



*New York State Senator Liz Krueger's*

# Resource Guide for Seniors

INAUGURAL EDITION

Prepared by the  
Resource Guide Committee of  
State Senator Liz Krueger's  
Senior Advisory Board



New York State Senator Liz Krueger's  
Senior Advisory Board  
211 East 43<sup>rd</sup> Street, Suite 1300  
New York, New York 10017

Fall 2006

Dear Community Member,

It gives me great pleasure to welcome you to our new Resource Guide for Seniors, a directory of the programs, benefits and activities that help enrich our lives. Compiled by my Senior Advisory Board, the Guide covers vital resources available to Manhattan residents, running the gamut from Federal, State and City programs to neighborhood events. Our goal was to provide an easy-to-navigate, comprehensive handbook, one you will be able to refer to whenever you have a where-to or how-to question. Please keep in mind that contact information and program guidelines listed in this resource guide will change over time.

I'd like to tell you a little about the Senior Advisory Board (SAB). Formed in the Fall of 2004, the Board is composed of Manhattan seniors who advocate for and represent the needs of their peers. Additionally, the Senior Advisory Board members support me in my efforts to be an effective spokesperson for you.

A special thanks to the SAB members who have contributed to this Guide, especially to Sunny Lebowitz and Judy Segal who persevered and saw it through, from beginning to end. Providing invaluable coordination have been Dana Popovic, Jenny Sobelman, and Jennifer Gillyard, my stellar graduate social work interns, all under the supervision of my staff right-hand, Cassandra Ritas.

I would love to hear from you and encourage you to contact my office with any comments, questions, or concerns. You can reach me at 211 East 43<sup>rd</sup> Street, Suite 1300 New York, NY 10017 or call 1-212-490-9535. And, if your questions are about the Guide or the Senior Advisory Board, please ask for Cassandra Ritas. You can obtain an electronic copy of the guide and sign up for Lizlist - occasional (2-3 per month) emailed updates from me - by going to [www.lizkrueger.com](http://www.lizkrueger.com)

Sincerely,



Liz Krueger  
State Senator

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**Free Credit Reports**

1-877-322-8228

[www.annualcreditreport.com](http://www.annualcreditreport.com)

All New Yorkers are now entitled to annual free credit reports. All three national credit bureaus (Experian, Equifax and Trans Union) must provide you with a copy of your credit report once every year, upon request, under provisions of the Fair Credit Reporting Act.

## KEY CONTACTS

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**Call 311** to receive information and to access all New York City government services. 311 is an easy, convenient referral service when you don't know the appropriate agency or don't have the direct phone number. It is also the number to call if you have complaints about city services.

**Call 911** for all immediate emergencies.

**www.nyc.gov** – provides quick and easy access to information about New York City agencies, programs and services. Through links to external sites, the homepage also provides information about educational, cultural and recreational activities in New York City.

Other important contact information:

<b>ORGANIZATION</b>	<b>PHONE</b>	<b>WEB SITE</b>
NYS Senator Liz Krueger	1-212-490-9535	<a href="http://www.lizkrueger.com">www.lizkrueger.com</a>
AARP	1-866-227-7442	<a href="http://www.aarp.org">www.aarp.org</a>
Human Resources Administration	1-877-472-8411	<a href="http://www.nyc.gov/hra">www.nyc.gov/hra</a>
Medicare	1-800-633-4227	<a href="http://www.medicare.gov">www.medicare.gov</a>
Medicare Rights Center	1-212-869-3850	<a href="http://www.medicarerights.org">www.medicarerights.org</a>
NYC Department for the Aging	1-212-442-1000	<a href="http://www.nyc.gov/aging">www.nyc.gov/aging</a>
NYS Office of the Aging & NYS Senior Hotline	1-800-342-9871	<a href="http://www.aging.state.ny.us">www.aging.state.ny.us</a>
Social Security Administration	1-800-772-1213	<a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a>
United Way of NYC	1-212-251-2500	<a href="http://www.unitedwaynyc.org">www.unitedwaynyc.org</a>

## **NYC DEPARTMENT FOR THE AGING (DFTA)**

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### **NYC Department for the Aging (DFTA)**

2 Lafayette Street, 6<sup>th</sup> Floor

New York, NY 10007

1-212-442-1000 or 311

[www.nyc.gov/aging](http://www.nyc.gov/aging)

DFTA is the go-to resource for New York City's programs for seniors. In addition to offering a vast array of services, DFTA funds non-profit community agencies that provide senior center activities and meals; care management and caregiver support services; transportation; crime prevention and victims' services; legal services; job training and placement; volunteer opportunities; homecare services and home delivered meals for homebound seniors who are income-eligible.

The web site is exceptionally thorough and well-planned, including a site map for ease in locating a subject and online forms that can be downloaded. Phone assistance is available weekdays from 9 a.m. to 5 p.m.

Among the many services offered are:

### **Alzheimer's and Long Term Care Unit**

1-212-442-3086

### **Elderly Crime Victims Resource Center**

1-212-442-3103

### **Expanded In-Home Services for the Elderly Program (EISEP)**

1-212-442-1100

EISEP assists older people (aged 60 and older) who need help with everyday activities to take care of themselves (such as dressing, bathing, personal care, shopping, and cooking), want to remain at home, and are not eligible for Medicaid.

### **Grandparents Resource Center**

1-212-442-3117

Assistance and information for those raising grandchildren or other young relatives.

### **Health Assistance Walk-in Center**

1-212-442-1000

Offers training and respite care for caregivers plus assistance with accessing benefits, educational programs and counseling.

### **Health Insurance Information, Counseling and Assistance Program (HIICAP)**

1-212-333-5511

Trained counselors available to answer questions about Medicare, Medicaid, HMOs, Medigap, employer benefits, medical bills, insurance claim forms and long-term care.

## **SENIOR CENTERS**

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At present, there are over 100 senior centers located throughout Manhattan. To find a senior center by zip code call the Department for the Aging at 1-212-442-1000. They offer a variety of services including meals, educational and recreational programs, assistance with benefits, exercise classes, services to the homebound elderly and field trips to theaters and museums. A few of the most comprehensive include:

### **Burden Center for the Aging**

1484 First Avenue  
New York, NY 10021  
1-212-879-7400

[www.burdencenter.org](http://www.burdencenter.org)

Serves older people living between 57<sup>th</sup> & 96<sup>th</sup> Streets east of 5<sup>th</sup> Avenue. The on-site Luncheon Club and senior programs provide socialization, recreation and education through meals, classes, trips, and monthly birthday and holiday parties. In addition, there are daycare services for seniors experiencing memory loss, Medicare and Medicaid assistance, a walk-in unit, and services for homebound elderly.

### **Lenox Hill Neighborhood House Senior Center**

343 East 70th Street  
New York, NY 10021  
212-744-5905

[www.lenoxhill.org](http://www.lenoxhill.org)

The Senior Center at 70<sup>th</sup> Street is open seven days a week, from 9am to 4pm Monday through Friday and from 10 am to 4pm Saturday and Sunday. Every day the Center offers lunch at noon and features an array of cultural, educational, and recreational activities such as: on-site musical performances, multiple language and creative movement classes, field trips to local museums, and game-playing such as Bridge, Chess, and Bingo. In addition, the Senior Center provides financial and case management services to older adults, social day care for physically and cognitively frail elders, a center for Alzheimer's respite care and support for family caregivers. Home care services for the homebound elderly and disabled in various Manhattan neighborhoods are available through their homecare affiliate, The Caring Neighbor, which can be reached at 212-998-4600.

### **Lenox Hill Neighborhood House Senior Center at St. Peter's Church**

619 Lexington Avenue  
New York, NY 10022  
212-935-2200 ext. 338  
[www.lenoxhill.org](http://www.lenoxhill.org)

The Senior Center at St. Peter's Church is open weekdays (except Tuesdays) from 9am to 4pm and Saturdays from 9am to 2pm. The Center provides lunch at noon and a host of activities including weekly on-site jazz concerts every Wednesday, creative movement and language classes, educational lectures on health and finances, and movies. Staffed by a team of dedicated social workers committed to improving older adults' quality of life, free counseling and referrals are provided to all members. Membership is free for individuals 60 and over.

### **Stanley Isaacs Neighborhood Center**

415 East 93<sup>rd</sup> Street  
New York, NY 10128  
1-212-360-7620  
[www.isaacscenter.org](http://www.isaacscenter.org)

Services for low-income seniors include Meals-on-Wheels, adult day care, adult education classes, cultural and educational events and workshops. Provides hot breakfasts and lunches on site, as well as health and wellness programs, social activities and computer classes. Saturday lunches are also provided.

