice Organization	www.nationalhospicefoundation.org
Cancer Treatment Centers of America	www.cancercenter.com
Arthritis Foundation	www.arthritis.org
National Institutes of Health	www.nih.gov
American Liver Foundation	www.liverfoundation.org
Health Finder	www.healthfinder.gov
National Father's Network	www.fathersnetwork.org
National Information Center for Children and Youth with Disabilities	www.parentcenter.org www.washington.edu/doit/
Sesame Street in Communities	https://sesamestreetincommunities.org
Children's Health	www.kidshealth.org
Children Dealing with Grief	www.verywellfamily.com/signs-of-grief-in-children-and-how-to-help-them-cope-4174245

ALCOHOL AND DRUG RELATED SERVICES

Delaware County Alcohol and Drug Abuse Services 34570 State Highway 10 Hamden, NY 13782 (607) 832-5890	Delaware County Council on Alcoholism and Other Drug Addictions 116 Main Street Delhi, NY 13753 (607) 832-8300
Delaware County Stop DWI Program Human Resource Center (607) 832-5550	Drug Abuse Information Line 1-(800) 522-5353
<u>Alcoholics Anonymous</u> https://aahmbny.org (888)227-6237 (888)227-6237	LEAF: Leatherstocking Education on Alcoholism Foundation and Council on Alcoholism Inc. 189 Main Street Suite 101 Cooperstown, NY 13326 (607) 432-0090
(888) 2B-SOBER	N. Y. S. Smokers Quitline 1-888-609-6292

EDUCATION/JOB SKILL DEVELOPMENT

Oneonta Adult Basic Education Program 97 Market Street Oneonta, NY 13820 (607) 433-3645	Northern Catskill BOCES P. O. Box D Grand Gorge, NY 12434 (607) 588-6291
Delaware County Employment Unit Contact: Sue Marsico 111 Main Street Delhi, NY 13753 (607) 832-5300	Office of Employment and Training 97 Main Street (607) 746-7477 Delhi, NY 13753 Liberty Street Sidney, NY 13838 (607) 563-3335

Delaware/Chenango BOCES Adult Education Western Delaware Center RD 1 Route 206 Sidney Center, NY 13839 (607) 865-2552	Cornell Cooperative Extension of Delaware County Rte. 10, PO Box 184 Hamden, NY 13782 (607) 865-6531
State University College at Oneonta, Office of Continuing Education Administrative Building, Room 135 Oneonta, NY 13820 (607) 436-2522	State University College of Technology at Delhi (607) 746-4000 (800) 96DELHI
Empire State College 44 Hawley Street, Rm. 505 Binghamton, NY 13901 (607) 721-8651	Utica School of Commerce – Oneonta Extension 17 Elm Street Oneonta, NY 13820 (607) 432-7003
Delaware Opportunities Inc. Work Experience/Job Placement Contact: Mary Banks 35430 St. Hwy. 10 Hamden, NY 13782 (607) 746-1630	NYS Dept. of Labor (Job Service) 111 Main Street, Delhi, NY 13733 (607) 746-6381 48 Dietz Street, Oneonta, NY 13820 (607) 432-4800 Liberty Street, Sidney, NY 13838 (607) 561-2348
SUCO Reading Center State University College Oneonta, NY 13820 (607) 431-3233	Tutorial Outreach Program Bugbee Hall, SUCO (607) 436-2800

ENERGY CONSERVATION AND EMERGENCY ENERGY SERVICE *Crisis Services*

Families/Individuals Threatened with Shut-Off of Gas/Electric

Shut off electric or gas can be a life-threatening situation. Act immediately. Do not ignore shut off notices or late bills.

If you are unable to pay your monthly energy bill, call the company - NYSEG (607) 432-3000 or Niagara Mohawk 1-(800) 637-2770. Talk to the 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 Niagara Mohawk first before emergency assistance can be arranged.

Go to Department of Social Services and apply for HEAP or Energy Assistance to Families (EAF).

If you are not eligible for EAF, you can contact Delaware Opportunities 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

1-800-342-3355.

