

## Senior Services

### Centers / Programs

Catholic Charities Caregiver Support Services	518-346-1852
Cohoes Multi-Service Senior Citizen Center	518-235-2420
Meals on Wheels ( <i>For ages 60+</i> )	518-270-2739
NY Connects Elder Care Issues	518-270-2767
NYS Senior Citizen's Help Line	1-800-342-9871
Umbrella of the Capital District	518-346-5249
<i>Help with apartment / home maintenance.</i>	
Watervliet Senior Center	518-273-4422

### Health

Alzheimer's Association of NENY	518-867-4999
The EDDY Visiting Services	518-274-6200
EPIC - NYS Senior Prescription Plan	1-800-332-3742
Goldberg Alzheimer's Resource Center at AMC	518-262-0800
Partnership for Prescription Assistance	1-888-477-2669

### Housing

Cayuga Plaza Apartments	518-237-4430
McDonald Towers	518-235-4500
Ogden Mills	518-235-9508



Are you caring for a loved one?

**WE CAN HELP!**

**Adult Day Services**  
flexible  
full or partial days  
1 - 5 days a week

Call us at 518-235-2420 for more information.

# Cohoes & Watervliet Community Resource Guide 2017

**Cohoes**  
Bridges

developed by  
**Cohoes Bridges Out of Poverty**  
[www.cohoesbridges.org](http://www.cohoesbridges.org)

## Table of Contents

Government Services	3
Municipal Numbers	4-5
Addiction Help	6-7
Community Resources	8-9
Counseling / Trauma Resources	10
Food Resources	11
Education	12-13
Heating, Housing & Eviction	14-15
Medical	16-17
Parenting / Pregnancy	18
Places of Worship	19
Senior Services	20

## Representatives

<b>John T. McDonald III</b> , NYS Assemblyman	518-455-4474
<b>Paul Tonko</b> , US Congressman	518-465-0700
<b>Charles Schumer</b> , US Senator	518-431-4070
<b>Kirsten Gillibrand</b> , US Senator	518-431-0120

Please contact Cohoes Bridges ([cohoesbridges@gmail.com](mailto:cohoesbridges@gmail.com)) if you find incorrect information or know of other resources.

Eighth Edition (4-2017)

## Places of Worship

Church of the Holy Trinity - Roman Catholic	518-237-2373
<i>122 Vliet Boulevard, Cohoes - Rev. Brian Slezak</i>	
Grace Fellowship Church	518-785-4959
<i>20 Delatour Rd, Watervliet - Pastor Rex Keener</i>	
Good Ground Family Church	518-233-0398
<i>49 Johnston Ave, Cohoes - Pastor Dona Williams</i>	
Greater Albany 7th Day Adventist Church	518-785-4445
<i>298 St. Agnes Highway, Cohoes</i>	
Heritage Baptist Church	518-506-2991
<i>50 Lansing ST, Cohoes - Pastor Blaine Warner</i>	
Immaculate Heart of Mary Parish	518-273-6020
<i>2416 7th Ave, Watervliet - Rev. L. Edward Deimeke</i>	
Spindle City Vineyard	518-237-8381
<i>121 Remsen ST, Cohoes - Pastor Brittney Hunt</i>	
St. John's Episcopal Church	518-237-6013
<i>405 Vliet Boulevard, Cohoes - Rev. William Hinrichs</i>	
St Michael's Church	518-237-5151
<i>20 Page Ave, Cohoes - Rev. Peter Tkocz</i>	
St. Nicholas Russian Orthodox Church	518-369-2430
<i>67 Saratoga ST, Cohoes - Fr. Terenti Wasielewski</i>	
St Nicholas Ukrainian Catholic Church	518-273-6752
<i>2410 4th Ave, Cohoes - Father Mikhail Myshchuk</i>	
St Peter St. Paul Ukrainian Catholic	518-237-0535
<i>198 Ontario ST, Cohoes</i>	
Trinity Church	518-272-0644
<i>1336 1st Avenue, Watervliet - Father Martin Wendell</i>	
United Church of Cohoes	518-237-0278
<i>123 Mohawk ST, Cohoes - Rev. Nick TeBordo</i>	

## Parenting / Pregnancy Services

### Hotlines

Child Abuse Hotline	1-800-342-3720
Child Abuse Prevention Parent Help Line	1-800-244-5373
Crisis Pregnancy	<b>24 Hr: 518-270-5540</b>