### **Stein Senior Center**

340 East 24<sup>th</sup> Street  
New York, NY 10010  
1-212-585-6051  
[www.steinseniorcenter.com](http://www.steinseniorcenter.com)

Lunch and activities for seniors offered weekdays. Activities include bridge, exercise classes, movie-going, computer classes, art classes, monthly birthday parties and more. The center also has staff to assist seniors with benefits, housing, and other issues.

### **Transportation and Weekend Connections**

331 East 70<sup>th</sup> Street  
New York, NY 10021  
[www.lenoxhill.org](http://www.lenoxhill.org)  
212-744-5022 Ext. 1206

The Neighborhood House Senior Centers along with their four partners, the Stanley Isaacs Neighborhood Center, the Burden Center, Search & Care, and United Neighbors of East Midtown, provide transportation services to Older Adults on their wheelchair-accessible bus. Clients are escorted from their doorsteps to supermarkets, religious institutions, senior centers, cultural institutions, visits to family and friends, and special events around New York City.

## **HEALTH RESOURCES**

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### **Alzheimer's Association**

360 Lexington Avenue

New York, NY 10017

1-212-983-0700

1-800-271-3900 (24 hr. helpline)

Provides information, care consultation and supportive services for those with Alzheimer's disease and their families.

### **American Cancer Society**

Manhattan Region - Manhattan

19 West 56<sup>th</sup> Street

New York, NY 10019

1-212-586-8700

1-800-227-2345 (24 hr. helpline)

[www.cancer.org](http://www.cancer.org)

Referral service that offers a list of services providing free or reduced-fee cancer screenings and support programs for people living with cancer.

### **Health Insurance Information, Counseling and Assistance Program (HIICAP)**

1-800-701-0501 - Hotline

1-212-333-5511 - Call for an appointment

[www.hiicap.state.ny.us](http://www.hiicap.state.ny.us)

Trained counselors available to answer questions about Medicare, Medicaid, HMOs, Medigap, employer benefits, medical bills, insurance claim forms and long-term care.

### **HealthOutreach**

#### **New York Weill Cornell Medical Center**

525 East 68<sup>th</sup> Street

New York, NY 10021

1-212-746-4351

[www.nypaging.org/hea\\_out.html](http://www.nypaging.org/hea_out.html)

Certified social workers provide health information, including insurance information, and facilitate access to social services available in the metropolitan area. Health education programs include monthly educational lectures covering medical, social, legal and entitlement issues. HealthOutreach also sponsors a find-a-physician program.

### **LifeNet**

1-800-LIFENET (1-800-543-3638) (available 24 hours a week, seven days a week)

[www.lifenet.org](http://www.lifenet.org)

Mental health professionals provide free emergency counseling and referrals to New York City residents with emotional or substance abuse problems. Sponsored by the Mental Health Association of New York City, Inc. and the New York City Department of Health.

**Medicare Rights Center (MRC)**

1460 Broadway, 17<sup>th</sup> Floor

New York, NY 10036

1-212-869-3850 - *Counseling available weekdays from 9 a.m. to 3 p.m.*

[www.medicarerights.org](http://www.medicarerights.org)

MRC is the largest independent source of health care information for people with Medicare. In addition to providing a free hotline for those with Medicare questions, MRC brings the consumer voice to the national debate on Medicare reform.

**New York City Human Resources Administration**

1-877-472-8411 or 311

[www.nyc.gov/hra](http://www.nyc.gov/hra)

A social service agency that provides food, shelter, temporary financial assistance, medical insurance, counseling and other essential services to low-income New Yorkers.

**NYC Department for the Aging (DFTA)****Walk-in Center**

2 Lafayette Street, 6<sup>th</sup> Floor

1-212-442-1000

Offers training, respite care and other supportive services for caregivers, plus assistance in accessing benefits, educational programs and counseling.

## **GOVERNMENT HEALTH INSURANCE**

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### **Elderly Pharmaceutical Insurance Coverage (EPIC)**

1-800-332-3742

P.O. Box 15018

Albany, NY 12212-5018

[www.health.state.ny.us/health\\_care/epic/](http://www.health.state.ny.us/health_care/epic/)

EPIC is a New York State-sponsored program for seniors over 65 who need help paying for prescription medications. The plan is open to those who have an annual income of \$35,000 or under if single, or \$50,000 or under if married. Seniors who receive full Medicaid benefits are NOT eligible. For an application, or more information, write or call weekdays between 8 a.m. and 5 p.m.

### **Medicare/Medicaid**

1-800-MEDICARE (1-800-633-4227)

[www.medicare.gov](http://www.medicare.gov)

Medicare is a fee-for-service medical insurance plan managed by the Federal government available to all people age 65 or older, people under age 65 with certain disabilities, and people of all ages with end-stage renal disease. Part A is hospital insurance. Most people don't pay a premium for Part A because they, or a spouse, already paid for it through their payroll taxes while working. Part B is medical insurance. Most people pay a monthly premium for Part B.

Medicaid is a joint Federal and State program that helps pay medical costs for some people with limited incomes and resources. To find out if you qualify for Medicaid if you are over 65, contact Medicare. If under 65 contact the Human Resources Administration. For eligible people over 65, Medicaid can supplement Medicare coverage.

### **Medicare Part D**

1-866-633-4227

[www.medicare.gov](http://www.medicare.gov)

Prescription drug plans for seniors receiving Medicare regardless of income or health status. Coverage is not provided by Medicare, but by a large number of private insurance companies whose costs and benefits vary widely. Before selecting a company it is advisable to compare them. Cost and benefit comparisons are available at [www.newpartd.com](http://www.newpartd.com). The Medicare Rights Center is a useful resource when trying to navigate your Medicare benefits. Call 1-212-869-3850 or see page 9 for a complete listing.

### **Extra Help**

1-800-772-1213

[www.socialsecurity.gov](http://www.socialsecurity.gov)

Those who cannot afford the premiums for Medicare Part D may qualify for the Extra Help program. For additional information on the Extra Help program contact the Social Security Administration.

## **Medicare Savings Programs**

Dial 311

Medicare Assistance Programs help people with Medicare, who do not qualify for Medicaid, pay for some of the costs of Medicare. Income and asset limits vary, as do the amount of benefits. There are three Medicare Assistance Programs:

**Qualified Medicare Beneficiary (QMB):** Pays for Medicare's premiums, deductibles and coinsurance

**Specified Low-income Medicare Beneficiary (SLMB):** Pays for Medicare's Part B Premium

**Qualifying Individual (QI-1) Program:** Pays for Medicare's Part B Premium

## SERVICES FOR PEOPLE WITH DISABILITIES

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### **Access-a-Ride**

Provides transportation on an “as needed” basis to people who are unable to use public transportation. Please see page 35 for details.

### **American Foundation for the Blind**

11 Penn Plaza, Suite #300

New York, NY 10001

1-212-502-7600

[www.afb.org](http://www.afb.org)

Provides a directory of services for seniors. Beginning in January 2007 a project for seniors with vision impairments will provide information, trained specialists and therapists.

### **Center for Independence of the Disabled of New York (CIDNY)**

841 Broadway, Suite #301

New York, NY 10003

1-212-674-2300

[www.cidny.org](http://www.cidny.org)

Provides benefits counseling and direct services (e.g. housing assistance, referrals, and recreational activities for disabled residents). Also involved in political advocacy to improve the rights and opportunities of people living with disabilities.

### **City Meals-on-Wheels**

355 Lexington Avenue

New York, NY 10017

1-212-687-1234

[www.citymeals.org](http://www.citymeals.org)

Non-profit organization delivers meals to homebound elderly New Yorkers on weekends, holidays and in times of emergency. The following is a list of District 26 Meals-on-Wheels programs and the areas they serve:

Carter Burden Senior Lunch Program

Serving 69<sup>th</sup> Street to 79<sup>th</sup> Street,

York Avenue to Fifth Avenue.

1-212-535-5235

Stein Senior Center

Serving 23<sup>rd</sup> Street to 42<sup>nd</sup> Street,

Park Avenue to First Avenue.

1-212-585-6051

Encore Senior Center

Serving 35<sup>th</sup> Street to Central Park South,

Fifth Avenue to the Hudson River.

1-212-581-2910

Stanley Isaacs Meals-on-Wheels

Serving 42<sup>nd</sup> Street to 106<sup>th</sup> Street,

Fifth Avenue to the East River.

1-212-360-7620

**Commission for the Blind & Visually Handicapped**

163 West 125<sup>th</sup> Street

New York, NY 10027

1-212-961-4000

[www.ocfs.state.ny.us/main/cbvh](http://www.ocfs.state.ny.us/main/cbvh)

Provides a listing of not-for-profit agencies in New York that offer on-the-job training, placement services, assistance technology and other services to the blind and visually impaired.

