Asthma
Chronic Disease
Self-Management Guide
A comprehensive self-management guide with programs, tools, and resources
A project of Healthy Capital District Initiative and the Population Health Improvement Program
revised 3/15/2019
# Table of Contents

## Asthma Programs

<table>
<thead>
<tr>
<th>County</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albany</td>
<td>4-7</td>
</tr>
<tr>
<td>Columbia</td>
<td>7-8</td>
</tr>
<tr>
<td>Fulton</td>
<td>9</td>
</tr>
<tr>
<td>Greene</td>
<td>7</td>
</tr>
<tr>
<td>Montgomery</td>
<td>9</td>
</tr>
<tr>
<td>Rensselaer</td>
<td>5-7</td>
</tr>
<tr>
<td>Saratoga</td>
<td>7</td>
</tr>
<tr>
<td>Schenectady</td>
<td>7, 10-12</td>
</tr>
</tbody>
</table>

## Asthma Tools

<table>
<thead>
<tr>
<th>Category</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Educational</td>
<td>13-14</td>
</tr>
<tr>
<td>Medication Skills</td>
<td>15</td>
</tr>
<tr>
<td>Symptoms &amp; Self-Monitoring</td>
<td>16</td>
</tr>
<tr>
<td>Trigger Control</td>
<td>17</td>
</tr>
</tbody>
</table>

## Asthma Resources

<table>
<thead>
<tr>
<th>Resource</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Environmental Trigger Services</td>
<td>18</td>
</tr>
<tr>
<td>Housing Assistance</td>
<td>19-20</td>
</tr>
<tr>
<td>Pharmaceutical Companies</td>
<td>21</td>
</tr>
<tr>
<td>Prescription Assistance</td>
<td>22</td>
</tr>
<tr>
<td>Rewards Programs &amp; Discount Cards</td>
<td>23</td>
</tr>
<tr>
<td>Tobacco Cessation Services/Support Groups</td>
<td>24</td>
</tr>
</tbody>
</table>

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Please send corrections and updates to phip@hcdiny.org
Albany County Department of Health Asthma Home Visiting Program

Albany County Dept. of Health

Counties Served: Albany

Address: 175 Green Street, Albany, NY 12202
Phone Number: (518) 447-4615

About this Program: The Albany County Department of Health Asthma Home Visiting Program provides Public Health Nurse (PHN) home visiting services aimed at improving patients’ self-management of their asthma. PHNs with training in Asthma Education, gather information and complete a thorough ongoing evaluation of the patient’s knowledge, confidence, and ability to manage asthma. The Nurses review the Asthma Action Plan and complete medication reconciliation and education. Based on the patient’s knowledge, the level of control of their asthma and identification of asthma triggers in the home, the PHNs provide the tools, resources, education and referrals needed to improve the patient’s ability to manage their asthma.

Program Contact Information:
Lucretia LaLonde, SPHN
(518) 447-4615

Referral Form
Healthy Neighborhoods Program
Albany & Rensselaer County Dept. of Health/Cornell Cooperative Extension Albany County

Counties Served: Albany, Rensselaer

Address: 24 Martin Road, Voorheesville, NY 12186
Phone Number: (518) 765-3512

About this Program: Working with the Albany County Department of Health and the Rensselaer County Department of Health, Cornell Cooperative Extension Albany County offers the Healthy Neighborhoods Program. This free health and safety program is available to residents in targeted zip codes in Albany (12202, 12206, 12208, 12209, 12210) and the Cities of Cohoes and Watervliet. In Rensselaer County, the program targets the City of Troy, Lansingburgh, and the City of Rensselaer (zip codes 12180, 12182, 12144), and the Villages of Castleton, Hoosick Falls, and Nassau. Trained Healthy Neighborhoods Program educators schedule a home visit and identify environmental hazards by asking residents questions from a standardized assessment form. Residents are educated about these concerns and provided referrals and follow-up resources. Free cleaning, safety, and health products are also distributed to improve the home living environment. For more information and to schedule a home visit call 518-765-3512 or register online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201

Program Website: albany.cce.cornell.edu/home-family/healthy-neighborhoods-program

Program Contact Information:
Diane Probst
(518) 765-3512
dfp46@cornell.edu
Asthma Home-Based Self-Management Program
_Eddy Licensed Home Care Agency, SPHP_

**Counties Served:** Primarily Albany and Rensselaer Counties with limited service to Saratoga, Schenectady, Columbia and Greene Counties.

