

# Resources for Navy Families

around

*Saratoga Springs, NY*



The  
Fleet & Family Support  
Center  
Saratoga Springs, NY



This guide is designed by FFSC Saratoga Springs specifically for distribution to Military Families in our area. *Any reference to commercial entities does not constitute DoD endorsement of those entities.*

All links in this document have been typed out for use by individuals not receiving a digital copy. All links, addresses, and email addresses link directly to the resource cited for ease of use on digital media.

If you have any questions, comments, or concerns about this document, please email [ffscss@us.navy.mil](mailto:ffscss@us.navy.mil).

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## The Fleet & Family Support Center (FFSC) of Saratoga Springs

19 J F King Dr. Bldg. 104  
Saratoga Springs, NY 12866

Phone: 518-886-0200 x 146

Email: [ffscss@us.navy.mil](mailto:ffscss@us.navy.mil)

Website: [navylifema.com/programs/07da9a84-a0a7-4fc6-b54b-e5f9fead42ea](http://navylifema.com/programs/07da9a84-a0a7-4fc6-b54b-e5f9fead42ea)

FFSC HOURS:	Saturday & Sunday	CLOSED
	Monday-Friday	0730-1600
	Federal Holidays	CLOSED

Facebook: Fleet & Family Support Center Saratoga Springs — <https://www.facebook.com/FFSCSaratogaSprings>

The Fleet and Family Support Center (FFSC) is your one-stop shop for free resources and services in the Saratoga Springs area.

What We Offer:

Relocation Assistance • Personal Financial Management • Employment Assistance •  
Family Life Education • Information & Referral • Transition Assistance Program •  
Exceptional Family Member Program (EFMP) Assistance • Casualty Assistance •  
Ombudsman Program • Non-medical Counseling • Family Advocacy •  
Sexual Assault Prevention & Response (SAPR) Services

Many programs are available to promote quality of life for military personnel and their families.

Visit the Fleet and Family Support Center for further information on base and community services.



**Saratoga Navy Families** is a Facebook Group where you can ask questions, get recommendations, plan meet-ups, and get to know some of the other local Navy Families.

You can find it at <https://www.facebook.com/groups/saratoganavyfamilies/>



*Military OneSource provides policies and programs that advance the well-being of service members, their families, survivors and other eligible members of the military community.*

### Military OneSource

New York State Consultant - Jason Venditti

Phone: 518-265-2901

Email: [Jason.Venditti@militaryonesource.com](mailto:Jason.Venditti@militaryonesource.com)

24/7 Phone: 800-342-9647

Web/Chat: [www.militaryonesource.mil](http://www.militaryonesource.mil)

Saratoga Springs Website: <https://installations.militaryonesource.mil/in-depth-overview/naval-support-activity-saratoga-springs>

# Global Household Goods Contract (Formerly Defense Personal Property Program)

**19 J F King Dr. Bldg. 103**  
**Saratoga Springs, NY 12866**

**Phone: 518-886-0200 x 115**

**Websites:**

**<https://www.militaryonesource.mil/moving-pcs/moving-personal-property>**  
**<https://dps.move.mil/cust/standard/user/home.xhtml>**  
**<https://www.ustranscom.mil/dp3/ghgc.cfm>**

<b>PPSO HOURS: Saturday &amp; Sunday</b>		<b>CLOSED</b>
<b>Monday-Friday</b>		<b>0700-1600</b>
<b>Federal Holidays</b>		<b>CLOSED</b>

GHC is focused on improving the relocation process for Defense Department and Coast Guard personnel and their families. It provides the Defense Personal Property Program a new model for moving household goods.

Under GHC, a company called HomeSafe Alliance will manage a network of commercial moving companies to carry out the tasks associated with the following relocation services:

- Household goods shipments
- Storage-in-transit warehouse services
- Unaccompanied baggage shipments
- Shipments in and out of non-temporary storage (coming in the future)

*Note: GHC does not include the movement of Privately Owned Vehicles, or POVs. See [PCSMYPOV](#) for shipping information and resources.*



## Morale, Welfare, and Recreation (MWR) of Saratoga Springs

**Website:**

**<https://myffr.navyaims.com/navyma/navyma.html>** — Select “NSF Saratoga Springs”  
**<https://www.NavyLifeNSAS.com>**

MWR provides recreational programs and services in the areas of outdoor recreation, community events, discount tickets to attractions and vacation bookings, leisure skills development, recreation equipment rentals, parks and picnic areas.

**MWR ITT Office, Saratoga Springs**

**19 J F King Dr. Bldg. 106**  
**Saratoga Springs, NY 12866**

**Phone: 518-886-0200 x 126**

**MWR Community Recreation Center**

**3569 Galway Rd.**  
**Ballston Spa, NY 12020**

**Phone: 518-885-5138 x 1**

For any questions about this document, contact FFSC Saratoga Springs.



<b>MWR ITT HOURS: Saturday &amp; Sunday</b>		<b>CLOSED</b>
<b>Monday-Friday</b>		<b>0900-1600</b>
<b>Federal Holidays</b>		<b>CLOSED</b>

<b>MWR CRC HOURS: Sunday &amp; Monday</b>		<b>CLOSED</b>
<b>Tuesday</b>		<b>0700-1730</b>
<b>Wednesday-Friday</b>		<b>0800-1730</b>
<b>Saturday</b>		<b>0700-1530</b>
<b>Federal Holidays</b>		<b>CLOSED</b>





## Navy Federal Credit Union

NSF Saratoga Springs Branch

[19 J F King Dr. Bldg. 105](#)

[Saratoga Springs, NY 12866](#)

Phone: 888-842-6328

Website: <https://www.nfcu.org>

NFCU HOURS: **Saturday & Sunday** **CLOSED**

<b>Monday-Friday</b>	<b>0900-1630</b>
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<b>Federal Holidays</b>	<b>CLOSED</b>
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<b>Vestibule ATM</b>	<b>24/7/365</b>
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Checking, Savings, Loans, and all your banking needs.