Citizen Action Fuel Group 94 Central Avenue Albany, NY 12206 (518) 465-4600 (800) 559-4645	Delaware County Department of Social Services 111 Main Street Delhi, NY 13753 (607) 832-5300
NYS Public Service Commission Consumer Services Division 3 Empire State Plaza Albany, NY 12223 (800) 342-3355	NYS Department of Social Services HEAP Hotline (800) 342-3009
Project SHARE NYSEG or Care and SHARE Niagara Mohawk Southern Otsego County Chapter Red Cross 11 Ford Avenue Oneonta, NY 13820 (607) 432-4210	Delaware Opportunities, Inc. – Weatherization 35430 St. Hwy. 10 Hamden, NY 13782 (607) 746-1690 Monday through Thursday
Delaware Opportunities, Inc. – HEAP 35430 St. Hwy. 10 Hamden, NY 13782 (607) 746-1615 Usually runs November through March	NYS Department of Conservation Lands and Forest Office Jefferson Road Stamford, NY 12167 (607) 652-7364

FOOD AND NUTRITION SERVICES

Delaware Opportunities Inc. 35430 St. Hwy. 10 Hamden, NY 13782 (607) 746-1685	WIC Delaware Opportunities Inc. 35430 St. Hwy. 10 Hamden, NY 13782 (607) 746-1700
Senior Dining Delaware Opportunities Inc. 35430 St. Hwy. 10 Hamden, NY 13782 (607) 746-1710	Nutrition Advocacy Delaware Opportunities Inc. 35430 St. Hwy. 10 Hamden, NY 13782 (607) 746-1670
EFNEP – Cornell Cooperative Extension Expanded Food Nutrition Education Program Route 10 Hamden, NY 13782 (607) 865-6531	NYS Food Stamp Hotline (800) 342-3009
Delaware County Dept. of Social Services 99 Main Street Delhi, NY 13753 (607) 832-5300	SHARE RD 3, Box 29A Oneonta, NY 13753 (607) 433-1754
Salvation Army 25 River Street	

Oneonta, NY 13820 (607) 432-5960	
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HOUSING

Housing and Rental Assistance Delaware Opportunities Inc. 35430 St. Hwy. 10 Hamden, NY 13782 (607) 746-1650	Weatherization Delaware Opportunities Inc. 35430 St. Hwy. 10 Hamden, NY 13782 (607) 746-1690
Delaware County Code Enforcement Officer Dale Dowin 280 Pheobe Lane, Suite 2 Delhi, NY 13753 (607) 746-9555 Fax (607) 746-9564	

LEGAL AND CONSUMER SERVICES

Legal Aid Society, Inc. 189 Main Street Oneonta, NY 13820 (607) 433-2600	Catholic Charities of Delaware and Otsego Counties Dispute Resolution Center 176 Main Street Oneonta, NY 13820 (607) 432-0061 Delaware (607) 746-6351 Chenango (607) 336-5442
NYS Division of Human Rights State Office Building 164 Hawley Street Binghamton, NY 13801 (607) 721-8467	Delaware County Probation Department 1 Gallant Avenue Delhi, NY 13753 (607) 746-2075o
Fair Hearing (800) 342-3715	Social Security Administration (800) 234-5772
Immigration & Naturalization Service 48 Broadway Albany, NY 12201 (519) 434- 0175 Local (800) 772-1213	

HEALTH INSURANCE

Chenango Health Network 24 Conkey Avenue Norwich, NY 13815 (607) 337-4128	
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CRISIS INFORMATION AND FAMILY SUPPORT SERVICES

Safe Against Violence (SAV) Delaware Opportunities Inc. 35430 St. Hwy. 10 Hamden, NY 13782 (607) 746-1720 HOTLINE (866) 457-7233	Family Resource Network 12 Ford Avenue Oneonta, NY 13820 (607) 432-0001
Child Abuse/Maltreatment Registry NYS DSS 40 North Pearl Street Albany, NY 12243	Prevention Information Resource Center (800) 342-7472