**Lighthouse International**

111 East 59<sup>th</sup> Street

New York, NY 10022-1202

1-212-821-9200

Provides services to visually-impaired people of all ages, including vision assessments by doctors, mental health services for people experiencing vision loss, vision rehabilitation services to help people adjust to living with reduced vision, mobility training to help people with impaired vision travel safely, career services, adaptive computer training, and reading services. Additionally, Lighthouse International engages in research and advocacy.

**Mayor's Office for People with Disabilities**

100 Gold Street, 2<sup>nd</sup> Floor

New York, NY 10038

1-212-788-2830

[www.nyc.gov/html/mopd](http://www.nyc.gov/html/mopd)

Facilitates access to city services for people with disabilities.

## **SUPPORT SERVICES FOR CAREGIVERS**

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### **HealthOutreach Caregivers Service - NY Weill Cornell Medical Center**

1-212-746-4351

[www.nypaging.org/hea\\_out.html](http://www.nypaging.org/hea_out.html)

The Caregivers Service offers support for people caring for seniors over the age of 60. offers counseling evaluating care options, home care, retirement community, skilled nursing facility and assisted living, strategies for stress reduction and self-care, crisis intervention,

physician and community services referral, and information about healthcare proxies, living wills and powers of attorney.

### **New York City Department for the Aging (DFTA)**

#### **Caregiver Support**

2 Lafayette Street

New York, NY 10007

1-212-442-1000

[www.nyc.gov/html/dfta/html/home/home.shtml](http://www.nyc.gov/html/dfta/html/home/home.shtml)

Offers training, respite care and other supportive services for caregivers plus assistance in accessing benefits, educational programs and counseling. DFTA provides programs for caregivers from immigrant communities. There are also specialized support groups for those caring for Alzheimer's patients and grandparents looking after grandchildren.

### **New York Foundation for Senior Citizens**

Respite Care Program

11 Park Place, 14<sup>th</sup> Floor

New York, NY 10007-2801

1-212-962-7559

Provides temporary relief to primary caregivers of the frail elderly in the form of trained homecare attendants.

### **HOSPITAL SUPPORT GROUPS**

Contact the following hospitals for information about caregiver support groups.

Memorial Sloan Kettering Cancer Center

633 Third Avenue at East 41<sup>st</sup> Street

New York, NY 10001

1-212-681-1267

[www.mskcc.org](http://www.mskcc.org)

Mt. Sinai Medical Center

One Gustave L. Levy Place, 1190 Fifth Avenue

New York, NY 10029

1-212-241-6500

[www.mountsinaimedicalcenter.org](http://www.mountsinaimedicalcenter.org)

Beth Israel Medical Center

Department of Pain Medicine and Palliative Care

The Family Caregiver Program

First Avenue at 16<sup>th</sup> Street

New York, NY 10003

1-212-420-2000

E-mail: [findhelp@netofcare.org](mailto:findhelp@netofcare.org)

[www.netofcare.org](http://www.netofcare.org)

## **NURSING HOMES AND RETIREMENT LIVING FACILITIES**

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### **MANHATTAN NURSING HOMES**

Amsterdam Nursing Home  
1060 Amsterdam Avenue  
1-212-316-7700

DeWitt Nursing Home \*  
211 East 79<sup>th</sup> Street  
New York, NY 10021  
1-212-671-6000

Kateri Residence \*  
150 Riverside Drive at 87<sup>th</sup> Street  
1-646-505-3500

Mary Manning Walsh Home \*  
1339 York Avenue at 72<sup>nd</sup> Street  
1-212-628-2800

New Eastside Nursing Home \*  
25 Bialy Stoker Place  
1-212-673-8500

Rivington House Health Care Facility \*  
HIV/AIDS-specific facility  
45 Rivington at Eldridge Street  
1-212-477-3100  
1-212-539-6200

Village Nursing Home  
607 Hudson  
1-212-255-3003

### **MANHATTAN RETIREMENT**

#### **HOUSING - SUPPORTIVE**

James Lenox House ++  
49 East 73<sup>rd</sup> Street  
New York, NY 10021  
1-212-535-2805

### **MANHATTAN ASSISTED LIVING HOUSING**

Carnegie East House ++  
1844 Second Avenue and 95<sup>th</sup> Street  
New York, NY 10128  
1-212-410-0033

Castle Senior Living Residence  
430 East 80<sup>th</sup> Street  
1-212-717-8888

Morningside Retirement and Health Services  
100 La Salle Street  
1-212-666-4000

Village at 46<sup>th</sup> Street  
510 West 46<sup>th</sup> Street  
1-212-977-4600

### **MANHATTAN COMPREHENSIVE PROGRAMS**

Isabella Geriatric Center ###  
515 Audubon Avenue at 191<sup>st</sup> Street  
1-212-342-9400

Jewish Home and Hospital \*  
Lifecare Systems  
120 West 106<sup>th</sup> Street  
1-212-870-5000

\* Offers subsidized housing or accepts Medicaid  
++ Development received some HUD subsidies  
### Program specific subsidies, government aid available

**Department of Health**

311

[www.health.state.ny.us/](http://www.health.state.ny.us/)

Nursing homes require a license from the Department of Health of the State of New York. Contact the Department of Health with questions or complaints about specific institutions.

**Friends and Relatives of Institutionalized Aged (FRIA)**

18 John Street, Suite 905

New York, NY 10038

1-212-732-4455

[www.fria.org](http://www.fria.org)

A not-for-profit New York City-based organization provides information and support systems for seniors in long-term care settings and their caregivers. FRIA offers a free bilingual helpline Tuesdays through Fridays from 10 a.m. to 5 p.m.

## **HOME HOSPICE CARE**

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The goal of in-home hospice care is to promote comfort and quality of life for terminally ill patients and their families by providing the best medical, emotional and spiritual care at home. Palliative care is the active treatment of the symptoms (not the cure of the disease) in order to make patients as comfortable as possible.

### **Hospice & Palliative Care Assn. of New York**

21 Aviation Road, Suite #9

Albany, NY 12205

1-518-446-1483

1-800-431-8988 – After hours number

[www.hpcanys.org/about\\_us.asp](http://www.hpcanys.org/about_us.asp)

A not-for-profit organization representing hospice and palliative care programs, allied organizations and individuals who are interested in the development and growth of quality, comprehensive end-of-life services. Call to find a hospice in your area.

### **Beth Israel Medical Center**

Department of Pain Medicine and Palliative Care

The Family Caregiver Program

First Avenue at 16<sup>th</sup> Street

E-mail: [findhelp@netofcare.org](mailto:findhelp@netofcare.org)

[www.netofcare.org](http://www.netofcare.org)

Includes multiple disciplines: physicians in diverse specialties, nurses, social workers, chaplains, psychologists and volunteers. Includes an inpatient unit, consultation team, an ambulatory practice, home care program, and certified hospice program.

### **Cabrini Hospital**

227 East 19<sup>th</sup> Street

New York, NY 10003

1-212-995-6480

[www.cabrininy.org](http://www.cabrininy.org)

Cabrini also houses an in-patient unit for hospice patients who need short-term acute care.

### **Calvary Hospital Hospice**

1740 Eastchester Road

Bronx, NY 10461

1-718-518-2465

[www.calvaryhospital.org](http://www.calvaryhospital.org)

Calvary Hospital is an acute care hospital exclusively providing palliative care for adult advanced cancer patients. Calvary Hospital is based in the Bronx, with a campus in Brooklyn. Programs include inpatient care, case management, outpatient care, hospice, home care and support programs for families and friends.

**Continuum Hospice Care - (Formerly the Jacob Perlow Hospice)**

1775 Broadway, Suite #300

New York, NY 10019

1-212-420-2844

[www.hospicenyc.org](http://www.hospicenyc.org)

Provides specialized care to patients with end-stage diseases.

**Mt. Sinai Medical Center- Palliative Care**

One Gustave L. Levy Place, 1190 Fifth Avenue

New York, NY 10029

1-212-241-6500

[www.mountsinaimedicalcenter.org](http://www.mountsinaimedicalcenter.org)

Focuses on the relief of suffering and the best possible quality of life for patients and family through intensive symptom management, enhancement of function, promotion of physical and psychological comfort, and psycho-social support.

**Visiting Nurse Services of New York Hospice Care**

1250 Broadway

New York, NY 10001

1-888-867-1225

[www.vnsny.org](http://www.vnsny.org)

Provides home health care for acutely ill people and their families. They also provide rehab therapy, skilled nursing, home health aids, and end-of life care.