## Navy Exchange Mini-Mart

NSF Saratoga Springs

[19 J F King Dr. Bldg. 118](#)

[Saratoga Springs, NY 12866](#)

Phone: 518-584-7426

Website: <https://www.mynavyexchange.com>

NEX HOURS: **Sunday** **CLOSED**

<b>Monday-Friday</b>	<b>0800-1800</b>
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<b>Saturday</b>	<b>0900-1800</b>
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<b>Federal Holidays</b>	<b>CLOSED</b>
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## DECA Commissary

NSF Saratoga Springs

[19 J F King Dr. Bldg. 117](#)

[Saratoga Springs, NY 12866](#)

Phone: 518-245-1215

Email: [SaratogaSprings.commissary@deca.mil](mailto:SaratogaSprings.commissary@deca.mil)

Website: <https://shop.commissaries.com>

COMMISSARY HOURS: **Sunday & Monday** **CLOSED**

<b>Tuesday-Saturday</b>	<b>0900-1800</b>
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<b>Federal Holidays</b>	<b>CLOSED</b>
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## NAVY & MARINE CORPS RELIEF SOCIETY

NPTU Ballston Spa, Administrative Building

Phone: 518-884-1842

Website: <https://www.nmcrs.org>

Navy-Marine Corps Relief Society provides several programs and services to assist active duty and retired Sailors, Marines and their families in financial need. *What we offer: Quick Assist Loans, Emergency Travel, Visiting Nurses, Financial Assistance, Education Assistance, Budget for Baby, Thrift Shops, Disaster Relief.*

## FREE Saratoga Regional YMCA Membership for Active Duty and their Dependents

For information about membership, contact MWR CRC at (518) 885-5138 x 1

MWR Saratoga Springs offers free membership, to the five branches of the Saratoga Regional YMCA (SRYMCA), for Active Duty Service Members and their dependents (verified in DEERS). The Saratoga Regional YMCA branches are as follows: Saratoga Springs, Wilton, Malta, Corinth, and Battenkill.

The SRYMCA offers a variety of membership benefits, within the five branches it operates, to include:

- Programs for children, youth, adults, families and seniors
- Use of cardiovascular fitness equipment
- Steam/sauna rooms and whirlpool
- Free weight area
- Gymnasium
- Year-round running track and swimming pool
- Indoor tennis courts
- Many fitness programs without any additional cost
- Fitness assessment and follow-up
- KidzCare while working out (Saratoga Springs, Wilton, Battenkill and Malta)
- Gymnastics
- Field House
- Athletic Training Center



## Saratoga Regional YMCA



In addition to the above benefits, an NSF Saratoga Springs SRYMCA member may partake in select, subsidized classes.

For membership information about the Saratoga Regional YMCA go to <https://srymca.org/>

## DEERS/ID Cards Office

518-886-0200 x 111

[19 J F King Dr. Bldg 104](#)

[Saratoga Springs, NY 12866](#)

Website: <https://idco.dmdc.osd.mil/idco/>

DEERS/ID Cards provides all manner of services with adding family members to DEERS and issuing or replacing military ID cards.

Appointments available at website listed.

Walk-ins welcome.



### DEERS/ID HOURS:

<b>Saturday &amp; Sunday</b>	<b>CLOSED</b>
<b>Monday-Friday</b>	<b>0730-1530</b>
<b>Federal Holidays</b>	<b>CLOSED</b>

## Finding Housing

Housing prices in the Saratoga Springs, NY area are volatile at times. The Saratoga Race Track season (from July through early September) skyrockets rental prices, and many landlords choose to do only short-term rentals during that time, as they are able to make a significantly higher profit.

When house hunting in the area, your first step should be to contact the Navy Housing Service Center in Saratoga Springs. If you would like to see the available listings, you can find homes that have been inspected and approved by the local Housing Service Center by visiting <https://www.homes.mil> and searching by the installation "NAVY NSA SARATOGA SPRINGS NY."

Additionally, the Housing Early Assistance Tool (HEAT), linked at the bottom of the homes.mil website, will put you in contact with the HSC in our area to help you secure housing before your PCS. HEAT allows Service Members to get information about housing options and to begin the process of applying for housing prior to their move.

***Service Members are encouraged to report to the Housing Service Center (HSC) at their new duty station before making arrangements to rent, lease, or purchase housing. Service Members are further advised not to send monetary deposits for housing prior to contacting the HSC.***

### Navy Housing Service Center (HSC) of Saratoga Springs

26 Quiet Harbor Road  
Saratoga Springs, NY 12866

Phone: 518-886-0200 x 168

Fax: 518-886-0123

Websites:

<https://ffr.cnmc.navy.mil/Navy-Housing/>

<https://www.homes.mil>



NHC HOURS:	Saturday & Sunday	CLOSED
	Monday-Friday	0700-1530
	Federal Holidays	CLOSED

The HSCs are staffed with trained professionals; experts in providing housing services, locating desirable homes and neighborhoods to choose from and assisting in the process of determining what is most important in your housing search, then matching your priorities with the choices available. Your housing advocates at the HSC provide support and guidance to service members and their families to ensure access to safe, affordable, and adequate housing. They facilitate communications with landlords if there are lease, maintenance, health, or safety issues. Counselors serve as a liaison to military leadership and legal offices if the problems cannot be resolved using our services. The HSC is your government advocate for assisting with any housing needs.