(800) 342-3720 To report suspected child abuse or neglect.	
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LIBRARIES

Andes Public Library, Main Street, Andes, NY 13731, (845)676-3333
Bovina Public Library, Maple Street, Bovina, NY 13740, (607) 832-4884
Cannon Free Library, 40 Elm Street, Delhi, NY 13753, (607) 746-2662
Deposit Free Library, 165 Front Street, Deposit, NY 13754, (607) 467-2577
Franklin Free Library, 66 Main Street, Franklin, NY 13775, (607) 829-2941
The Louise Adelia Read Memorial Library, 12 Read Street, Hancock, NY 13783, (607) 637-2519
Skene Memorial Library, Main Street, Fleischman's, NY 12430, (845) 254-45881
Fairview Public Library, Walnut Street, Margaretville, NY 12455, (845) 586-3791
Roxbury Library, Main Street, Roxbury, NY 12474, (607) 326-7901
Sidney Memorial Library, Main Street, Sidney, NY 13838, (607) 563-8021 or (607) 563-1200
Stamford Village Library, 117 Main Street, Stamford, NY 12167, (607) 652-5001
William B. Ogden Free Library, 42 Gardiner Place, Walton, NY 13856, (607) 865-5929

OTHER RESOURCES

Opportunities for Otsego, 3 West Broadway, Oneonta, NY 13820, (607) 433-8000
Office of the Aging, 97 Main Street, Delhi, NY 13753, (607) 832-5750
Family Service Association, 277 Chestnut Street, Oneonta, NY 13820, (607) 432-2870
Day Care Development & Assistance, Delaware Opportunities, Inc., 35430 St. Hwy. 10, Hamden, NY, (607) 746-1620
Catskill Center for Independence, Route 23, Oneonta, NY 13820, (607) 432-8000
RCLI, Resource Center for Independent Living, 347 W. Main Street Amsterdam, NY 12010, (518) 842-3561
Delaware County Family Court/Family Court Clerk, (607) 746-2298
Delaware County Family Court Judge, (607) 746-2423
Delaware County Department of Motor Vehicles: Delhi: (607) 746-2124 Deposit: (607) 746-3208 Margaretville: (845) 586-2255 Sidney: (607) 561-2338

COMMUNITY RESOURCES

CATHOLIC CHARITIES OF DELAWARE AND OTSEGO COUNTIES

Catholic Charities of Delaware and Otsego Counties 176 Main Street Oneonta, NY 13820	
Phone:	(607) 432-0061
Fax:	(607) 431-9303
Hours:	9:00 a.m. - 5:00 p.m. - Monday through Friday
*Single Room Occupancy Program providing safe, affordable housing to homeless or poorly sheltered adults on limited income. Case Management services provided.	

***Dispute Resolution**

Mediation services provided to residents of Delaware and Chenango Counties in areas of personal conflict, lemon law arbitration, divorce and separation, child custody, support and visitation, and special education mediation.

***Community Maternity Services**

Counseling services to pregnant/parenting teens, assisting with obtaining pre-natal care, parent education, educational/vocational training.

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Counseling services to pregnant/parenting teens, assisting with obtaining pre-natal care, parent education, educational/vocational training.

NEW YORK STATE OFFICE OF MENTAL HEALTH

Greater Binghamton Health Center
425 Robinson Street
Binghamton, NY 13901

Phone: 607-724-1391 or 607-773-4292

Hours: 24 hours - 7 days

Age Groups served:

Inpatient - Adults ages 18 and older; Children and Adolescents ages 5 - 17

Outpatient - Adults ages 18 & older; Children and Youth to age 18

State Hospitals

State-operated health care facilities that provide specialized inpatient services for specific chronic care populations from throughout the state such as people who are severely or profoundly developmentally disabled, mentally ill or criminally insane.

Psychiatric Emergency Rooms

Psychiatric and health care facilities that are capable of restraining and treating people who are in acute emotional distress on a 24-hour basis.