**Address:** 433 River Street Suite 3000, Troy, NY 12180  
**Phone Number:** (518) 274-6200

**About this Program:** Eddy Licensed Agency’s Asthma Home-Based Self-Management Program is a new program designed to meet the specific patient and caregivers needs on the management and control of Asthma. This program assists patients and caregivers to create a healthy living environment that supports Asthma prevention and control. The program is funded by the Delivery System Reform Incentive Payment Program (DSRIP) with a focus on Medicaid beneficiaries designed for both children and adults.

**Program Contact Information:**
Patrick Archambeault RN, MS  
(518) 270-1324  
Patrick.Archambeault2@sphp.com

[Referral Form]
OEHC

Occupational & Environmental Health Center of Eastern New York

Counties Served: Albany, Columbia, Greene, Rensselaer, Saratoga, Schenectady

Address: 1873 Western Avenue, Albany, NY 12203
Phone Number: (518) 690-4420

About this Program: The Occupational & Environmental Health Center of Eastern New York (OEHC) is 1 of 11 regional not-for-profit occupational health centers established by the New York State Legislature in 1987. OEHC is a community-based center of excellence dedicated to the diagnosis, treatment, and prevention of occupational and environmental illness and injury. We are a clinical center whose staff includes physician’s board certified in occupational and environmental medicine, a certified industrial hygienist, occupational health nurses, a social worker, and other professional and support staff. Our program’s goals are to prevent, diagnose, and treat occupational diseases, prominent among which is occupational asthma.

Program Website: occmedgroup.emblemhealth.com/clnsrvs.htm

Program Contact Information:
Lindsey Brenenstuhl
(518) 690-4420 ext. 206
LBrenenstuhl@emblemhealth.com
Healthy Neighborhoods Program
*Columbia County Department of Health*

**Counties Served:** Columbia

**Address:** 325 Columbia Street, Hudson, NY 12534
**Phone Number:** (518) 828-3358

**About this Program:** The Healthy Neighborhoods Program is a health and safety program that provides free in-home assessments and interventions for asthma, tobacco cessation, indoor air quality, lead, fire safety, and cleaning supplies. Supplies may include smoke and Carbon Monoxide detectors, fire extinguishers, cleaning supplies, child safety items, and asthma prevention items. Eligible participants must reside in Columbia County. There are no requirements to be eligible. All are strongly encouraged to participate.

**Program Website:** sites.google.com/a/columbiacountny.com/health/programs-and-services/environmental-health/healthy-neighborhoods-program

**Program Contact Information:**
Jenna Dodge  
(518) 828-3358 ext. 1255  
jenna.dodge@columbiacountny.com
Asthma Home Visit Program

St. Mary’s Healthcare Amsterdam

Counties Served: Fulton, Montgomery

Address: 427 Guy Park Avenue, Amsterdam, NY 12010
Phone Number: (518) 841-7430

About this Program: St. Mary’s Healthcare provides free home visits to their primary care patients. The program’s components focus on improving patients’ self-management of their asthma. During the home visit, Certified Asthma Educators teach individuals general asthma education, self-management tips, environmental home assessment, medication education, an Asthma Action Plan, and referrals needed to improve the individual’s ability to manage their asthma.

Program Website: smha.org

Program Contact Information:
Angela Fraumane
(518) 770-6803
ANGELA.FRAUMANE@ascension.org

Referral Form
Schenectady County

Asthma Education Program  
*Ellis Medicine, Asthma Care*

**Counties Served:** Schenectady and Capital Region

**Address:** McClellan Street Health Center, 600 McClellan Street, Schenectady, NY 12304  
**Phone Number:** (518) 347-5864  
**Fax:** (518) 347-5518

**About this Program:** Four session disease management training and education program for pediatric and adult asthma patients, and caregivers. Patients will meet with a Certified Asthma Educator/Respiratory Therapist in an outpatient clinic setting to learn the skills necessary to understand the disease process, to identify asthma triggers and steps for trigger avoidance, as well as to learn about asthma and allergy medications and the proper technique for effective administration. Pulmonary function and exhaled nitric oxide testing is available for all patients age 5 and older. Tools and resources are provided to each patient to help improve asthma control. Some trigger remediation products will be provided at no cost. A referral from a treating Provider is required. Program is covered by most health insurance plans.