## Drive Times

NPTU is located at

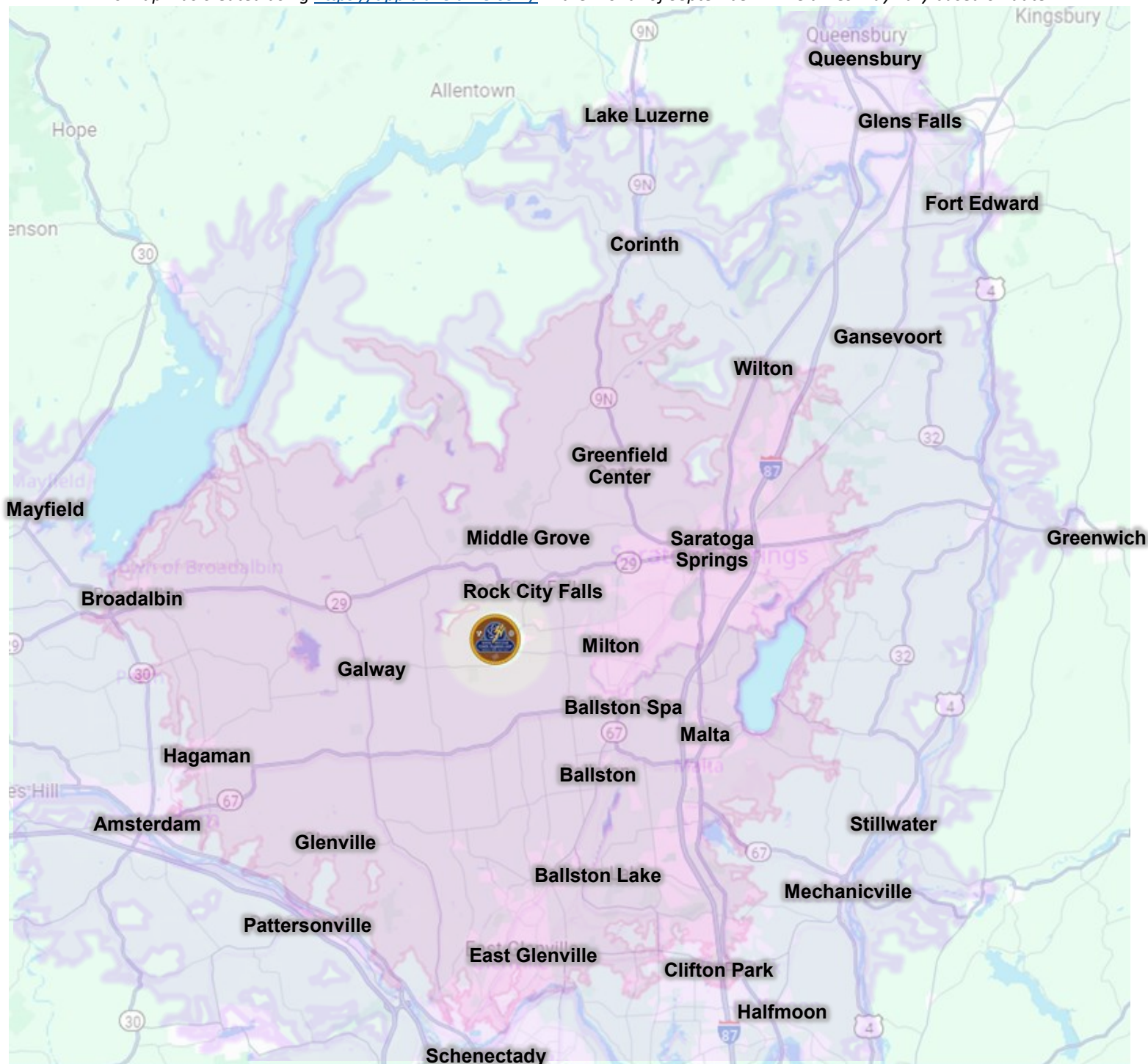
350 Atomic Project Rd.,  
Ballston Spa, NY 12020

The NPTU logo on the map to the right shows its location relative to other cities in the area.

The pink shading indicates a 30-minute drive time to NPTU at 0700 on a weekday. The purple shading (larger) shows a 45-minute drive time.

Use this map to determine where to look for housing, and to understand how long it may take to get to work in the morning depending on where you live.

*NOTE: These drive times are approximate and do not account for the heavy increase in population and traffic during the summer track season in Saratoga Springs from early July through early September.*





## Military Families with Special Needs

The **Exceptional Family Member Program (EFMP)** is mandatory for all sponsors who have authorized family members identified with medical (physical, mental, emotional) of a chronic nature (six months or longer) and/or have children who either qualify for or who are receiving special educational services. Learn more about the EFMP by visiting <https://ffr.cnmc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Work-and-Family-Life/Exceptional-Family-Member-Program/EFMP-Enrollment-Process/>.

The Tricare Extended Care Health Option (ECHO) provides financial assistance to beneficiaries with special needs for an integrated set of services and supplies.

To use ECHO, qualified beneficiaries must:

Be enrolled in the Exceptional Family Member Program (EFMP) through the sponsor's branch of service. Sometimes, enrollment in the EFMP may be waived, for example when the sponsor's branch of service doesn't provide the EFMP, or when the beneficiary resides with the custodial parent who isn't the active duty sponsor.

You can find more information about ECHO at <https://www.tricare.mil/Plans/SpecialPrograms/ECHO>

**Contact your EFMP Liaison at FFSC at 518-886-0200 x 149 for help or answers to your questions with the EFMP process.**



**To find Autism Care covered by TRICARE, visit <https://www.goperspecta.com/VPD/HumanaMilitary/public/ProviderSearch/Main> and select the option "Autism Care" in the shaded area at the top of the screen under "Find care."**



## Other Resources for Military Families in Saratoga County

### LifeWorks Community Action of Saratoga

<https://www.lifeworksaction.org/>

Phone: 518-288-3206



LifeWorks offers help with Head Start Programs, Energy Services, Family Services, Food Programs, Immigrant Services and WIC Services.

Programs available to help neighbors overcome the wide range of challenges they may face including [hunger](#), [utility costs](#), [child care](#), and [language barriers](#). If LifeWorks doesn't offer a service, we'll provide the appropriate referrals to another agency.

For any questions about this document, contact FFSC Saratoga Springs.

### Veterans Food Pantry of Ballston Spa

<https://vchcny.org/category/programs/veteran-food-pantry/>

Email: [info@vchcny.org](mailto:info@vchcny.org)

Phone: 518-885-0091



### Southern Adirondack Independent Living

<https://sailhelps.org>

Saratoga Springs 518-584-8202

Queensbury 518-792-3537

Monday-Friday 0800-1600



Last Updated 12/03/2024

## Childcare Needs

NSF Saratoga Springs does not offer on-base childcare, however, there are many options available.

In 2023, Governor Hochul announced that New York State military families will now be able to receive child care fee assistance that covers 15,000 state-licensed child care providers. The military fee assistance will offset the cost of child care not covered by the parent fee as calculated by their total family income up to a maximum child care rate of \$1800 per month per child.