### Foster Parents (assistance)

Quest for Grace Foundation (referral needed)	518-301-5662
--	--------------

### Grandparents (assistance)

Kinship Care (Community Maternity Services)	518-482-8836
---	--------------

### Resource Centers / Programs

Albany County Community Health Workers	518-447-4684
Albany Women's Health Center	518-432-4033
Alight Care Center ( <i>Infant &amp; Maternity</i> )	518-270-5540
Alpha Pregnancy Care Center	518-279-7673

*144 Remsen ST (Free Pregnancy Tests, Supplies, Classes)*

Birthright of Albany	518-438-2978
Childcare Coordinating Council	518-426-7181
Community Maternity Services	518-482-8836
Healthy Families ( <i>Basement of the Library</i> )	518-235-2088

*169 Mohawk ST*

Mary's Corner (*Basement of the Library*)

*169 Mohawk ST - Tuesdays/Thursdays: 10AM-12PM*

MOMs Program - Cohoes Family Care	518-235-7282
-----------------------------------	--------------

*55 N. Mohawk ST (HIV/Pregnancy Tests, Medicaid help)*

WIC (Women, Infants & Children)	<i>Albany:</i> 518-465-9387
	<i>Troy:</i> 518-272-6159

Workforce Development Institute	518-272-3500
---------------------------------	--------------

## Government Services

### New York State

<http://www.mybenefits.ny.gov> (*To determine eligibility for NYS services.*)

Office for the Aging	1-800-342-9871
Office of Parent & Kid Connections	1-800-345-5437
Office of Mental Health	1-800-597-8481
Social Security Administration	1-800-772-1213
NYS National Weather Service	518-435-9580
NYS Terrorism Tips Line	1-866-723-3697

### Albany County

Department for the Aging	518-447-7177
<i>Adult Protective Services Hotline:</i>	518-447-7228
Department for Children, Family & Youth	518-447-7324
<i>Child Protective Services Hotline:</i>	1-800-342-3720
Department of Health	518-447-4580
<b>Department of Social Services (DSS)</b>	<b>518-447-7300</b>
<i>162 Washington Ave, Albany</i>	
Food Stamps:	518-447-7403
Medicaid:	518-447-7492
HEAP (Heating Assistance):	518-447-7323

### Rensselaer County

Department of Mental Health	518-270-2800
Department of Social Services (DSS)	518-266-7800
<i>547 River ST, Troy</i>	
Adult Protective Services:	518-687-3700
Child Protective Services:	1-800-342-3720
Child Support	1-888-208-4485
Medicaid:	518-270-3928

## Cohoes Municipal Numbers

In an *Emergency*, please dial **911**

City Hall - Mayor Shawn Morse <i>97 Mohawk Street</i>	518-233-2121
Community Center <i>22-40 Remsen Street</i>	518-237-7523
Police Department <i>97 Mohawk Street</i>	518-237-5333
Fire Department <i>172 Ontario Street</i>	518-237-1472
Housing Authority <i>100 Manor Sites, Cohoes (Public Housing)</i>	518-235-4500
Human Services and Youth Bureau <i>Lansing Park Pool (Late June-Mid August)</i>	518-233-2116 518-237-2632
Post Office <i>101 Mohawk Street</i>	518-237-5006
Public Library <i>169 Mohawk Street</i>	518-235-2570
Public Works <i>97 Mohawk Street</i>	518-233-2139
Visitors Center	518-237-7999

## Medical Services Continued...

### HIV/AIDS

AIDS Council of NENY	518-434-4686
AIDS Council	518-445-2437
HIV Hotline	1-800-201-2437
Albany Damien Center	518-449-7119
Troy Damien Center	518-274-5920

### Hospice Services

The Community Hospice Grief Center	518-742-0200
------------------------------------	--------------

### Poison Control: 1-800-222-1222

### Sexual Transmitted Diseases (STDs): 1-800-962-5065

Albany County	518-447-4600
Rensselaer County	518-270-2655

### Vision

Albany Guild Care	518-396-3626
Northeastern Association of the Blind (NABA)	518-463-1211

## Medical Services

### Cancer

American Cancer Society	1-800-227-2345
Cancer Services Program	518-220-6901 x3
<i>Free breast, cervical and colorectal screenings for uninsured patients.</i>	
Gilda's Club Cancer Supportive Services	518-782-9833