**Program Website:** ellismedicine.org/services/asthma.aspx

**Program Contact Information:**
Leslie A. Bristol, RRT, AE-C  
Coordinator, Respiratory Health Education  
(518) 347-5455  
bristoll@ellismedicine.org

[Referral Form]
COPD/Self-Management Training/Education Program

Ellis Medicine, COPD Care

Counties Served: Schenectady and Capital Region

Address: McClellan Street Health Center, 600 McClellan Street, Schenectady, NY 12304
Phone Number: (518) 347-5864 Fax: (518) 347-5518

About this Program: Two session disease management training and education program for patients diagnosed with Chronic Obstructive Pulmonary Disease. Patients will meet with a Certified Pulmonary Disease Educator/Respiratory Therapist in an outpatient clinic setting to learn about the nature of the disease and normal lung function. Patients also will learn about appropriate use of medications including oxygen therapy, how to prevent respiratory infections, the importance of exercise and good nutrition, relaxation techniques, energy conservation, and how to manage an acute episode. Program includes a complete pulmonary function study. Tools and resources are provided to help each patient take an active role in managing their disease. A referral from a treating Provider is required.

Program Website: ellismedicine.org

Program Contact Information:
Leslie A. Bristol, RRT, AE-C
Coordinator, Respiratory Health Education
(518) 347-5455
bristoll@ellismedicine.org

Referral Form
Healthy Neighborhoods Program
*Schenectady County Public Health Services*

**Counties Served:** Schenectady

**Address:** 107 Nott Terrace Suite 304, Schenectady, NY, 12308  
**Phone Number:** (518) 386-2824

**About this Program:** Schenectady County Public Health Services (SCPHS) is seeking homes to visit for their Healthy Neighborhoods Program. SCPHS is looking for homes in the target zip code areas of 12303, 12304, 12307, and 12308. During a home visit, a short survey is completed by a public health nurse to identify safety issues regarding childhood lead poisoning, asthma, fire safety, and indoor air quality among others. Products may be provided if appropriate and may include shock stoppers, hypoallergenic pillow and mattress covers, cleaning supplies, cabinet safety locks, and smoke detectors. Educational materials are provided at each home visit. There are no income eligibility requirements to receive a visit and all homes in Schenectady County are eligible, with priority given to those in the target zip codes. Anyone can make a referral to this free program by calling SCPHS Environmental Health Unit at 518-386-2818.

**Program Website:** [https://www.schenectadycounty.com/content/healthy-neighborhoods-program](https://www.schenectadycounty.com/content/healthy-neighborhoods-program)

**Program Contact Information:**  
SCPHS Environmental Health Unit  
(518) 386-2818

[Referral Form](#)
The following tools help individuals learn about, recognize symptoms of, and control asthma.

**Asthma Attack Emergencies**
*Iggy and the Inhalers*
**Description:** A video that helps children understand and recognize asthma attacks and asthma emergencies, so they know when to call 911.
**Languages:** English
**Target Audience:** Children
iggyandtheinhalers.com/pages/asthma-attack-emergencies

**Asthma Basics**
*American Lung Association*
**Description:** A free one-hour interactive online learning module to help people learn more about asthma. It teaches participants how to recognize and manage triggers, understand the value of an asthma action plan, and how to recognize and respond to a breathing emergency.
**Languages:** English
**Target Audience:** Adults
lung.training/courses/asthma_basics.html

**The Asthma-Friendly Home**
*Asthma Coalition of the Capital Region (ACCR)*
**Description:** An informational sheet that explains common asthma triggers and asthma medication and treatment.
**Languages:** English
**Target Audience:** Adults

**Certified Products Guide**
*Asthma & Allergy Friendly*
**Description:** A four-page informational sheet that provides guidance on buying asthma-friendly products.
**Languages:** English
**Target Audience:** Adults

**Help Your Child Gain Control Over Asthma**
*United States Environmental Protection Agency (US EPA)*
**Description:** Booklet designed for parents of children with asthma with information on how to prevent children's asthma attacks.
**Languages:** English
**Target Audience:** Parents/Caretakers of Children
epa.gov/sites/production/files/2013-08/documents/ll_asthma_brochure.pdf

**If you have a Child with Asthma, You’re Not Alone**
*United States Environmental Protection Agency (US EPA)*
**Description:** An informational page with tips on how to reduce triggers through managing a child's indoor environment, preventing an asthma attack and creating an action plan. Lists contact information to find resources in the community and websites to learn more about asthma.
**Languages:** English
**Target Audience:** Parents/Caretakers of Children

**Kids with Asthma Can**
*PBS Kids*
**Description:** Kid-friendly educational materials to help them understand what asthma is, what triggers asthma, and the importance of staying active and healthy even with asthma.
**Languages:** English
**Target Audience:** Children
https://pbskids.org/arthur/health/asthma/

**Free Online Class Can Improve Your Asthma Health**
*Asthma and Allergy Foundation of America*
**Description:** Online interactive program to help Adults improve Asthma care.
**Languages:** English
**Target Audience:** Adults
https://community.aafa.org/blog/new-program-teaches-adults-about-proper-asthma-care