New York State has been selected as the first state approved to qualify licensed/registered child care providers for participation in this federal [military fee assistance program](#). Child care providers licensed by the New York State Office of Children and Family Services will be eligible to participate and receive fee assistance on behalf of a military family under the Military Child Care in Your Neighborhood-PLUS program offered by the U.S. Department of Defense. 48,000 Military Families in New York State Can Choose Among 15,000 Child Care Providers Accepting Federal Fee Assistance

New York Is First State Approved for Child Care Licensing Used to Qualify Community-Based Providers for Expanded Military Fee Assistance

**You can find a local provider by utilizing Military Child Care in Your Neighborhood (MCCYN) through [militarychildcare.com](https://militarychildcare.com) and following the steps below.**



MilitaryChildCare.com (MCC) is a Department of Defense (DoD) website for military families seeking child care. This single online gateway provides comprehensive information on military-operated or military-subsidized child care programs worldwide and simplifies the child care search and request process.

This Department of Defense (DoD) program makes it easier to find the child and youth care your family needs. Military and DoD civilian families can search for child and youth care options through a single website. Using MilitaryChildCare.com, you can find comprehensive information on child care programs worldwide, conduct a customized search for the care you need, and submit a request for care at any time and from any location.

**Step 1: Create an account.** Go to MilitaryChildCare.com to create an account containing information about your family, or to login in using an existing username and password.

**Step 2: Search and request care.** Search the system for the child care option that best fits your needs and submit your requests for care.

**Step 3: Manage your requests.** You can manage your requests for care from anywhere in the world.

**Step 4: Update your profile.** Keep your *My Profile* page up to date with important information.

# Very Young Children

Mini City Saratoga Springs is a wonderful resource for parents of pre-school-aged children who are looking for things to do with their little ones. Check out <https://minicity.online/> for events and ideas!



# Local Public Libraries

The public libraries in the area are for so much more than books. From books & movies, digital downloads to free museum pass check-outs, free tool check-outs, and seed exchanges—you can find almost anything you need at no cost to you.

Additionally, for parents of very young children, the local libraries offer children’s rooms and a wide variety of children’s play groups and events including recurring story times, crafts, and play-and-learn rooms designed just for their age group.

Find your local public library at <https://www.nysl.nysed.gov/libdev/libspublibs/3sa.htm>.

# The Children’s Museum at Saratoga

65 South Broadway  
Saratoga Springs, NY 12866  
Phone: 518-584-5540  
Email: [info@cmssny.org](mailto:info@cmssny.org)  
Website: <https://cmssny.org/>



MUSEUM HOURS:	Sunday & Monday	CLOSED
	Tuesday-Saturday	0900-1200 1300-1600

The Children’s Museum, located right in Saratoga Springs, is a non-profit organization dedicated to creating an interactive community that inspires curiosity, sparks imagination and nurtures discovery.

# Summer Camps

The Saratoga area offers many options for Summer Camp for the children of all ages. Camps fill up quickly around here, so make sure you check early and often for registration. Click here for a guide to summer camps in the Saratoga area: <https://www.saratoga.com/summer-camp/>

# Playgrounds

There are hundreds of updated and accessible playgrounds in the Capital region. Capital District Moms maintains an extensive database of reviews, photos, and directions to nearly all of the playgrounds available. Visit <https://capitaldistrictmoms.com> for this, and many other resources.

Some of the closer playgrounds are listed below. Click the link associated with the name to see photos and read about each one.

*Note: Many elementary schools in the area allow public use of their playgrounds during the summer months, when school is not in session. Call your local elementary school to find out more!*

## **MWR Community Recreation Center**

3569 Galway Rd.  
Ballston Spa, NY 12020

## **Suzanne's Playground**

13 Wood Thrush Ct  
Ballston Spa, NY 12020  
*Expression Swing*

## **Saratoga Spa State Park** *\*\*Three Playgrounds\*\**

19 Roosevelt Drive  
Saratoga Springs, NY 12866

## **East Side Rec**

226 Lake Ave  
Saratoga Springs, NY 12866  
*Sandbox, Splash Pad*

## **West Side Recreation Park**

166 Division St  
Saratoga Springs, NY 12866  
*Sandbox, Splash Pad, Zip Line*

## **Schuyler Park**

893 NY-29  
Saratoga Springs, NY 12866

## **Middle Grove Park**

428 Middle Grove Rd  
Middle Grove, NY 12850  
*Expression Swing*

## **Gavin Park**

10 Lewis Rd.  
Saratoga Springs, NY 12866  
*Splash Park next to the playground*  
*(There is a fee to get into the splash park.)*

## **Kelley Park**

39 Ralph Street  
Ballston Spa, NY 12020





## Schools in Saratoga County, NY

More information about the schools within Saratoga County can be found at:

[https://nces.ed.gov/ccd/districtsearch/district\\_list.asp?Search=1&State=36&County=Saratoga](https://nces.ed.gov/ccd/districtsearch/district_list.asp?Search=1&State=36&County=Saratoga)

Or by visiting the school websites, linked through the district names below.

Data about the schools and districts in Saratoga County, including enrollment data, graduation rates, and students with disabilities data can be found at: <https://data.nysed.gov/profile.php?county=52>

	District Name	Phone	Students	Schools
1	<a href="#">BALLSTON SPA CENTRAL SCHOOL DISTRICT</a> 70 MALTA AVE, BALLSTON SPA, NY 12020	(518)884-7195	3,920	6
2	<a href="#">BURNT HILLS-BALLSTON LAKE CENTRAL SCHOOL DISTRICT</a> PO BOX 1389, BALLSTON LAKE, NY 12019	(518)399-9141	3,116	5
3	<a href="#">CORINTH CENTRAL SCHOOL DISTRICT</a> 105 OAK ST, CORINTH, NY 12822	(518)654-2601	1,097	3
4	<a href="#">EDINBURG COMMON SCHOOL DISTRICT</a> 4 JOHNSON RD, EDINBURG, NY 12134	(518)863-8412	54	1
5	<a href="#">GALWAY CENTRAL SCHOOL DISTRICT</a> 5317 SACANDAGA RD, GALWAY, NY 12074	(518)882-1033	830	2
6	<a href="#">MECHANICVILLE CITY SCHOOL DISTRICT</a> 25 KNISKERN AVE, MECHANICVILLE, NY 12118	(518)664-5727	1,367	2
7	<a href="#">SARATOGA SPRINGS CITY SD</a> 3 BLUE STREAK BLVD, SARATOGA SPRINGS, NY 12866	(518)583-4708	6,005	8
8	<a href="#">SCHUYLERVILLE CENTRAL SCHOOL DISTRICT</a> 14 SPRING ST, SCHUYLERVILLE, NY 12871	(518)695-3255	1,377	3
9	<a href="#">SHENENDEHOWA CENTRAL SCHOOL DISTRICT</a> 5 CHELSEA PL, CLIFTON PARK, NY 12065	(518)881-0610	9,433	12
10	<a href="#">SOUTH GLENS FALLS CENTRAL SCHOOL DISTRICT</a> 42 MERRITT RD STE 1, SOUTH GLENS FALLS, NY 12803	(518)793-9617	2,845	6
11	<a href="#">STILLWATER CENTRAL SCHOOL DISTRICT</a> 1068 HUDSON AVE, STILLWATER, NY 12170	(518)373-6100	1,033	2
12	<a href="#">WATERFORD-HALFMOON UNION FREE SCHOOL DISTRICT</a> 125 MIDDLETOWN RD, WATERFORD, NY 12188	(518)237-0800	760	2



