

# DIRECTIONS TO FORUMS

**Finger Lakes Health Systems Agency (FLHSA)**  
**1150 University Ave.**  
**Rochester, NY 14607**  
**(585) 461-3520**

## **From the EAST (Syracuse, Albany)**

- New York State Thruway (West)
- Exit 45
- Follow signs for Rte 490
- Take Rte 490 West to Rochester
- Exit 490W at Culver Road; Turn Right
- @ Fourth light, turn left onto University Ave.
- Proceed past Blockbuster Video, past 1100 University Business Center, and then you will see an acrylic bus stand.
- Turn right into next driveway which runs on either side of Towner Bikes.
- Follow driveway into Parking Lot and proceed all the way to the back of the lot.
- Veer to the right at the end of the lot and you will see the canopy entitled “Finger Lakes Health Systems Agency.

## **From the SOUTH (Corning, Bath)**

- Take Route 390N (390N splits approx. 2 miles past exit or Marketplace Mall)
- Bear right – to merge with 590 – follow signs for Downtown
- Take 490 West (Downtown Rochester)
- Exit 490W at Culver Road; Turn Right
- @ Fourth light, turn left onto University Ave.
- Proceed past Blockbuster Video, past 1100 University Business Center, and then you will see an acrylic bus stand.
- Turn right into next driveway which runs on either side of Towner Bikes.
- Follow driveway into Parking Lot and proceed all the way to the back of the lot.
- Veer to the right at the end of the lot and you will see the canopy entitled “Finger Lakes Health Systems Agency.

## **From the WEST (Buffalo)**

- Take NYS Thruway East
- Exit 47 to 490 East
- Follow 490 to Downtown Rochester
- Exit 490W at Culver Road; turn right
- @ Fourth light, turn left onto University Ave.
- Proceed past Blockbuster Video, past 1100 University Business Center, and then you will see an acrylic bus stand.
- Turn right into next driveway which runs on either side of Towner Bikes.
- Follow driveway into Parking Lot and proceed all the way to the back of the lot.
- Veer to the right at the end of the lot and you will see the canopy entitled “Finger Lakes Health Systems Agency.

**Central New York Health Systems Agency**  
**5700 Commons Park Drive**  
**East Syracuse, NY 13057**  
**(315) 472-8099**

**From the EAST:**

- I-90 West to Exit 34A
- I-481 South to I-690 West
- Bridge Street Exit; right on Bridge Street
- Left on Widewaters Parkway (at Home Depot)
- To first stop sign & turn left on Towpath Road
- Fifth drive on the left is Commons Park Drive
- First building on Right

**From the WEST:**

- I-690 East through Syracuse to Bridge Street
- Bridge Street exit; right on Bridge Street
- Left on Widewaters Parkway (at Home Depot)
- To first stop sign & turn left on Towpath Road
- Fifth drive on the left is Commons Park Drive
- First building on Right

**From the SOUTH:**

- I-81 North to I-481 North
- Bear left to I-690 West (Syracuse) to Bridge Street
- Bridge Street exit; right on Bridge Street
- Left on Widewaters Parkway (at Home Depot)
- To first stop sign & turn left on Towpath Road
- Fifth drive on the left is Commons Park Drive
- First building on Right

**Bronx Lebanon Hospital Center**  
**1276 Fulton Ave., CR Project Access 6<sup>th</sup> Floor South**  
**Bronx, NY 10456**  
**(718) 590-1800**

- Take the #2 or #5 Train to 149<sup>th</sup> and 3<sup>rd</sup>
- Take the #15 or #55 bus to 169<sup>th</sup> and 3<sup>rd</sup>
- Hospital is one block up the hill on the right

**Family Partnership Center**  
**29 North Hamilton Street**  
**2<sup>nd</sup> Floor Library**  
**Poughkeepsie, NY 12601**  
**(845) 486-4993**

**From Mid-Hudson Bridge**

After crossing bridge, proceed straight up hill on Church St. (also known as the Eastbound Arterial) to the 5<sup>th</sup> traffic light. Get into left lane. Make a left onto South Hamilton St. (the 5<sup>th</sup> light). Go through 3 intersections (cross streets are Cannon St., Main St. and Mill St.). Pass the Getty gas station on your right, now North Hamilton Street, and on your left you will see the Family Partnership Center parking lot. Enter there to park. The FPC building is directly across the street.