To view this guide online, with live links and feedback from providers and consumers, visit www.hcdiny.org
Succeeding in School with Asthma: A Parent’s Guide
New York State Department of Health
Description: An informational page that helps parents teach their school-aged children about asthma, asthma self-management, and guidance on how to work with the child, doctor, and school to ensure the child has the support to manage and control their asthma.
Languages: English
Target Audience: Adults
health.ny.gov/diseases/asthma/succeeding_in_school/

Ten Tips for Managing Asthma
Channing Bete
Description: Provides guidance on how to manage asthma, with information on asthma triggers, medications, and symptoms, and tips on how to use an inhaler and keep an asthma diary. Available for purchase.
Languages: English, Spanish
Target Audience: Adults
shop.channing-bete.com/onlinestore/storeitem.html?iid=179079

Understanding Asthma
Allergy & Asthma Network
Description: Booklet that helps individuals understand what asthma is, how it is diagnosed, treated, and managed.
Languages: English
Target Audience: Adults

Understand Your Medication
American Lung Association
Description: Informational page explaining the different medicines available to treat asthma.
Languages: English
Target Audience: Children, Adults
lung.org/lung-health-and-diseases/lung-disease-lookupt/asthma/living-with-asthma/managing-asthma/understand-your-medication.html

What is Asthma?
Iggy and the Inhalers
Description: A short video that helps children understand what asthma is.
Languages: English
Target Audience: Children
iggyandtheinhalers.com/pages/what-is-asthma

What is Asthma?
Brain POP
Description: A short video that helps children understand what asthma is, what happens in the body during an asthma attack, and how asthma medications work.
Languages: English
Target Audience: Children
brainpop.com/health/diseasesinjuriesandconditions/asthma/

What are the Symptoms of Asthma?
Iggy and the Inhalers
Description: A video that helps children understand and recognize asthma symptoms.
Languages: English
Target Audience: Children
iggyandtheinhalers.com/pages/what-are-the-symptoms-of-asthma

Why is Coco Orange?
United States Environmental Protection Agency (US EPA)
Description: Book for children to learn about air quality and how to stay healthy when air quality is bad.
Languages: English
Target Audience: Children
Medication Skills

Asthma medications treat asthma episodes and help keep asthma under control. These tools explain different asthma medications and devices and how to use them properly.

**Asthma Medications**  
*Minnesota Department of Health*  
**Description:** A poster illustration showing different asthma medications.  
**Languages:** English  
**Target Audience:** Children, Adults  
https://www.health.state.mn.us/diseases/asthma/index.html

**How to Use a Metered-Dose Inhaler Without a Spacer**  
*Capital District Physicians’ Health Plan (CDPHP)*  
**Description:** An informational page with images and steps on how to use a metered-dose inhaler without a spacer and how to measure peak expiratory flow.  
**Languages:** English  
**Target Audience:** Children, Adults  
cdphp.com/~/media/files/providers/toolkits/asthmacopd/asthma_howtouseainhalerwithoutspacer.pdf

**How to Use an Inhaler**  
*Iggy and the Inhalers*  
**Description:** A video that helps children understand and recognize asthma attacks and asthma emergencies, so they know when to call 911.  
**Languages:** English  
**Target Audience:** Children  
iggyandtheinhalers.com/pages/how-to-use-an-inhaler

**Know How to Use Your Inhaler**  
*Centers for Disease Control and Prevention (CDC)*  
**Description:** Educational videos on how to use different types of inhalers.  
**Languages:** English, Spanish  
**Target Audience:** Children, Adults  
cdc.gov/asthma/inhaler_video/default.htm

**When you Need to Use a Controller Medicine**  
*Nationwide Children’s*  
**Description:** A video that explains the difference between a controller medicine and rescue medicine and when to use each.  
**Languages:** English  
**Target Audience:** Adults  
nationwidechildrens.org/when-you-need-to-use-a-controller-medicine

To view this guide online, with live links and feedback from providers and consumers, visit www.hcdiny.org
These tools help individuals with asthma recognize and monitor symptoms to avoid asthma emergencies.

