Adult Day Services in the Capital Region

Albany County
Rensselaer County
Saratoga County
Schenectady County

INCLUDES LISTINGS AND DEFINITIONS FOR:
Adult Day Health Care Programs
Social Adult Day Services Programs

PRODUCED BY
ALBANY GUARDIAN SOCIETY | ALBANY, NEW YORK
2017 - 2018
January 2017

Dear Friend,

Community service providers and governmental agencies are working hard to develop and maintain programs that help us as we address the needs of an ever-increasing aging population. When considering services and programs for seniors, we often overlook Adult Day Services, more commonly known as adult day care. Both medical and social day care programs have proven to be effective in helping individuals age in place in their own homes.

We are pleased to provide you with this Adult Day Services Directory in the Capital Region. It was developed by a planning group that was assembled to produce a community forum that was sponsored by the Capital District Senior Issues Forum, a grassroots organization that advocates on behalf of seniors. Because there was no single directory that provided standardized, factual information about these programs, this planning group assembled this information. We also want to thank the providers of day care services for their assistance in helping us make this directory as accurate and helpful as possible.

We have made every effort to ensure that the information contained in this directory is accurate and up-to-date; however, we encourage you to be a wise consumer and ask questions as you consider adult day services in the Capital Region. The most recent information provided by each program can be viewed on the “Publications” section of the Albany Guardian Society web page at www.albanyguardiansociety.org.

Albany Guardian Society hopes this directory is helpful.

Sincerely,

Albany Guardian Society
Albany, New York
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Definitions</td>
<td>2</td>
</tr>
<tr>
<td>Adult Day Services in the Capital Region</td>
<td></td>
</tr>
<tr>
<td>Albany County</td>
<td>3</td>
</tr>
<tr>
<td>• Adult Day Health Care</td>
<td>4</td>
</tr>
<tr>
<td>• Social Adult Day Services</td>
<td>8</td>
</tr>
<tr>
<td>Rensselaer County</td>
<td>13</td>
</tr>
<tr>
<td>• Adult Day Health Care</td>
<td>14</td>
</tr>
<tr>
<td>• Social Adult Day Services</td>
<td>15</td>
</tr>
<tr>
<td>Saratoga County</td>
<td>17</td>
</tr>
<tr>
<td>• Adult Day Health Care</td>
<td>18</td>
</tr>
<tr>
<td>• Social Adult Day Services</td>
<td>19</td>
</tr>
<tr>
<td>Schenectady County</td>
<td>23</td>
</tr>
<tr>
<td>• Adult Day Health Care</td>
<td>24</td>
</tr>
<tr>
<td>• Social Adult Day Services</td>
<td>25</td>
</tr>
<tr>
<td>Index</td>
<td>27</td>
</tr>
</tbody>
</table>
DEFINITIONS

Many people are unfamiliar with Adult Day Services. There are two types of programs you should be aware of and thanks to the efforts of the New York State Office for the Aging, we are providing you with the definitions they use to describe these important programs.

ADULT DAY SERVICES

There are two types of adult day services:

Adult Day Health Care which includes a medical component and is regulated by the New York State Department of Health.

Social Adult Day Services which do not include a medical component in the program and are regulated by the New York State Office for the Aging when funded with aging funds.

Adult Day Health Care

Health care services and activities provided to a group of registrants with functional impairments to maintain their health status and enable them to remain in the community. Programs are located at a licensed residential health care facility or an extension site. Programs are approved by the New York State Department of Health. You can access the New York State Department of Health Website, at www.health.state.ny.us, for more information.

Health day care services are a component of PACE (Program of All-Inclusive Care for the Elderly). This is a Specialty Program not available in all communities (see page 26). For additional information about PACE programs, go to www.medicaid.gov.

Social Adult Day Services

A structured, comprehensive program which provides functionally impaired individuals with socialization, supervision and monitoring, personal care and nutrition in a protective setting during any part of the day, but for less than a 24-hour period. Additional services may include and are not limited to maintenance and enhancement of daily living skills, transportation, caregiver assistance and case coordination and assistance.