**From South Road, Rt. 9 South (Fishkill, Wappingers Falls)**

Take Route 9 North into City of Poughkeepsie limits. Pass the Holiday Inn on right, and get into right lane. Take the Academy Street exit and continue on Academy Street up hill into downtown area. Cross Streets will be Montgomery Street, then Church Street (the Eastbound Arterial). Make right onto Church St., get into left lane, make first left onto South Hamilton St. and follow directions above.

**From Taconic Parkway**

Follow Taconic Parkway North to Exit for Route 55 East. Follow Route 55 into the City of Poughkeepsie; proceeding down Mill Street (the Westbound Arterial). Come into the downtown area. (Cross Streets include Pershing Ave., Smith St., Clinton St.). There will be a large yellow building on the right and you will see a large yellow Monroe Muffler sign on your left. Get into the right lane. At the corner of North Hamilton Street there is a Getty Station. Turn right onto North Hamilton Street. On your left you will see the Family Partnership Center parking lot. Enter there to park. The FPC building is directly across the street.

**From Route 9 North (Rhinebeck, Hyde Park)**

Take Route 9 South past Marist College. Get into left turn lane at intersection of Route 9 South and Washington Street (there is an Eckard's Drug Store on the left at that intersection). Follow Washington Street past St. Francis Hospital; cross streets will be Orchard Place, Parker Avenue and Brookside Avenue. At the 4<sup>th</sup> light, make a left onto Mansion Street (Mobil Station on left). Proceed down Mansion until you arrive at the park and you must turn either left or right. Turn right onto North Hamilton Street. One block on left is the Family Partnership Center. The parking lot is on your right, across the street from the FPC.

**From Metro-North Railroad Station**

Take Metro-North or Amtrak RR to the Poughkeepsie Station. Taxis are available at station exit. To walk (approx. 30 minute walk), exit the RR station and walk one block to your right. You are now at the corner of Main Street (to your right will be the Hudson River). Turn left and walk up the hill, following Main Street, until you reach North Hamilton Street. You will pass "Spanky's Restaurant," S. Bridge St., the westbound arterial (four lane, one-way street), Market St., and Academy St. Turn left onto North Hamilton Street (Getty Station on corner). FPC is on the right. If driving, the parking lot is across the street on the left.

**United Way of Long Island**  
**819 Grand Boulevard**  
**Deer Park, NY 11729**  
**(631) 940-3700**

**From the WEST:** LIE to Exit 52 (Commack Road South). Right at the end of ramp. Three miles to railroad tracks. Two lights after crossing tracks, make left onto Grand Blvd. Third traffic light is entrance driveway on left. First left into parking lot.

**From the EAST:** LIE to Exit 53. Stay on service road past Sagtikos Parkway, follow down ramp. Left at sign saying “Commack/Babylon”. Three miles to railroad tracks. Two lights after crossing tracks make left onto Grand Blvd. Third traffic light is entrance driveway on left. First left into parking lot.

**Southern State from East or West:** Exit 39 North (Deer Park Avenue/Route 231) – 0.6 miles later, bear right onto Commack Road at fork. Four lights later, make right onto Grand Blvd. Third traffic light is our entrance driveway on left. First left into parking lot.

**Miracle Makers**  
**510 Gates Avenue**  
**Brooklyn, NY 11216**  
**(718) 483-3099**

Miracle Makers is located between Marcy Ave. and Tompkins Ave. You can take the A and the C train to Nostrand Ave. or the 52 & 43 buses to Tompkins Ave. and Gates Ave.

**NYSDOH**  
**90 Church Street**  
**New York, NY**

**By car:** Henry Hudson to Canal Street. Take Canal Street to Broadway/West Broadway. Take Broadway just past City Hall (which will be on your right) to Fulton Street and make a right onto Fulton. Make a right at the World Trade Center Path Stations onto Church Street. NYSDOH is the only building on the left hand side between Vessey and Barclay. For parking, the closest garages are on John Street and on Barclay Street.

**By subway:** Take the “E” to the World Trade Center and walk one block up to Barclay, or take the “1/9” to Chambers Street, walk down to Church Street and turn right.