



New York State Senator
Rachel May

Aging Committee Chair
District 53



SENIOR RESOURCE GUIDE





Senator Rachel May pictured with NYSF Director Troy Waffner (left), Senate Majority Leader Andrea Stewart-Cousins, Senator John W. Mannion (background), and State Agriculture Commissioner Richard Ball (right).

Cover Photo: Senator May with Anna Dobkowski of the CNY Library Resources Council (CLRC) at the Senior Fair.

**THE SENATE
STATE OF NEW YORK**



RACHEL MAY
SENATOR, 53RD DISTRICT

Chair
Aging
Legislative Commission on Rural
Resources
Committees
Agriculture
Banks
Cities 2
Elections
Environmental Conservation
Health

Albany Office
Legislative Office Building
Room 803
Albany, New York 12247
(518) 455-2838

District Office
State Office Building
Room 805
333 East Washington St.
Syracuse, New York 13202
(315) 478-8745

may@nysenate.gov

Dear Neighbor:

It is my commitment to continue our efforts to provide resources and information, and to advance policy that will enhance the health, overall well-being, and quality of life for our senior community.

I'm pleased to provide this Senior Resource Guide for residents of the 53rd District of New York State. The Guide is designed to provide a wealth of information about services and benefits close to home. We hope you find it to be a useful tool as you make decisions. We've done our best to include as much information as possible as of this publication date. As Chair of the Committee on Aging, I welcome your feedback and suggestions for NYS policies as well as services for seniors that are needed. Please don't hesitate to contact my office if you have any questions or comments.

Best wishes to you for your health and safety,

A handwritten signature in black ink that reads 'Rachel May' in a cursive script.

Senator Rachel May
NYS 53rd Senate District
Chair, Aging Committee

The information in this Guide is provided for seniors and their caregivers to assist with identifying available resources and services within the NYS Senate 53rd District. It is not intended as an endorsement of any organization or service.

We have done our best to make this Guide as complete and accurate as possible. We apologize for any omissions or errors.

If there are any additional resources you would like to see included in the next edition, please feel free to contact Senator May's Office.

In the Syracuse area, call: (315) 478-8745

In Madison County, call: (315) 684-3331

To reach our Albany Office, call: (518) 455-2838

Table of Contents

Emergency/Important Numbers	1
Community Resources	2
Dial 211 for Assistance	2
211 Mid-York	2
211 CNY	2
AccessCNY	2
Arise	2
Contact Community Services	2
Community Living Advocates	2
CNY Lyme and Tick-Borne Disease Alliance	2
Empower Parkinson, Inc.	2
Grief and Loss	3
CNY Hope for Bereaved	3
Hospice of Central New York	3
National ASPCA Pet Loss Hotline	3
Interfaith Works	3
Karing Kitchen	3
LeMoyne Center for Aging Resources and Enrichment	3
Peace, Inc.	3
SAGE Upstate	3
Vera House	3
The Office for Aging (NYSOFA)	4
County Offices for the Aging	4
Meals for Seniors	5
Meals on Wheels	5
Meals - Private Pay	5
Free Meal Sites	5
Food Pantry Assistance	6
SNAP - Supplemental Nutrition Assistance Program	6
Housing	7
Heating & Cooling Assistance	7
Home Energy Assistance Program (HEAP)	7
P.E.A.C.E., Inc., Energy & Housing	7
Home Repairs/Modifications	7
CNY Access	7
Access CNY: Family Support/Home Services	7
Home HeadQuarters	7

Legal Services	8
Medicaid Fraud Control Unit	8
Onondaga County	8
Catholic Charities	8
Onondaga County Bar Association (OCBA) Lawyer Referral Service (LRS)	8
Legal Services of Central New York	8
Hiscock Legal Aid Services	8
Mental Hygiene Legal Service	8
NYS Attorney General’s Office – Syracuse Office	8
Onondaga Commission on Human Rights	9
Volunteer Lawyers Project of Onondaga County, Inc.	9
Madison and Oneida County	9
Legal Aid Society of Mid York	9
Area Libraries	10
Madison County	10
Oneida County	11
Onondaga County	11
Suburban Libraries	11
City of Syracuse Libraries	12
Mental Health Resources	13
Madison County Mental Health	13
Oneida County Mental Health	13
Onondaga County Mental Health	13
Crisis Assistance, Referral Services, and Support Groups	13
Senior Support Resources	14
Senior Companion Program at InterFaith Works	14
Senior Companion at Westcott Community Center	14
Personal Emergency Response Systems	14
Senior Centers	15
Onondaga County	15
Social Adult Care - Madison County	16
Social Adult Care - Oneida County	16
Social Adult Care - Onondaga County	16
Veterans Agencies and Resources	17
Clear Path for Veterans	17
NYS Division of Veterans’ Services	17
Syracuse University College of Law - Veterans Legal Clinic	17
Office of Veterans and Military Affairs (OVMA)	17

Veterans Service Agency - Onondaga County 17

Other Resources 18

AARP - New York State Office 18

Great New York State Fair 18

 New York State Fair Senior Days 18

Madison County - Art, Culture and History 18

 Arts at the Palace 18

 Chenango Canal Association 18

 Chittenango Landing Canal Boat Museum 18

 Friends of Lorenzo Historic Site 18

 International Boxing Hall of Fame 19

 Madison Bouckville Antique Week 19

 Oneida Community Mansion House 19

 Stone Quarry Hill Art Park 19

 Parks/Waterfalls in Madison County 19

New York State Golden Park Program 19

Oneida County - Art, Culture and History 19

 Kirkland Art Center 19

 Town of Kirkland Parks 20

Onondaga County - Art, Culture and History 20

 Erie Canal Museum 20

 Everson Museum of Art 20

 The Landmark Theatre 20

 Onondaga County Parks 20

 Onondaga Lake Park 20

 The Redhouse 20

 Rosamond Gifford Zoo 20

 Salt Museum 20

 Symphoria 21

Office of Senator Rachel May - Senior Assistance 21



Senator May pictured with Assembly Member Al Stirpe and Governor Kathy Hochul.

Emergency Numbers

Police, Fire, Ambulance:	Dial 911 for Emergencies
Centers for Disease Control and Prevention:	1-800-232-4636
Crisis/Suicide Hotlines:	(315) 251-0600 (CONTACT Community Services)
	1-800-273-8255 (National Suicide Prevention Lifeline)
Domestic/Elder Abuse:	(315) 468-3260 (Vera House) or 315-484-7263 for hearing impaired
	(315) 435-2825 (Onondaga County Adult Protective Services)
	1-844-697-3505 (NYS Adult Protective Services)
	1-800-799-7233 (National Domestic Violence Hotline)
RAINN (Rape Abuse Incest National Network)	1-800-656-4673
Upstate NY Poison Center:	1-800-222-1222
Veterans Crisis Line:	1-800-273-8255 , then press 1

Community Resources

Dial 211 for Assistance

Dial 211 is a resource to call for assistance when you're not sure where to turn.

211 Mid-York

On your phone, dial 211 to reach this service in your area.

www.211midyork.org/

211 CNY

On your phone, dial 211 to reach this service in your area.

www.211cny.com/

AccessCNY

1603 Court St.
Syracuse, NY 13208
(315) 455-7591

www.accesscny.org/about/

Provides services to individuals with developmental disabilities or acquired brain injuries (ABIs), services for mental health issues, clinical services for those with disabilities and Consumer Directed Homecare.