Disclaimer

All of the information provided in this directory was solicited directly from the site managers. Please note that services offered may change without notice. Albany Guardian Society is not responsible for the availability and quality of services described in this directory. For questions about a particular location, we strongly encourage you to contact the site directly.
Adult Day Services in Albany County

Adult Day Health Care ............ 4
Social Adult Day Services ........ 8
DayBreak at Marjorie Doyle Rockwell Center

Address 421 Columbia Street, Cohoes, NY 12047
Contact Person Name/Title Rosemarie Mullaney, LMSW, Program Manager
Phone/Ext. 518-238-4155
Fax 518-238-4157
E-mail Address rosemarie.mullaney@sphp.com
Program Type Adult Day Health Care
Days of Operation Monday - Friday
Hours of Operation 8:00 am - 4:30 pm
Transportation Available? Yes

Program Description Medical model day program specific for individuals experiencing memory loss. Program provides full assistance with ADLs, counseling, referrals, nursing supervision, social work, case management, caregiver support and education, socialization, and activities program. All activities, approaches, interventions, and environment are designed for this special needs population.

DayBreak at Marjorie Doyle Rockwell Center is a program of Northeast Health sponsored by Eddy Village Green, 421 Columbia Street, Cohoes, NY 12047. For additional information, please call 518-238-4155 or visit www.sphp.com and click on Northeast Health.
Eddy DayBreak at Cohoes

**Address**  
421 Columbia Street, Cohoes, NY  12047

**Contact Person Name/Title**  
Donna Hervieux, RN, C, Program Manager

**Phone/Ext.**  
518-238-4062

**Fax**  
518-238-4128

**E-mail Address**  
Donna.Hervieux@sphp.com

**Program Type**  
Adult Day Health Care

**Days of Operation**  
Monday - Friday

**Hours of Operation**  
7:30 am - 4:30 pm

**Transportation Available?**  
Yes

**Program Description**  
The Eddy DayBreak at Cohoes is a medical adult day health program that offers skilled nursing, assorted therapies, hot meals, recreational activities, and social work services. The program is designed to enhance independence for older adults and to provide respite for caregivers during daytime hours.
GuildCare Adult Day Health Care Program

Address 2 Clara Barton Drive, Albany, NY 12208
Contact Person Name/Title Alexandra Henzel, Program Director
Phone/Ext. 518-396-3626
Fax 518-396-3639
E-mail Address henzela@lighthouseguild.org
Program Type Adult Day Health Care
Days of Operation Monday - Friday plus two Saturdays per month
Hours of Operation 8:00 am - 4:00 pm (M-F); 8 am - 3:00 pm (Sat.)
Transportation Available? Yes

Program Description GuildCare is an innovative Adult Day Health Care Program. People with health and vision problems receive healthcare, therapies, and nutritious meals as well as take part in educational and recreational activities. Friendly, professional staff members assist clients in living healthier and happier lives. Transportation serving Albany, Rensselaer, and Schenectady Counties.

GuildCare Adult Day Health Care Program is a program of Lighthouse Guild International, New York, NY. For additional information, please call 518-396-3626 or visit www.guildhealth.org.
# VA Adult Day Health Care

<table>
<thead>
<tr>
<th><strong>Address</strong></th>
<th>113 Holland Avenue, Albany, NY 12208</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Contact Person Name/Title</strong></td>
<td>Sandra Osborne, Program Director</td>
</tr>
<tr>
<td><strong>Phone/Ext.</strong></td>
<td>518-626-6041</td>
</tr>
<tr>
<td><strong>Fax</strong></td>
<td>518-626-6045</td>
</tr>
<tr>
<td><strong>E-mail Address</strong></td>
<td><a href="mailto:sandra.osborne@va.gov">sandra.osborne@va.gov</a></td>
</tr>
<tr>
<td><strong>Program Type</strong></td>
<td>Adult Day Health Care</td>
</tr>
<tr>
<td><strong>Days of Operation</strong></td>
<td>Monday - Friday</td>
</tr>
<tr>
<td><strong>Hours of Operation</strong></td>
<td>7:30 am - 4:30 pm</td>
</tr>
<tr>
<td><strong>Transportation Available?</strong></td>
<td>Call for information</td>
</tr>
</tbody>
</table>

**Program Description**

Participants must be veterans and must be enrolled in the Albany VA system. Individuals may be required to complete a financial form as part of the enrollment process. The program utilizes a team of health care professionals who work together to develop a comprehensive treatment plan for each individual based upon the person’s needs and interests.