## VETERANS' BENEFITS

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For free, professional assistance in accessing your veteran's benefits, contact your state, county or local veterans' benefit counselor at 1-888-VETS-NYS (1-888-838-7697)  
[www.veterans.state.ny.us](http://www.veterans.state.ny.us)

### GENERAL ASSISTANCE

Department of Veterans' Affairs  
1-800-827-0648  
Assistance available weekdays  
7:30 a.m. to 12:25 p.m. and 12:45 p.m.  
to 4 p.m.

Education and Training  
1-888-442-4551

Gulf War Veterans' Helpline  
1-800-PGW-VETS (800-749-8387)

Life Insurance  
1-800-697-6947

Telecommunication Device for the Deaf  
(TDD)  
1-800-829-4833

VA Hotline  
1-800-827-1000  
For disability, compensation, pension,  
home loan, burial, vocational  
rehabilitation, survivor and insurance  
benefits.

Veterans' Employment Hotline  
1-800-342-3358

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### VETERANS' HEALTH CARE BENEFITS

CHAMPVA  
1-800-733-8387  
Medical care for dependents and  
survivors of veterans.

General Benefits  
1-877-222-VETS (877-222-8387)

Health Eligibility Center  
1-800-929-8387

Mammography Helpline  
1-888-492-7844

### Veterans' Tax Exemption

The Veterans' Tax Exemption is a partial property tax exemption available to property owners who served in the US armed forces in WWI&II, Korea, Vietnam, or the Gulf. The spouse of a qualified veteran, the unmarried surviving spouse of a qualified veteran, and a Gold Star parent (the parent of a child who died in the line of duty while serving in the US armed forces during one of the periods above) are also eligible for this exemption. To receive an application, contact the NYC Department of Finance at 311 or <http://www.nyc.gov/html/taxcomm/home.html>

## **SOCIAL SERVICE AGENCIES**

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### **Catholic Charities of the Archdioceses of New York**

1011 First Avenue  
New York, NY 10022  
1-888-744-7900

[www.catholiccharitiesny.org](http://www.catholiccharitiesny.org)

Assists the elderly, poor and vulnerable of all religions through an extensive federation of more than 130 agencies and programs.

### **Community Service Society of New York**

105 East 22<sup>nd</sup> Street  
New York, NY 10010  
1-212-254-8900

[www.cssny.org](http://www.cssny.org)

Non-profit organization that has helped New Yorkers in need of help with health and housing for over 150 years. Offers an extremely wide array of programs and services from advocacy to case-management.

### **Federation of Protestant Welfare Agencies**

281 Park Avenue South  
New York, NY 10010  
1-212-777-4800

[www.fpwa.org](http://www.fpwa.org)

Promotes the social and economic well-being of New York's most vulnerable, including the elderly, through their membership of more than 300 agencies and churches.

### **Institute for the Puerto Rican Hispanic Elderly**

105 East 22<sup>nd</sup> Street, Room 615  
New York, NY 10010  
1-212-677-4181

Bi-lingual/bi-cultural services for Hispanic and other minority seniors including help with social security payments, housing and health care. Programs include a mental health clinic, homecare services, and affordable housing. The Institute also advocates for increased services for the elderly, with a particular focus on underserved minorities.

### **Jewish Association for Services to Aged**

132 West 31<sup>st</sup> Street, 10<sup>th</sup> floor  
New York, NY 10001  
1-212-273-5272

[www.jasa.org](http://www.jasa.org)

Provides social, recreational, health, legal, housing, educational and advocacy programs for the elderly regardless of race, religion or ethnicity.

**Neighborhood Coalition for Shelter**

157 East 86<sup>th</sup> Street  
New York, NY 10028  
1-212-861-0704  
[www.ncsinc.org](http://www.ncsinc.org)

Community-based organizations offering programs and services for the homeless and formerly homeless.

**New York Foundation For Senior Citizens**

11 Park Place, 14<sup>th</sup> Floor  
New York, NY 10007  
1-212-962-7559  
[www.nyfsc.org](http://www.nyfsc.org)

Provides housing alternatives and professionally administered social service programs to help seniors live healthy, independent lives. Its Ombudsman Program specializes in defending the rights of residents in long-term care facilities.

**Salvation Army, New York Headquarters**

120 West 14<sup>th</sup> Street  
New York, NY 10011  
1-212-337-7200  
[www.salvationarmy-newyork.org](http://www.salvationarmy-newyork.org)

Operates community centers, programs for the home-bound, thrift shops, residences and adult rehab centers throughout the city. Open weekdays from 8:30 a.m. to 4 p.m.

**Senior Action in a Gay Environment (SAGE)**

305 Seventh Avenue, 16<sup>th</sup> Floor  
New York, NY 10001  
1-212-741-2247  
[www.sageusa.org](http://www.sageusa.org)

Meets the unique needs of the senior gay, lesbian, bisexual and transgender communities. Holds various social events, provides social work counselors, cultural workshops, and a regular exercise group.

**Senior Care Center - Visiting Nurse Service of New York**

107 East 70<sup>th</sup> Street.  
New York, NY 10021  
1-212-609-7300- Information  
[www.vnsny.org](http://www.vnsny.org)

Provides home health care and community-based health services, ranging from skilled nursing care and help with day-to-day activities to information on legal and financial matters.

## **GOVERNMENT BENEFITS**

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### **Food Stamps**

Dial 311

Allowances are issued on a monthly basis to be used in place of cash for purchase of food items at participating stores and supermarkets. There are a number of eligibility qualifications and, if a household member is 60 or older or disabled, net income must be 100% of current poverty level. However, seniors are encouraged to apply because allowable income is calculated individually based on living arrangements and out-of-pocket, medically-related expenses.

### **Home Energy Assistance Program (HEAP)**

Dial 311

1-212-442-1000

A one-time grant per year to help low-income homeowners and renters pay fuel and utility costs. *Applicants must apply by January. Due to insufficient federal and state funding, funding for HEAP is usually depleted by late spring.*

### **Public Assistance**

Dial 311

Provides cash benefits to low-income persons for essential food, clothing and shelter. Benefits vary depending on specific situations, income and asset limitations.

### **Social Security Administration (SSA)**

755 2<sup>nd</sup> Avenue at 41<sup>st</sup> Street

New York, NY 10017

1-800-772-1213

[www.socialsecurity.gov](http://www.socialsecurity.gov)

Provides monthly payments to insured workers and their dependents or survivors. Full retirement benefits at age 65, reduced at age 62. Supplemental Security Income (SSI) provides monthly supplemental payments for those with low or no income, the aged, blind, and disabled. Applicants eligible for SSI may also qualify for Medicaid and Food Stamps. Social Security Disability Insurance (SSDI) pays benefits to you and certain members of your family if you have paid sufficient Social Security taxes by working.

### **Weatherization, Referral and Packaging Program (WRAP)**

1-212-442-3055

A federally-funded program that provides low-income, senior homeowners (60 and older) with free home energy-related services that can lower energy bills.

## **ADVOCACY & ACTION GROUPS**

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### **The Advocacy, Counseling and Entitlement Services Project (ACES)**

#### **Retired & Senior Volunteer Program (RSVP)**

#### **The Community Service Society of New York**

105 East 22<sup>nd</sup> Street

New York, NY 10010

1-212-614-5552

[www.cssny.org](http://www.cssny.org)

Volunteers provide informational counseling and referrals to low-income individuals and older adults, helping them obtain government benefits and entitlements.

### **American Association For Retired Persons (AARP)**

919 Third Avenue

New York, NY 10022

1-866-227-7442

[www.aarp.org](http://www.aarp.org)

Benefits, advocacy and information on aging for people age 50 and over.

### **Citizen Action of New York**

11 Park Place, Suite #814

New York, NY 10007

1-212-523-0180 ext. 40

[www.citizenactionny.org](http://www.citizenactionny.org)

Advocacy group for senior citizen medical coverage.

### **Joint Public Affairs Committee for Older Adults (JPAC)**

#### **Institute for Senior Action (IFSA)**

132 West 31<sup>st</sup> Street, 10<sup>th</sup> Floor

New York, NY 10001

1-212-273-5262

[www.jpac.org](http://www.jpac.org)

[www.jpac.org/ifsa.html](http://www.jpac.org/ifsa.html)

The Institute for Senior Action (IFSA) offers a multi-week training that teaches seniors how to get results in our complicated political system. Students learn how to work with elected officials and the media, including letter writing and public speaking.

### **Medicare Rights Center (MRC)**

1460 Broadway, 17<sup>th</sup> Floor

New York, NY 10036

1-212-869-3850 - *Counseling available weekdays from 9 a.m. to 3 p.m.*

[www.medicarerights.org](http://www.medicarerights.org)

MRC is the largest independent source of health care information for people with Medicare. In addition to providing a free hotline for those with Medicare questions, MRC brings the consumer voice to the national debate on Medicare reform.