### Dental

David Mitola, DDS	518-237-0700
<i>70 Remsen Street, Cohoes</i>	

### General Health

Albany County Department of Health	518-447-4555
Capital City Rescue Mission ( <i>Free clinic</i> )	518-462-0459
Cohoes Family Care ( <i>Family/Primary Care</i> )	518-235-7282
<i>55 North Mohawk ST</i>	
Harmony Mills Pediatrics ( <i>Family/Primary Care</i> )	518-233-9500
<i>55 North Mohawk ST</i>	
Healthy Capital District Initiative	518-462-7040
Poverello Center ( <i>Adults only</i> )	518-426-9428
St. Peter's OBGYN	518-786-6270
Whitney Young Outreach Clinic	518-465-4771

### Health Insurance

Child Health Plus	1-800-698-4543
Family Health Plus	1-877-934-7587
Healthy NY	1-866-432-5849
Medicaid	518-447-7492
NYS Office of Health Insurance	518-473-4679

## Watervliet Municipal Numbers

In an *Emergency*, please dial **911**

City Hall - Mayor Mike Manning	518-270-3815
<i>2 Fifteenth Street</i>	
Civic Center	518-273-5922
<i>14th ST and 1st Ave</i>	
Police Department	518-270-3819
<i>2 Fifteenth Street</i>	
Fire Department	518-270-3826
<i>116 13th Street</i>	
Housing Authority	518-273-4717
<i>2400 Second Ave (Public Housing)</i>	
Highway Department	518-270-3821
<i>13th ST and 2nd Ave</i>	
Parks & Recreation	518-337-9115
<i>13th ST and 2nd Ave</i>	
Post Office	518-273-0423
<i>145 16th Street</i>	
Public Library	518-274-4471
<i>1501 Broadway</i>	
Veteran's Memorial Swimming Pool	518-270-3823
<i>13th ST and 2nd Ave</i>	

## Addiction Help

### Addiction Hotlines

24 Hour Hotline (AA,NA,GA)	1-800-711-6375
Alcoholics Anonymous	518-292-0577 / 518-463-0906
Cocaine Anonymous	1-800-347-8998
Gamblers Anonymous	518- 292-0414 / 1-800-522-4700
Narcotics Anonymous	518-448-6350
Narcotics Anonymous Family Support	1-800-477-6291
Treatment Centers Directory	1-800-315-2056

### Help Centers

The Addiction Care Center	518-465-5470
<i>90 McCarty Ave, Albany</i>	<b>24 HR Hotline:</b> 518-465-7388
Center for Problem Gambling	518-462-6531
<i>650 Warren ST, Albany</i>	
Conifer Park	518-274-5143
<i>1801 6th Ave, Troy</i>	
Hope House	518-482-4673
<i>573 Livingston Ave</i>	
Hudson Mohawk Recovery Center, Inc	518-272-3918
<i>1724 Fifth Ave, Troy</i>	
Seton Addiction Services	518-268-5323
<i>1300 Massachusetts Ave, Troy</i>	
NYS OASAS (Alcohol/Substance Abuse Services)	518-473-3460
<i>1450 Western Ave, Albany</i>	
St. Peters Addiction Recovery Center (SPARC)	518-235-1100
<i>55 Mohawk ST, Cohoes (Out-Patient)</i>	
Transportation for Intoxicated Adults: HAC (2-10 PM):	518-426-0554
HATAS:	518-463-2124

## Housing Services Continued...

### Furniture

Blessingdale's (Albany City Mission)	518-462-0459
Catholic Charities ( <i>referral required</i> )	518-453-6650
Let's Make a Deal	518-224-5999
Salvation Army	518-463-6678
St. John's/St. Ann's Furniture Program	518-472-9091 x12
T.A.U.M. ( <i>referral required</i> )	518-274-5920 x204

### Rensselaer County Housing

American Red Cross	518-458-8111
Catholic Charities Housing Program	518-459-0183
CEO - Ship Program (Ashley)	518-272-6012 ext.229
<i>Helps with utility and eviction issues.</i>	
H.E.A.P.	518-266-7960
The Roarke Center	518-273-8351
<b>Troy Housing Authority</b>	518-273-3600
TRIP	518-272-8289
Unity House	518-272-1611

### Rensselaer County Shelters

Joseph's House	518-272-2544
St. Peter's Residence	518-273-3291
St. Paul's Center ( <b>Mother &amp; Child</b> )	518-434-2910
YWCA ( <b>Women</b> )	518-274-7100

<b>National Grid Consumer Advocate</b>	518-433-3840
<b>National Grid</b>	1-800-892-2345

## Housing Services

**Homeless & Travelers Aid Society (HATAS)** 518-463-2124  
*138 Central Ave, Albany* **24 Hr Hotline:** 1-866-201-7399  
*To get housing assistance in Albany Co., you MUST start with HATAS*