## Universal Pre-K (4 year olds)

Universal Pre-K for 4 year olds is available in New York State on a limited, space-available basis.

Contact your school district, or visit the links below, to register your child for UPK.

Information about State-Administered Prekindergarten Programs and other Early Learning Resources is available at <https://www.nysed.gov/early-learning>



Ballston Spa CSD <https://www.bscsd.org/departments/curriculum-instruction/2024-2025-universal-pre-kindergarten->

Burnt Hills-Ballston Lake CSD <https://www.bhbl.org/academics/pre-kindergarten-program-faq/>

Corinth CSD <https://www.corinthcsd.org/o/cces/page/pre-kindergarten/>

Galway CSD <https://galway.ss16.sharpschool.com/cms/One.aspx?portalId=91413&pageId=27932091>

Mechanicville CSD <https://www.mechanicville.org/universal-pre-kindergarten/>

Saratoga Springs CSD <https://www.saratogaschools.org/about-us/student-registration/upk/>

Schuylerville CSD <https://www.schuylervilleschools.org/2024-upk-registration-begins-jan-16/>

Shenendehowa CSD <https://www.shenet.org/universal-prek-upk/>

South Glens Falls CSD <https://www.sgfcasd.org/page/universal-prekindergarten>

Stillwater CSD <https://www.scsd.org/departments-services/student-registration/universal-pre-k-program-registration/>

Waterford-Halfmoon CSD [https://www.whufsd.org/elementary\\_school/universal\\_pre-kindergarten](https://www.whufsd.org/elementary_school/universal_pre-kindergarten)

## Military Interstate Children's Compact Commission (MIC3)

While the Compact is not exhaustive in its coverage, it addresses key issues encountered by military families: eligibility, enrollment, placement, and graduation. In addition, the Compact provides for a detailed governance structure at both the state and national levels with built-in enforcement and compliance mechanisms. The goal of the Compact is to replace the widely varying policies affecting transitioning military students. The Compact leverages consistency: It uses a comprehensive approach that provides a consistent policy, for the areas specified in the compact, in every school district and member state.

Visit <https://mic3.net> to learn more about educational resources available to military families in the U.S.



## Mental Health Care

### The Fleet & Family Support Center (FFSC) of Saratoga Springs Non-medical Counseling

[19 J F King Dr. Bldg. 104](#)  
[Saratoga Springs, NY 12866](#)

Phone: 518-886-0200 x 146

Email: [ffscss@us.navy.mil](mailto:ffscss@us.navy.mil)

Website: [navylifema.com/programs/07da9a84-a0a7-4fc6-b54b-e5f9fead42ea](http://navylifema.com/programs/07da9a84-a0a7-4fc6-b54b-e5f9fead42ea)



### Military OneSource Non-medical Counseling

<https://www.militaryonesource.mil/benefits/confidential-non-medical-counseling/>

### NPTU Command Chaplain Counseling 518-469-1304

**To locate a Civilian Mental Health Care provider that accepts TRICARE, visit this link:**

<https://www.goperspecta.com/VPD/HumanaMilitary/public/ProviderSearch/Main>

Then search by specialty or condition, "Mental Health" and your location.

By name    + By specialty or condition    By location

Mental Health    Saratoga Springs, NY 12866    🔍

Search by military hospital or clinic

ADVANCED SEARCH

## Medical and Dental Needs

There is no Military Treatment Facility in the Saratoga Springs area. Medical and dental needs of Active Duty Service Members are addressed through the Naval Branch Health Clinic (below)



### Naval Branch Health Clinic

[1 West Ave. Suite 230](#)  
[Saratoga Springs, NY 12866](#)

Phone Numbers:

Main: 518-583-5301

Appointments: 888-628-9633

Rx Refills: 877-211-1126

Fax: 518-583-7990

Walk-in Contraceptive Services Thursdays 1400-1500

**NMRTCSS HOURS: Saturday & Sunday CLOSED**

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<b>Clinic:</b>	
<b>Monday-Friday</b>	<b>0700-1530</b>

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<b>Pharmacy:</b>	<b>0700-1100</b>
<b>Monday-Friday</b>	<b>1200-1530</b>

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<b>Laboratory:</b>	
<b>Monday-Friday</b>	<b>0700-1400</b>

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<b>Federal Holidays</b>	<b>CLOSED</b>
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## Military Family Healthcare

Military family members and dependents must be enrolled in TRICARE and will utilize either Humana or Martin's Point for all of their medical and dental needs. Information on how to do this is on the following pages.



**Humana**  
Military



**TRICARE Nurse Advice Line 1-800-874-2273 Option 1**

**Humana Military: TRICARE East 1-800-444-5445**

**Local Representative: Andreas Huxtable 413-822-6852**

**Website: <https://www.humanamilitary.com>**

**Martin's Point US Family Health Plan—TRICARE 1-888-674-8734**

**Local Representative: Keith Prairie 518-588-4441**

**Website: <https://www.martinspoint.org>**

## Finding a Dentist

For family members of Active Duty Service Members, you must be enrolled in the TRICARE Dental Program, a voluntary paid dental plan.

Visit <https://www.tricare.mil/CoveredServices/Dental/TDP> to find out more about the TDP including eligibility, costs, coverages and how to enroll through Beneficiary Web Enrollment (<https://milconnect.dmdc.osd.mil/milconnect/>)



## Finding a Pharmacy (who accepts TRICARE)

Visit <https://militaryrx.express-scripts.com/find-pharmacy> to find a network pharmacy in your area or to enroll in Express Scripts.