Arise

635 James St.
Syracuse, NY 13203
(315) 472-3171

www.ariseinc.org/

Arise supports independent living through advocacy, accessibility, adaptive design, and services for people with disabilities and mental health issues.

Arise at the Farm

1972 New Boston Rd.
Chittenango, NY 13037
(315) 363-4672

Offers therapeutic horseback riding, inclusive recreation and community programs.

Contact Community Services

6311 Court Street Rd.
East Syracuse, NY 13057
(325) 251-0600

www.contactsyracuse.org

If you are in immediate danger, dial 911.

To contact the 24-hour Contact Hotline: telephone counseling, suicide prevention, crisis counseling, information and referral.

Community Living Advocates

Liverpool, NY
(315) 409-9361

www.communitylivingadvocates.com/

A one-stop clearinghouse of information for seniors, caregivers and individuals with disabilities.

CNY Lyme & Tick-Borne Disease Alliance

31 W. Seneca St. #9, Manlius, NY 13104
(315) 551-2551

www.cnylymealliance.org

Research, education and awareness battling Lyme and tick-borne disease.

Empower Parkinson, Inc.

604 Old Liverpool Rd.
Liverpool, NY 13088 (back of bldg.)

Mailing address:

P.O. Box 353

Tully, NY 13159

(315) 729-7178 - Patrick VanBeveren, DPT
empowerparkinson@gmail.com

Services for individuals living with Parkinson's disease, their care partners and families to support well-being and improve function including: educational sessions, support groups,

nutrition, yoga, dance, boxing and other exercise programs.

Grief and Loss

CNY Hope for Bereaved

(315) 475-4673

www.hopeforbereaved.com/

Support groups, one-on-one counseling and workshops to share the journey from grief to hope.

Hospice of Central New York

(315) 634-1100

www.hospicecny.org/

Palliative care and supportive services.

National ASPCA Pet Loss Hotline

1-877-474-3310

Interfaith Works

1010 James Street

Syracuse, NY 13203

(315) 449-3552

www.interfaithworkscny.org/

Senior services, Center for New Americans, interfaith programs and dialogue to build bridges.

Karing Kitchen

116 W. Grove St.

Oneida, NY

(315) 363-2450

www.karingkitchen.org

Provides Food \$en\$e and other services to the community to support well-being.

LeMoyne Center for Aging

Resources and Enrichment

(315) 445-5445

www.lemoyne.edu/Academics/Colleges-Schools-Centers/Purcell-School-of-

Professional-Studies/Center-for-Aging-Resources-and-Enrichment

Provides education and resources for students and seniors.

Peace, Inc.

People's Equal Action and Community Effort, Inc. Administrative Office:

217 South Salina St., 2nd Floor

Syracuse, NY 13202

(315) 470-3300

www.peace-caa.org

Offers senior nutrition, senior companion program, exercise, transportation, food bank and support along with extensive community services.

SAGE Upstate

SAGE Upstate Center

431 E. Fayette St., #050

Syracuse, NY 13202

(315) 478-1923

www.sageupstate.org/

SAGE Upstate supports the well-being of older gay, lesbian, bisexual, and transgender people in Central New York through health programs, socials, support groups, and education.

Vera House

723 James Street

Syracuse, NY 13203

(315) 425-0818 - office

(315) 468-3260 - crisis and support line

www.verahouse.org/

Works to prevent, respond to and partner to end domestic and sexual violence and other forms of abuse.

The New York State Office for the Aging (NYSOFA)

- Offers services both in the community and in the homes of seniors who live in New York State, working through the county Offices for the Aging.
- Is a focal point for information related to healthy living and/or care in the home
- Helps seniors and their caregivers to get the services they need
- Provides services directly as well as through partnerships with local community-based organizations

County Offices for the Aging

The Offices for the Aging provide extensive resources and services for seniors and caregivers. They include community services and benefits designed to help older adults maintain their independence.

Madison County Office for the Aging

138 Dominic Bruno Blvd.
Canastota, NY 13032
(315) 697-5700
www.ofamadco.org/

421 Montgomery St., 10th Floor
Syracuse, NY 13202
(315) 435-2362
www.ongov.net/aging/

Oneida County Office for the Aging

Utica Office: 800 Park Ave.
Rome Office: 300 W. Dominick St.
(315) 798-5456
www.ocgov.net/oneida/ofa

New York State Office for the Aging

(518) 474-4425
Seniors Help Line: 1-800-342-9871
www.aging.ny.gov

Onondaga County Office for the Aging

John H. Mulroy Civic Center

EISEP - In-Home Services for the Elderly

<https://aging.ny.gov/expanded-home-services-elderly-eisep>

For general information on important programs, services and resources for seniors throughout New York State, as well as information on crisis hotlines, call 211.

Meals for Seniors

Meals on Wheels

Meals on Wheels provides in-home delivery service of nutritious meals.

Meals on Wheels, Eastern Onondaga County
(315) 637-5446
fmjdmealsonwheels@verizon.net
Serves: Bridgeport, DeWitt, East Syracuse, Minoa, Fayetteville, Jamesville, Kirkville, Manlius, Pompey, Tully/Lafayette area

Kosher Meals on Wheels
(315) 446-9111, Ext. 256
ellisid@sjfs.org

Meals on Wheels of Syracuse, Inc.
(315) 478-5948
mkaufman@meals.org
Serves: City of Syracuse, Jordan/Elbridge, Onondaga Nation, Nedrow, Skaneateles

North Area Meals on Wheels, Inc.
(315) 452-1402
northareamow@verizon.net
Serves: Cicero/North Syracuse School District, Brewerton, Clay, Salina (south of John Glenn Blvd.)

Free Meal Sites

Assumption Daily Sandwich Program/
Soup Kitchen
808 N. Salina St.
Syracuse, NY 13208
Lunch: Monday-Sunday, 11 a.m.-1 p.m.
Dinner: Monday-Friday, 4-5 p.m.
(315) 473-9101

Hopps Memorial Church Soup Kitchen
1110 South State St.
Syracuse, NY 13202
Lunch: Wednesday-Friday, 11:30 a.m.
(315) 475-9108

Payton Temple Soup Kitchen
1816 Midland Ave.
Syracuse, NY 13205
Lunch: Saturday, Noon-1 p.m.
(315) 214-8893

Rescue Mission Soup Kitchen
148 Gifford St.
Syracuse, NY 13202
(888) 808-6770
Breakfast: Monday-Sunday, 7:30-8:15 a.m.
Lunch: Monday-Sunday, 11:45 a.m.-12:45 p.m.
Dinner: Monday-Sunday, 4:30-5:15 p.m.
(except holidays)

Samaritan Center
215 North State St.
Syracuse, NY 13203
Breakfast: Monday-Friday, 6:30-8:30 a.m.
Afternoon meal: Monday-Thursday, 2:30-4:30 p.m., Friday/Weekends/Holidays, 12:00-2:30 p.m.
All meals are served to go.

Southside Church of Christ Soup Kitchen
1327 W. Colvin St.
Syracuse, NY 13207
Lunch: Saturday, 11:30 a.m.-2 p.m.
(315) 422-4499

St. Lucy's Church
432 Gifford St.
Syracuse, NY 13204
Lunch: Tuesday, Wednesday, and Thursday: 11 a.m.-1 p.m.
Sunday: 11 a.m.-12 p.m.