### Albany County Housing

AIDS/HIV Housing Referral 518-427-2463  
 Albany Affordable Housing Partnership 518-434-1730  
 Albany County Rural Housing Alliance, Inc 518-235-3920  
**Albany Housing Authority** 518-641-7500  
 Albany Office of Fair Housing 518-434-5296  
 ARCH Program (St. Catherine's) 518-427-5097  
 Catholic Charities Housing Program 518-459-0183  
**Cohoes Housing Authority** 518-235-4500  
*100 Manor Sites, Cohoes*

Community Builders Inc. 518-874-6107  
 H.E.A.P. 518-447-7323  
 Homeless Action Committee (HAC) 518-495-0663  
 United Tenants of Albany 518-436-8997  
**Watervliet Housing Authority** 518-273-4717  
*2400 Second Ave, Watervliet*

### Albany County Shelters

Capital City Rescue Mission 518-462-0459  
 DePaul Residence 518-482-3248  
 Equinox, Inc. (Family Shelter) 518-465-9524  
 Marillac Center (Family Shelter) 518-869-1960  
 Mercy House (Women) 518-434-3531  
 St. Charles Lwanga Center (Men) 518-465-4973

## Addiction Help Continued...

### Local Meetings (Cohoes)

Alcoholics Anonymous  
 Monday: 7 pm *United Church, 123 Mohawk*  
 Thursday: 7:30 pm *United Church, 123 Mohawk*  
 Saturday: 8 am *Vineyard CC, 121 Remsen ST*

Gamblers Anonymous  
 Tuesday: 7 pm *Good Ground, 49 Johnston*

Narcotics Anonymous  
 Thursday: 7 pm *Vineyard CC, 121 Remsen ST*

### Local Meetings (Watervliet)

Alcoholics Anonymous  
 Friday: 7 pm *White Hall Rd & 23rd Street*

Narcotics Anonymous  
 Wednesday: 7:30 pm *Trinity Parish, 1336 1st Ave*



**"Service above Self"**

**Rotary Club of Cohoes  
 Supports**

***Bridges Out of Poverty***



Rotary Club of Cohoes  
 P.O. Box 81  
 Cohoes, NY 12047

[www.rotaryclubofcohoes.org](http://www.rotaryclubofcohoes.org)  
[www.facebook.com/RotaryClubofCohoes](https://www.facebook.com/RotaryClubofCohoes)

## Community Resources

### Animal Services

Guilderhaven ( <i>Pet supplies, free spay/neuter</i> )	518-861-6861
Mohawk Hudson Humane Society	518-434-8128

### Cell Phones (FREE)

Assurance Wireless	1-888-898-4888
Safe Link	1-800-977-3768

### Resource Centers

Albany Community Action Partnership <i>145 Remsen ST</i>	518-237-9201
Center for Independence, Inc.	518-459-6422
Pride Center of the Capital Region, Inc.	518-462-6138

### Clothing

Community Closet ( <i>Tues/Thurs</i> ) <i>146 Remsen ST (Vouchers at ACAP &amp; Vineyard Church)</i>	518-785-4445
Trinity Church	518-272-0644
Unique Boutique (Unity House)	518-272-2352 / 518-274-2607

### Legal Services

Lawyer Referral Services	518-463-3200 / 1-800-342-3661
Legal Aid Society of NENY	518-462-6765 / 1-800-462-2922
The Legal Project (Legal Advice, Information)	518-435-1770
NYS Division of Human Rights	518-474-2705

### Transportation

Capital District Transportation Authority	518-482-8822
Transportation (Wheelchair Accessible)	518-235-2420
<i>Barbara Hale, M.S.W. – Request ride 24 hrs. in advance</i>	

## Education Continued...

### Adult Education

Albany Community Action Partnership <i>145 Remsen ST (Career/Job preparation)</i>	518-237-9201
Capital Region BOCES	518-862-4900
Commission on Economic Opportunity <i>2331 Fifth Ave, Troy</i>	518-272-6012
Education Opportunity Center (EOC) <i>145 Congress ST, Troy (GED, Tech)</i>	518-273-1900
GED Program ( <i>Monday/Wednesday 5-8PM</i> ) <i>7 Bevan ST (Cohoes Middle School)</i>	518-237-4131
Literacy Volunteers of Rensselaer County	518-274-8526

### Hotlines

Child Abuse Hotline	1-800-342-3720
Child Abuse Prevention Parent Help Line	1-800-244-5373