**New York Gray Panthers**

165 West 86<sup>th</sup> Street  
New York, NY 10024  
1-212-799-7572  
[www.graypanthers.org](http://www.graypanthers.org)

A national organization committed to the expansion of health care programs, the creation of suitable housing, fighting discrimination, and promoting peace.

**New York State Wide Senior Action Council**

275 State Street  
Albany, NY 12210  
1-518-436-1006  
[www.nysenior.org](http://www.nysenior.org)

This council advocates for the legislative inclusion of seniors and for full representation among service programs to ensure and promote the well-being of the aging. Also helps seniors understand Medicare part D and hospital patient's rights. The action council provides advice on medical plans and offers resource information and intervention services.

**New York State Coalition for the Aging**

244 Hudson Avenue  
Albany, NY 12210  
1-518-465-0641  
[www.coalitionforaging.org](http://www.coalitionforaging.org)

Dedicated to helping older adults live independently, with dignity and with the appropriate support services in their community.

**Older Women's League**

1-703-812-7990 (National number)  
1-212-663-2932 (Greater New York Chapter)  
[www.owl-national.org](http://www.owl-national.org)

A national grassroots organization advocating for economic, political and social equality for mid-life and older women.

**Public Advocate Senior Action Line**

1 Centre Street, 15<sup>th</sup> Floor  
New York, NY 10007  
1-212-669-7670  
[www.pubadvocate.nyc.gov](http://www.pubadvocate.nyc.gov)

A helpline staffed by senior volunteers, designed to assist seniors in resolving problems with city agencies or accessing the services for which they qualify. Available weekdays from 11 a.m. to 1 p.m.

## COMMUNITY BOARDS AND NEIGHBORHOOD ASSOCIATIONS

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### COMMUNITY BOARDS

Community Boards are made up of community members who represent local interests in the planning and administration of city budgets, land use, and service delivery. Each board has 50 members, as well as paid staff. The district managers coordinate the work of the boards. Board meetings are open to the public. Your local community board will be able to direct you to your local block and neighborhood associations.

#### **Manhattan Community Board #5**

450 Seventh Avenue, Suite #2109

New York, NY 10123

1-212-465-0907

[www.cb5.org](http://www.cb5.org)

District Manager: Gary Parker

Open to public. Website has senior services links. Board includes committee meetings on city budget, transportation, zoning, parks, quality of life and more. Meetings are held on the second Thursday of every month. See website for meeting locations or call for more information on scheduled board and committee meetings.

#### **Manhattan Community Board #6**

866 United Nations Plaza, Suite #308

New York, NY 10017

1-212-319-3750

[www.cb6mnyc.org](http://www.cb6mnyc.org)

District Manager: Toni Carlina

Open to public. Website has senior services links. Board includes committee meetings on city budget, housing and homelessness, cultural affairs, parks, public safety and more. Meetings are on the second Wednesday of every month. See website for meeting locations or call for more information on scheduled board and committee meetings. *Public meetings are usually held at NYU Medical Center at 550 First Avenue.*

#### **Manhattan Community Board #8**

505 Park Avenue, Suite #620

New York, NY 10022

1-212-758-4340

[www.cb8m.com](http://www.cb8m.com)

District Manager: Elizabeth McKee

Open to public. Includes committee meetings for city budget, senior and social services, transportation, education, street life, land use, and more. Meetings are on the third Wednesday of every month. See website for meeting locations or call for more information on scheduled board and committee meetings. Go to web site or contact for a list of neighborhood/block associations in the Manhattan area.

## **POLICE COMMUNITY COUNCILS**

### **17<sup>th</sup> Police Precinct**

Commanding Officer/Deputy Inspector: John Wallace.

167 East 51<sup>st</sup> Street

New York, New York 10017

1-212-826-3211

[www.nyc.gov/html/nypd/html/pct/pct017.html](http://www.nyc.gov/html/nypd/html/pct/pct017.html)

The Precinct Council meeting is held on the last Tuesday of every month at 6 p.m. at the Sutton Place Synagogue, 228 East 51<sup>st</sup> Street.

### **19<sup>th</sup> Police Precinct**

Commanding Officer/Deputy Inspector: James W Murtagh.

153 East 67<sup>th</sup> Street

New York, New York 10021

1-212-452-0600 - Hotline

1-212-452-0613 - Community information

[www.nyc.gov/html/nypd/html/pct/pct019.html](http://www.nyc.gov/html/nypd/html/pct/pct019.html)

The precinct community council meets the first Monday of the month at 7 p.m. at the precinct station house. Call 1-212-452-0613 for more information (phone line open from 8 a.m. to 2 p.m.)

## HOUSING

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### RENTERS

#### **Senior Citizen Rent Increase Exemption (SCRIE)**

311

[www.nyc.gov/html/dfta/html/scrie/scrie.shtml](http://www.nyc.gov/html/dfta/html/scrie/scrie.shtml)

The SCRIE program freezes rent at the level at the time of application for eligible tenants and provides a tax abatement for the owner in return. To be eligible for SCRIE, you must be 62 years of age or older, live in a rent stabilized, rent controlled or Mitchell-Lama apartment, have a household income (after taxes) of \$26,000 or less (increasing to \$27,000 in 2007) and be paying more than one-third of your income for rent. You must apply for SCRIE through the NYC Department of Aging and recertify your eligibility every two years. *Those living in Mitchell-Lama rental or co-op apartments must apply through the NYC Department of Housing Preservation and Development.*

#### **Disabled Rent Increase Exemption (DRIE)**

311

[www.nyc.gov/html/dof/html/property/property\\_tax\\_reduc\\_drie.shtml](http://www.nyc.gov/html/dof/html/property/property_tax_reduc_drie.shtml)

The DRIE program offers qualifying renters with disabilities exemptions from rent increases. To be eligible for DRIE, you must be disabled, live in a rent stabilized, rent controlled, or Mitchell-Lama apartment, have an income of less than \$17,580, or \$25,212 for a household of two or more people, *and* be paying more than one third of your income for rent. You are considered disabled if you are receiving Social Security Disability, Supplemental Security Income, US Department of Veterans Affairs disability pensions or compensation or disability-related Medicaid. You must apply for DRIE through the NYC Department of Finance and recertify your eligibility every two years.

#### **NY Foundation for Seniors Roommate Matching Program**

1-212-962-7559

The Foundation's Home Sharing Program helps elder "hosts" with extra room in their homes or apartments link up with appropriate "guests" to share their space. The Foundation screens both parties, makes introductions and helps prospective hosts and guests gauge their compatibility for shared living. Once the host and guest agree to share living quarters, a "match" is made.

#### **Real Property Tax Credit (IT-214)**

1-800-225-5829

[www.nystax.gov](http://www.nystax.gov)

Provides tax credit or cash payment for renters and homeowners. Call for financial eligibility and residence requirements. This benefit is targeted to households with gross incomes of less than \$18,000.

## **RESIDENTIAL PROPERTY OWNERS**

For more information regarding any of these property tax exemption programs, or to receive an application, you can contact the NYC Department of Finance at 311 or <http://www.nyc.gov/html/taxcomm/home.html>

### **Basic School Tax Relief (STAR)**

All owners of houses, co-ops and condos, who are New York State residents, qualify for the Basic School Tax Relief (STAR) program regardless of age or income as long as the property they are claiming is their primary residence. STAR exempts \$30,000 of the full value of a home from school property taxes and provides savings of approximately \$200 a year. *Senior citizens over age 65 who qualify for basic STAR and have an annual income less than \$66,050 are eligible for Enhanced STAR. Enhanced STAR exempts \$50,000 of the full value of a home, providing average yearly savings of \$375.*

### **Senior Citizen Homeowner's Exemption (SCHE)**

The Senior Citizen Homeowner's Exemption (SCHE) is a partial property tax exemption available for property owners age 65 years or older with an annual income below \$32,400. Individuals who file for SCHE do not have to file a separate STAR application. Those who qualify for SCHE are automatically enrolled in Enhanced STAR.

### **Disabled Homeowner's Exemption (DHE)**

The Disabled Homeowner's Exemption (DHE) provides a property tax abatement for property owners who have a medically certifiable disability and an annual income below \$32,000.

### **Veterans' Tax Exemption**

The Veterans' Tax Exemption is a partial property tax exemption available to property owners who served in the US armed forces in WWI&II, Korea, Vietnam, or the Gulf. The spouse of a qualified veteran, the unmarried surviving spouse of a qualified veteran, and a Gold Star parent (the parent of a child who died in the line of duty while serving in the US armed forces during one of the periods above) are also eligible for this exemption.