SNACK - Madison County OFA
138 Dominic Bruno Blvd.
Canastota, NY 13032
(315) 697-5700

Food Pantry Assistance

Food pantries provide a limited supply of groceries which the recipient may prepare at home.

- If you live in **Onondaga County**, contact the Interreligious Food Consortium, an umbrella agency for more than 70 food pantries and meal sites throughout Onondaga County, at (315) 474-8855 for a referral.
www.ifccny.org/
- If you live in **Madison County**, contact the County Office for the Aging at (315) 697-5700 for information on sites, days and hours.
www.ofamadco.org
- In **Oneida County**, contact the Food Bank of Central New York at (315) 437-1899 for information or referral to a program close to you.

SNAP - Supplemental Nutrition Assistance Program

SNAP provides monthly benefits electronically for purchasing food at authorized stores. Eligibility and benefit levels are based on household size, income and other factors.

- In **Madison County**, contact the local Department of Social Services at (315) 366-2211 or the Madison County Office for the Aging at (315) 697-5700.
- In **Oneida County**, contact the local Department of Social Services in Utica or Rome. The Utica office number is: (315) 798-5937; the Rome office number is (315) 356-2808.
- To apply for SNAP in **Onondaga County**, contact the Department of Social Services - Economic Security, located in the John H. Mulroy Civic Center, 421 Montgomery St., Syracuse. You may also call (315) 435-2700.

Housing

Heating and Cooling Assistance

Home Energy Assistance Program (HEAP)

Onondaga County Office Building Energy Assistance Unit

John H. Mulroy Civic Center
421 Montgomery Street, 2nd Floor
Syracuse, NY 13202
(315) 435-8295

Federally-funded energy assistance programs to help low-income families meet their home energy costs. Eligibility for the program is based on income and housing situation.

P.E.A.C.E., Inc., Energy & Housing

811 East Washington St.
Syracuse, NY 13210
(315) 470-3315

energy@peace-caa.org

This program helps to reduce utility bills for families by making homes more energy efficient.

Home Repairs/Modifications

CNY Access

1603 Court St.
Syracuse, NY 13208
(315) 455-7591

www.accesscny.org/

This program can assist in-home and workplace modifications that improve accessibility and ease of daily activities. Services include consultation, project design plans, cost estimates, and project oversight.



Linda Brown-Robinson pictured with Senator May in front of the Syracuse Northeast Community Center (and OCPL Satellite).

Access CNY Provides Family Support/Home Services

Arise – Home Access Program
(315) 472-3171

Provides assistance for mobility-impaired people in their homes, schools and apartments.

Home Headquarters

538 Erie Blvd., Suite 100
Syracuse, NY 13204
(315) 474-1939
(800) 724-4330

www.homehq.org/

Provides education and assistance for low-income home buyers.

Legal Services

Medicaid Fraud Control Unit

Mailing Address:
Office of the Attorney General
The Capitol
Albany, NY 12224-0341
(212) 417-5397

Onondaga County

Catholic Charities

1654 W. Onondaga St.
Syracuse, NY 13204
(315) 424-1810
Offers informational and referral services and assistance if you need case management and representative payee services.

Onondaga County Bar Association (OCBA) Lawyer Referral Service (LRS)

(315) 471-2690
www.onbar.org/find-a-lawyer/
A Referral Specialist will connect you with an attorney with expertise in your legal issue. Participating attorneys are private attorneys and charge their own regular rates through this program. Call between 9:00am – 4:00pm, Monday through Friday, excluding holidays. Please note: LRS staff are not lawyers and cannot offer legal advice.

Legal Services of Central New York

(315) 703-6600 | Toll-Free: 1-877-777-6152
www.lscny.org/
Non-profit law firm which provides free civil legal assistance to those of low income in Central New York. An intake worker will determine if you qualify before they can assist you.

Hiscock Legal Aid Services

(315) 422-8191
www.hlalaw.org/
Free legal assistance to individuals and families in need.

Mental Hygiene Legal Service

224 Harrison St., Suite 502
Syracuse, NY 13202-3066
(315) 401-3350
Legal services, advice, and assistance for individuals with mental disabilities receiving care or in need of care at in-patient and community facilities. Offers representation for matters of civil liberties, treatment, and guardianship for individuals with mental health concerns or disabilities.

NYS Attorney General's Office – Syracuse Office

615 Erie Blvd. West, Suite 102
Syracuse, NY 13204
(315) 448-4800
Office Hours: 8:30am – 6:00pm, Monday-Friday
Helpline: 1-800-771-7755
Toll-free Line: 1-800-788-9898
Healthcare Hotline: 1-800-428-9071
The State Attorney General has offices across the State that can assist local residents with legal issues.

Onondaga Commission on Human Rights

Civic Center

421 Montgomery St., Suite 19 – Basement level

Syracuse, NY 13202

(315) 435-3565

9:00am-6:00pm

www.ongov.net/humanrights/

This County agency provides education and also handles cases of prejudice and discrimination based on characteristics such as color, sex, or age. They offer answers for educational or informational questions and offer referral services. They are also the contact point for inquiries regarding the Jail Oversight Committee and conditions at the Onondaga County Jail.

Volunteer Lawyers Project of Onondaga County, Inc.

221 S. Warren Street, Suite 200

Syracuse, NY 13202-1860

(315) 579-2579

Non-profit legal aid organization that provides free legal information, assistance, and representation in civil legal matters to low-income people in Central New York.