Family Care

Provides substitute family life experience in agency-supervised homes to individuals with a psychiatric diagnosis in need of supervision but do not require intensive services of institutional care. Eligibility: 18+ years with psychiatric diagnosis and referral from physician or agency.

Psychiatric Inpatient Units

Programs offered in special units of general acute care hospitals that provide diagnostic and treatment services for children, adolescents and/or adults who have acute or chronic mental or emotional disturbances, who require hospitalization for maximum benefits, and who might be a threat to themselves, to their families or to others if left in the community. Services may include a comprehensive evaluation, 24-hour care in a supportive, therapeutic environment.

Psychiatric Rehabilitation

Programs that integrate treatment strategies associated with psychiatry, occupational therapy and psychiatric case management to help severely mental ill individuals stabilize their clinical status, increase their ability to function within the environments of their choice with as little ongoing professional intervention as possible, and improve their overall quality of life.

NEW YORK STATE DEPARTMENT OF HEALTH**ALBANY LOCATION:**

New York State Department of Health
Corning Tower
Empire State Plaza
Albany, NY 12237

Phone: 518-474-2121

Hours: 9:00 a.m. - 5:00 p.m. Monday – Friday

Public Health

Programs that protect and improve the health of the community through comprehensive efforts to prevent, control and eradicate communicable diseases; eliminate environmental health hazards; and recognize, prevent and control occupational health hazards and illnesses.

ONEONTA LOCATION:

New York State Department of Health
Oneonta District Office
28 Hill Street, Suite 201
Oneonta, NY 13820

Phone: 607-432-3911

Fax: 607-432-0089

Hours: 8:15 a.m. - 4:45 p.m. Monday - Friday

Public Health Inspection

Enforces the State Sanitary Code, including tobacco enforcement, and regulates public water supplies, hotels, motels and bed and breakfasts. Also regulates campground, children's camps, pools, beaches, spas, mobile home parks, realty subdivisions, and mass gatherings. Regulates food services from full restaurants to bars to mobile vendors. Issues permits, plan review and inspections. Provides technical assistance for individual household sewer systems and potable water supplies, lead abatement, rabies, and communicable disease.

Sponsors of projects involving such facilities are urged to contact the Department of Health early in the planning process to ensure that all necessary approvals are received.

CATSKILL AREA HOSPICE

New York State Department of Health
Oneonta District Office
28 Hill Street, Suite 201

Oneonta, NY 13820

Phone: 607-432-6773
607-746-2668
518-234-7611

Bereavement Counseling

Programs that provide emotional support, problem-solving assistance, information and guidance for people who have recently lost a loved one. Included are counseling programs for widows and widowers, children who have lost a parent, parents who have lost a child and people who are in other similar situations.

FAMILY PLANNING OF SOUTH-CENTRAL NEW YORK

Planned Parenthood Association of Delaware and Otsego Counties
37 Dietz Street
Oneonta, NY 13820

Phone: 607-432-2250
Fax: 607-432-7260
Hours 8:30 a.m. - 5:00 p.m. Monday - Friday

We offer quality, affordable and confidential healthcare provided by experienced nurse practitioners and physicians who understand your needs. We offer all forms of FDA approved contraception; pregnancy testing and options counseling; diagnostic screening for cancer; and diagnosis and treatment of sexually transmitted infections, confidential HIV testing and counseling, as well as general primary care for both women and men. All services are available on a sliding fee scale and no one is turned away due to inability to pay. Insurances accepted are: CHP, MVP, HMO Blue, WellCare, Empire and others.

The education department at Planned Parenthood continues to be 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 other are available for a modest fee.

Pap Smears

A pap test examines cells of the cervix (opening of the uterus). They can detect pre-cancerous conditions, which are easily treated. Pap tests can also detect cancer of the cervix. A pap test should be done after age 18 and when you become sexually active. Have a Pap test every year, or as often as your medical provider recommends.

Birth Control Methods

Provides all forms of FDA approved birth control methods including condoms, the female condom, oral contraceptives (the Pill), Norplant, injectable contraception (Depo-Provera), the intrauterine device (IUD), the cervical cap and spermicides.