**Asthma Action Plan**  
*Asthma Coalition of the Capital Region (ACCR)*  
**Description:** Asthma action plan with information on how to control triggers that worsen asthma symptoms. Available for order.  
**Languages:** English  
**Target Audience:** Children, Adults  
[Link to order](hcdiny.org/asthma)

**Asthma Action Plan for Childcare**  
*Asthma and Allergy Foundation of America (AAFA)*  
**Description:** Asthma management plan fillable template for childcare providers.  
**Languages:** English  
**Target Audience:** Children in childcare  
[Link](aafa.org/media/Child-Care-Asthma-Allergy-Action-Plan-2010.pdf)

**Asthma Control Test (ACT)**  
*Quality Metric Incorporated*  
**Description:** Test used to assess if your asthma symptoms are well controlled.  
**Languages:** English, Spanish  
**Target Audience:** Children, Adults  
[Link](asthma.com/additional-resources/asthma-control-test.html)

**Asthma Diary Template**  
*Healthwise Inc.*  
**Description:** Diary template to keep track of peak expiratory flow, triggers, symptoms, medications, and any hospital visits.  
**Languages:** English  
**Target Audience:** Children, Adults  
[Link](www3.healthwise.net/cdphp/includes.axd?mediaKeyId=form_ug2542.pdf)

**Asthma Therapy Assessment Questionnaire (ATAQ)**  
*Merck Co.*  
**Description:** Questionnaire used to assess asthma control and identify potential control problems.  
**Languages:** English  
**Target Audience:** Children, Adults  
[Link for Children](children: mydoctor.kaiserpermanente.org/ncal/Images/Pediatric%20Asthma%20Therapy_tcm75-70731.pdf)  
[Link for Adults](https://getasthmahelp.org/documents/2007Guidelines_ValidatedQuestionnaires.pdf)

**Peak Flow Diary**  
**Description:** Diary to help record daily peak flow readings for asthma management and control.  
**Languages:** English  
**Target Audience:** Children, Adults  
[Link](m.patient.media/pdf/4684.pdf)

**Tools for Asthma Control**  
*Centers for Disease Control and Prevention (CDC)*  
**Description:** Compilation of different asthma action plans.  
**Languages:** English  
**Target Audience:** Children, Adults  
[Link](cdc.gov/asthma/tools_for_control.htm)

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To view this guide online, with live links and feedback from providers and consumers, visit www.hcdiny.org

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16 *Healthy Capital District Initiative*
The following educational materials explain what asthma triggers are, their role in asthma attacks, and the importance of reducing one’s exposure to these triggers.

**Asthma Triggers**

*Iggy and the Inhalers*

**Description:** A video that helps children understand and recognize asthma attacks and asthma emergencies, so they know when to call 911.

**Languages:** English

**Target Audience:** Children

[iggyandtheinhalers.com/pages/asthma-triggers](iggyandtheinhalers.com/pages/asthma-triggers)

**Avoiding and Controlling Your Asthma Triggers**

*The American Lung Association*

**Description:** Worksheet designed to identify triggers that cause asthma symptoms with tips on how to avoid triggers.

**Languages:** English

**Target Audience:** Children, Adults


**Clearing the Air of Asthma Triggers: Ten Steps to Make Your Home Asthma-Friendly**

*United States Environmental Protection Agency (US EPA)*

**Description:** One-page informational sheet with tips on how to reduce asthma triggers at home.

**Languages:** English

**Target Audience:** Children, Adults


**Dusty the Asthma Goldfish Funbook**

*United States Environmental Protection Agency (US EPA)*

**Description:** Workbook to help parents and children learn more about asthma triggers.

**Languages:** English

**Target Audience:** Children


**Have Asthma? Take a Look Around You**

*New York State Department of Health*

**Description:** Workbook to help parents and children learn more about asthma triggers. Available for order.

**Languages:** English, Spanish

**Target Audience:** Adults

[health.ny.gov/publications/4990/](health.ny.gov/publications/4990/)

**Safe Cleaning for People with Asthma**

*Rhode Island Department of Health*

**Description:** Cleaning recommendations to reduce exposure to asthma triggers in the environment by using asthma-friendly products.

**Languages:** English

**Target Audience:** Adults


**Trigger Tracker and Key Questions Guide**

*New York State Department of Health*

**Description:** Workbook to help parents and children learn about asthma triggers.

**Languages:** English, Spanish

**Target Audience:** Children

[health.ny.gov/publications/5024](health.ny.gov/publications/5024)
Environmental Trigger Services

The following businesses provide environmental trigger reduction services to help you manage and control your asthma. Call for more information.

*Since 2016, NYS law prohibits licensed companies from doing both mold assessment and remediation on the same property.