Madison and Oneida County

Legal Aid Society of Mid York

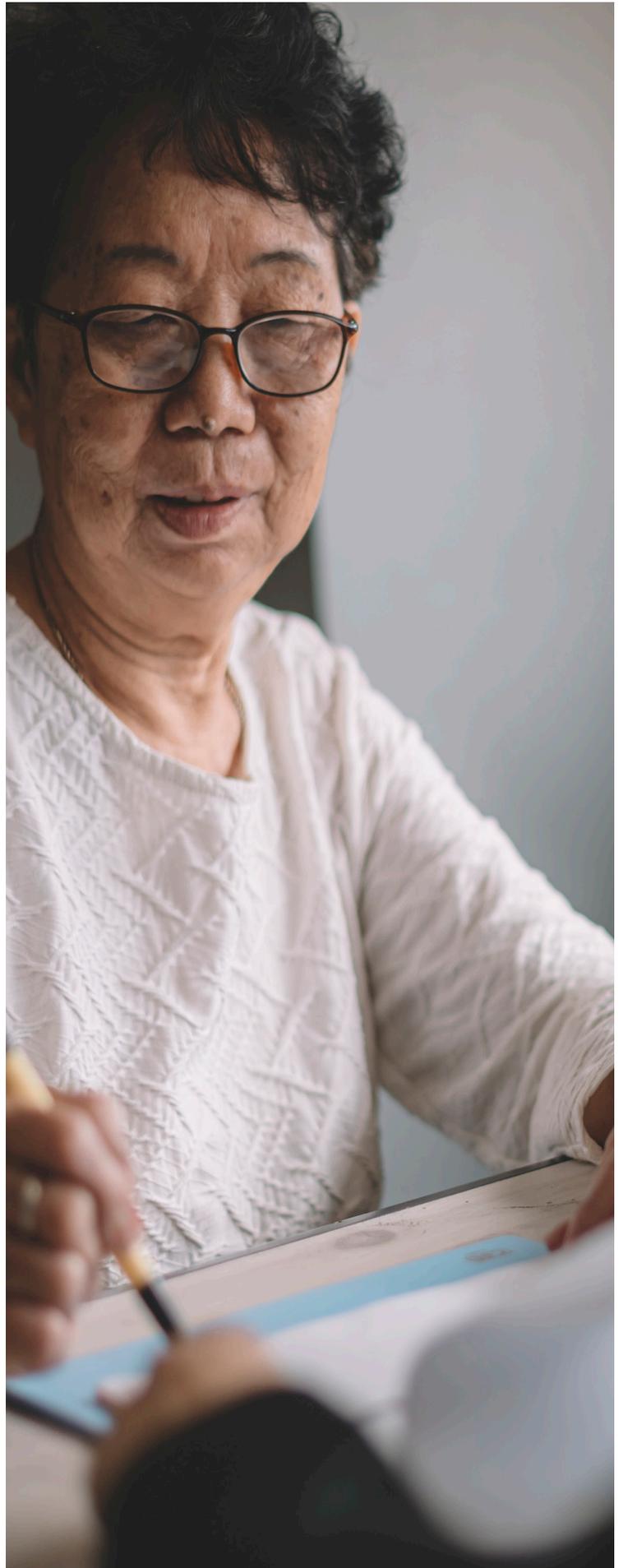
120 Bleecker Street

Utica, NY 13501

(315) 793-7000 | Toll-free: (877) 203-1062

www.lasmny.org/

Offers free legal advice and representation in civil court.



Area Libraries

Local libraries have an enriching array of programs that include book clubs, craft activities, technology assistance, art workshops, language lessons (or clubs), and social groups, such as the knitters group shown below with Senator Rachel May. Contact a library in your area to find out what they have available.



Senator May with members of the Northern Onondaga Public Library Knitters Group.

Madison County

Library	Address	Phone
Sullivan Free Library	8979 North Rd. Bridgeport, NY 13030	(315) 633-2253
Sullivan Free Library	101 Falls Blvd. Chittenango, NY 13037	(315) 687-6331
Canastota Library	102 West Center St. Canastota, NY 13032	(315) 697-7030
Cazenovia Library	100 Albany St. Cazenovia, NY 13035	(315) 655-9322
DeRuyter Free Library	735 Utica St. DeRuyter, NY 13052	(315) 852-6262

Earlville Free Library	4 North Main St. P.O. Box 120 Earlville, NY 13332	(315) 691-5931
Hamilton Public Library	13 Broad St. Hamilton, NY 13346	(315) 824-3060
Morrisville Public Library	83 E. Main St. Morrisville, NY 13408	(315) 684-9130
New Woodstock Free Library	2106 Main St. P.O. Box 340 New Woodstock, NY 13122	(315) 662-3134
Oneida Public Library	459 Main St. Oneida, NY 13421	(315) 363-3050

Oneida County

Library	Address	Phone
Kirkland Town Library	55 1/2 College St. Clinton, NY 13323	(315) 853-2038

Onondaga County Suburban Libraries

Library	Address	Phone
Cicero North Onondaga Public Library	8686 Knowledge Ln. Cicero, NY 13039	(315) 699-2032
Dewitt and Jamesville Community Library	5110 Jamesville Rd. DeWitt, NY 13078	(315) 446-3578
East Syracuse Free Library	4990 James St. East Syracuse, NY 13057	(315) 437-4841
Fairmount Community Library	406 Chapel Dr. Syracuse, NY 13219	(315) 487-8933
Fayetteville Free Library	300 Orchard St. Fayetteville, NY 13066	(315) 637-6374
Lafayette Public Library	2577 County Rd. 11 P.O. Box 379 LaFayette, NY 13084	(315) 677-3782
Liverpool Public Library	310 Tulip St. Liverpool, NY 13088-4997	(315) 457-0310
Manlius Library	1 Arkie Albanese Ave. Manlius, NY 13104	(315) 682-6400

Minoa Library	242 N. Main St. Minoa, NY 1311	(315) 656-7401
North Syracuse NOPL	100 Trolley Barn Ln. North Syracuse, NY 13212	(315) 458-6184
Onondaga Free Library	4840 West Seneca Tpke. Syracuse, NY 13215	(315) 492-1727
Salina Library	100 Belmont St. Mattydale, NY 13211	(315) 454-4524
Solvay Public Library	615 Woods Rd. Solvay, NY 13209	(315) 468-2441
Tully Free Library	12 State St. P.O. Box 250 Tully, NY 13159	(315) 696-8606

City of Syracuse Libraries

Library	Address	Phone
Beauchamp Branch Library	2111 S. Salina St. Syracuse, NY 13205	(315) 435-3395
Betts Branch Library	4862 S. Salina St. Syracuse, NY 13205	(315) 435-1940
Central Library	447 S. Salina St. Syracuse, NY 13202	(315) 435-1900
Hazard Branch Library	1620 W. Genesee St. Syracuse, NY 13204	(315) 435-5326
Mundy Branch Library	1204 S. Geddes St. Syracuse, NY 13204	(315) 435-3797
Syracuse Northeast Community Center Library	716 Hawley Ave. Syracuse, NY 13203	(315) 472-6343
Paine Branch Library	113 Nichols Ave. Syracuse, NY 13206	(315) 435-5442
Petit Branch Library	105 Victoria Pl. Syracuse, NY 13210	(315) 435-3636
Soule Branch Library	101 Springfield Rd. Syracuse, NY 13214	(315) 435-5320
Syracuse Community Connections Library	401 South Ave. Syracuse, NY 13204	(315) 671-5814
White Branch Library	763 Butternut St. Syracuse, NY 13208	(315) 435-3519

Mental Health Resources

Madison County Mental Health

www.madisoncounty.ny.gov/390/Mental-Health

- The crisis phone line is available 24-hours a day through the main number: (315) 366-2327 (press 1).
- For referral services, please call the main line (315) 366-2327 and press 2 to speak with someone in the office.

Oneida County Mental Health

www.ocgov.net/oneida/mentalhealth

- If you have a mental health crisis or emergency, call the Mobile Crisis Assessment Team (MCAT) at (315) 732-6228.
- For referrals, call: (315) 768-3669 or (315) 768-3660.

Onondaga County Mental Health

www.ongov.net/mentalhealth/

- To speak with someone about mental health crises or referral services, please call 211, or visit 211 CNY for available resources. The County Department of Mental Health has an extensive listing for counseling, diagnostic, and other mental health services.

Crisis Assistance, Referral Services, and Support Groups:

Dial 2-1-1 for referrals in order to reach 211 CNY or 211 Mid-York.