### **Reverse Mortgages**

State of New York Banking Department

1-877-226-5697

[www.banking.state.ny.us/brrm.htm](http://www.banking.state.ny.us/brrm.htm)

A tax-exempt loan enabling homeowners age 62 and older to convert some of their home equity into cash. You should be as well informed as possible, assess the potential rates on a loan, and decide if the benefits outweigh the risks. Loan is not due to be repaid until property is sold or homeowner has died.

## **HOUSING ADVOCACY GROUPS**

### **City-Wide Taskforce on Housing Court**

1-212-962-4795

A non-profit organization that provides brief advice to unrepresented tenants in housing court proceedings, works to improve the housing court system and advocates for the right to counsel in housing court. Staff and volunteers sit at tables in all housing court buildings throughout the five boroughs for questions and to provide referrals every day from 9 a.m. to 12 p.m. The taskforce operates a telephone assistance hotline from 2 p.m. to 5 p.m. to provide information regarding enforcement of housing code violations and other landlord/tenant issues to New York City residents, community based organizations, and other service providers. Also maintains the most up-to-date listing of groups currently providing emergency rental assistance.

### **Metropolitan Council on Housing**

339 Lafayette Street

New York, NY 10012

1-212-979-6238 - Membership information

1-212-979-0611 - Tenant counseling (Mondays and Wednesdays, 1:30 p.m. to 5 p.m.)

Met Council is a city-wide membership-based tenants' advocacy organization that works to preserve and expand affordable housing and rent regulation through grassroots organizing, lobbying, direct action, and public education. Met organizes tenant associations to help tenants get better services and repairs, educates tenants through its monthly newspaper, runs a weekly call-in radio show and operates a volunteer-staffed tenant information hotline.

### **New York State Tenants and Neighbors Coalition**

236 West 27<sup>th</sup> Street, 4<sup>th</sup> Floor

New York, NY 10001

1-212-608-4320

A state-wide organization of tenants, tenant associations, and other community groups that fight for tenants' rights and affordable housing.

## LEGAL RESOURCES

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### **Eviction Intervention Services (E.I.S.)**

150 East 62<sup>nd</sup> Street

New York, NY 10021

1-212-308-2210

[members.aol.com/eisny/eis.htm](http://members.aol.com/eisny/eis.htm)

Provides legal services for seniors living on the East Side facing eviction and other serious housing problems (lawyers by appointment only) and holds community outreach programs.

### **Law Help**

[www.lawhelp.org/ny](http://www.lawhelp.org/ny)

Website connects low and moderate-income people with free legal help and information. Addresses problems including housing, employment, family, bankruptcy, disability immigration and more.

### **Legal Aid Society: Lower Manhattan Neighborhood Office**

199 Water Street, 5<sup>th</sup> Floor

1-888-218-6974 - For intakes

Areas of practice include housing, public benefits, social security/SSI, elder abuse, tax law, and unemployment issues. Serves people living below 34<sup>th</sup> Street in Manhattan who earn below 125% of the poverty line.

### **Legal Services for New York (LSNY) Manhattan**

90 John Street, Suite #301

1-646-442-3100

[www.lsnny.org/](http://www.lsnny.org/)

Provides free legal help in civil cases to low-income residents who receive any form of government benefit or who meet the Federal poverty guidelines.

### **Lenox Hill Neighborhood House Legal Advocacy Department**

331 East 70th Street

New York, NY 10021

[www.lenoxhill.org](http://www.lenoxhill.org)

212-744-5022

The Legal Advocacy Department provides assistance with housing, government benefits including Medicaid, Medicare, food stamps, SSI and SSD, simple estate planning, and family law. They also assist unpaid family caregivers who are caring for elderly care recipients, and provide assistance to low-wage workers. Walk-in intake hours are on Mondays from 10 a.m.-12 p.m. and Thursdays from 6 p.m.-8 p.m. There are also walk-in hours specifically for food stamps assistance on Tuesdays from 1 p.m.-3 p.m. If you need an appointment outside of clinic hours call extension 1392. One Wednesday per month the department provides help with advanced directives and simple estate planning at its 70<sup>th</sup> Street Senior Center. Call extension 1245 to schedule an appointment.

**MFY Legal Services**

299 Broadway

New York, NY 10007

1-212-417-3700 - General Information (assistance from 9 a.m. to 5 p.m.)

1-212-417-3880 - Manhattan Legal Aid- for intakes and making appointments only  
(Wednesdays 2 p.m. to 4:30 p.m.)

Provides free legal advice and representation to low-income New Yorkers with a range of civil legal issues including eviction prevention, public benefits, Medicare and Medicaid, discrimination, disability rights, and elder abuse.

**Mid-Atlantic Pension Counseling Project**

1-800-355-7714

Provides legal assistance regarding pension issues for seniors 60 years and over and for their dependents. Available weekdays 9 a.m. to 5 p.m.

**New York City Bar Association**

1-212-382-6600 - Information

1-212-626-7373 - Legal Referral Service

1-212-626-7383 - SHIELD (Self-Help Information, Education, and Legal Defense) Hotline  
[www.nycbar.org](http://www.nycbar.org)

Provides referrals to private lawyers who will charge a \$35 fee for a 30-minute consultation. Offers civil legal information, advice and referrals to low-income New Yorkers. Free consultation clinic weekdays from 5:30 p.m. to 7:30 p.m., call for more information. The SHIELD Hotline is available weekdays, 9 a.m. to 12:30 p.m. Counselors give free legal advice on family law, immigration, bankruptcy, employment and landlord-tenant issues.

**New York Senior Legal Assistance Project**

1-646-442-3333

Offers advice and information to seniors 60 years and over regarding benefit programs, wills, proxies, power-of-attorney and consumer questions. Available Mondays, Wednesdays and Thursdays 10 a.m. to 1 p.m. and Tuesday 5 p.m. to 8 p.m.

**Volunteers of Legal Service (VOLS) Elderly Project Legal Clinics:**

54 Greene Street

New York, NY 10013

1-212-966-4400

Provides free civil legal services to elderly low-income people living in Manhattan. Legal clinics are held each month at a variety of senior centers where seniors can discuss their legal concerns in confidence, receive legal advice and, where appropriate, obtain referral to a volunteer lawyer for representation. Call for schedule.

## **EMPLOYMENT**

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### **Elder Craftsmen**

601 Lexington Avenue  
New York, NY 10022  
1-212-319-8128

[www.eldercraftsmen.org](http://www.eldercraftsmen.org)

Several paying programs for all seniors, including Elder Crafters Helping Others (ECHO) where crafters, even working from home, can make items for people in need in New York City. In addition, there are training, intergenerational and workshop programs.

### **Foster Grandparent Program**

Church Street  
New York, NY 10007  
1-212-442-3117

[www.nyc.gov/aging](http://www.nyc.gov/aging)

Connects seniors age 60 and older to children in hospitals, schools, institutions and group homes who need mentoring, tutoring and other care. Low-income seniors may participate by working 20 hours per week for a modest tax-exempt stipend. Lunch, transportation and other benefits are provided.

### **New York State Department of Labor**

247 West 54<sup>th</sup> Street, between Broadway and 8<sup>th</sup> Avenue  
1-212-621-0703

[www.labor.state.ny.us](http://www.labor.state.ny.us)

General information regarding any available jobs in your locality for persons of all ages. Assistance is available from 8:30 a.m. to 5 p.m.

### **ReServe**

150 Court Street, 2<sup>nd</sup> Floor  
Brooklyn, NY 11201  
1-718-923-1400

[www.ReServeInc.org](http://www.ReServeInc.org)

Matches educated older adults with stipend paying jobs in non-profit organizations. Partnerships include Hebrew Home for the Aged, The Center for Court Innovation, The After School Corporation, The Wire newspaper, and others. New Manhattan partners include The American Museum of Natural History, Burden Center on Aging, and MOMA.

### **Senior Companion Program, United Neighborhood Houses (UNH)**

70 West 36<sup>th</sup> Street, 5<sup>th</sup> Floor  
New York, NY 10018  
1-212-967-0322

[www.unhny.org](http://www.unhny.org)

Employment opportunities, as well as other senior services, are available through UNH's member agencies.

## **JOB TRAINING PROGRAMS**

### **AgeWorks Computer Training Center**

1-212-442-1353

Trains low-income seniors in the latest computer and office technology.

### **Food Emporium Training Center**

1-212-442-1353

Offers a 10-week program, which prepares low-income seniors for customer service jobs. Provides job placement service.