---

VA Adult Day Health Care is a program of the Veterans Administration, 113 Holland Avenue, Albany, NY 12208. For additional information, please call 518-626-6041 or visit www.albany.va.gov.
Bright Horizons Colonie

Address 6 Winners Circle, Albany, NY 12205
Contact Person Name/Title Susan Napierski, Program Director
Phone/Ext. 518-459-7967
Fax 518-459-6026
E-mail Address snapierski@colonieseniors.org
Program Type Social Adult Day Services
Days of Operation Monday - Friday
Hours of Operation 8:00 am - 4:30 pm
Transportation Available? Yes

Program Description

Members may choose to attend anywhere from one day to five days a week. Also, ask us about our morning half-day options! Flexible programming gives members options to choose from and features small, interactive group activities. We also include a number of Caregiver Services including a LiveCam (secure online streaming video); Caregiver Resource Center and support groups.
Bright Horizons Guilderland

Address 10 New Karner Rd, Guilderland, NY 12084

Contact Person Name/Title Susan Conlon, Site Director

Phone/Ext. 518-250-5718

Fax 518-459-6026

E-mail Address sconlon@colonieseniors.org

Program Type Social Adult Day Services

Days of Operation Monday - Friday

Hours of Operation 8:00 am - 4:30 pm

Transportation Available? Yes

Program Description Members may choose to attend anywhere from one day to five days a week. Also, ask us about our morning half-day options! Flexible programming gives members options to choose from and features small, interactive group activities. We also include a number of Caregiver Services including a LiveCam (secure online streaming video); Caregiver Resource Center and support groups.

Bright Horizons Guilderland is a program of Colonie Senior Service Centers, Inc., 6 Winners Circle, Albany, NY 12205. For additional information, please call (518)459-7967, email brighthorizons@colonieseniors.org, or visit www.brighthorizonssocialcenters.org.
Bright Horizons Latham

Address 139 Troy Schenectady Road
Contact Person Name/Title Abbey Lavazzo, Site Director
Phone/Ext. 518-244-5206
Fax n/a
E-mail Address alavazzo@colonieseniors.org
Program Type Social Adult Day Services
Days of Operation Monday - Friday
Hours of Operation 8:00 am - 4:30 pm
Transportation Available? Yes

Program Description Members may choose to attend anywhere from one day to five days a week. Also, ask us about our morning half-day options! Flexible programming gives members options to choose from and features small, interactive group activities. We also include a number of Caregiver Services including a LiveCam (secure online streaming video); Caregiver Resource Center and support groups.
### Cohoes Senior Center Adult Day Services Program

<table>
<thead>
<tr>
<th>Address</th>
<th>10 Cayuga Plaza, Cohoes, NY 12047</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contact Person Name/Title</td>
<td>Jennifer Perkins</td>
</tr>
<tr>
<td>Phone/Ext.</td>
<td>518-235-2420</td>
</tr>
<tr>
<td>Fax</td>
<td>518-235-1624</td>
</tr>
<tr>
<td>E-mail Address</td>
<td><a href="mailto:jperkins@seniorservicesofalbany.com">jperkins@seniorservicesofalbany.com</a></td>
</tr>
<tr>
<td>Program Type</td>
<td>Social Adult Day Services</td>
</tr>
<tr>
<td>Days of Operation</td>
<td>Monday - Friday</td>
</tr>
<tr>
<td>Hours of Operation</td>
<td>9:00 am - 3:00 pm</td>
</tr>
<tr>
<td>Transportation Available?</td>
<td>Yes</td>
</tr>
<tr>
<td>Program Description</td>
<td>Social Adult Day Services program including: field trips, independent living skills, arts and crafts, memory activities including creation of memory book, various activities. Lunch served daily.</td>
</tr>
</tbody>
</table>
Newgate Adult Day Service Program