Access CNY Family Support and Education Center:
(315) 478-4151

Al-Anon/Alateen:
For families and friends of alcoholics
(315) 471-0191

Alcoholics Anonymous: 12 Step Program:
(315) 463-5011

Contact Community Services Hotline:
24-hour crisis line – (315) 251-0600

Depression Bipolar Support Alliance CNY:
(315) 428-9366

NAMI (National Alliance on Mental Illness): (315) 487-2085

National Domestic Violence Hotline:
(800) 799-7233

National Suicide Prevention Line:
(SAMSHA): (800) 273-8255

Narcotics Anonymous: 12 Step Addiction Program: (315) 472-5555

NYS Adult Protective Services:
1-844-697-3505

Substance Abuse and Mental Health Services Administration (SAMHSA)
Helpline: (800) 662-HELP (4357)

Vera House 24-hour crisis and support line:
(315) 468-3260

Veterans Crisis Line:
www.veteranscrisisline.net
Available 24/7 at 1 (800) 273-8255

Senior Support Resources

Senior Companion Program at InterFaith Works

(315) 449-3552

www.interfaithworkscny.org/programs/senior-services-program-3/

The volunteer outreach program of friendly visitors/companions offering socialization and advocacy for isolated older adults.

Senior Companion at Westcott Community Center

(315) 478-8634

www.westcottcc.org/senior-services/

Personal Emergency Response Systems

A personal emergency response system provides assistance with just a touch of a button. A small electronic device offers 24 hours of security and peace of mind to individuals who live alone or may be at risk during the day or night. When activated, a message is sent to a response station which immediately phones the older adult. If there is no response, emergency assistance is directly sent.

- LifeFone Medical Alert: (800) 882-2280
- Onondaga County Office for Aging, EISEP: (315) 435-2362
- Philips Lifeline: (800) 543-3546
- QuickAlert: (585) 690-2387
- Response4HELP: (315) 857-8939
- Service Alert Systems: (315) 487-6858
- Time Warner Security Medical Alert: (315) 432-0373
- Vital Link: (800) 338-4825



Senior Centers

Onondaga County

Cicero Senior Center
5924 Lathrop Dr.
Cicero, NY 13039
(315) 452-3298

Clover Corner Senior Center
405 Gifford St.
Syracuse, NY 13204
(315) 476-3157

Frank DeFrancisco Eastwood Senior Center
401 S. Midler Ave.
Syracuse, NY 13206
(315) 437-4011

DeWitt Parks and Recreation
DeWitt Town Hall
5400 Butternut Dr.
East Syracuse, NY 13057
(315) 446-9250, Ext. 9

Dunbar Association Virtual Senior Program
1453 South State St.
Syracuse, NY 13205
(315) 760-3155

Fayetteville Senior Center
584 E. Genesee St.
Fayetteville, NY 13066
(315) 637-9025

Jewish Community Center
5655 Thompson Rd.
DeWitt, NY 13214
(315) 445-2360

Manlius Senior Center
1 Arkie Albanese Ave.
Manlius, NY 13104
(315) 682-7889
www.manliusseniors.org/

Magnarelli Community Center at
McChesney Park
2300 Grant Blvd.
Syracuse, NY 13208
(315) 473-2673

Northeast Community Center
716 Hawley Ave.
Syracuse, NY 13203
(315) 472-6343

Onondaga Senior Center
4834 Velasko Rd.
Syracuse, NY 13215
(315) 469-3464

Robert Cecile Community Center
174 W. Seneca Tpke.
Syracuse, NY 13205
(315) 473-2678

SAGE/Upstate
431 E. Fayette St., Lower Level
CNY Philanthropy Center
Syracuse, NY 13202
(315) 478-1923

Westcott Community Center
826 Euclid Ave.
Syracuse, NY 13210
(315) 478-8634

Social Adult Care - Madison County

Gorman Senior Place
1081 Northside Shopping Center
Oneida, NY 13421
(315) 363-3377

www.gormanseniorplace.org/
A place to gather, socialize, learn and play.

Social Adult Care - Oneida County

Lutheran Care
108-110 Utica Road
Clinton, NY 13323
(315) 853-5515
[www.communitywellnesspartners.org/
lutheran/services/adult-day-services](http://www.communitywellnesspartners.org/lutheran/services/adult-day-services)

For information in Oneida County,
call Oneida County Office for Aging &
Continuing Care
(315) 798-5456
www.ocgov.net/oneida/ofa/socialaduldaycare

Social Adult Care - Onondaga County

Central Park Rehabilitation and Nursing
Center - Adult Day Care Program
116 Martin Luther King East
Syracuse, NY 13205
(315) 475-1641
www.centralparkrehab.com/
*Provides day care services for elderly and adults
with disabilities.*

PEACE, Inc.
Frank DeFrancisco Eastwood
Community Center
401 South Midler Avenue
Syracuse, NY 13206
(315) 437- 4011
*Offers programs and activities for today's
seniors.*

Salvation Army Senior Center and
Social Day Program
(315) 479-1313
[https://syracusenysalvationarmy.org/
SyracuseNY/Seniors](https://syracusenysalvationarmy.org/SyracuseNY/Seniors)

Westcott Comprehensive Senior
Day Services
826 Euclid Avenue
Syracuse, NY 13210
(315) 478-8634
www.westcottcc.org/
*Westcott provides breakfast, a lunch program for
older adults, recreational, educational, exercise
programs and activities. Free transportation to
and from the center is available.*



Veterans Agencies and Resources

Clear Path for Veterans

1223 Salt Springs Rd.

Chittenango, NY

(315) 687-3300

www.clearpath4vets.com/

Assists veterans, military members and their families.

NYS Division of Veterans' Services

(888) 838-7697

Provides information on benefits, offers counseling and advocates for veterans.

Syracuse University College of Law - Veterans Legal Clinic

(315) 443-4582

Assists with VA claims, representing clients in VA claim appeals, and helping veterans in upgrading discharges.

Office of Veterans and Military Affairs (OVMA)

Syracuse University

101 Waverly Ave.

Syracuse, NY

www.veterans.syr.edu/

Office of veteran student success, veteran career services, National Veterans Resource Center.

Veterans Service Agency - Onondaga County

(315) 435-3219

Currently, the Veterans Service Agency will not see walk-ins at their Civic Center, 10th Floor location. Please call (315) 435-3219 from 8:30 am to 4:30 pm, Monday through Friday. Provide your name, phone number and the reason for your call. A Veterans Service Officer will return your call.



Senator May with Veteran of the Year William Yorton (2018) at Clark Park, Canastota for the Lenox Veteran's Monument Celebration.

Other Resources

AARP - New York State Office

1 Commerce Plz., Ste. 706
Albany, NY 12260
(518) 434-4194
www.aarp.org/



Senator May speaking to AARP New York State.

Great New York State Fair

The Great New York State Fair
581 State Fair Boulevard
Syracuse, New York 13209
(315) 487-7711
<http://nysfair.ny.gov/your-visit/faq/>

New York State Fair Senior Days

(315) 487-7711
<https://aging.ny.gov/news/great-new-york-state-fair-offers-free-admission-older-adults-senior-days>
NEW for 2021 - Seniors 65 and over are admitted free every day of the State Fair.

Madison County - Art, Culture and History

3215 Seneca Turnpike
Canastota, NY 13032
(315) 815-5002

www.madisontourism.com/things-to-do/arts-culture-history/
Learn about outdoor activities, trails, waterfalls, arts, culture and history of Madison County. A free guide is available.

Arts at the Palace

19 Utica Street
Hamilton, NY 13346
(315) 824-1420
<https://artsatthepalace.org/>
Classes, activities, film, gardens, mural projects, performances and volunteer opportunities.