**All Bearings Consulting and Inspection, LLC**
*Mold Assessment*
**Phone Number:** (518) 512-0931
**Website:** albanymoldinspection.com
**Counties Served:** Albany

**Capital Vacuums**
*Carpet Cleaning*
**Address:** 1593 Central Avenue, Albany, NY 12205
**Phone Number:** (518) 869-1738
**Counties Served:** Albany

**CleanBright Surface Restoration**
*Mold Remediation*
**Phone Number:** (518) 608-6242
**Counties Served:** Albany, Columbia, Greene, Schenectady, Schoharie

**Envirotech**
*Asbestos Removal, Mold Remediation, and Pest Management*
**Phone Numbers:**
- Albany: (518) 690-7891
- Troy: (518) 687-0400
- Schenectady: (518) 688-0504

**Earth Safe Environmental**
*Mold Remediation & Smoke Smell Removal*
**Phone Number:** (518) 285-0532
**Email:** info@earthsafelcc.com
**Counties Served:** Albany

**H&H Environmental Construction and Consulting**
*Mold Inspection and/or Mold Remediation*
**Phone Numbers:**
- Local: (845) 246-3231
- Toll-Free: 888-250-6653
**Email:** hhenvironmental@gmail.com
**Counties Served:** Capital Region

**Hudson Valley Wildlife Solutions**
*Pest Management*
**Phone Number:** (855) 767-2287
**Email:** hudsonvalleywildlife@gmail.com
**Counties Served:** Capital Region

**Meerkat Pest Control**
*Pest Management*
**Phone Numbers:**
- Albany, Schenectady, Troy: (518) 869-7378
- Saratoga, Clifton Park, Lake George: (518) 587-5050
- Columbia, Greene: (518) 392-5543
**Email:** info@518meerkat.com

**Rockwood Environmental Solutions, LLC**
*Mold Assessment and/or Mold Remediation*
**Phone Numbers:** (518) 762-3354 and (518) 928-9347
**Website:** rockwoodairandwater.com
**Counties Served:** Capital Region

**SERVPRO of Columbia & Greene Counties**
*Mold Remediation*
**Phone Number:** (518) 943-5005
**Email:** office@servpro-cg.com
**Counties Served:** Columbia, Greene, Albany, Delaware, Rensselaer, Schoharie

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18 Healthy Capital District Initiative
The following organizations and agencies provide furniture and household goods. Contact them for eligibility requirements and more information.

**Capital Region Furniture Bank**  
**Description:** Free furniture and other household goods for individuals that receive an agency referral and meet eligibility requirements.  
**Address:** 5 Anderson Drive, Albany, NY 12205  
**Phone Number:** (518) 612-2265

**ERC Community Warehouse**  
**Description:** Offers low-cost furniture and other household goods  
**Address:** 19 Church Street, Melrose, NY 12121  
**Phone Number:** (518) 687-1018  
**Website:** ercswna.org

**Franklin Community Center**  
**Description:** Offers low-cost furniture and other household goods  
**Address:** 10 Franklin Street, Saratoga Springs, NY 12866  
**Phone number:** (518) 587-9826  
**Website:** franklincommunitycenter.org

**Goodwill**  
**Website:** goodwillny.org  
Albany: 1 Fuller Road Colonie, NY 12205  
(518) 459-5580  
Columbia: 350 Fairview Avenue, Hudson, NY 12205  
(518) 671-6246  
Troy: 720 Hoosick Road Troy, NY 12180  
(518) 272-8451

**Salvation Army**  
**Website:** salvationarmyusa.org  
Albany: 20 South Ferry Street, Albany, NY 12202  
(518) 463-6678  
Saratoga: 27 Woodlawn Avenue, Saratoga Springs, NY, 12866  
(518) 584-1640  
Schenectady: 2145 Central Avenue, Schenectady, NY 12304  
(518) 346-0205  
Troy: 410 River Street, Troy, NY 12180  
(518) 272-4901

**St. John's/St. Ann's Outreach Center**  
**Address:** 88 Fourth Avenue, Albany, NY 12202  
**Phone Number:** (518) 472-9091 ext 10

Contact the following organizations and agencies for assistance with energy costs.

**Commission on Economic Opportunity**  
**Description:** Offers eligible Rensselaer County residents programs that can increase energy efficiency use at home, weatherization assistance, and repair services to distressed homes.  
**Address:** 2331 Fifth Avenue, Troy, NY 12180  
**Phone Number:** (518) 272-6012  
**Website:** ceoempowers.org

**myBenefits**  
**Description:** A free New York State prescreen online tool for New York residents to check eligibility for multiple human services benefit programs, such as Home Energy Assistance Program (HEAP), that may help pay for heating, and Weatherization Assistance Program.  
**Website:** mybenefits.ny.gov

To view this guide online, with live links and feedback from providers and consumers, visit www.hcdiny.org
The following organizations and agencies assist with housing disputes. Contact them for more information.