Express Scripts



## Finding a Doctor (who accepts TRICARE)

If you are on TRICARE, visit <https://www.tricare.mil/FindDoctor> to locate a network provider in the area. This includes pediatricians, primary care doctor, and specialty care.

Follow the prompts on this page to find a doctor in the area who accepts TRICARE.

This menu on the left of the page will also help you figure out how to change your PCM once you find one. →

The screenshot displays the TRICARE website's 'Find a Doctor' page. At the top, there's a navigation bar with links like 'Plans & Eligibility', 'Getting Care', 'What's Covered', 'Costs', 'Life Events', and 'Patient Resources'. The 'Getting Care' section is active. Below this, a breadcrumb trail shows 'Home > Getting Care > Find a Doctor'. The left sidebar contains a 'Getting Care' menu with options: 'Types of Care', 'Referrals and Pre-Authorizations', 'Find a Doctor' (selected), 'Find/Change My Primary Care Manager', 'All Provider Directories', 'Find a Military Hospital or Clinic', and 'Book Appointments'. The main content area is titled 'Find a Doctor' and includes a 'Find a Provider [0% complete]' section. It asks 'Q1: What Type of Provider do You Want to See?' with radio button options: 'Military Hospital or Clinic', 'Network Provider', 'Non-Network Provider', and 'Not Sure'. The right sidebar has buttons for 'Find a TRICARE Plan', 'Find a Doctor', and 'Find a Phone Number', along with regional filters for 'East Region', 'West Region', and 'Overseas'.

**Note: PCMs must be changed through Beneficiary Web Enrollment (<https://milconnect.dmdc.osd.mil/milconnect/>)**

## Finding a Doctor (cont'd)

Another option for finding a doctor, pediatrician, or specialty care in the area is via the website:

<https://www.goperspecta.com/VPD/HumanaMilitary/public/ProviderSearch/Main>



**Note: PCMs must be changed through Beneficiary Web Enrollment (<https://milconnect.dmdc.osd.mil/milconnect/>)**

**By clicking the “ADVANCED SEARCH” button on this page, you will be able to search TRICARE providers by medical condition, specialty, location, name, phone number, type, language and radius.**

## Pet Care

For a comprehensive list of veterinarians in the area, visit <https://chamber.saratoga.org/list/ql/pets-veterinary-18>

For a comprehensive list of pet boarding facilities in the area, visit <https://www.saratogadoglovers.com/guides/boarding/>

For Emergency and Long-Term Military Boarding,  
visit <https://www.dogretirement.com/military-long-term-dog-boarding/>



## Emergency Veterinary Services



### Northway Animal Emergency Clinic

[35 Fawn Rd](#)

[Gansevoort, NY 12831](#)

Friday, Saturday and Sunday 0800-2000

518-761-2602

<https://northwayanimalemergency.com/>



### Upstate Veterinary Specialties

152 Sparrowbush Road

Latham, NY 12110

24/7/365

518-783-3198

<https://www.uvsonline.com/>



### Capital District Animal Emergency Clinic

[222 Troy Schenectady Rd.](#)

[Latham, NY 12110](#)

24/7/365

518-785-1094

<https://www.capitaldistrictvet.com>

## Law and Legal Resources

### Voting

Visit <https://www.vote.org> to check your voter registration, register to vote, vote by mail, see what's on your ballot, get election reminders, and more. It's your one-stop shop to find everything you need to vote in your state of record, no matter where you're stationed.



### Navy Legal Service Office

NSF Saratoga Springs utilizes the Region Legal Service Office, Mid Atlantic Detachment Groton, located on Naval Submarine Base New London— 84 Grayling Avenue Box 46, Groton, CT 06349.

**Phone: 860-694-3741 or 860-694-3315**

**24/7 Phone: 757-650-0701**

**Email:** LegalAssistanceGroton@us.navy.mil

**Website:** <https://www.jag.navy.mil/legal-services/mid-atlantic/>

**NLSO NLON HOURS: Saturday & Sunday CLOSED**



**Monday-Thursday 0800-1500**

**Friday 0800-1300**

**Federal Holidays CLOSED**

**NPTU Ballston Spa Command Legal Office\*\*** offers Power of Attorney, Wills, and Notary services. Contact LN1 Allison Ranson at 518-884-2027 or email her at [allison.e.ranson.mil@us.navy.mil](mailto:allison.e.ranson.mil@us.navy.mil).

**\*\*This is an active-duty service member. This contact information may change. Please call the phone number to verify before sending email.**

### For an In-Depth Look at NY State Servicemembers' Laws

Reference the 272-page New York State Veterans' and Servicemembers' Law Book at:

<https://veterans.ny.gov/system/files/documents/2024/02/veterans-law-book-2023.pdf>

### For a list of Civilian Lawyers & Attorneys in Saratoga County

Visit <https://chamber.saratoga.org/list/category/attorneys-legal-services-18>





## New York State Taxes

### New York State Tax Information

Visit <https://www.tax.ny.gov/help/taxpayer-education/tax-basics-military-personnel-veterans.htm> to find out more about filing taxes in New York State for military personnel such as personal income tax exemptions for military and spouses under certain circumstances and the Child and Dependent Care Credit.



To better understand the Military Spouse Residency Relief Act, which allows a military spouse to maintain the same state of legal residency as the service member provided the spouse had also lived in the state. A second amendment to the SCRA, called the Veterans Benefits and Transition Act of 2018, allows military spouses to claim their service member's state of legal residence as their own, if they choose to do so. visit <https://www.militaryonesource.mil/financial-legal/legal/military-spouses-residency-relief-act/>

### Real Estate Tax Exemptions for Military in New York State

*NOTE: Senate Bill S7461, signed by Governor Hochul and effective April 1, 2024, clarifies the definition of veteran to include career members of the armed forces for purposes of the veterans alternative tax exemption.*

You may be eligible for real estate property tax exemption in New York State. Visit your local Assessor's Office or the website of the NY State Department of Tax and Finance to find out more: <https://www.tax.ny.gov/pit/property/exemption/vetexempt.htm>

### STAR Credit or STAR Exemption

The School Tax Relief (STAR) program offers property tax relief to eligible New York State homeowners.