Chenango Canal Association

Route 20
P.O. Box 125
Bouckville, NY
info@chenangocanal.org
www.chenangocanal.org/
Museum, self-guided tour, trails, and canal preservation.

Chittenango Landing Canal Boat Museum

717 Lakeport Road
Chittenango, NY 13037
(315) 687-3801
<https://chittenangolandings.org>

Friends of Lorenzo Historic Site

17 Rippleton Road
Cazenovia, NY 13035
(315) 655-3200
www.friendsoflorenzo.org/
Historical mansion with tours, concerts, and events.

International Boxing Hall of Fame

1 Hall of Fame Drive
Canastota, NY 13032
(315) 697-7095
www.ibhof.com/

Madison Bouckville Antique Week

Route 20
P.O. Box 126
Bouckville, NY 13310
www.madison-bouckville.com/

Oneida Community Mansion House

170 Kenwood Avenue
Oneida, NY 13421
(315) 363-0745
www.oneidacommunity.org/
A National Historic Landmark with gardens, trails, and tours.

Stone Quarry Hill Art Park

3883 Stone Quarry Road
P.O. Box 251
Cazenovia, NY 13035
<https://sqhap.org/>
*Open daily, dawn to dusk. Trails, tours, studio.
Pay what you want - suggested donation \$5.*

Parks/Waterfalls in Madison County

Chittenango Falls State Park

2300 Rathbun Road
Cazenovia, NY 13035
www.madisontourism.com/listing/chittenango-falls-state-park/198/

Delphi Falls County Park

2006 Cardner Road
Cazenovia, NY 13035
www.madisontourism.com/listing/delphi-falls-county-park/1042/

Nichols Pond Park

www.madisontourism.com/listing/nichols-pond-county-park/1040/

Oxbow Falls County Park

6919 Oxbow Road
Canastota, NY 13032
www.madisontourism.com/listing/oxbow-falls-county-park/1037/

New York State Golden Park Program

New York State Parks
Albany, NY 12238
(518) 474-0456
TTY/TDD through 711 Relay Service
<https://parks.ny.gov/admission/golden-park-program.aspx>
New York State residents 62 or older, are eligible for free vehicle access to most State parks, boat launch sites and arboretums, and fee reduction to State historic sites and State-operated golf courses.*

Oneida County - Art, Culture and History

The Getaway Region - Oneida County
(800) 426- 3132
www.oneidacountytourism.com/
Arts, travel, activities, fun, free travel guide to Oneida County.

Kirkland Art Center

9 1/2 East Park Row
Clinton, NY 13323
(315) 853-8871
info@kacny.org
<https://www.kacny.org/>
Art gallery, dance, concerts, events, and programming in the Village of Clinton, NY.

Town of Kirkland Parks

<https://townkirkland.digitaltowpath.org:10014/content/Parks/View/2>
Clinton Arena, Kirkland Town Park and Kirkland Trails

Onondaga County - Art, Culture and History

Erie Canal Museum

318 Erie Boulevard East
Syracuse, NY 13202
(315) 471-0593
<https://eriecanalmuseum.org/>
*Historical museum with exhibits and events.
Donation suggested, but not required for entry.*

Everson Museum of Art

401 Harrison Street
Syracuse, NY 13202
(315) 474 6064
<https://everson.org/>
Exhibition gallery, events, classes, gift shop and reduced admission for seniors.

The Landmark Theatre

362 S. Salina Street
Syracuse, NY 13202
<https://landmarktheatre.org/>
On the National Register of Historic Places, this theatre for the performing arts hosts top-level acts and Broadway shows. Volunteers are needed for ushering, planning and assisting in the office.

Onondaga County Parks

Administrative Office
106 Lake Drive
Liverpool, NY 13088
(315) 451-7275
www.onondagacountyparks.com
Includes information about parks, events,

outdoor activities, programs, and senior discounts.

Senior Discounts and Onondaga County Parks
<https://www.onondagacountyparks.com/about/senior-discounts-and-programs/>

Onondaga Lake Park

<https://www.onondagacountyparks.com/parks/onondaga-lake-park/>
Trails, recreation, walking path, playground and visitor center along the shores of Onondaga Lake.

The Redhouse

400 S. Salina Street
Syracuse, NY 13202
(315) 362-2785
<http://www.theredhouse.org/>
Arts center with performances, educational programs, classes and opportunities to volunteer. For more information on becoming a volunteer, email: info@theredhouse.org.

Rosamond Gifford Zoo

1 Conservation Place
Syracuse, NY 13204
(315) 435-8511
<https://rosamondgiffordzoo.org/>
Animals, events, gift shop and volunteer opportunities. Seniors 62 and older receive a discount for admission.

Salt Museum

106 Lake Drive
Liverpool, NY 13088
(315) 453-6715 or (315) 453-6712
<https://www.onondagacountyparks.com/parks/onondaga-lake-park/salt-museum/>
Historic museum with gift shop in Onondaga Lake Park.

Symphoria

234 Harrison Street
Syracuse, NY 13202
(315) 299-5598

<http://experiencesymphoria.org/>

Concerts, youth orchestra, school programs and community events.



Office of Senator Rachel May - Senior Assistance

For assistance identifying information or to suggest legislation for seniors in the 53rd District, please contact Ingrid Gonzalez-McCurdy - Senior Policy Advisor at (315) 478-8745 or mccurdy@nysenate.gov.

SYRACUSE STATE OFFICE BUILDING

333 E. Washington St., Suite 805

Syracuse, NY 13202

(315) 478-8745

www.nysenate.gov/senators/rachel-may



Senator May pictured in the halls of the New York State Capitol.

STATE WIDE

New York StateWide Senior Action Council, Inc.
275 State Street, Albany, NY 12210 • 800-333-4374 • Fax (518) 436-7642

Medicare, Patient's Rights, & Medicare Fraud Helplines

800-333-4374
www.nysenior.org



Patient's Rights - To assist all New Yorkers in asserting their patients' rights regarding quality coverage and access to health care services.



Medicare Health and Prescription Drug Coverage - To educate and assist Medicare beneficiaries and their families to make informed decisions regarding health care coverage.



Services & Benefits for Seniors - To help find state, local & federal services and benefits available to seniors.



Medicare Fraud Prevention - To empower and assist Medicare beneficiaries, their families and caregivers to prevent, detect and report health care fraud, errors and abuse.

StateWide provides **FREE** services:

- ★ Experienced & Certified Counselors
- ★ Presentations in Your Community
- ★ Trainings for Providers and Seniors
- ★ Healthcare Forums
- ★ Telephone Teach-ins
- ★ Flyers, newsletters, brochures



info@nysenior.org



800-333-4374



www.nysenior.org

NY StateWide Senior Action Council is a grassroots senior advocacy organization founded in 1972 to improve the quality of life for NY seniors and their families.

STOP MEDICARE FRAUD

The US Office of Inspector General reports \$60 billion in losses from Medicare and Medicaid fraud & abuse through scams and illegal activities.

NY StateWide Senior Action Council is excited to announce its newest program Senior Medicare Patrol (SMP)

StateWide received a grant award from the Administration for Community Living (ACL), that will empower seniors, caregivers and professionals to fight against those who commit fraud, waste, and abuse in the Medicare program.