Sexually Transmitted Infection Screening and Treatment

Examinations and testing that identifies women/men who have contracted chlamydia, genital warts, genital herpes, and other diseases that are spread by sexual contact. Diagnosis is determined through visual examinations, blood test, analyses of discharge, or samples taken from lesions. Treatment is available on site.

Pregnancy Testing and Options Counseling

Pregnancy testing/counseling provides women with information with all their options, including infertility counseling, parenting, adoption and abortion. Women are referred to other health care providers for their prenatal care or abortion services.

HIV Testing and Counseling

Provides pre-counseling to inform a patient about the risk factors of getting the HIV virus - the disease which causes AIDS, describe the test and discuss confidentiality. Testing is confidential. Post - counseling for both negative and positive results.

General Primary Care

Complete basic health care, including gynecology and non-reproductive healthcare, employment physicals, treatment of respiratory infections, diagnosis/treatment of vaginal and urinary tract infections and other illnesses.

Emergency Contraception

Provides emergency contraception pills (the “morning after pill”) which contain synthetic female hormones. When taken by a woman within 72 hours of unprotected sex, they will diminish the likelihood of getting pregnant. The sooner the pills are taken after intercourse, the better the chances of preventing pregnancy.

Clinical Breast Exams

An exam provided by a doctor, nurse practitioner, or physician’s assistant which looks to detect breast cancer in its most treatable stages. The exam looks for a lump or thickening of the breast tissue, change in shape of the breast, discharge from the nipple or the change of color/feel of the skin. This may be followed by a referral for mammography.

Cancer Screening

Cancer screening/testing which includes Pap smears, clinical breast examination, hemocults (stool samples), colposcopy and cryotherapy.

Midlife Services

Provides services to women at menopausal age and address common concerns such as osteoporosis, vaginal dryness, hot flashes and night sweats. Provides hormone replacement therapy of the female hormone estrogen when decided upon by you and your health care provider.

Education

Trained education staff are available to offer programs that provide accurate, up-to-date information and instruction about a variety of health issues relating to human sexuality, topics include: anatomy, relationships, abstinence, birth control and reducing the risk of HIV/AIDS. Programs are available to schools, groups, individuals, couples, or to family members.

DELAWARE COUNTY MENTAL HEALTH CLINIC

Delaware County Mental Health Clinic Adult Services
1 Hospital Road
Walton, NY 13856

Phone: 607-865-6522

Hours: 9:00 a.m. - 5:00 p.m. Monday - Friday
Evening hours Tuesday/by appointment until 7:00 p.m.

Community Mental Health Services for Adults

Outpatient clinic offering a full range of services including individual, group, conjoint and family therapy, medication and other mental health services for Delaware County residents. Payment for services are made through Medicaid, Medicare, Health Insurance (except MVP), and/or self-pay. Self-pay clients must provide proof of income. Inability to pay is not a deterrent to treatment.

Community Mental Health Services for Children and Their Families

Outpatient clinic offering a full range of services including individual, group, play, conjoint and family therapy, medication and other mental health services for Delaware County residents. Payment for services made through Medicaid, Medicare, Health Insurance (except MVP), and/or self-pay. Self-pay clients must provide proof of income. Inability to pay is not a deterrent to treatment.

DELAWARE COUNTY OFFICE OF EMERGENCY SERVICES

Delaware County Office of Emergency Services
280 Phoebe Lane Suite 3
Delhi, NY 13753

Phone: 607-746-9600

Hours: 24 Hours / 7 days

Emergency Management

Liaison between Federal and State Commissions. Training and planning for emergencies. Including: Rain gauge network, RACES Network, Stream gauge network, Civil Defense, FEMA funding, IFLOW network, public education; films, videos, slides, audio visual equipment and reference materials.

Liaison between state and local governments and fire services and EMS coordinators.

Training for area fire departments. Including: Planning, field support such as supplying air and field resources, causes and origins investigations, Deputy Fire Coordinators, Arson Task Force, Juvenile Fire Intervention Program, OSHA compliance, Air Compressor, OC-5 Command Vehicle, portable generator, EMS course and training, LEPC coordinator.

