There are Four Areas in Region 1

- **Southern**
  - Connecticut
  - Long Island
  - New York
  - North Jersey
  - Princeton-Central Jersey
  - New Jersey Coast

- **Northeastern**
  - Boston
  - Maine
  - New Hampshire
  - Providence
  - Worcester County

- **Western**
  - Binghamton
  - Buffalo
  - Ithaca
  - Rochester
  - Syracuse

- **Central**
  - Berkshire
  - Mid-Hudson
  - Mohawk Valley
  - Schenectady
  - Springfield
  - Green Mountain (VT)