Let's work together to prevent, detect and report fraud in our state!

PREVENT

StateWide provides:

- One-on-one counseling
- Presentations
- Flyers, brochures, posters and other materials for your community events

DETECT

StateWide provides:

- Personal Health Care Journal
- Education: to detect potential problems on your Medicare Summary Notice (MSN)

REPORT

StateWide provides:

- FREE** helpline to call with questions and concerns
- Referrals to outside organizations for help when necessary

Call the SMP Helpline 800-333-4374



Search
Community Living Advocates
to find care for
someone you love:
www.communitylivingadvocates.com



Find care services from all over
Central New York. Here are just a few...



Find services, resources, housing, classes and more!



Lifespan of Greater Rochester is a non-profit aging service provider that helps older adults take on the challenges and opportunities of longer life. We have 30 programs for older adults and family care givers.

Contact information:

Lifespan
1900 S. Clinton Avenue
Rochester, NY 14618

(585) 244-8400 or
Toll-free at 1-866-454-5110
www.lifespan-roch.org.

Some of our services:

NYS Elder Abuse Coalition/Enhanced Multi-Disciplinary Teams - Lifespan specializes in elder abuse prevention and intervention services throughout NYS. We provide information, assistance, and intervene in cases of abuse and financial exploitation.

NYS Caregiving & Respite Coalition – Lifespan operates the NYS Caregiving & Respite Coalition. The Coalition provides respite training for volunteer programs, a caregiver simulation for professionals, a respite voucher program for kinship care families, and general education and training.

NY Connects for Monroe County and Ontario County – We provide information, assistance, and options counseling for older adults. 1-800-342-9871.

Eldersource Care Management – This service provides in-home social work services. Individuals receive an assessment. We develop a care plan, make recommendations, and connect people to services.

Finger Lakes Caregiver Institute – We work with families who have a loved one with dementia/Alzheimer’s disease. We help family caregivers get the education, support, information, and access to social work services to help them support their loved one. Lifespan partners with the Alzheimer’s Association of the Finger Lakes.

Home-Safe-Home – We provide a safety assessment and provide minor home modifications to people who need grab bars, smoke detectors, etc.

Financial Services – Lifespan provides an array of financial management services to help people with budgeting, bill paying and balancing of accounts.

Health Insurance Information and Assistance Program – We provide health insurance information and options to individuals who need to compare health insurance plans.

Health Care Coordination – We provide health care coordination for individuals who need assistance to navigate health care appointments and health care information. Our health care coordinators are LPNs. They help people arrange transportation, will attend appointments with the older adult, support medical instructions and make sure that medication reconciliations are completed each month.



The Alzheimer's Association, Central New York Chapter provides support, education, training and other resources to increase knowledge and to support those facing Alzheimer's disease and other dementias. We are here to help.

Helpline

Serving people living with memory loss, caregivers, health care professionals and the public with reliable information and support. Call anytime day or night at 800.272.3900.

Care Consultations

Care planning meetings that assist individuals living with dementia and their families solve immediate problems and plan for the future.

Support Groups

Peer- and professionally-led support groups for caregivers and others living with Alzheimer's disease.

Education Programs

Education programs feature information on topics including the signs of Alzheimer's disease, diagnosis, communication, living with Alzheimer's and caregiving techniques.

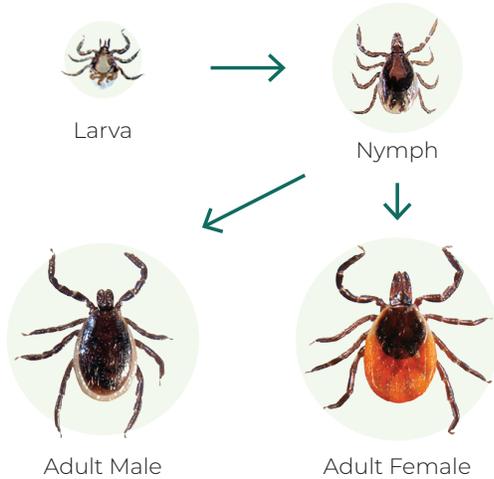
MedicAlert® with 24/7 Wandering Support

The Alzheimer's Association, in collaboration with MedicAlert Foundation, provides membership plans with 24/7 Wandering Support, a nationwide emergency response service for individuals living with Alzheimer's disease or another dementia who wander or have a medical emergency. Residents of Central New York can obtain a free membership, thanks to a grant from the New York State Department of Health, by calling 315.472.4201 and dialing 227, or emailing the Chapter at cny-programs@alz.org.

24/7 Helpline: 800.272.3900
cny-programs@alz.org | alz.org/cny

TICK IDENTIFICATION

Black-Legged Tick (Deer Tick) Growth Stages



Photos: TickEncounter, University of Rhode Island



TICK PREVENTION CHECKLIST



Wear tall socks and pull over pants if possible.



Apply Tick Repellent. Use as labeled (Permethrin for clothes, ≥20% DEET or Picaridin for skin).



Wear light-colored clothing with sleeves.



Toss clothing in dryer on high heat for 15 mins. If washing, use hot water.



Shower or bathe as soon as you return inside.



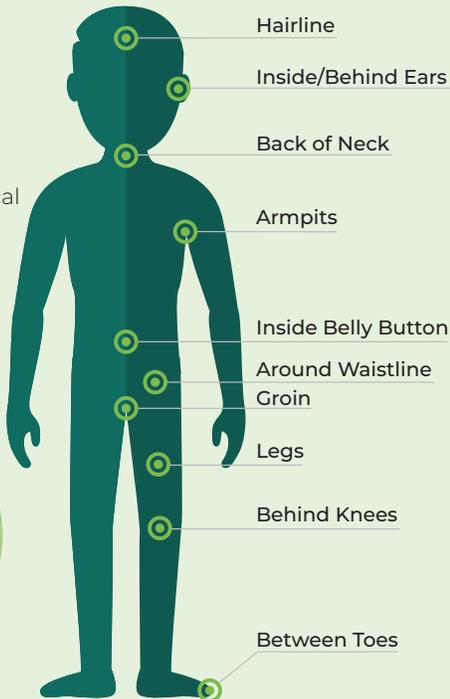
Mow lawn regularly. Avoid tall grass in yards, parks and recreation areas and while hiking.

WHERE TO CHECK FOR TICKS

FOUND A TICK?

We are proud to be affiliated with the Thangamani Lab at SUNY Upstate Medical University, which has a procedure for accepting and testing ticks and communicating results for **FREE**.

Visit **NYTicks.org** to learn more!