**Legal Aid Society**  
**Description:** Provides low-income residents in Northeastern NY free civil legal services regarding house eviction and foreclosure.  
**Website:** lasnny.org

**United Tenants of Albany**  
**Description:** Provides assistance with housing issues, counseling, mediation between landlords and tenants, and court advocacy.  
**Address:** 33 Clinton Avenue, Albany, NY 12207  
**Phone Number:** (518) 436-8997  
**Website:** unitedtenantsalbany.org

**County Health Departments**  
**Description:** Local county health departments help connect renters to building code enforcers who investigate reported violations that may worsen asthma symptoms. Contact your specific county for more information.  
- **Albany County Department of Health:** (518) 447-4580  
- **Columbia County Department of Health:** (518) 828-3358  
- **Greene County Public Health Department:** (518) 719-3600  
- **District Environmental Health Programs of Herkimer:** (for Fulton and Montgomery counties) (518) 866-6879  
- **Rensselaer County Department of Health:** (518) 270-2655  
- **NYSDOH Glens Falls Office** (for Saratoga County): (518) 793-3893  
- **Schenectady County Department of Health:** (518) 386-2818

**County Department of Social Services**  
**Description:** County social services departments provide a host of housing-related services (e.g. Home Energy Assistance Program (HEAP) application assistance). Contact your specific county for more information.  
- **Albany County Department of Social Services:** (518) 447-7300  
- **Columbia County Department of Social Services:** (518) 828-9411  
- **Greene County Department of Social Services:** (518) 719-3700  
- **Fulton County Department of Social Services:** (518) 736-5640  
- **Montgomery County Department of Social Services:** (518) 853-4646  
- **Rensselaer County Department of Social Services:** (518) 270-2690  
- **Saratoga Department of Social Services:** (518) 884-4140  
- **Schenectady County Department of Social Services:** (518) 388-4470

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Pharmaceutical Companies

Prescription Assistance Programs (PAP) are programs managed by pharmaceutical companies that offer free or low-cost drugs to eligible individuals. Visit their website or call for complete and up-to-date program descriptions, eligibility requirements, and application forms.

**Actavis Pharma, Inc. Patient Assistance Program**
**Description:** Eligible individuals can receive discounts on Actavis products, such as Aerochamber Plus®.
**Phone Number:** (800) 851-0758
**Website:** pparx.org

**AstraZeneca Prescription Savings Program (AZ&ME)**
**Description:** Eligible individuals can receive discounts on AstraZeneca manufactured medications, such as Symbicort.
**Phone Number:** 1-800-292-6363
**Website:** azandmeapp.com

**Cayston Patient Assistance Program**
**Description:** Eligible individuals can receive discounts on Altera Nebulizer for Cayston nebulizer system.
**Phone Number:** (877) 722-9786

**Chantix Savings Card**
**Description:** A free savings card that offers savings on prescription for Chantix at participating pharmacies. It can be used up to three times.
**Website:** chantix.com

**GlaxoSmithKline (GSK) Patient Assistance Program**
**Description:** Eligible individuals can receive discounts on GSK manufactured medications, such as Advair.
**Phone Number:** 1-866-728-4368
**Website:** gskforyou.com

**Merck Patient Assistance Program**
**Description:** Eligible individuals can receive discounts on Merck manufactured medications, such as Singulair.
**Phone Number:** 1-800-727-5400
**Website:** merckhelps.com

**Sanofi Patient Connection**
**Description:** Eligible individuals can receive discounts on Sanofi manufactured medications, such as Alvesco.
**Phone Number:** 1-888-847-4877
**Website:** sanofipatientconnection.com

**Teva Cares Foundation ProAir Patient Assistance Program**
**Description:** Eligible individuals can receive discounts on Teva manufactured medications, such as ProAir HFA and ProAir RespiClick.
**Phone Number:** 1-877-237-4881
**Website:** tevacares.org

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Prescription Assistance

Contact the following prescription assistance programs for complete program descriptions, eligibility requirements, and application forms.

**Elderly Pharmaceutical Insurance Coverage (EPIC) Program**
Description: An income-eligible New York State program for residents aged 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs. Seniors can apply for EPIC at any time of the year.
Phone Number: 1-800-332-3742
Website: health.ny.gov/health_care/epic/

**Extra Help With Medicare Prescription Drug Plan Costs**
Description: Income-eligible seniors aged 65 and older who have Medicare can apply for Extra Help to help with the costs of monthly premiums, annual deductibles, and prescription co-payments.
Phone Number: 1-800-772-1213
Website: ssa.gov/medicare/prescriptionhelp/

**GoodRx**
Description: A web-based medical application that gathers prices and discounts to help find the lowest cost pharmacy for your prescriptions.
Website: goodrx.com

**NeedyMeds.org**
Description: Database for finding prescription assistance programs, drug discount cards, and patient assistance programs offered by pharmaceutical companies to help reduce medication costs.
Phone Number: 1-800-503-6897
Website: needymeds.org