### **Riese Restaurants Customer Service Training Program**

1-212-442-1353

Trains low-income seniors in customer service skills and computerized cashier operations for jobs in the food service industry and retailing.

### **Senior Community Service Employment Program**

1-212-442-1355

1-917-493-7000- NYC Workforce1 Career Center

[www.doleta.gov/Seniors](http://www.doleta.gov/Seniors)

[www.nyc.gov/workforce1](http://www.nyc.gov/workforce1)

Helps with placing low-income seniors, age 55 or older, in subsidized part-time, paid employment with community organizations and non-profit agencies. Workforce1 provides free employment training, career counseling and business opportunities to New York City residents.

## **VOLUNTEER OPPORTUNITIES**

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### **American Red Cross**

150 Amsterdam Avenue

New York, NY 10023

1-212-875-2067

1-877-REDCROS (1-877-733-2767)

[www.nyredcross.org](http://www.nyredcross.org)

Trains volunteers to work in a variety of capacities, including disaster response, teaching health and safety, and support services.

### **Mayor's Volunteer Center**

1-212-788-7550

[www.volunteernyc.org](http://www.volunteernyc.org)

Although not senior specific, refers volunteers to various city organizations.

### **New York Cares**

514 West 29<sup>th</sup> Street, 5<sup>th</sup> Floor

New York, NY 10001

1-212-228-5000

[www.nycares.org](http://www.nycares.org)

Non-profit organization that matches people of all ages with hundreds of volunteer opportunities across New York City. Opportunities are available for volunteers who want to help out for as little as one day.

### **Retired & Senior Volunteer Program (RSVP)**

#### **The Community Service Society of New York**

105 East 22<sup>nd</sup> Street

New York, NY 10010

1-212-674-7787

[www.cssny.org](http://www.cssny.org)

Encourages and assists older adults who want to volunteer in their communities. Includes a senior-to-youth mentoring program.

## TRANSPORTATION

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### **Metropolitan Transportation Authority (MTA) New York City Transit Customer Service Center**

3 Stone Street and Broadway  
New York, NY 10004

1-212-878-7000- Information

1-718-330-3322- Complaint number

[www.mta.info](http://www.mta.info)

Sign up for weekly e-mail service advisories at <http://advisory.mtanyct.info>.

### **Access-a-Ride (AAR)**

1-877-337-2017

1-718-393-4999

[www.mta.info](http://www.mta.info)

Provides transportation on an “as needed” basis for people who are unable to use public transportation. One-way fare is the same as full fare on mass transit. Exact change required. Access-a-Ride service operates 24-hours a day, seven days a week. Call for application and/or additional information. Please note you must apply and it will take at least 21 days for approval from the date of application.

### **Reduced Fare MetroCards**

1-212-METROCARD (1-212-638-7622)

[www.mta.info](http://www.mta.info)

Reduced Fare MetroCards, offering half-off fares of \$1 to seniors 65 and older. Reduced Fare cards work like standard MetroCards, but are personalized with your name and photo. Pay-per-ride and unlimited-ride options available, as well as EasyPay. Call for a form, or apply in person at 3 Stone Street at Broadway.

### **EasyPay Metrocard**

1-877-323-RIDE (1-877-323-7433) Assistance available 9 a.m. to 5 p.m. on weekdays, except holidays, and 9 a.m. to 2 p.m. Saturdays.

[www.mta.info](http://www.mta.info) (search EasyPay Metrocard)

Allows seniors to pay for rides automatically with a credit card, debit card or by check. An account can be opened with a \$10 deposit, a 20% bonus is awarded for each additional \$10 in the account. When your EasyPay account balance drops below \$10, your credit/debit card is automatically charged to reach the minimum balance amount you specify when you enroll. Monthly statements sent to account-holders are available in large type. New customers receive one month of free rides after the first three months. Call for application and/or additional information.

## **CULTURAL AND RECREATIONAL ACTIVITIES**

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### **MUSEUMS**

Manhattan is home to a rich variety of museums, located in every section of the borough and catering to every interest and displaying a vast range of priceless art. Most offer discounted senior admissions and many have special free or pay-what-you-wish hours.

#### **Frick Collection**

1 East 70<sup>th</sup> Street

New York, NY 10021

1-212-288-0700

[www.frick.org](http://www.frick.org)

Pay-what-you-wish on Sundays from 11 a.m. to 1 p.m.

#### **Metropolitan Museum of Art**

1000 Fifth Avenue at 82<sup>nd</sup> Street

New York, NY 10021

1-212-535-7710

1-212-879-5500

[www.metmuseum.org](http://www.metmuseum.org)

Suggested donation for admission, but pay what you can afford.

#### **Museum of Art & Design**

40 West 53<sup>rd</sup> Street

New York, NY 10019

1-212-956-3535

Admission on Thursdays from 6 p.m. to 8 p.m. is on a pay-what-you-wish basis.

#### **The American Museum of Natural History**

Central Park West and 79<sup>th</sup> Street

New York, NY 10024

1-212-769-5100

[www.amnh.org](http://www.amnh.org)

Suggested donation for admission, but pay what you can afford. Some exhibits require tickets at an additional cost.

#### **The Jewish Museum**

1109 Fifth Avenue

New York, NY 10128

1-212-423-3200

[www.thejewishmuseum.org](http://www.thejewishmuseum.org)

Pay-what-you-wish on Thursdays from 5 p.m. to 8 p.m.

**The Museum of Modern Art**

11 West 53<sup>rd</sup> Street, between 5<sup>th</sup> & 6<sup>th</sup> Avenues  
New York, NY 10019  
1-212-708-9400  
www.moma.org  
Free admission on Friday 4 p.m. to 8 p.m.

**Solomon R. Guggenheim Museum**

1071 Fifth Avenue at 89<sup>th</sup> Street  
New York, NY 10128  
1-212-423-3500  
www.guggenheim.org  
Pay-what-you-wish Fridays 5:45 p.m. to 7:45 p.m.

**Whitney Museum**

945 Madison Ave  
New York, NY 10021  
1-212-570-3676  
www.whitney.org  
Pay-what-you-wish on Fridays from 6 p.m. to 9 p.m.

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**MUSIC**

Music of all types is presented at a variety of cultural, educational and religious institutions throughout the city (e.g., The Frick Museum, Hunter College, The Morgan Library and Museum, etc.) Some of the outstanding venues in Manhattan are listed below. Call, write, or check their websites for schedules.

**Carnegie Hall**

881 Seventh Avenue  
New York, NY 10019  
1-212-247-7800  
www.carnegiehall.org

This magnificent institution presents performances by many of the world's finest solo artists and orchestras. Senior Rush discount tickets are available until one hour before concert time only when announced at the box office. Cash only with valid ID and subject to availability. Partial-view seats in the Isaac Stern Auditorium (excluding Family Concerts and gala events) are available for \$10 at the box office at noon on the day of the performance, limit two tickets per customer. Senior Rush and partial-view tickets are distributed on a first-come, first-served basis.

From September through June, Carnegie Hall offers free concerts in neighborhoods throughout the city. They feature a variety of musical styles including: jazz, pop, classical and folk. Check the website or call for a monthly newsletter that lists the concert schedule.

**Chamber Music Society of Lincoln Center**

Alice Tully Hall  
1941 Broadway at 65<sup>th</sup> Street  
New York, NY 10023  
1-212-875-5788  
[www.chambermusicsociety.org](http://www.chambermusicsociety.org)  
Performs old favorites and new works.

**Juilliard School Performances**

180 Maiden Lane  
New York, NY 10038  
1-212-769-7406  
[www.juilliard.edu](http://www.juilliard.edu)  
Free lunchtime concerts all year round, every Tuesday 12:30 p.m. to 1:30 p.m. in the ground floor lobby of 180 Maiden Lane. No tickets required.

**Metropolitan Opera Company**

Metropolitan Opera House at Lincoln Center Plaza  
New York, NY 10023  
1-212-362-6000  
[www.metopera.org](http://www.metopera.org)  
It features the world's foremost singers in spectacular productions. The company presents free performances on the Great Lawn in Central Park from June through August.

**New York City Opera**

20 Lincoln Center Plaza  
New York, NY 10023  
1-212-870-5570  
[www.nycopera.com](http://www.nycopera.com)  
Presents master works and popular classics.

**New York Philharmonic**

10 Lincoln Center Plaza  
New York, NY 10023  
1-212-875-5656  
[www.newyorkphilharmonic.org](http://www.newyorkphilharmonic.org)  
World-renown orchestra. Senior Rush tickets are \$10 and available only for selected concerts. Open rehearsals are held most Thursdays at 9:45 a.m. Rehearsal tickets are \$15 each.