### Tutoring

Cares Program (United Church of Cohoes) <i>Monday/Wednesday 3:15-5:00PM</i>	518-237-0278
Literacy Volunteers of Rensselaer County	518-274-8526



## Education

### Cohoes City School District: 518-237-0100

Abram Lansing Elementary School <i>26 James ST (Principal: Clifford Bird)</i>	518-237-5044
Harmony Hill Elementary School <i>Madelon K. Hickey Way (Principal: Mark Perry)</i>	518-233-1900
Van Schaick Elementary School <i>150 Continental Ave (Principal: Jacqueline DeChiaro)</i>	518-237-2828
Cohoes Middle School <i>7 Bevan ST (Principal: Daniel Martinelli)</i>	518-237-4131
Cohoes High School <i>Tiger Circle (Principal: Bryan Wood)</i>	518-237-9100
Page Avenue School - Special Programs <i>21 Page Ave (Director: Erin Hill)</i>	518-237-0990
<b>Universal Pre-Kindergarten (3/4)</b>	<b>518-237-0100 x2299</b>
<b>Head Start (3/4)</b>	<b>518-237-1395</b>

### Watervliet City School District: 518-629-3200

Watervliet Elementary School <i>1245 Hillside Dr, Watervliet</i>	518-629-3400
Watervliet Jr./Sr. High School <i>1245 Hillside Dr, Watervliet</i>	518-629-3300
Office of the Superintendent	518-629-3200

## Community Resources Continued...

### Hispanic Services

SAFE Environment	518-453-6655
Centro Civico, Hispano Americano, Inc.	518-465-1145

### Immigration Resources (ESOL)

Office for New Americans Service Center	518-621-7363
Capital Region BOCES	518-862-4707
US Committees for Refuges and Immigrants	518-459-1790

### United Way: 221

## Counseling / Trauma Resources

### CRISIS CARE

**24 Hour. Mobile Crisis Unit** 518-549-6500

**24 Hour Suicide Hotlines:** 1-800-273-8255, 518-447-9650, 518-689-4673

### Anger Management

Alight Care Center 518-270-5540

Northeast Behavioral Mental Health Counseling 518-271-3374

Rage to Resolution (Comm. Maternity Services) 518-482-8836

### Counseling

Carla B. Winner M.S. Christian Counselor 518-439-0033

*United Church, 123 Mohawk ST (Mondays)*

Capital District Psychiatric Center (CDPC) 518-549-6000

Capital Area Peer Services 518-427-5056

Counseling Care & Services, Inc. 518-237-4263

*405 Vliet Boulevard*

Northeast Behavioral Mental Health Counseling 518-271-3374

Parsons Child and Family Center 518-426-2600

### Domestic Violence/Sexual Assault

Albany Co. Domestic Violence **24 Hr Hotline:** 518-432-7865

Albany County Rape Crisis **24 Hr Hotline:** 518-447-7716

Crime Victims Assistance 518-447-5500

Crime Victim & Sexual Violence Center 518-447-7716

NYS Hotline Domestic & Sexual Violence: *English:* 1-800-942-6906

*Espanol:* 1-800-942-6908

Women of Valor 518-526-5874

## Food Resources

### Capital District

Food Pantries of the Capital District 518-458-1167

Food Stamp Enrollment (Legal Aid) 518-689-6327

Meals on Wheels 518-465-6465

Women, Infants & Children *Albany* 518-465-9387

x275 *Rensselaer* 518-272-6159

### Food Pantries

Albany Community Action Partnership 518-237-9201

*145 Remsen ST, Cohoes*

Holy Trinity Parish Center (Tues/Thurs) 518-237-2373

*1 St. Marie Lane, Cohoes*

**Must Call, by Appointment ONLY**

Salvation Army (Tues/Thurs) (Albany) 518-463-6678

*49 Johnston Ave, Cohoes (inside Good Ground Church)*

St. Ambrose Church (Weekdays) 518-785-1351

*347 Old Loudon Rd, Latham*

United Church of Cohoes (Mon/Wed/Fri) 518-237-0278

*123 Mohawk ST, Cohoes*

### Free Meals (July/August)

Cohoes Summer Lunch Program (**Free: children under 18**)

*Abram Lansing Elementary / Cohoes High School*

Watervliet Summer Lunch Program (**Free: children under 18**)

*Watervliet Elementary School / Watervliet Civic Center*

### Nutrition Education

Cornell Cooperative Extension (**Eat Smart NY**) 518-765-3500