**Partnership for Prescription Assistance**
Description: Offers information about available prescription assistance programs based on eligibility for more than 2,500 brand name and generic medications to help reduce medication costs.
Website: pparx.org

**PrescriptionHope.com**
Description: A national pharmacy program that obtains FDA-approved prescription medications for the set price of $35/month per medication. Advocate order, manage, tracks, and refill medications on time, and renew medications annually.
Phone Number: 1-877-296-4673
Website: prescriptionhope.com

**RxOutreach**
Description: A non-profit mail order pharmacy that offers medications at affordable prices for enrolled eligible individuals.
Phone Number: 1-888-796-1234
Website: rxouteach.org

**St. Peter’s Health Partners Prescription Assistance Program**
Description: Helps financially struggling individuals in Albany and Rensselaer find and apply for prescription assistance programs.
Phone Numbers:
Albany: (518) 268-6442
Rensselaer: (518) 525-6646

**Senior Services of Albany**
Description: Prescription relief line that offers counseling on prescription coverage, eligibility screening, and how to apply to prescription assistance programs.
Phone Number: (518) 935-2307

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Rewards Programs & Discount Cards

**CVS ExtraCare Pharmacy and Health Rewards Card**
**Description:** A free rewards card that allows members to earn rewards every time prescriptions are filled. Discounts are also offered on vaccinations.
**Website:** cvs.com/extracare

**K-mart Pharmacy Savings Plus**
**Description:** An annual fee of $10 per individual or $15 per family allows members the ability to look up how much the prescriptions will cost ahead of time, enjoy discounts on commonly prescribed medications, immunizations, and more.
**Website:** pharmacy.kmart.com

**New York Rx Card**
**Description:** A free discount prescription drug card for New York residents that can save up to 75% on medication costs at participating pharmacies. Visit the website to create a discount prescription card.
**Website:** newyorkrxcard.com

**Price Chopper RxAdvantEdge Card**
**Description:** A free membership that can save 15 -50% on prescription costs. Discounts are also offered on generic drugs.
**Website:** pricechopper.com/pharmacy/rx-advantage-card

**Rite Aid Rx Savings Program**
**Description:** A free membership that can save 15% on prescription costs. Discounts are also offered on generic drugs. Visit your local store to sign up.
**Website:** riteaid.com

**Rite Aid Wellness + Allergy**
**Description:** A free membership that provides discounts on specific over-the-counter allergy products.
**Website:** riteaid.com/allergy

**Walgreen's Prescription Savings Club**
**Description:** An annual fee of $20 per individual or $35 per family gets members special discounts on brand-name, generic medications, immunizations, and durable medical equipment.
**Website:** walgreens.com

**United Way of the Greater Capital Region FamilyWize**
**Description:** A free prescription discount card that helps enrolled uninsured and insured individuals reduce medication costs.
**Website:** unitedwaygcr.org/familywise-prescription-savings

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Healthy Capital District Initiative

Tobacco Cessation Services/Support Groups

Contact the following tobacco cessation service providers and groups for complete descriptions, services, locations, class times, and fees.

Affiliated Psychological Services
Description: Hypnosis for tobacco cessation
Location: 623 New Loudon Road, Latham, NY 12110
Phone Number: (518) 783-1051
Counties Served: Capital Region

The Butt Stops Here
Description: Free or low-cost 6-7-week program. Check with your insurance plan to see if this program is covered.
Locations:
HealthLink at Nathan Littauer Hospital
2 Colonial Court, Johnstown, NY 12095
Phone Number: (518) 736-1120
Classes are held on Monday 6 p.m. to 7 p.m.
Counties Served: Fulton

St. Peter’s Health Partners at St. Mary’s Hospital Troy
1300 Massachusetts Avenue, Leonard Boardroom, Troy, NY 12180
Phone Number: (518) 268-5727
Counties Served: Capital Region

New York State Smokers’ Quitline
Description: Free Quit Coaching Support
Phone Number: 1-866-697-8487
Website: nysmokefree.com

Courage to Quit
Description: Free 7-week program
Locations:
Capital City Rescue Mission
259 South Pearl Street, Albany, NY 12202
Phone Number: (518) 462-0459
Counties Served: Albany

City Mission of Schenectady
425 Hamilton St, Schenectady, NY 12305
Phone Number: (518) 372-9311
Counties Served: Schenectady

St. Mary’s Hospital Healthcare at Amsterdam
3380 Guy Park Avenue, Amsterdam, NY 12010
Phone Number: (518) 841-7448
Classes are held on Mondays 6 p.m. to 7 p.m.
Counties Served: Montgomery

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24 Healthy Capital District Initiative