MIGRANT EDUCATION OUTREACH PROGRAM

Migrant Education Outreach Program
Room 310
Bugby Hall
Oneonta, NY 13820

Phone: 800-243-5355
607-432-6511
Hours: 8:00 a.m. - 4:30 p.m. Monday - Friday

Migrant Education Programs

Programs that provide formal supplementary learning activities and experiences for school-age children who travel with their families from one temporary residence to another to enable family members to secure temporary or seasonal employment.

DISABILITY RESOURCES

NEW YORK STATE OFFICE OF ADVOCATE FOR PERSONS WITH DISABILITIES

New York Office of Advocate for Persons with Disabilities
Suite 1001
1 Empire State Plaza
Albany, NY 12223-1150

Phone: 800-522-4369
Fax: 518-473-6005
518-473-4129
Hours: 8:30 a.m. - 5:00 p.m. Monday - Friday

Assistive Technology Resale/Listing Service

Programs that sell used and/or reconditioned assistive technology products or maintain lists of outlets for used equipment.

Assistive Technology Information

Programs that provide information about cognitive/learning aids, control and signaling aids, daily living aids, hearing augmentation aids, mobility aids, prosthetic/orthotic/seating devices, recreational aids, speech aids, and/or visual /reading aids which enables potential users to evaluate their alternatives and make informed choices.

Assistive Technology Loan

Programs that enable individuals who have physical or sensory limitations to borrow the assistive technology products they require at no charge. Loans may be long or short-term in nature and the devices are returned once the agreed-upon period of time has elapsed.

Assistive Technology Training

Programs that provide training for individuals who have physical or sensory limitations and/or for their caregivers which focuses on the care and utilization of the particular type of assistive technology product they require and changes the devices might require in their lives. Assistive technology training may deal with cognitive/learning aids, control and signaling aids, daily living aids, hearing augmentation aids, mobility aids, prosthetic/orthotic/seating devices, recreational aids and speech aids.

FAMILY RESOURCE NETWORK, INC.

Family Resource Network, Inc.

46 Oneida Street

P.O. Box 233

Oneonta, NY 13820

Phone: 800-305-8814

607-432-0001

Fax: 607-432-5516

Web: www.familyrn.org

Hours: 9:00 a.m. - 5:00 p.m. Monday - Friday

Mission & Purpose

Individuals with special needs deserve every opportunity to achieve their unique potential. The Family Resource Network was founded by parents to enhance the lives of individuals with special needs and their families, empowering them to lead productive independent lives within the community.

Purpose

We want to make our community a better place through education and the enlisting of our citizens to bring services to those in need. We accomplish our mission through our core values.

We have been a vital part of our community for a number of years. We were founded to serve a growing segment of our community in need of inaccessible services. We have continued to grow with the help of our donors and volunteers that make our mission possible. Through all these years our purpose still remains the same: bring services to those in need.

NATIONAL INFORMATION CENTER FOR CHILDREN AND YOUTH WITH DISABILITIES

National Information Center for

Children and Youth with Disabilities (NICHCY)

P.O. Box 1492

Washington, DC 20013

Phone: 800-695-0285

NYS OFFICE OF MENTAL RETARDATION DEVELOPMENTAL DISABILITIES

New York State Office of Mental Retardation

Developmental Disabilities

Broome Developmental Services

15598 State Highway 8, P.O. Box 352

Masonville, NY 13804

Phone: 607-265-3322

Fax: 607-265-3349

Hours: 8:00 a.m. - 4:30 p.m. Monday – Friday Services Delaware County

Dental Screening

Programs that provide dental examinations to detect tooth decay and periodontal problems and oral hygiene information; cleaning, fillings, extractions and other necessary dental care.

Developmental Assessment

Programs that provide emotional support, advice and guidance through a variety of modalities for people who have disabilities with the objective of helping them to cope more effectively with their disability, to evaluate their alternatives and to make personal choices which will maximize their ability to function independently.