Address: 760 New Scotland Ave, Albany, NY 12208

Contact Person Name/Title: Nashema Scott, Newgate Manager

Phone/Ext.: 518-449-8035

Fax: 518-449-8035

E-mail Address: nscott@seniorservicesofalbany.com

Program Type: Social Adult Day Services

Days of Operation: Monday - Friday

Hours of Operation: 8:30 am - 4:30 pm

Transportation Available?: Yes, within city of Albany

Program Description: Small, family-like setting. Bi-lingual staff offers cultural diversity to Spanish participants. Varied activities including art groups, music appreciation, pet visits, supervised outings to music programs, lunch trips, shopping. Clients participate in educational programs throughout the year including health and safety. Family and caregiver support programs offered.

Newgate Adult Day Service Program is a program of Senior Services of Albany, 32 Essex Street, Albany, NY 12206. For additional information, please call 518-449-8035 or visit www.seniorservicesofalbany.com.
Adult Day Services in Rensselaer County

Adult Day Health Care ...........14
Social Adult Day Services .......15
**Eddy DayBreak at Eddy Memorial Geriatric Center**

**Address**
2256 Burdett Avenue, Troy, NY 12180

**Contact Person Name/Title**
Emily Vivyan, MSW, Program Manager/Social Worker

**Phone/Ext.**
518-271-5941

**Fax**
518-271-5906

**E-mail Address**
Emily.Vivyan@sphp.com

**Program Type**
Adult Day Health Care

**Days of Operation**
Monday - Friday

**Hours of Operation**
7:30 am - 4:30 pm

**Transportation Available?**
Yes

**Program Description**
The program is located in the Eddy Memorial Geriatric Center. The program is a medical adult day health program that offers skilled nursing, assorted therapies, hot meals, recreational activities, and social work services. The program is designed to enhance independence for older adults and to provide respite for caregivers during daytime hours. The program has a large patio to enjoy in nice weather with a garden and gazebo.

Eddy DayBreak at Eddy Memorial Geriatric Center is a program of Northeast Health sponsored by Eddy Memorial Geriatric Center, 2256 Burdett Avenue, Troy, NY 12180. For additional information, please call 518-271-5941 or visit www.sphp.com and click on Northeast Health.
### Rensselaer DayBreak

<table>
<thead>
<tr>
<th><strong>Address</strong></th>
<th>50 Herrick Street, Rensselaer, NY 12144</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Contact Person Name/Title</strong></td>
<td>Michael DiNuzzo, Program Manager</td>
</tr>
<tr>
<td><strong>Phone/Ext.</strong></td>
<td>518-436-4302</td>
</tr>
<tr>
<td><strong>Fax</strong></td>
<td>518-436-4304</td>
</tr>
<tr>
<td><strong>E-mail Address</strong></td>
<td><a href="mailto:Michael.Dinuzzo@sphp.com">Michael.Dinuzzo@sphp.com</a></td>
</tr>
<tr>
<td><strong>Program Type</strong></td>
<td>Social Adult Day Services</td>
</tr>
<tr>
<td><strong>Days of Operation</strong></td>
<td>Monday - Friday</td>
</tr>
<tr>
<td><strong>Hours of Operation</strong></td>
<td>8:00 am - 5:00 pm</td>
</tr>
<tr>
<td><strong>Transportation Available?</strong></td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Program Description</strong></td>
<td>This social day program has a grant through the New York State Office for the Aging for art therapy, music therapy, and dance therapy. Participants can attend as many or as few hours as they choose charged at an hourly rate.</td>
</tr>
</tbody>
</table>

Rensselaer DayBreak is a program of Northeast Health sponsored by Eddy Village Green, 421 Columbia Street, Cohoes, NY 12047. For additional information, please call 518-436-4302 or visit www.sphp.com and click on Northeast Health.
NOTES
Adult Day Services in Saratoga County