Find out if you qualify at <https://www.tax.ny.gov/star/>

# New York State Department of Motor Vehicles

## New York State DMV

Laws involving the DMV requirements differ from state to state. For information about requirements for vehicle licensing, registration, insurance, and driver’s licensing in New York State, visit <https://dmv.ny.gov/more-info/information-for-military-and-veterans>



- Active duty servicemembers and their dependents who are stationed in New York are not required to register their vehicle in New York if it is registered in another state.
- New York requires that vehicle insurance meets New York State requirements regardless of state in which insurance is issued.
- Military members and their spouses who move to New York State on orders are not required to obtain a New York driver’s license, provided they have a valid driver’s license from another state. However, if a military member or spouse chooses to become a resident of New York State, they have 30 days to obtain a New York License.
- Active duty military members with out-of-state vehicle registration are not required to complete New York State vehicle inspections. If a vehicle is registered in New York, it must pass state emissions and safety inspections annually.

## Saratoga County DMV Locations

Walk-ins at all Saratoga County Offices. If you are in need of an appointment, please call the Clifton Park location.

**Ballston Spa DMV**  
[40 McMaster Street,](#)  
[Ballston Spa, NY 12020](#)  
Fax: (518) 884-8391

**Clifton Park DMV**  
[22 Clifton Country Road, Clifton Park Center Mall,](#)  
[Clifton Park, NY 12065](#)  
Fax: (518) 371-8669

**Wilton DMV**  
[3065 Route 50, Wilton Mall](#)  
[Saratoga Springs, NY 12866](#)  
Fax: (518) 580-0541

SARATOGA COUNTY DMV HOURS:	Sunday	CLOSED
	Monday	0800-1645
	Tuesday	0800-1645
	Wednesday	0800-1800
	Thursday	0800-1645
	Friday	0800-1645
	Saturday	CLOSED

## New York State Military Education Opportunities

New York State veterans, active-duty service members, or members of their immediate families may receive higher education benefits to help pay for college.

If you are a New York State resident and plan to attend a college or university in New York, you may be eligible for New York's Tuition Assistance Program.

Get help understanding what scholarships are available to you by visiting <https://www.hesc.ny.gov/military-veteran-families/>

## NPTU Educational Services Officer for Active Duty

The ESO at NPTU is MMNCS Perez. He can be contacted at 518-884-1840

## Naval Submarine Base New London Navy College Office

There is not currently a local Navy College Office, but local Sailors may contact the NLON NCO at 860-694-3335

More information about the Navy College Program can be found at <https://www.navycollege.navy.mil/>

## Colleges and Universities in Saratoga County

New York State is home to State University of New York (SUNY). SUNY is the largest comprehensive university system in the United States and spans 64 campuses throughout the state, including [Empire State University](https://www.suny.edu/attend/find-a-suny-campus/) right here in Saratoga Springs! Visit <https://www.suny.edu/attend/find-a-suny-campus/> to find a SUNY campus near you.



SKIDMORE



## Military Travel and Leisure

Below are travel clubs available exclusively to military and their families. Many deep discounts on resort stays and vacation packages can be found by obtaining a *free* membership to these resources.



**Armed Forces Vacation Club** – a free membership travel club for all active, retired and veteran military members. We believe that our military members and veterans deserve the best – that’s why a membership with Armed Forces Vacation Club provides a one-stop shop for all your vacation needs with exclusive discounts on resorts, hotels and so much more. <https://www.afvclub.com/>

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**American Forces Travel**, supported by Priceline, is the U.S. Department of Defense official online leisure travel site for active military, Guard or Reserve, U.S. Coast Guard, Retired military, and all eligible MWR patrons.

<https://www.americanforcetravel.com/>



## Military Discounts and Benefits—Air Travel & Hotels



### Airlines out of Albany, NY airport (ALB)

<b>United Airlines</b>	<a href="https://www.united.com/en/us/fly/company/company-info/military-benefits-and-">https://www.united.com/en/us/fly/company/company-info/military-benefits-and-</a>
<b>Jet Blue Airlines</b>	<a href="https://www.jetblue.com/flying-with-us/military-customers">https://www.jetblue.com/flying-with-us/military-customers</a>
<b>American Airlines</b>	<a href="https://www.aa.com/i18n/customer-service/programs-products/military-benefits.jsp">https://www.aa.com/i18n/customer-service/programs-products/military-benefits.jsp</a>
<b>Delta Airlines</b>	<a href="https://www.delta.com/us/en/special-circumstances/military-travel/overview">https://www.delta.com/us/en/special-circumstances/military-travel/overview</a>
<b>Southwest Airlines</b>	<a href="https://www.southwest.com/html/air/military-travel.html">https://www.southwest.com/html/air/military-travel.html</a>

### Major Hotel Chains

<b>Hilton</b>	<a href="https://www.hilton.com/en/offers/military-rate-2000000074/">https://www.hilton.com/en/offers/military-rate-2000000074/</a>
<b>Marriott</b>	<a href="https://deals.marriott.com/militaryfirstresponderrate">https://deals.marriott.com/militaryfirstresponderrate</a>
<b>Hyatt</b>	<a href="https://www.hyatt.com/info/veterans">https://www.hyatt.com/info/veterans</a>
<b>Wyndham</b>	<a href="https://www.wyndhamhotels.com/wyndham-rewards/military">https://www.wyndhamhotels.com/wyndham-rewards/military</a>
<b>IHG</b>	<a href="https://www.ihg.com/content/us/en/deals/hotel-offers/government/military-leisure-rate">https://www.ihg.com/content/us/en/deals/hotel-offers/government/military-leisure-rate</a>
<b>LaQuinta</b>	<a href="https://www.wyndhamhotels.com/laquinta/hotel-deals/military">https://www.wyndhamhotels.com/laquinta/hotel-deals/military</a>
<b>Best Western</b>	<a href="https://www.bestwestern.com/en_US/offers/hotel-discounts/military-discounts.html">https://www.bestwestern.com/en_US/offers/hotel-discounts/military-discounts.html</a>
<b>Choice Hotels</b>	<a href="https://www.choicehotels.com/deals/government-and-military-rates">https://www.choicehotels.com/deals/government-and-military-rates</a>



## Military Discounts and Benefits - Online Retailers



### Vet Tix

<https://www.vettix.org>

Vet Tix \* provides tickets to events which reduce stress, strengthen family bonds, build life-long memories and encourage service members and veterans to stay engaged with local communities and American life. We support our troops by honoring their service and providing positive family and life experiences, during and after their years of service to our country.