Developmentally Disabled Activity Groups

Programs that provide long term personal and social development opportunities within a structured environment for severely disabled individuals. Services may include daily living skills instruction, basic education, recreational and social activities, exercises to improve coordination and other developmental services.

Board and Care Placement

Programs that link individuals who are in need of residential care with a board and care facility that is appropriate to their needs and preferences.

Psychological Testing

Programs that provide a variety of standardized tests including personality inventories, aptitude test, intelligence tests, attitude test, projective measures and effective tests to evaluate the psychosocial functioning of people who may be experiencing mental, emotional, or social difficulties.

Speakers/Speakers Bureau

Programs that maintain lists of individuals who are willing to make presentations on any of a variety of human service topics and social issues or which have paid staff or volunteers one of whose primary responsibilities is public awareness and education with respect to one or a variety of community services, issues and problems.

Individual Counseling

Programs that offer personal therapeutic sessions in which the therapist works on a one-to-one basis with clients to help them resolve their mental, emotional and/or social problems.

Disability Counseling

Programs that provide emotional support, advice and guidance through a variety of modalities for people who have disabilities with the objective of helping them to cope more effectively with their disability, to evaluate their alternatives and to make personal choices which will maximize their ability to function independently.

SOUTHERN TIER INDEPENDENCE CENTER

Address: 137 East Frederick Street
Binghamton, NY 13904
Phone: (607) 724-2111
Fax: (607) 772-3600
Email: stic@stic-cil.org

Overview

- Technology related assistance for individuals with disabilities
- Parent mentoring and advocacy
- Education advocacy
- Transition services

DELAWARE COUNTY PUBLIC HEALTH

Address: 90 Main Street
Delhi, NY 13753

Phone: (607)-832-5200

Fax: (607) 832-5201

Website: www.delawarecountypublichealth.com

Early Intervention (Birth -3)

This is a state-wide program for infants and toddlers with disabilities and their families. Services are directed to help children meet their developmental needs and help parents care for their children. All children learn and develop differently. Some fall behind. Any child from birth to age three with a developmental delay, disability or condition that affects development may need help. Early intervention is provided at no direct cost to you.

Preschool Special Education Programs (3 - 5)

The Preschool Special Education Programs provides educational services to children ages 3 to 5 who have a disability that affects their learning. Eligibility for services is determined by the child's individual school district's Committee on Preschool Special Education (CPSE). The CPSE determines services by following Part 200 of the New York State Regulations of Commissioner of Education.

The Referral

For a referral to the CPSE contact the CPSE office of the school district that you reside in. The school district will guide families through the CPSE process. The following is a list of school district in Delaware County:

Andes Central School
(845) 676-3166

Oneonta City School District
(607) 433-8225

Charlotte Valley CSD
(607) 278-5511

Roscoe Central School
(607) 498-4126

Delaware Academy CSD

(607) 746-3851

Roxbury Central School
(607) 326-4151

Deposit Central School
(607) 467-2198

Sidney Central School
(607) 563-2135

Downsville Central School
(607) 363-2100

South Kortright CS
(607) 538-9111

Franklin Central School
(607) 829-3551

Stamford Central School
(607) 652-7301

Hancock Central School
(845) 586-2647

Walton Central School
(607) 865-4116

Margaretville Central School
(845) 586-2647

Unatego Central School
(607) 988-5000

EVAN - This is located in Delhi (evanlendingcloset@gmail.com); 607-746-2191 ext. 208. EVAN offers a space where families can try out and borrow a variety of sensory equipment. This is no cost associated with this program

Noah's World - This is located in Oneonta, NY (www.noahsworld.net). Noah's World is a recreation center that offers a variety of sensorimotor play. Admission fees required.

Oneonta World of Learning (OWL) - This is located in Oneonta, NY (www.oneontaworldoflearning.org); 607-431-8543. OWL is a children's museum that offers a wide variety of learning through play activities incorporating many topics, including sensorimotor play.

OWL is a member of Museums for All which offers free general admission to families presenting and EBT card.