Adult Day Health Care ..........18
Social Adult Day Services ......19
Schuyler Ridge Adult Day Health Care

1 Abele Boulevard, Clifton Park, NY 12065
Hope Akey
518-371-1400 Ext. 108
518-373-3198
Hope.Akey@sphp.com
Adult Day Health Care
Monday - Friday
7:30 am - 4:30pm
Yes

Staffed with medical professionals to provide comprehensive healthcare services, personal care services, social services, rehabilitation service, and recreational activities. Spiritual care and pet therapy are also offered.
Bright Horizons Clifton Park

Address: 1673 Route 9, Clifton Park, NY 12065

Contact Person Name/Title: David Molok, Site Director

Phone/Ext.: (518)371-2191

Fax: (518)459-6026

E-mail Address: molok@colonieseniors.org

Program Type: Social Adult Day Services

Days of Operation: Monday-Friday

Hours of Operation: 8:00 am - 4:30 pm

Transportation Available?: Yes

Program Description: Members may choose to attend anywhere from one day to five days a week. Also, ask us about our morning half-day options! Flexible programming gives members options to choose from and features small, interactive group activities. We also include a number of Caregiver Services including a LiveCam (secure online streaming video); Caregiver Resource Center and support groups.
Lena’s Adult Day Services

Address
230 Bluebird Road, South Glens Falls, NY 12803

Contact Person Name/Title
Connie Bondzinski, Owner/Director

Phone/Ext.
518-792-7797

Fax
518-792-7797

E-mail Address
Lenas@localnet.com

Program Type
Social Adult Day Services

Days of Operation
Monday - Friday

Hours of Operation
7:00 am - 5:00 pm

Transportation Available?
Assistance in finding transportation will be provided

Program Description
The program offers an affordable, social day program for adults needing supervision or assistance with daily activities due to physical or mental limitations. Located in a beautiful new building, it is safe, comfortable, and home-like and is the answer for family caregivers who are working or need respite. Nutritious lunches and snacks, fresh air, exercise, and various activities are offered daily.

Lena’s Adult Day Services is a program owned and operated by the Bondzinski Family. For additional information, please call 518-792-7797 or visit www.lenasads.com.
Wesley Evergreen Adult Day Services

Address 357 Milton Avenue, Ballston Spa, NY 12020
Contact Person Name/Title Diana Martin, Site Manager
Phone/Ext. 518-691-1443
Fax 518-602-0036
E-mail Address dmartin@thewesleycommunity.org
Program Type Social Adult Day Services
Days of Operation Monday - Friday
Hours of Operation 8:00 am - 4:30 pm
Transportation Available? Yes, 10-12 mile radius

Program Description Wesley Evergreen Adult Day Services is a social program designed for adults who are partly dependent on others for assistance with tasks of daily living. The program provides a flexible schedule to meet Participants’ needs. Daily planned activities are available. Medication supervision and personal care, including assistance with showers, can be provided. Lunch and snacks served daily. The program has a grant through Saratoga Office of the Aging, which includes a sliding fee schedule.

Wesley Evergreen Adult Day Services is a program of The Wesley Community. For more information or to arrange a free visit, please call 518-691-1443 or visit www.thewesleycommunity.org.
Adult Day Services in Schenectady County

Adult Day Health Care ............24
Social Adult Day Services ........26
Eddy SeniorCare/PACE

Address 504 State Street, Schenectady, NY 12305

Contact Person Name/Title Benjamin Baskin, Director of Intake

Phone/Ext. Main Office: 518-382-3290; Intake Direct Line: 518-831-6361

Fax 518-382-3398

E-mail Address Benjamin.Baskin@sphp.com

Program Type Program of All-Inclusive Care for the Elderly (P.A.C.E.)