**Riverside Church**

490 Riverside Drive  
New York, NY 10027  
1-212-870-6722  
[www.theriversidechurchny.org](http://www.theriversidechurchny.org)  
Sunday gospel concerts as well as chamber music recitals.

**St. Bartholomew's Church (St. Bart's)**

109 East 50<sup>th</sup> Street  
New York, NY 10022  
1-212-378-0222

[www.stbarts.org/concerts.htm](http://www.stbarts.org/concerts.htm)

Offers organ recitals, choral music, chamber music and jazz by acclaimed performers.  
Discounted tickets for seniors.

**St. Peter's Church**

619 Lexington Avenue  
New York, NY 10022  
1-212-935-2200

[www.saintpeters.org](http://www.saintpeters.org)

Offers Midtown Jazz at Midday every Wednesday from 1 p.m. to 2 p.m. in the Living Room of St. Peter's Church. A \$5 donation is requested.

**St. Thomas Church**

1 West 53<sup>rd</sup> Street  
New York, NY 10019  
1-212-757-7013

[www.saintthomaschurch.org](http://www.saintthomaschurch.org)

Free organ recitals Sundays at 5:15 p.m. Discounted tickets for seniors available for choral performances by visiting choirs and vocalists.

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**PARKS**

**New York City Department of Parks and Recreation**

**Manhattan Headquarters**

16 West 61<sup>st</sup> Street  
New York, NY 10023  
1-212-408-0100

[www.nycgovparks.org](http://www.nycgovparks.org)

Offers recreational programs and workshops for people over 60. Over 16 sites, call and an agent will direct you to the recreation center in your district. Call or write for a free brochure listing activities and park locations. Some free programs include trips, dinners, swimming, and more.

## **THEATERS**

The following organizations and theaters are some that offer discounted admissions and/or reduced admissions specifically for seniors.

### **Theater Development Fund (TDF)**

1501 Broadway  
New York, NY 10036  
1-212-221-0013  
[www.tdf.org](http://www.tdf.org)

Offers deeply discounted tickets/vouchers to Broadway, Off-Broadway and Off-Off-Broadway productions for seniors 62 and over. Annual membership is \$25. Write or call for an application.

The Theater Development Fund operates the TKTS booth, which sells tickets at discounts of up to 50% (plus a \$3 service charge per ticket) for same-day performances. Tickets must be picked up in person and paid for in cash or travelers' checks only.

### **TKTS - Duffy Square**

47<sup>th</sup> Street & Broadway  
New York, NY 10036

Open seven days a week. For evening performances: Monday through Saturday, 3 p.m. to 7:30 p.m., Sunday, 11 a.m. to 7:30 p.m. For matinees Wednesdays and Saturdays, 10 a.m. to 2 p.m. *This facility will be closed for renovation until Jan. 1, 2007. A temporary TKTS booth has been set up on West 46<sup>th</sup> Street outside the New York Marriott Marquis hotel. The hours and services are the same and there are two additional windows, one for plays only.*

### **TKTS South Street Seaport Booth**

Corner of Front & John Streets  
New York, NY 10038

Open seven days a week from 11 a.m., for evening performances Monday through Friday, until 6 p.m., Saturday until 7 p.m., Sunday until 4 p.m. At this location only tickets for matinee performances must be purchased the day before the performance.

### **Riverside Church**

490 Riverside Drive  
New York, NY 10027  
1-212-870-6877

[www.theriversidechurchny.org](http://www.theriversidechurchny.org)

Hosts a variety of programs including plays and musicals.

### **Shakespeare in the Park presented by the Public Theater**

[www.publictheater.org](http://www.publictheater.org)

Shakespeare in the Park stages plays by Shakespeare and other playwrights during the summer months at The Delacorte Theater in Central Park. Pick up your free tickets to Shakespeare in the Park on the day of the performance beginning at 1 p.m. at The Delacorte Theater in Central Park, or from 1 p.m. to 3 p.m. at The Public Theater at 425 Lafayette Street, just south of Astor Place. For more information, please call 1-212-260-2400. There is a limit of 2 tickets per person. There are separate ticket lines to accommodate people with disabilities and senior citizens aged 65 or older. Proof of age or disability is required. For more information about these lines, please call the Delacorte Theater box office at 1-212-539-8662. Enter the park at 5<sup>th</sup> Avenue and 79<sup>th</sup> Street or Central Park and 81<sup>st</sup> street and follow the footpaths to the theater.

### **York Theatre Company**

#### **The Theatre at Saint Peter's**

619 Lexington Avenue

New York, NY 10022

1-212-935-5820

[www.yorktheatre.org](http://www.yorktheatre.org)

The York Theatre Company presents American musicals in downstairs space.

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## **RECREATION**

### **Asphalt Green**

555 East 90<sup>th</sup> Street and York Ave

New York, NY 10128

1-212-369-8890

[www.asphaltgreen.org](http://www.asphaltgreen.org)

Includes community programs, exercise and swim classes, personal training, massage therapy and more. See website or call for schedule and registration information.

### **Vanderbilt YMCA**

224 East 47<sup>th</sup> Street

New York, NY 10017

1-212-756-9600

[www.ymca.net](http://www.ymca.net)

Programs for older adults include: health and fitness, swimming classes, trips and programs, social clubs, senior centers, volunteer and service-learning programs.

### **92<sup>nd</sup> Street Y**

1395 Lexington Avenue

New York, NY 10128

1-212-415-5500

[www.92y.org](http://www.92y.org)

The 92<sup>nd</sup> Street Y offers a wide-range of classes, lectures, and programs. Financial assistance is available for those who need it.

## **LIBRARIES**

The main library hosts public events including LIVE from the NYPL a series of lectures and discussions featuring famous authors, performers, and journalists. In order to contact the main library located at 42<sup>nd</sup> Street and Fifth Avenue call 1-212-869-8089 or check the website [www.nypl.org/events](http://www.nypl.org/events)

### **Cook-Cathedral Branch**

560 Lexington Avenue  
New York, NY 10022  
1-212-752-3824

### **Donnell Library Center**

20 West 53<sup>rd</sup> Street  
New York, NY 10019-6185  
1-212-621-0618

[www.nypl.org/branch/central/dlc](http://www.nypl.org/branch/central/dlc)

Open Mondays, Wednesday and Fridays 10 a.m. to 6 p.m.; Tuesdays and Thursday 10 a.m. to 8 p.m. and Saturdays from 10 a.m. to 5 p.m.

### **Fifty-Eighth Street Branch**

127 East 58<sup>th</sup> Street  
New York, NY 10022-1211  
1-212-759-7358

### **Lewis B. And Dorothy Cullman Circulating Library And Reading Room The Circulating Collection, Street Level**

188 Madison Avenue  
New York, NY 10016  
1-212-592-7000

[www.nypl.org/branch/central/sibl](http://www.nypl.org/branch/central/sibl)

On the street level of the Science, Industry and Business Library (SIBL) are over 50,000 popular science and business titles, available for borrowing in a variety of formats including books, videos, audiocassettes, CD-ROMs and DVDs. You can register for a free borrower's card at SIBL.

### **Mid-Manhattan Library**

455 Fifth Avenue at 40<sup>th</sup> Street  
New York, New York 10016  
1-212-340-0833

[www.nypl.org/branch/central/mml](http://www.nypl.org/branch/central/mml)

Open from 9 a.m. to 9 p.m. on Mondays through Wednesdays; and from 9 a.m. to 6 p.m. Thursdays through Saturdays.

**Ninety-Sixth St. Regional Branch**

112 East 96<sup>th</sup> Street  
New York, New York 10128  
1-212-289-0908

**Sixty Seventh Street Branch**

328 East 67<sup>th</sup> Street  
New York, New York 10021  
1-212-734-3910

**The New York Public Library for the Performing Arts:****Dorothy and Lewis B. Cullman Center**

40 Lincoln Center Plaza  
New York, N.Y. 10023-7498  
1-212-870-1630  
[www.nypl.org/research/lpa/lpa.html](http://www.nypl.org/research/lpa/lpa.html)  
Research collections, exhibitions, public programs and computer services.

**Webster Branch**

1465 York Avenue and 78<sup>th</sup> Street  
New York, New York 10021  
1-212-288-5049

**Yorkville Branch**

222 East 79<sup>th</sup> Street  
New York, New York 10021  
1-212-744-5824

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**TOURISM****NYC & Co.****New York City Convention and Visitors Bureau**

810 Seventh Avenue  
New York, NY 10019  
1-212-484-1200  
[www.nycvisit.com](http://www.nycvisit.com)

The city's official tourism information center is a valuable resource for discounts to tourist attractions, special events and restaurants. Its directory of affordable activities and self-guided tours is useful for seniors.