Vet Tix provides tickets to all branches of currently-serving Military and Veterans, including immediate family of troops KIA.

Vet Tix secures tickets to sporting events, concerts, performing arts, educational and family activities across the nation. VetTixers sign up online. We verify their service. VetTixers request tickets to events that interest them, then pay a small delivery fee to receive their free tickets.



### GOVX

<https://www.govx.com>

GOVX is dedicated to serving those who serve through the development of exclusive eCommerce channels and the support of nonprofits that provide valuable assistance to this community.

GOVX has always been more than just a place to score awesome deals on great gear. GOVX is a community of service members and American patriots who care about not only their country, but each other as well.

To date, the amazing GOVX community has raised over \$1 million for nonprofits that make a difference every day in the lives of military veterans, families, first responders, and professional heroes. The GOVX community takes care of its own.



### ID.me

<https://www.id.me>

ID.me is the next-generation digital identity network that simplifies how individuals securely prove their identity online. Consumers can verify their identity with ID.me once and seamlessly log in across websites without having to create a new login or verify their identity again. 130 million members experience streamlined login and identity verification with ID.me at 16 federal agencies, 30 states, and 56 healthcare organizations. More than 600 consumer brands use ID.me to verify communities and user segments to honor service and build more authentic relationships.

***Many local and chain retailers in the Saratoga area offer military discounts. Be sure to ask!***

## New York State Parks

The Empire Pass waives the day use entry fee for New York State Parks. The Empire Pass ranges in price from \$80 for a one-year pass to \$320 for a five year pass or \$750 for a lifetime pass.

Active duty NYS *residents* and Veterans of NYS discharged under other-than-dishonorable conditions may obtain a Lifetime Liberty Pass at no cost. **\*Must be a resident of NY State\***

Visit <https://shop.parks.ny.gov/> to purchase your Empire Pass for access to all of the State Parks of the Adirondack region and New York!

Visit <https://parks.ny.gov/parks/> to browse the wide array of beautiful State Parks in New York!

*NOTE: There is current legislation in the works - but not passed as of 9/6/2024 - to allow free annual passes to all active duty service members and their families. The bill states "Annual vehicular access for active duty service members. Notwithstanding any other law, rule or regulation to the contrary, the office or other state agency having jurisdiction of a state park or recreational facility which has the authority to issue an annual pass for vehicular access without charge to an active duty service member and his or her immediate family at any state park or recreational facility upon presentation of such active duty service member's identification card."*



## Saratoga and New York State Outdoor Recreational Areas

The Saratoga area is home to a plethora of free, easy-access, outdoor nature trails. Browse these sites to find one close to you.



**Saratoga PLAN:**

<https://saratogaplan.com>



**Parks & Trails, NY:**

<https://www.ptny.org/>

## Hunting, Fishing, and Trapping Licenses

Free Hunting, Fishing and Trapping licenses are available to NYS *residents* who have the appropriate Sportsmen Education and are active service members of the military. Visit the link below to learn more about this program under the Patriot Plan.

<https://dec.ny.gov/regulatory/permits-licenses/sporting-and-use/sporting/free-reduced-fee/sporting-licenses-under-patriot-plan>

# Discover Saratoga County

Use the websites below to learn more about the place you now call home.



<http://www.discoversaratoga.org>



<https://www.saratoga.org>

## Grocery Stores of Saratoga County

*New York State does not tax groceries and food items., diapers, drugs, or medicine.*

DECA Commissary—Located on NSF in Saratoga Springs—Military Discount Groceries

Aldi –Located in Ballston Spa and the Wilton shopping district—Discount Groceries

Market 32/Price Chopper—Multiple Locations—Standard Groceries

Hannaford—Multiple Locations—Standard Groceries

The Fresh Market—Located between Saratoga Springs and Wilton off Rt. 50—Upscale and Standard Groceries

Healthy Living—Located in the Wilton Mall—Organic and Upscale Groceries

Four Seasons Natural Foods Store—Located on Henry St. downtown Saratoga Springs—Organic and Upscale Groceries

Whole Foods—Located on Wolf Rd. in Albany—Organic and Upscale Groceries

## Dry Cleaning and Tailoring Services

There are many options for dry cleaning services in Saratoga County.

Feigenbaum Cleaners.....(Multiple Locations).....<https://feigenbaumcleaners.com>

Saratoga Cleaners.....518-587-3047.....[www.saratogadrycleaners.com](http://www.saratogadrycleaners.com)

Cudney's Cleaners.....(Multiple Locations).....[www.cudneys.com](http://www.cudneys.com)

**There are many other highly-reviewed options available in the area that can be found with a quick internet search.**

*Appearance of, or reference to, any commercial products or services does not constitute DoD endorsement of those products or services.*



## Other Great Sources of Information

Below is a list of multiple websites and organizations that provide information about the Saratoga Springs area.

The Submerged Life—The Ultimate Guide to Saratoga Springs/Ballston Spa

<https://thesubmergedlife.com/2021/02/02/the-ultimate-guide-to-saratoga-springs-ballston-spa/>

Saratoga.com—The 9 Best Solo Activities in Saratoga Springs

<https://www.saratoga.com/itineraries/solo-traveler/>

Tripadvisor—The 15 Best Things to Do in Saratoga Springs

[https://www.tripadvisor.com/Attractions-g48562-Activities-Saratoga\\_Springs\\_Saratoga\\_County\\_New\\_York.html](https://www.tripadvisor.com/Attractions-g48562-Activities-Saratoga_Springs_Saratoga_County_New_York.html)

I Love NY—New York on a Budget: Free and Low Cost Things to Do in Capital-Saratoga

<https://www.iloveny.com/blog/post/new-york-on-a-budget-free-and-low-cost-things-to-do-in-capital-saratoga/>

## Winter-Specific

Saratoga.com—Saratoga Winter Guide: Discover a Snowy Wonderland of Fun Activities & Events

<https://www.saratoga.com/winter/>

Discover Saratoga—Winter Activity Guide

<https://www.discoversaratoga.org/blog/stories/post/discover-saratoga-winter-activity-guide/>



***Appearance of, or reference to, any commercial websites does not constitute DoD endorsement of those websites.***