Days of Operation Day Center: Monday - Friday

Medical, nursing, homecare services: 7 days per week

Hours of Operation Day Center: 8:00 am - 4:30 pm

Medical, nursing: 24 hours per day

Transportation Available? Yes

Program Description Eddy SeniorCare/PACE is a complete health management program. Its goal is to support frail elderly adults in their desire to live safely in their own homes. The Day Center is a central part of the overall program. The Center offers socialization, recreational activities, hot meals, trips, and entertainment. We assist with all activities of daily living, as well as medical care, skilled nursing, medicine, social work, podiatry, dental services, and mental health services. What makes PACE special is that almost all the core support services that a senior needs to live at home are provided by one agency, with headquarters at the Day Center.

Eddy SeniorCare/PACE’S service area is the majority of Schenectady County and portions of Albany County. The following are covered Zip Codes: 12302, 12008, 12303, 12304, 12305, 12306, 12307, 12308, 12309, and 12205 (northwest of Route 155).
Dayhaven Adult Day Services

Address
107 Nott Terrace, Schenectady, NY 12308

Contact Person Name/Title
Susan Guynup

Phone/Ext.
518-372-5667 Ext. 302

Fax
518-372-5686

E-mail Address
sguynup@cathcharschdy.org

Program Type
Social Adult Day Services

Days of Operation
Monday - Friday

Hours of Operation
8:00 am - 4:30 pm

Transportation Available?
Yes

Program Description
An adult day program for individuals with physical and/or cognitive impairments. Dayhaven offers individual and group activities for all levels of functioning, a safe and secure environment, nutritious meals and snacks, and a beauty shop.

Dayhaven Adult Day Services is a program of Catholic Charities Senior Services in Schenectady, 1462 Erie Boulevard, 2nd Floor, Schenectady, NY 12305. For additional information, please call 518-372-5667 or visit http://ccseniorsservices.org.
# KingsDay Adult Social Day Program

**Address**
357 Kings Road, Schenectady, NY  12304

**Contact Person Name/Title**
Cheryl Thomas, Director

**Phone/Ext.**
518-393-4304

**Fax**
518-393-4315

**E-mail Address**
cthomas@kingswaycommunity.com

**Program Type**
Social Adult Day Services

**Days of Operation**
Monday - Friday

**Hours of Operation**
8:00 am - 4:00 pm

**Transportation Available?**
No

**Program Description**
KingsDay provides family members and caregivers respite from the demands of continuous care while providing assurance that their loved one is benefiting from a safe, supportive, stimulating, and pleasant environment. KingsDay provides nutritious meals/snacks, outings, entertainment, movies, games, and much more.
INDEX

ALBANY COUNTY

ADULT DAY HEALTH CARE
DayBreak at Marjorie Doyle Rockwell Center ................................................. 4
Eddy DayBreak at Cohoes .............................................................................. 5
GuildCare Adult Day Health Care Program ............................................. 6
VA Adult Day Health Care ........................................................................... 7

SOCIAL ADULT DAY SERVICES
Bright Horizons Colonie .............................................................................. 8
Bright Horizons Guilderland .......................................................................... 9
Bright Horizons Latham ................................................................................ 10
Cohoes Senior Center Adult Day Services Program ................................ 11
Newgate Adult Day Service Program .......................................................... 12

RENSSELAER COUNTY

ADULT DAY HEALTH CARE
Eddy DayBreak at Eddy Memorial Geriatric Center ..................................... 14

SOCIAL ADULT DAY SERVICES
Rensselaer Day Break .................................................................................. 15

(Continued)
INDEX (Continued)

SARATOGA COUNTY

ADULT DAY HEALTH CARE
Schuyler Ridge Adult Day Health Care ...................................................... 18

SOCIAL ADULT DAY SERVICES
Bright Horizons Clifton Park ....................................................................19
Lena's Adult Day Services ......................................................................20
Wesley Evergreen Adult Day Services..................................................... 21

SCHENECTADY COUNTY

ADULT DAY HEALTH CARE
Eddy Senior Care/PACE (Specialty Program) ..............................................24

SOCIAL ADULT DAY SERVICES
Dayhaven Adult Day Services .................................................................... 25
Kingsway Adult Day Services ...................................................................26
NOTES