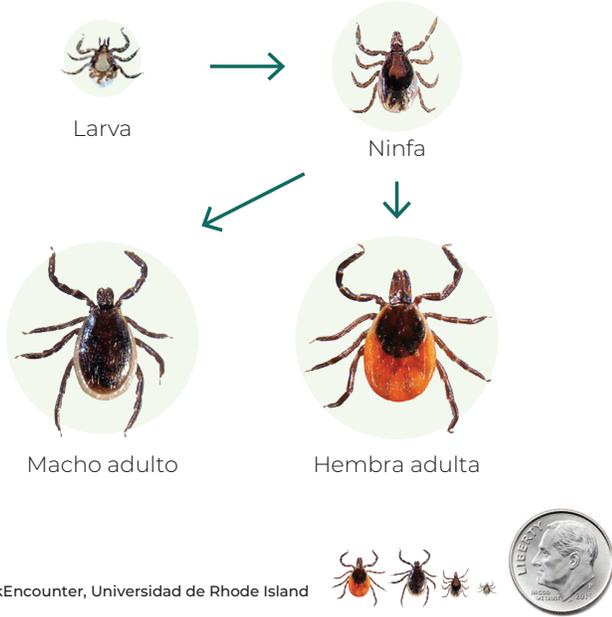


LYME DISEASE SYMPTOMS

		LIKELY	
EARLY LYME	CHRONIC LYME		
Fatigue	Fatigue		
Rash	Joint Pain		
Headache	Muscle Pain		
Fever	Other Pain		
Sweats	Sleep Issues		
Chills	Cognitive		
Muscle Pain	Depression		
Joint Pain	Neuropathy		
Neck Pain	Headache		
Sleep Issues	Heart Issues		
		LESS LIKELY	

IDENTIFICACIÓN DE LA GARRAPATA

Garrapata de patas negras (garrapata del venado)
Etapas de crecimiento



LISTA DE COMPROBACIÓN DE PREVENCIÓN CONTRA GARRAPATAS



Use calcetines altos y estírelos por encima de los pantalones si es posible.



Aplique el repelente de garras. Úselo según se indique en la etiqueta (permetrina para la ropa, ≥20% DEET o picaridina para la piel).



Use ropa de color claro con mangas.



Coloque la ropa en el secador a alta temperatura durante 15 min. Si la lava, use agua caliente.



Dese una ducha o baño en cuanto vuelva al interior.



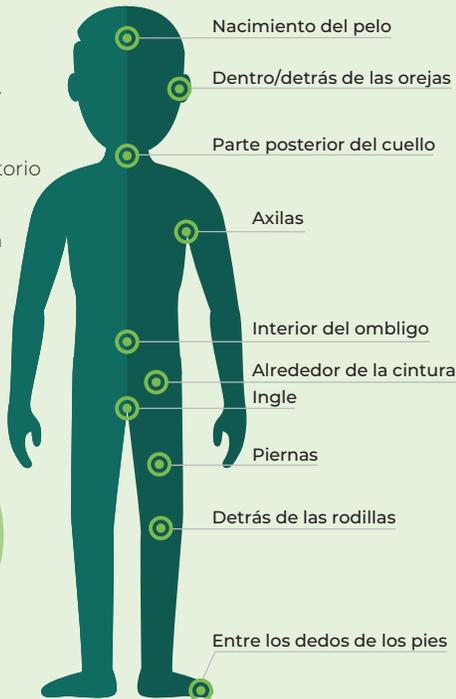
Corte el césped regularmente. Evite la hierba alta en patios, parques y áreas recreativas y mientras camina.

DÓNDE BUSCAR GARRAPATAS

¿ENCONTRÓ UNA GARRAPATA?

Estamos orgullosos de estar afiliados al laboratorio Thangamani de SUNY Upstate Medical University, que tiene un procedimiento para aceptar garrapatas para analizarlas y comunicar los resultados GRATIS.

Visite **NYTicks.org** para obtener más información.



SÍNTOMAS DE LA ENFERMEDAD DE LYME

	PROBABLES	
	LYME INCIPIENTE	LYME CRÓNICA
	Cansancio	Cansancio
	Erupción	Dolor articular
	Dolor de cabeza	Dolor muscular
	Fiebre	Otros dolores
	Sudor	Problemas de sueño
	Escalofríos	Cognitivos
	Dolor muscular	Depresión
	Dolor articular	Neuropatía
	Dolor de cuello	Dolor de cabeza
	Problemas de sueño	Problemas cardíacos
	MENOS PROBABLES	



Eldercare Services

AAAs are a focal point for information, advocacy and coordination of eldercare services, including:

- Home Delivered and Congregate Meals
- Nutrition Counseling
- Health Insurance Information & Assistance (HIICAP)
- Home Energy Assistance
- Caregiver Support Services
- Information on Long Term Services and Supports (LTSS) through NY Connects
- Adult Day Care Services
- In-home Services
- Legal Services
- Volunteer Opportunities

Revised January 2019

AREA AGENCIES ON AGING: Services for Seniors & Caregivers

Area Agencies on Aging (AAAs) were established under the Older Americans Act of 1965 to respond to the needs of aging Americans through home and community-based services and supports to allow them to age in place. Funding is provided through the Older Americans Act, New York State, county government and participants, the New York State residents who receive the services.

Federal Funding

Federal funding through the Older Americans Act (OAA) falls into several categories with varying levels of flexibility. OAA funds are for the purpose of assisting states and Area Agencies on Aging to develop and enhance coordinated community-based systems of care.

State Funding

State funding is administered through the New York State Office for the Aging and distributed by way of a funding formula. The following are the main programs.

Community Services for the Elderly (CSE)

CSE is a flexible funding stream that is used for services such as case management, meals, adult day services, home care, transportation, health promotion, and information and assistance

Expanded In-home Services for the Elderly Program (EISEP)

The EISEP program enables many frail older adults to remain independent in their homes. The program provides well-planned and coordinated non-medical services, including personal care or housekeeping. Case managers determine need through a COMPASS assessment.

NY Connects

NY Connects, predominantly operated by AAAs, provides information and assistance for consumers of all ages seeking long-term services and supports, helping them remain independent.

Wellness in Nutrition (WIN)

WIN provides meals for qualifying seniors either in a congregate setting or as a home-delivered meal. Each meal provides at least one-third recommended daily allowance (RDA) for nutrition. Nutrition education and counseling are also offered as part of this program.

Health Insurance Information Counseling & Assistance Program (HIICAP)

HIICAP provides information to seniors on Medicare, Medicaid, managed care, EPIC, and other health insurance options and issues, and also assists Medicare beneficiaries to access needed health care and to apply for programs such as the Medicare Savings Program. HIICAP counselors are trained and certified professionals.

Local Funding

Local funding is required to support the federal and state funded programs. Area Agencies on Aging are required to match at least 25% of the service expenditures for both the EISEP and CSE programs. Several programs through the Older Americans Act require a 10% local match. Therefore, services are provided by a mix of funding, including federal, state and local/county sources, as well as voluntary contributions from participants. In addition, local Area Agencies on Aging (AAAs) rely on volunteers to assist with a number of their programs, including home-delivered meals, transportation to doctor's appointments, and health insurance counseling.

Notes

Notes



Senator May as Chair of the Aging Committee facilitating a hearing on the crisis in the Long-Term Care Workforce for Nursing Homes, Assisted Living Facilities and Home Care.



New York State Senator
RACHEL MAY
District 53

SYRACUSE DISTRICT OFFICE:

State Office Building
333 E. Washington Street, Suite 805
Syracuse, NY 13202
Phone: (315) 478-8745

MADISON COUNTY DISTRICT OFFICE:

Cornell Cooperative Ext. of Madison Co.
100 Eaton Street
Morrisville, NY 13408
Phone: (315) 684-3331

ALBANY OFFICE:

Legislative Office Building
198 State Street, Suite 803
Albany, NY 12247
Phone: (518) 455-2838

EMAIL: may@nysenate.gov

WEB: may.nysenate.gov

 RachelMayNY

